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Pelham

POST

NEWSLETTER OCTOBER 2021 • ISSUE 2

It is a joy to be welcoming people back into The Pelham as we are once again enjoying the buzz of life with a full timetable of activities and two significant new projects. At times we wondered if things would be the same, but we are delighted that it once again feels like home.

In September we launched The Pelham Counselling Service and The Pelham Building Enterprise. We have been working on these two projects for almost a year now, and you can find out more about them both in this newsletter.

We are so thankful to the army of supporters, volunteers and staff at The Pelham, who continue to give their donations and time faithfully, as well as our funders and partners.

Thank you on behalf of the trustees and team.
Ollie - CEO



We were delighted that P84 Youth returned in August, enjoying a summer of activities made possible through the lifting of social distancing and restrictions. Highlights included multi sports and pizza in the park and a silent disco UV party at the Pelham, where we were joined by youth groups from Battle and Beulah Baptist church.

Our regular P84 Youth drop-in sessions on a Tuesday started again in early September, this has enabled us to re-engage with many of the teenagers we lost contact with during the pandemic. Young people have loved being back in the building enjoying table tennis, card and computer games, table football, pool, and spike ball. Cooking has been an ever-popular activity with incredible homemade pizzas, fairy cakes, flapjacks, and shortbread being lovingly made.

The young people's imaginations has also been ignited by the release of the 'Basement Project Promotional Video' outlining the proposed developed of our currently derelict space. With work already under way to reach our fundraising target of £175,000, our young people's dreams for the space could soon birth into a reality!



It's been a strange but good couple of years, with early recognition of the impact of RunningSpace (Runnersworld, BBC, ITV and radio), closely followed by lockdown 2020, then summer 2021, then Tracy and I both away. There's been growth, with new RunningSpaces starting in Sittingbourne, The Isle of Sheppey, Ore and the Eastbourne campus at Brighton University, with ongoing enquiries from other areas. We received funding successes, which as of last week includes one from the NHS, a real jackpot in terms of funding that will also help us increase our impact and keep promoting life. RunningSpace also now has the privilege of being accepted onto the Cinnamon Network Incubator Programme which will help us "grow to a point where they can be replicated many times over". Then around 80 of us nailed the World Suicide Prevention Day Midnight to Midnight walk/pray/run.

Over the coming weeks and months we will be focusing on becoming the best coaches and runners we can be. Our next safeTALK Suicide awareness training is on 2nd November at The Pelham, 6pm to 9.30pm. All are welcome. safeTALK will teach you how to recognise someone who might be having thoughts of suicide and direct them to further help. Follow the link below to book your place.

<https://www.eventbrite.com/e/safetalk-suicide-alertness-for-everyone-021121-6pm-the-pelham-tn40-2dd-tickets-172585205997>
If you or someone you know would like to learn to run to beat suicide, sessions are free, contact Jacky on 07544 883505 for more information.

Come and run with us, it might just change your life!



This summer we welcomed Tracy Woollard-Kelly as our new RunningSpace Project Assistant. Tracy will be overseeing the delivery of RunningSpace sessions across Bexhill and Hastings and supporting the wider work of RunningSpace as we grow. Here's a little of her story so far.

"I hadn't got any idea what to expect that first session. I was extremely anxious as I experience social anxiety and struggle in group activities BUT the thing that drew me in was Jacky's promise to teach me how to run. No one was left out. The people I met that day were wonderful, so supportive, positive and welcoming. After 1 hour I came away exhilarated and positive about my onward journey. RunningSpace has had a huge impact on my life, keeps my mind strong and able to face challenges in a more positive way. I'm excited to help other people as they take on their own RunningSpace journeys."

Tracy



safeTALK



safeTALK: Suicide Alertness For Everyone

safeTALK is a half-day (3.5 hours) training course that can help you make a difference. Know what to do if someone is having thoughts of suicide by following the easy to remember TALK steps:

TALK: Tell, Ask, Listen and Keep-safe

What are the course aims?

- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.

Who is it for?

Everyone! safeTALK is suitable for all community members and professionals.

What are the training outcomes?

As a safeTALK-trained suicide alert helper, you'll be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide.
- Identify people who have thoughts of suicide.
- Apply the TALK steps to connect a person thinking about suicide to a suicide intervention resource.

Additionally, each participant will receive a certificate, a wallet-sized reference card plus a resource pack with information about sources of support for people having suicidal thoughts.

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Our next safeTALK event is:

**02 NOVEMBER 2021
6PM-9.30PM**

Registered Trainer ID N39161

RunningSpace is a project of The Pelham CIO, a registered charity in England and Wales (1158364)

For more information and course bookings please contact us:

hello@runningspace.org
runningspace.org
running to beat suicide





THE PELHAM GROWZ

Every Tuesday
10.30am-1.30pm

£5 per session
Includes refreshments, jacket potato lunch and PPE
Bring weather appropriate clothing



I parked up today next to the Pelham Growz patch - right between the yacht and the passion fruit vine. Yes you heard me right, The Pelham Growz has a yacht. She (her name is Waterloo, sail number 1815, winning 3rd place in the 1976 UK Nationals) is the latest addition to the ever more flourishing plot, bringing life, fun and a restoration project for the team over the winter months. If anyone knows anything at all about sailing or boat restoration, we need you!

One of the participants, Anthony, proudly showed me the makeshift greenhouse he'd constructed with Damien's help, took me past the tomatoes, lettuce, French beans and sunflowers, and on to the herbs, geraniums and bay tree. It's worth taking a look yourself, if only to count the number of ladybirds. I gather that ladybirds are a sign of a healthy garden. What a simple image of what God is doing through the Pelham Growz.

You may have spotted some of their produce displayed and for sale outside The Pelham. To date they have raised some £400 and along with the £5 per week (lunch included) fee, The Pelham Growz has become a sustainable project in its own right. The team are now raising money for a substantial shed which can be used as an educational facility and workshop throughout the year, but especially through the winter months. You can donate via The Pelham website, or simply buy your plants as you come in for coffee.

Lastly, as the seasons change, they're already preparing for spring. Get ready for Stuart's tulips. Spot the ladybird?

Working in partnership with Barratt David Wilson Homes at the Rosewood Park site in Little Common, and 'The Gateway' with Bovis Homes in North Bexhill, we have now launched our Building Enterprise. As part of this, and in conjunction with the Kickstart Scheme, we have employed 6 new trainees that started in late September.

Overseeing the project we welcome John onto our team, who is an experienced builder and maintenance manager. Damien from Pelham Growz and Tracy from RunningSpace, are also joining in with supervising this project and working alongside the trainees.

On a day to day basis, the trainees will be learning and practising entry level construction skills, including repointing, bricklaying and a range of carpentry tasks at The Pelham.

We will be equipping our trainees along the way with relevant courses and certificates, as well as completing works out in the local community for local businesses and residents. They will also be spending a month on site at one of the housing development sites, as part of their 6 months with us. If you have any jobs you would like us to quote for, please do get in touch.



We have had a great successful bid to the Sussex Community Foundation Covid crisis fund. They have funded us £10,000 that will enable us to start offering counselling at the Pelham from mid-September 2021. Covid has led to a direct increase in anxiety and depression in the community. We have seen a growing number of people coming into The Pelham who are struggling with bereavement, low mood, anxiety, loneliness, domestic abuse and are finding life difficult and a challenge. We would like to thank Sussex Community Foundation for this valuable investment in our community.

The Pelham Counselling Service (PCS) is here to provide high quality, effective and affordable counselling. We are rooted in our Christian values and beliefs, and base our mission on the Bible verse from Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "Plans to prosper you and not to harm you, plans to give you a hope and a future."

As a counselling service we are here to prosper our community, to support people with their emotional wellbeing to give people a positive hope and a bright future. We believe all people are created in the image of God and are therefore intrinsically valuable and relational at the core of their being.

Sussex NHS also awarded RunningSpace £20,000 to support people with serious mental health illness. This grant will help us to expand Runningspace into Eastbourne and Hailsham. Of the 14 amazing organisations they chose to support, RunningSpace was the only one in East Sussex, and the only one that involved physical activity. That's pretty staggering really, when you consider the vast amount of evidence that tells us that physical activity is critical for our mental health.

For the area's young people, The Pelham have grand plans to redevelop the basement into a youth hub and the total cost of the refurbishment is £171,000. We were really bowled over by the support of Rother District Council, and were successful in attracting £27500 towards this redevelopment, which will house youth clubs, alternative education, and counselling for young people, space for bands to practise, to name just a few of the activities we are planning. Rother District Council were amazing in granting us this award and backing our plans for this space. We are in the process of applying for a few more grants before we can start work on the space

We have also been thrilled to be awarded £2,000 from the Bexhill Trust towards equipment for a workshop with a teaching area for the Pelham GrowZ. This is an exciting project as we will be commissioning the Building Enterprise to build the workshop.

