



— THE —

Pelham

POST

NEWSLETTER - ISSUE 14 - APRIL 2026

We have had a great start to 2026, and we are all enjoying having the whole building renovated and no impending capital redevelopment (mainly the dust and disruption!). However, we have also been busy implementing a new 31-solar panel system with funding from Rother District Council Community Grants Scheme and Benefact Trust that will save 4000kg per year of CO2, and thousands of pounds on our electricity bill annually.

In February we welcomed Cllr Galley, the Chairman of East Sussex County Council for a visit to The Pelham. Cllr Roy Galley said “This visit was an uplifting experience, The Pelham and the team with nearly 60 volunteers do an amazing job. It is rooted in community spirit, Christian faith and huge enthusiasm”.

As a charity, one of our missions is around improving the health and wellbeing of our local community and we are investing more time to shape neighbourhood health. For example, as part of a county wide Cardio Vascular programme, we are piloting a blood pressure monitor library loan scheme in partnership with NHS Sussex ICB and Bexhill Primary Care Network. We have also been invited to be a part of new strategic boards that gives us the opportunity to advocate for our community and draw in more positive change directly into Bexhill.

I was also invited back to speak at the Rotary Club of Bexhill at their club meeting at the Cooden Beach Hotel, 10 years after I last went there to speak back in 2016. The Club have continued to support The Pelham in many ways over the last decade and I was very grateful for the opportunity to share all the progress as well as our current offer of activities and support in the community. It was a fantastic evening and complemented by delicious food!

We hope you enjoy reading this latest edition of The Pelham Post,

Ollie



- THE -
Pelham
COFFEE LOUNGE



We started off this year celebrating the 11th anniversary of the Coffee Lounge. After our recent top floor renovation, which was the final step in completing The Pelham building, it felt especially meaningful to look back over the last 11 years and to where it all began, with a stake in the ground and a vision of what could be.



We were honoured to receive awards from Cinnamon Network for overall outstanding achievement and the Bexhill Heritage Civic pride award for meeting places. An encouraging recognition for not only the building itself, but also the community within.

Something that is turning into a well loved annual tradition is our team meal out at The Shiplu. It's such a special evening where we can have the whole Pelham team gathered to relax and enjoy good conversation over delicious food. It's a lovely opportunity for everyone to catch up, share a few laughs and spend quality time together, strengthening the connections that make our team what it is.



We have some openings for Coffee Lounge volunteers, whether you're looking for some work experience or just want to try something new we'd love to have you join our team! Please email office@thepelham.co.uk or visit our website if interested

I hope you had a good Easter weekend. I spent mine enjoying painting eggs, the sunshine, my family, and some time in the garden.

I am super happy to share some good news. One of our young people at RunningSpace was baptised on Sunday. They have chosen to follow Jesus and came up out of the water punching the air with joy! This young person first came to our World Suicide Prevention day relay about 3 years ago and runs with the Beulah Church-based RunningSpace group. Then they joined The Pelham Youth Group. After that, they went to Limitless and Ethos at Beulah Baptist. I also know many of you are praying, in the charity sector we call this 'collaborative working'. For us as Christians, we call it the body of Christ, each of us playing our part.

Contrary to what many people think, the highest number of suicides happens in the spring and early summer months of May, June, and July. The need is urgent.

At RunningSpace, the number of people walking through our doors has increased by 63% in the past year. More people are struggling. More people need support. A simple, regular gift can help save a life.

- **£3.60** could offer someone a compassionate conversation over a latte, a moment of connection when they need it most.
- **£25** could provide refreshments for a full RunningSpace session, bringing people together in a safe, welcoming space.
- **£72** could fund life-saving suicide prevention training for someone

If suicide has touched your life in any way, you'll understand how much this matters.

Please consider setting up a monthly standing order today. See details below or scan the QR code

RunningSpace
HSBC Bank
Sort Code: 40-10-14
Account Number: 51554255



Whatever you're able to give, big or small, we thank you just the same.

Thank you *Jacky*





The Counselling Service is pleased to introduce Sandy Wootton as our new Deputy Counselling Service Lead. She started the role in February and has been an amazing addition to our team. Sandy has already been working with us as a counsellor for the past two years. She is dedicated to the Counselling Service and The Pelham as a whole, and we are pleased to have her on board with us.

Here is a message from Sandy to introduce a bit about herself:

“Hi, my name is Sandy and I qualified as a counsellor two years ago after completing an Integrative Counselling qualification at Waverley Abbey College.

I first approached Emma for personal counselling as part of my training five years ago, but decided not to go ahead because I really connected with The Pelham's ethos, aims and ambitions, and I hoped to work here in some capacity myself at a later date.

I had the opportunity to do this two years ago when I started as a qualified counsellor. I love working at The Pelham and personally enjoy the warm, welcoming, generous-hearted and relational approach in all that it does. I am very excited to help Emma in my new role, as the counselling service continues to grow, and I feel very privileged to be a part of The Pelham team.”

If you wish to be seen by one of our counsellors or students please contact us



counselling@thepelham.co.uk



07907403663



<https://thepelham.co.uk/counselling/>

BEREAVED BY SUICIDE SUPPORT GROUP

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

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

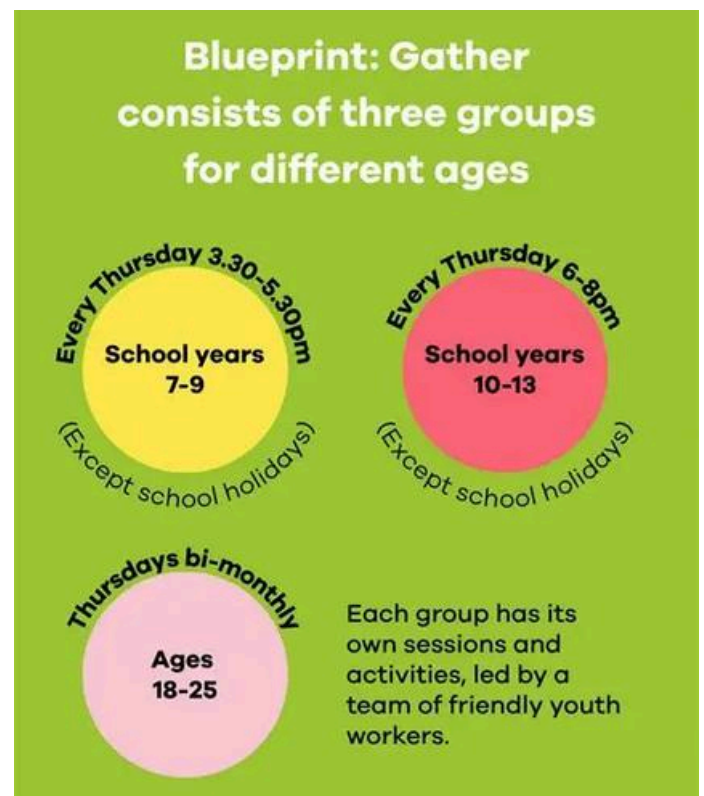


We're excited to be in the process of recruiting a Young People Transformation Lead. This role will build on the strong foundations already in place, taking leadership of our existing weekly youth clubs while expanding and enhancing provision to reach and inspire even more young people in our community.

The role will focus on developing opportunities that are relevant and accessible, working alongside local partners including schools and community groups. This approach will help ensure that activities and support reflect the needs and experiences of young people. We are committed to seeing local young people's lives lived to the full and to reaching their potential in a supportive environment.

This commitment forms the foundation of the role, shaping how opportunities are developed and delivered. We envisage a person-centred approach to supporting young people, with their mental health and physical wellbeing as key priorities.

As part of this expansion we're happy to announce our partnership with the De La Warr Pavillion and Come As You Are to launch Blueprint: Gather. A new, welcoming, open youth club at the De La Warr Pavillion Studio where young people can drop in to hang out, meet others and feel at home. Weekly sessions will run for school years 7-13, alongside bi-monthly meet-ups for 18-25 year olds. Sessions are free to attend, with no need to book, young people can simply turn up.



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

New at The Pelham

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, price available on request

Private Office For Hire



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

Widowed Brunch Club

Every Monday at 11am
Starting on the 20th of April
The Pelham, Bexhill

A warm and welcoming brunch club for both men and women who have lost a partner.

Join us for good food, friendly conversation and a chance to connect.



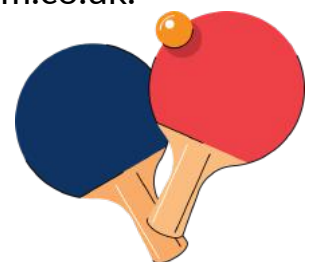
Widowed Brunch Club

We're excited to be launching our new Widowed Brunch Club, a warm and welcoming space open to anyone who has lost a partner. We understand that navigating life after loss can feel isolating at times, and this club is all about bringing people together in a supportive, relaxed environment where you can connect with others who understand. Join us for good food, friendly conversation, and a chance to share stories or simply just enjoy the company of others. The brunch club will begin on Monday the 20th of April at 11am and will run weekly thereafter. There's no need to book, just come along and join.

New Table Tennis Groups - Everyone Welcome!

Looking to get active, have fun, and meet new people? Join our friendly table tennis sessions starting soon. With groups especially for beginners and those with long-term health conditions. Come along, have a go, and enjoy the benefits of staying active at your own pace. Please scan the QR code to register your interest or email office@thepelham.co.uk.

- No experience needed
- Gentle, inclusive sessions
- Qualified coaches in each session
- Improve fitness, coordination & wellbeing
- Supportive and relaxed atmosphere



“There needs to be more places like this”

“The Pelham is not like any other voluntary role. There is a purpose here. Genuine care. I am so fortunate to be here.

I was at college when my friend told me about volunteering here. I was looking for a consistent role but with my disability, needs, and cerebral palsy, hospitality can be a hard sector to get into. The Pelham was adapted, consistent, and friendly.



I started out as a volunteer in the Coffee Lounge once a week in 2021. After about six weeks of that, I went to help out in The Pelham Youth Club after my shift. I'd interact, chat, and play games with the young people. I'd encourage them to maintain their daily routine and create a safe space for them. I can't sit still, so being in a proactive, practical work setting fits me well. I enjoy it, I get something out of it. It taught me life skills I didn't even think I needed! There's a sense of community here. A sense of empathy and compassion. And such a genuine sense of belonging. The Pelham cares about people – they do things that make you feel valued. Volunteering has definitely helped me into employment. I now work at a college supporting people with additional needs in mainstream courses. I was able to show that I can work and build relationships with a wide range of people. I can think on my feet, communicate well, help people who need extra support, accept people for who they are, and advocate for others.

The Pelham has helped me become more assertive and more confident at work. In a nutshell, it's helped me become more bold. I used to be quite set in my ways and overthink. Now, I overthink less, communicate better, and it's helped me present as professional. There might not be paid progression, but it's opened my eyes to what's possible. I've got more ambitious thoughts. It's like a seed has grown here – it has inspired me to possibly set up a business similar to The Pelham.

The Pelham is not just a voluntary space for me. They have services that have helped me mature in terms of navigating life. I'm currently using the counselling services here. A hub like this is so important. There needs to be more places like this. Places that open up opportunities for people especially for teenagers and young people, and for people with additional needs. Everyone should be entitled to an opportunity. I've chosen to stay because it feels right. It's important for me to give back.”

Ewan



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
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**
You can set up a standing order
or make a one off donation
The Pelham CIO - 40-10-14 - 21514652



via our **STEWARDSHIP GIVING** account
Scan the QR code or go to
www.stewardship.org.uk/partners/thepelham
You can sign up for a regular or one off donation

