



— THE —

Pelham

POST

NEWSLETTER - ISSUE 7 - NOVEMBER 2023

Now the seasons have well and truly turned, the fires are roaring and the coffee keeps pouring, as we welcome many guests and regulars during this busiest time of the year. Here are some of the highlights from the last few months.

Back in September, on World Suicide Prevention Day, we walked, ran, prayed, cried, comforted and encouraged one another for 24 hours. It was a beautifully powerful day with over hundred people joining in. We also had the long awaited opening of the Basement, after a year long construction project. We had over 60 people join us to celebrate and explore the new space which is dedicated for children and young people.

One of the wonderful things about The Pelham is that it is a safe and enjoyable place for so many. By choosing to come to The Pelham Coffee Lounge and hire rooms at The Pelham, you are supporting our community and charity and we are so grateful.

On behalf of the whole team, Ollie





RunningSpace emerged from the summer break just in time to host our World Suicide Prevention Day event. 65 people completed 75 laps on our Midnight to Midnight relay, prayers were said every hour, on the hour for 24 hours, and Becks, Sharon and Hannah led times of worship and reflection throughout the day.

The following week, RunningSpace sessions were relaunched at The Pelham and St Helen's in Ore engaging around 40 participants.

This half term Ollie and Jacky also had the privilege of delivering suicide awareness training at **Holy Trinity Hastings**. Everyone attending the training said it helped them feel more prepared to talk to someone about their thoughts of suicide.

“Powerful, brilliantly informative, but also really practical, with gentle encouragement to practice, in a non-threatening way.”

And then in mid-October, the BBC called. If you missed us on BBC South East, do click on the picture, or follow the [link](#).

It's incredible what just a few people can achieve with just a few resources on a small budget when we have the heart and faith to do so.

The best feedback we had from the BBC film is that people's hearts were touched. We got it right then: because feeling like you don't want to be here anymore is less a clinical issue, and much more a social issue. Can I say, broken hearts?

At RunningSpace, our unique selling point is Jesus. We continue to run, to pray, to champion life and beat suicide, one step at a time .

Jacky x



The winter season can be a difficult time of year for some of us. Struggling with the change of season, being stuck inside more, darker nights. If you find that this time of year causes you an increase in anxiety, stress or worries, The Pelham Counselling Service offers a place where you can come and talk about these struggles. A confidential and safe space to feel heard, feel listened to and valued. If this is you then please look on our [website](#) at what we offer and fill in our contact form for an informal assessment.

Volunteer News



On the 10th May 2018 Davina joined our team firstly in the kitchen supporting our cook. She was quiet and would busy herself washing up. Over time her confidence grew to food prep and then with encouragement to bringing food orders to customers. Davina is a star, she shines brightly now front of house often leading the team for the day in our community coffee lounge. She is welcoming to all that come through The Pelham doors. Davina's skills have grown to multiple areas of the charity including youth work, events and room set up. Davina is always looking to develop her skills further to help and support everyone across the wide variety of the goings on at The Pelham. She is truly an inspiration, and her kindness enriches us all.



We have been working hard behind the scenes to secure funding for a number of current priorities. As well as completing and opening The Pelham Basement, we have also been able to fully equip and resource it thanks to the following partners: Heart of Sidley, De La Warr Pavilion, Rotary Club of Bexhill, Bexhill Lions Club, Southover Manor Trust, Safer Rother Partnership funding from the Joint Action Group (JAG). Through this we have all the sofas, stools, tables, kitchen equipment, laptops, WIFI infrastructure, games for our youth group and counselling for young people, as well as the local youth focused organisations who are beginning to use the space.

We are currently awaiting responses from four large grant funding bids that would help shape and secure finances next year.





THE PELHAM BAND PROJECT

FREE WORKSHOP FOR AGE 10-18
WEDNESDAY 6 DECEMBER - 5pm, 6pm or 7pm
The Pelham, Bexhill-on-Sea, TN40 2DD

Calling all young music enthusiasts!
Dive into the world of rhythm and harmony at our exciting music workshop designed for ages 10 - 18, regardless of their musical background! Students will be encouraged by our skilled tutors to try the drum kit, bass, guitar, keyboards and vocals as we learn and piece together a popular chart-topping song. Students will have the opportunity to showcase what they've learned in a special performance!
Workshops will take place on Wednesday 6 December at either 5 pm, 6 pm or 7 pm depending on your age and level of musical background.

SCAN TO SIGN UP



With the recent weather the basement of the Pelham surely must be one of the last places one would go for a dry and warm refuge, right??!! Not anymore... the once barren, dark hole prone to regular flooding from the sewer's during winter has been transformed into a welcoming hive of activity on a Tuesday after school, the ground pumps are magically doing their job of holding back the waters, much like Moses staff.

P84 Youth has now settled into their new home in the basement, having used the space since mid-September the young people are enjoying themselves each week by cooking, eating, chatting, gaming, and playing pool among other activities. In the near future we hope to make the space available to young people for other after school sessions, things are excitedly progressing fast so watch this space for new developments.