



"We are a safe place where you can share your story and feel heard. Our counsellors are here to support you to work on your struggles, build resilience and bring about long-lasting positive change."



"My life has been transformed by counselling. I can't recommend The Pelham Counselling service highly enough."
Sam

Contact us:

- thepelham.co.uk/counselling
- counselling@thepelham.co.uk
- 07907403663

Confidential counselling from 11+ to adults

Open-ended counselling for a range of struggles

Group work for anxiety, assertiveness, maintaining boundaries

Our Fees Start at £50, but affordable bursaries are available

Please visit our website to complete the online form to register for a free assessment:

thepelham.co.uk/counselling

The Pelham Counselling Service is a project of The Pelham CIO, a registered charity in England and Wales (1158364)



@thepelhambexhill



@thepelham



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THE Pelham COFFEE LOUNGE

Opening Times

Monday to Friday
9.30am to 2.30pm

Food served 10.30am - 1.30pm



THE Pelham COFFEE LOUNGE Brew Mondays



Starting 15th January

10:30am - 12:30pm

In the coffee lounge every Monday
Come & enjoy a cuppa & a catch up
Refreshments are available to purchase at the bar

The Pelham • Holliers Hill
Bexhill, TN40 2DD Tel: 01424 576304

office@thepelham.co.uk
www.thepelham.co.uk
Charity Number 1158364



THE Pelham WHAT'S ON MARCH - APRIL 2024



MON

TUES

WED

THURS

FRI

SAT

CGL - First Step
9am-1pm

NEW

Brew Mondays
10.30am-12:30

Association of Carers Cafe
1pm-3pm

Table Tennis Club
12.30pm-3pm

★ **New Thing Academy Dance Classes**
4pm-7.30pm

★ **RunningSpace**
7pm The Pelham

Job Centre Drop-In
10.00am-3pm

Oasis
12 -2pm

★ **P84 Youth**
Free Youth Group
Ages 11-17
3pm-5pm

AA
7.30pm-10.00pm

CGL - First Step
9am-1pm

Sanditon Quilters
fortnightly 10am-3pm

SEN Music Therapy
1pm-2pm

★ **New Thing Academy Dance Classes**
4:00pm-6:00pm

Creating a Healthier You - Exercise
6.15pm-7.15pm

Pink Ladies - 7pm - monthly

Table Tennis Club
9.30am-1.00pm

U3A Reading Group
11am-1pm

Bexhill Breathers - Exercise
2.30pm-3.30pm

Sidley Scouts Club
5-9pm

Fluid Yoga
Booking Required:-
Beginners
6.40pm-7.40pm
Intermediate
7.40pm-8.40pm



RunningSpace
9.30am The Pelham

HARC
10am-2pm

Care for the Carers
10am-12 noon

Holding Space
10am-12 noon

Stroke Association
10.30am-12.30pm

SASBAH
12.30-2.30pm



New Thing Academy Dance Classes
4.00pm-7.00pm

AA
7.45pm-10.00pm



New Thing Academy Baby Ballet & Saturday Dance Club
9:00am-12:30pm

Doorstep Herbs
10.30am-11.30am

HERE ARE THE REGULAR WEEKLY & MONTHLY ACTIVITIES. PLEASE MAKE CONTACT DIRECTLY WITH THE GROUPS, OR VIA THE PELHAM OFFICE.



INDICATES TERMTIME ONLY

Monthly Group Meetings

Care for the Carers Drop-In - 1st Friday of every month 10.00am-12.00 noon
1066 Pink Ladies - Breast Cancer Support Group 7pm - 2nd Wednesday each month - Pat 01424-220665
U3A Reading Group fortnightly - Sue.barnhill@gmail.com
SASBAH - office@sasbah.org.uk - 1st Friday of every month
Holding Space - hello@holdingspce.org.uk 01323 315005 - 2nd Friday of every month
Doorstep Herbs - Kim & Vanessa - doorstepherbs@gmail.com
Association of Carers - 2nd Monday of every month

Contact Details

Fluid Yoga - Sally: 07800 927717
New Thing Academy Dance Classes Ages 4-16 and baby www.newthingacademy.com
Bexhill Breathers - bexhillbreathers@gmail.com
CGL - First Step - 03003038160
Stroke Association - Hilary636@btinternet.com
Creating a Healthier You - contact Sue at 2020exercisereferral@gmail.com
SEN Music Therapy - Sam Kavanagh 07912 607014

Contact Details

RunningSpace
 Contact Jacky: 01424 576304- hello@runningspace.org
SafeTALK Training - Suicide prevention training
 See www.runningspace.org for more information
Sanditon Quilters - sanditonquilters@gmail.com
Table Tennis Club - £2 per person,
AA - Hastings & Rother Helpline - 01622 751842
Job Centre Drop-In - bexhill.jobcentre@dwp.gov.uk
HARC - Welfare Benefit Advice. For appointment call - 0333 344 0681