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Pelham

POST

NEWSLETTER - ISSUE 12 - OCTOBER 2025

Since our last Post, The Pelham has undergone an incredible transformation on the top floor. We are just a few weeks away from it being fully complete and we are very excited to start using the space to extend our charitable work and create more opportunities for our community partners. Ultimately, together we will be able to provide more support for our locals.

In September we were honoured to welcome MP Kieran Mullan to The Pelham. We were able to share about all our projects, and fresh out of our World Suicide Prevention day relay, particularly about our work to champion life and beat suicide. You can read more about it in his newsletter on his webpage (#30 - 24.9.25), with an extract saying:

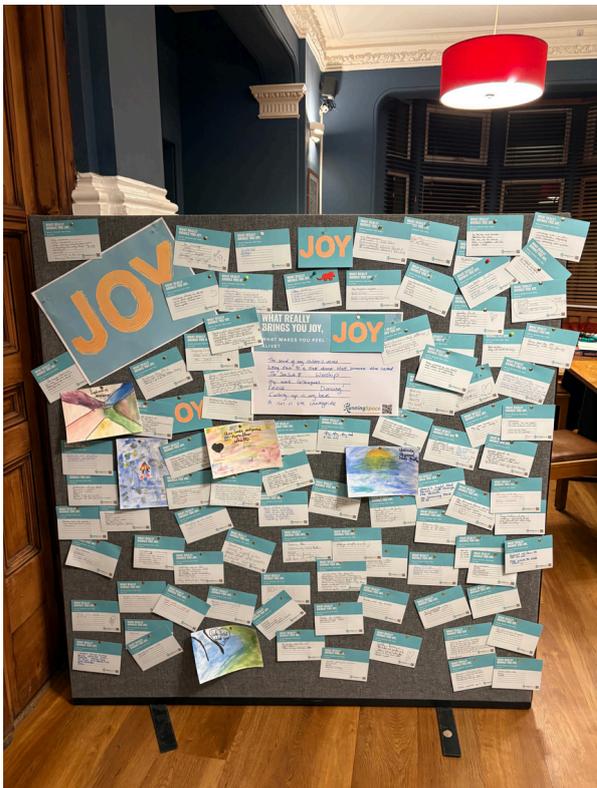


“ORGANISATIONS LIKE THE PELHAM ARE ALL ABOUT CREATING A WELCOME SPACE TO BE AMONGST OTHER PEOPLE AND CREATING THOSE IMPORTANT OPPORTUNITIES TO SIMPLY INTERACT WITH EACH OTHER.”

In a day full of precious moments, I wanted to finish by sharing “the wall of joy!”. We asked people who joined us during our 24 hour event on World Suicide Prevention Day, ‘what brings you joy?’.

We believe that joy brings hope and as we champion life together, there is both light in the tunnel and at the end of the tunnel. Just look at the wall of joy in the midst of pain and loss.

*Bless you all,
Ollie*



Community Unites for Suicide Prevention Relay in Sidley

On World Suicide Prevention Day, September 10, more than 150 local residents came together for RunningSpace's annual Midnight to Midnight relay, a 24-hour event dedicated to celebrating life and raising awareness about suicide prevention. The initiative, now in its fifth year, was born in response to the tragic loss of two local residents to suicide in 2021. Beginning here at The Pelham in Sidley, groups gathered on the hour, every hour, to pray, before setting off on a 3.1 mile/5km walk or run around the town. Support came from across the community, including East Sussex Fire and Rescue Service joining us for two laps, while 21 young people and leaders from Beulah Baptist Church braved heavy rain for the 6pm leg. They were rewarded afterwards with 18 large pizzas from local business Pizza Base in Sidley.



The event was further supported by Little Gate College, Rother Voluntary Action, Out of the Blue, Bexhill Foodbank, Bexhill HUG and Ashburnham Place, as well as volunteers at The Pelham, alongside many residents who turned out to walk and run. Together, participants remembered those lost to suicide while running shoulder to shoulder with others who struggle with thoughts of suicide. By the close of the 24 hours, we had come together as a community to complete 198 laps covering an impressive 614 miles, and joined in prayer 24 times.

One participant described the day: "If anyone is thinking about taking part in future, all it costs is a little bit of time, and you'll get out way more than you put in. Twenty-four hours later and I'm still absolutely buzzing. There are very few things, if any, that have that effect on me."

**All that's left is to ask you to
Save The Date
10th September 2026.**



For more information on the work of RunningSpace throughout the rest of the year, see social media or head to [RunningSpace.org](https://runningspace.org). For more information about safeTALK suicide prevention training, please contact RunningSpace at hello@runningspace.org.

If you are struggling with life at the moment, there is help available. Call The Samaritans on 116123, or text SUSSEX to 85258



We are so excited to be launching the counselling rooms on the top floor of The Pelham. The counselling service has been established in The Pelham now for the last 4 years. We have gone from 2 counsellors, to 8 qualified counsellors and soon to be 8 students.

This new space gives us the opportunity to increase our reach into the local community as well as being able to partner more closely with other therapeutic organisations, offering them confidential, high spec rooms.



Our vision remains for the counselling service to be accessible to our local community, building on the foundations that have already been created. Offering a variety of counselling styles and techniques to be able to offer individualised counselling to each person who uses our service. We hope by offering dedicated counselling spaces this will only increase the positive feedback we receive from our clients.

If you wish to be seen by one of our counsellors or students please email counselling@thepelham.co.uk, or complete the enquiry page on our website and an assessment will be arranged.



Over the Summer Holidays we trialed having The Pelham Youth Club and the 1PM Club open every Tuesday. The rationale behind this was to provide a safe space for the young people who may be in need of a safe space, be struggling with the lack of routine outside of term time and/or may be in need of somewhere to go where food is guaranteed.

We were very pleased with the turnout over the holidays, and while the clubs were often understandably quieter than during term times, we still worked with approximately thirteen young people each Tuesday. The feedback we received from the young people themselves was that they were really glad we were open all summer and they hoped this would be the norm moving forward. We are very excited to have relaunched The Pelham Youth Club and the 1PM Club at the beginning of September. With The Pelham Youth Club, we have split the age groups up across the days, Mondays now being school years 7-8 and Tuesdays being school years 9-11. So far we are seeing some success with this arrangement.

The older group on Tuesdays is very well attended by young people with whom the youth group has built positive relationships with over previous years. With the younger, Monday group we have the exciting opportunity to built new connections with those young people entering adolescence and the secondary school system. The 1PM Club is continuing to serve the local Home Educating community, for school years 7-11. While we have a number of young people who attend weekly, there is still room to grow. We are advertising through various avenues and hope to see this group continue to grow.

1PM CLUB
@ The Pelham

For home educated children aged 11-16 (Years 7-11)

Starting Tuesday 25th March, 1pm-2pm

Come along for fun games and activities, to chill in our hang out space and enjoy making and eating some yummy snacks!

Sign up is required, please scan the QR code to register online

If you have any questions please contact 07749843042

TOP FLOOR UPDATE!

We're incredibly thankful to Kate & Scott from 'Base Builders and Surveyors' who have been our Principal Contractors, as well as all the subcontractors on site. We've had a brilliant design team with Trystan & Dan from 'Your Building Consultants', Daniel from 'Panther Fire Solutions' and Sam at 'Pump House Designs'. All of them have given us tremendous support and the work is to such a high standard.

We are onto the final weeks of work now and all will be completed over this month.

This moment represents the near completion of a vision birthed 15 years ago, where the dreams and doubts have wrestled with each other, but we can nearly say "The Pelham is restored!". Of course the true value is not in the bricks and mortar, but the people that fill this place and find hope, joy and practical support.

We're so thankful to all our funders for making this possible and we'll be highlighting them in the next edition.



Top Floor Bookings



We are now taking bookings for our top floor rooms! If interested in hiring please email bookings@thepelham.co.uk

SAVE THE DATE

On Tuesday 25th November, we will be taking the day to celebrate the formal opening of the top floor and in turn the completion of the whole building. More details will be shared over the next couple of weeks as we look forward to showing lots of people around.

