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# Pelham

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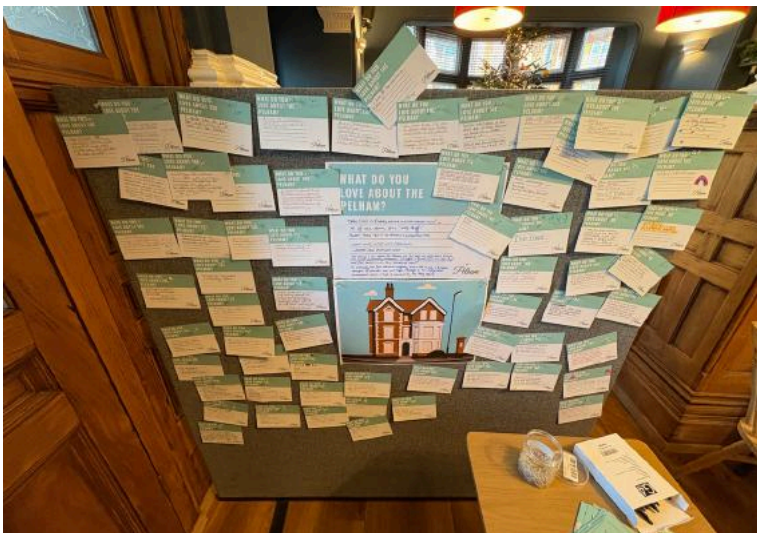
## 2025 – Year in review

2025 at The Pelham will be remembered as a year of celebration as for over a decade now The Pelham has been opening its doors wide every week, stepping out in faith, to serve our community here in Bexhill.

The Pelham is a living and breathing story of redemption, taking the pub/ hotel from the ashes and seeing it being a central point in the community once again. The Pelham in itself is a miracle, full of many little miracles that bring us to this point today. Our desire has always been to welcome people in, without judgement, with a listening ear and a decent cup of coffee. Harnessing the good will of local people and with the support of so many people, we have made this possible.

Once again The Pelham was full of activity and joy throughout the year, as we concluded our ambitious renovation of the top floor as well as keeping everything else running on the floors below. Thanks to the consideration of our principal contractors, Base Build, and their team and the patience and buy-in of our community and team- we did it!

And as the story of The Pelham shows, there is hope. Lives are being transformed and futures are filled with dreams once again.



Within the formal opening celebrations, we asked people to put on a postcard, “What they love about The Pelham...” From the 99 responses, here are some of the key phrases that were so wonderful to hear:

... “a home from home”... “a problem solving engine” ... “a safe space”... “warm and welcoming”... “every town needs a Pelham”... “place of love & care”... “Thank you for always putting a smile on your face”

*Ollie*

# COFFEE LOUNGE *A look back at 2025*

2025 was another great year for The Pelham, we started off by proudly celebrating 10 years of The Pelham Coffee Lounge, with both past and present team members coming together to look back at how far we've come in the last decade. Our team volunteered for over 4,400 hours, with 37 different people sharing their time! We've also loved seeing some of our volunteer team find new jobs and new housing opportunities too.

In April we had our team meal at The Shiplu, an evening filled with laughter, friendship and of course the most delicious food! Fast forward to the summer where we had our annual BBQ celebrating National Volunteers week. This was a wonderful opportunity to recognise and thank our dedicated volunteers for their contributions as a vital part of The Pelham team. We ended 2025 on a festive high with our Christmas Makers Market, enjoying an evening of seasonal food and drinks, an amazing selection of stalls run by local sellers and small businesses, and even a visit from Father Christmas in our Grotto! Now looking ahead to 2026 we're excited to build on this momentum and continue growing The Pelham as a place of welcome, support and community.

Through the doors we've had a weekly footfall of 1000 and annual footfall of 50,000! Over 65 different organisations have used The Pelham as a base too, either once or hundreds of times!

## *Pili & Elle*



# The numbers are in, and they're worth celebrating...

In 2025, RunningSpace championed **297 lives**, and together we ran a record-breaking **6,277 Miles of Hope**.

On 10th September, more than 150 local residents took part in our *World Suicide Prevention Day Midnight to Midnight Relay*. Each hour began with prayer before groups set off from The Pelham to complete the 5km route, celebrating life and raising awareness of suicide prevention.

Over the past five years, we have circled Sidley in prayer 120 times through this relay. Multiply that by the number of people who took part, and we represent over 600 circles of prayer. I asked God to open my eyes to the impact of those prayers. It seemed to me that He was pleased with our faithfulness in praying around Sidley, and that now He is inviting us to **think bigger**.

Would you like to be part of that next step?

We are now praying intentionally and faithfully for our wider county of East Sussex. We meet to pray every Monday at **5.30pm at Beulah Baptist Church**, and I've also begun the journey of literally running the boundary of East Sussex on Wednesday mornings. If you're a runner who would like to join me, I'd love to hear from you.

Of course, it's never just about the numbers. Behind every is a person. Below is a small part of a powerful testimony from one of our wonderful runners, John (pictured):

*"While I was in the doctor's surgery, I saw a poster advertising RunningSpace and was immediately interested. I had frequently felt suicidal as the only way out and was worried these feelings would increase without practical help. I began with RunningSpace shortly after that and have attended just about every weekly run ever since. It has been a life-saver for me (and my wife!). It gets me up and out of the house early, whereas before I would often waste the day in bed in deep depression. I am hugely grateful for RunningSpace for the support they give."*

*Jacky*



**Thank you for running, praying, supporting, and believing with us. Together, we are making a difference, one step, one prayer, one life at a time.**



— THE —  
*Pelham*  
**Counselling  
Service**

During 2025 The Pelham Counselling Service received over 80 referrals. In response to growing demand, we've doubled the number of counsellors and students within the service over the course of the year, bringing the team to a total of 16 and significantly expanding our capacity to support clients, of which we now support over 60 clients a month.

This growth has been further strengthened by our move to the new top floor, where purpose-designed counselling rooms provide a calm, welcoming and professional environment. Clients have commented positively on the new space, with one noting "I love the new rooms, they feel like a safe space where I'm comfortable". The new environment has greatly enhanced both client experience and staff wellbeing, supporting the continued delivery of high-quality counselling work.



Client feedback highlights the profound impact of our service. Many described their counselling experience as life-saving. One client shared, "This has saved my life," while another said, "Counselling is where the magic happens." A further client reflected, "Our marriage would not have survived without counselling support."

For over a year now we have been running our free monthly Bereaved by Suicide support group, hosted by two of our counsellors. We have 9 members, with roughly 4/5 attending each sessions.

These outcomes reinforce the vital role of The Pelham Counselling Service and our continued dedication to offering a space where people feel heard, supported, and empowered to create positive change.

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

*Emma*



Looking back on an amazing year for our Youth Club. We've loved welcoming so many young people through our doors with our regular's and plenty of new faces. Across our 3 groups we now have 44 young people attending each week and we can't wait to keep growing!

In March we were excited to launch our 1pm club. This new group was created to provide a relaxed, inclusive space for home educated children to socialise and enjoy a range of fun games and activities. The response to this group has been extremely positive and it has quickly become an important part of our weekly programme.

The spring term was packed with Easter fun, from interactive egg hunts and team games to decorating themed cookies and of course enjoying some chocolate treats!

Over the summer holidays, we trialed opening both the Youth Club and 1pm Club every Tuesday. This allowed young people to have a consistent, safe place to come throughout the summer break. We are delighted to say this trial was a great success, with an average turnout of around 13 young people each week. Feedback from the young people themselves was overwhelmingly positive, with many expressing how much they appreciated having the club open all summer and sharing their hope that this would continue throughout the holidays.

We kicked off the new school year in September with our launch party, an evening of karaoke sing alongs, some very creative dance routines and cookie dough carvings. It was a fantastic way to welcome everyone back and set a positive tone for the months ahead.

In December we embraced the festive season by spreading plenty of Christmas cheer. Sessions included seasonal arts and crafts, gingerbread baking, bauble decorating, and making cards for friends and family. These activities gave young people the chance to be creative, spend time together, and celebrate the end of the year in a fun and relaxed way.

We're now excited for 2026! With new recipes to try, new activities and games to play and lots of fun planned, we can't wait to see what this year brings.

As our youth club is growing we're also looking to expand our volunteer team. If you're interested please email [youth@thepelham.co.uk](mailto:youth@thepelham.co.uk)

*Ruby*

# The Pelham's Transformation Completed



## Formal Opening of Top Floor & 10 year opening

On Tuesday 25<sup>th</sup> November 2025, The Pelham formally completed the redevelopment of the former pub hotel, a project that has been 13 years in the making. This was the sixth and final phase of transformation, whilst also celebrating 10 years of the doors being open as a charity. We were honoured to have The Lord-Lieutenant Mr Andrew Blackman formally open the top floor.

This project totalled £385,000 in expenditure and rounded off £1.05m investment, including building purchase price, over the last 14 years since The Pelham as a charity took ownership in January 2012.



We would like to thank our donors:

- Ministry of Housing, Community and Local Government's (MHCLG) Levelling Up Partnership Fund (LUPF). This investment has been facilitated by Rother District Council, to whom we extend our thanks.
- The Benefact Trust
- Bernard Sunley Foundation
- Sussex Community Foundation
- Brewers Decorator Centre



We would also like to thank and acknowledge our design and construction team:

- Pumphouse Design- who have provided all our architectural services since 2012, with Sam & Andrew Gerken supporting us through all 6 phases with great care and attention to detail.
- Panther Fire Solutions- Daniel McDonald-Lee has guided us through the paperwork and practicalities of the latest Fire Safety responsibilities and helped us ensure the whole building is up to regulations
- Your Building Consultants - Trystan Mayhew and Daniel Goering led us through the project management, quantity surveying and contracts administration aspects of the project, ensuring it was delivered on time and within budget.
- Base Building & Surveying Experts- Kate & Scott Ellis led the construction project with their team of staff and sub-contractors, executing the design to be a beautiful reality that we now see on the top floor. They delivered on all their promises with great care and consideration of all our stakeholders.

With the top floor now fully operational, we now have these additional spaces to complement the rest of the building:

- 4 new therapy rooms- for The Pelham Counselling Service to use and grow into
- The 'Creative Space'- a new multi purpose activity room for group work and creative therapy
- The 'Community Care' room- a clinical space to extend our provision of health programmes into the community



- The 'Upper Room' - a new function room with a comfortable feel, ideal for pastoral support groups and training
- The 'Community Workspace'- an office space available for long term hire for a VCSE or community partner to be based here.
- In addition we have two toilets, one with a shower, and another large store room. We also have two utility rooms for our housekeeping and laundry requirements for the building.



Across all four floors, we now have 12 rooms of all shapes, sizes and functions available to hire by emailing [bookings@thepelham.co.uk](mailto:bookings@thepelham.co.uk).



# Join us in making a difference today

Help us reach our target to increase regular giving by £1000 a month

## How you can donate



via our **WEBSITE**  
Scan the QR code or go to  
[www.thepelham.co.uk/donate](http://www.thepelham.co.uk/donate)  
You can sign up for a regular or one off donation



via our **Donation Tablet**  
Down in the Coffee Lounge by the bar  
You can make a one off or regular donation



via the **Bank**  
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or make a one off donation  
The Pelham CIO - 40-10-14 - 21514652



via our **STEWARDSHIP GIVING** account  
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