



FREE Walk2Run Sessions
 #ChampioningLife #BeatingSuicide

Mondays

6:30pm - Kemsley
 6:30pm - Beulah Baptist Church Bexhill

Thursdays

9:30am - Pebsham Community Hub

Fridays

9:30am - The Pelham Bexhill

Saturdays

9:30am - St Peter's Church Ashburnham

All ages welcome, no booking required just turn up and enjoy!

Contact hello@runningspace.org for more information



The Pelham Counselling Services invites you to

BEREAVED BY SUICIDE SUPPORT GROUP

A free support group for those 18+ who have been bereaved and/or affected by loss to suicide and are 6 months post bereavement

1st Tuesday of the month
 6:30pm-8pm
 The Pelham

If you are interested in joining please email counselling@thepelham.co.uk, or scan the QR code to arrange an informal chat about the group



Registration is essential in order to join



— THE —
Pelham
COFFEE LOUNGE

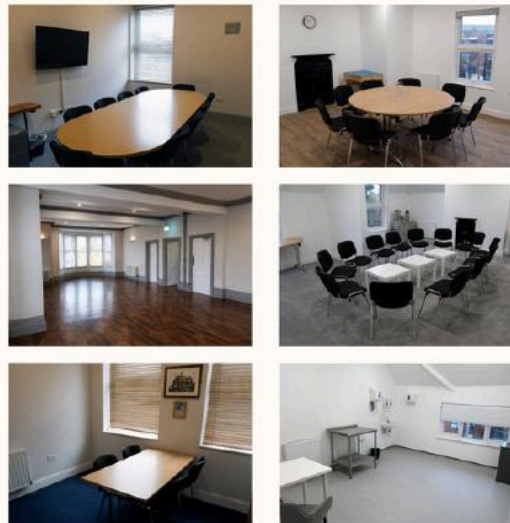
Opening Times

Monday to Friday
 9.30am to 2.30pm

Food served 10.30am- 1.30pm

Rooms For Hire

With our top floor now fully refurbished completing The Pelham, we have a range of rooms available to hire!



From smaller more private spaces to larger rooms perfect for meetings or gatherings we have lots of options to choose from.

If interested please email bookings@thepelham.co.uk

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

— THE —
Pelham
WHAT'S ON
JANUARY-FEBRUARY 2026



MON

CGL - First Step
9am-1pm

Table Tennis Club
12.30pm-3pm

★ **Basement Youth Club**
School Years 7-9
3:30pm-5:30pm

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

TUES

One You
2pm-5pm

Job Centre Drop-In
10.00am-3pm

EIPS Coffee Morning
10am-12pm
Oasis

12 -2pm
1PM Home Educated
Youth Club ages 11-16
1pm-2pm

★ **Basement Youth Club**
School Years 7-11
3:30pm-5:30pm

Weight Watchers
5:30pm

Bereaved By Suicide
Support Group
Monthly 6:30pm-8pm
AA
7.30pm-10.00pm

WED

CGL - First Step
9am-1pm

One You
9:30am-12:30pm

Amaze
Monthly 10am-12pm

Sanditon Quilters
fortnightly 10am-3pm

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

Pink Ladies - 7pm -
monthly

THURS

Table Tennis Club
9.30am-1.00pm

One You
1pm-4:30pm

Bexhill Breathers -
Exercise
2.30pm-3.30pm

Sidley Scouts Club
5-9pm

FRI

★ **RunningSpace**
9.30am The Pelham
HARC
Appointment only
9:30am- 2:30pm

Care for the Carers
10am-12 noon

S.E.N.D Coffee Morning
Monthly 10am-12pm

★ **New Thing Academy**
Dance Classes
4.00pm-7.00pm
AA
7.45pm-10.00pm

SAT

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

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

★
INDICATES
TERMTIME
ONLY

PLEASE NOTE WE ARE
CLOSED ON BANK
HOLIDAYS

Monthly Group Meetings

Care for the Carers Drop-In - 1st Friday of every month
1066 Pink Ladies - Breast Cancer Support Group
7pm - 2nd Wednesday each month - Pat 01424-220665
Bereaved by suicide support group - 1st Tuesday of every
month - counselling@thepelham.co.uk
S.E.N.D Coffee morning - info@espcf.org.uk
Amaze - kathy@amazesussex.org.uk - 07484 526707

Contact Details

New Thing Academy Dance Classes Ages 4-16 and baby
www.newthingacademy.com
Bexhill Breathers - bexhillbreathers@gmail.com
CGL - First Step - 03003038160
One You - 01323 404600 hello@oneyoueastsussex.org.uk
Learn to read - Sarah Norris 07966671450
escoordinator@readeasy.org.uk

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