



FREE Walk2Run Sessions
#ChampioningLife #BeatingSuicide

Mondays

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

Thursdays

9:30am - Pebsham Community Hub

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

Fridays

9:30am - The Pelham Bexhill

Contact hello@runningspace.org for more information

Saturdays

9:30am - St Peter's Church Ashburnham



Office Space For Hire

Private Office Space Available – £ price on request

A newly renovated private office is now available to rent long-term at The Pelham. Situated on our modernised top floor, this bright and versatile room could be the perfect home for another local charity, small business, freelancers, or anyone in need of a dedicated and professional workspace.

The room is fully accessible and on site there is a Coffee Lounge open Monday to Friday. Other rooms are available to hire too in this vibrant Community Centre. Parking is available on site.

Email bookings@thepelham.co.uk to book a visit.

Room Dimensions
112 square foot - 7.5ft x 15ft, 8.5ft ceiling height



— THE —
Pelham
COFFEE LOUNGE
●

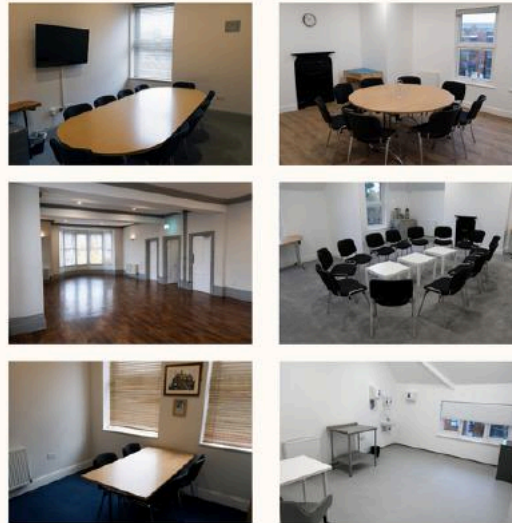
Opening Times

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
MARCH-APRIL 2026



MON

CGL - First Step
9am-1pm

Table Tennis Club
12.30pm-3pm

★ **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

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

NEW **Weight Watchers**
5:30pm

**Bereaved By Suicide
Support Group**
First Tuesday of the
month 6:30pm-8pm
AA
7.30pm-10.00pm

WED

CGL - First Step
9am-5pm

One You
9:30am-12:30pm

NEW **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
10:45am- 2:45pm

Care for the Carers
First Friday of the
month 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
Read Easy UK - 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