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Pelham

POST

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Life at The Pelham is full of colour as we welcome Spring in, from the flowers grown by our Pelham Growz team decorating the frontage, to the vibrant hubbub that is spilling out from the rooms inside. We're grateful for this season as it is a daily reminder of the hope we have, that helps us navigate the ups and downs of life.

Every aspect of life at The Pelham has grown over the last year and now we are focusing on sustaining the work that we do, so that we can continue to provide trusted and reliable activities for our community, whether it be RunningSpace sessions, counselling, our P84 youth group or a welcoming Coffee Lounge.

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. I am so thankful to be part of an amazing family and team, who serve with great determination and passion. We look forward to welcoming you through the doors of The Pelham again soon.

Thank you on behalf of the trustees and team.

Ollie - CEO





Spring is here, the evenings are getting lighter and it's been a time to reflect on the last year as we write our end of year reports. The joy is that you get to look at the numbers and personal stories again. You all thrill my heart.



This time last year, RunningSpace had four active coaches. Now we have 16, with three more about to begin their coaching journey, and five about to begin their England Athletics Level 2 qualification. This time last year we were delivering three sessions in one location. Now we have eight sessions up and running across four venues, with an average of 37 participants per location. This time last year we had only just started thinking about replicating, about growing and helping more communities champion life and beat suicide. Now, we are three months into the two year Cinnamon Network's Incubator Programme which, with the help of industry experts, will prepare us to replicate many times over. We have been so blessed already to meet and work with others on the same journey, putting faith-filled organisations at the forefront of social action.

The numbers look good, but they're not the reason we put our trainers on and run. This message from one of RunningSpace participants is. This is the reason we run.

The Pelham Counselling Service is here to provide high quality, effective and affordable counselling.

"I'm starting to believe that there is a way forward that doesn't involve trying to end my life, I can't thank you enough... I can see a future"

Counselling is for a time in our lives when we feel we can't cope. Our counsellors are here to support you to address difficulties, build resilience and bring about long-lasting positive change.

We can only keep on championing life and beating suicide with your support. If you would like to partner with us in giving, praying, or running, we would love to hear from you. Please contact me at jacky@runningspace.org, or call me on 07544 883505 and I can answer any questions you might have.

To arrange an assessment please complete the referral form on the website.

This year has been so exciting already, and I want to thank you all for every RunningSpace step we make together.

Jacky x





The Pelham Building Enterprise has seen the completion of its first 6 month traineeship for six young people who were previously unemployed. Through their time with us, they have had the opportunity to gain experience in brickwork, carpentry, roofing as well as renovating two flats in Rye for Rother District Council. Three of them also completed work experience on site at Barratt David Wilson Homes' site at Rosewood Park, Barnhorn Road. One of the team has been kept on as a team leader for the current course, with 2 further trainees already securing work in construction.

The new team are already settling in well and are completing our third flat for Rother District Council, as well as some preparation works in the basement ahead of our extensive renovation works due to start in the summer. As part of our wider work, we are also organising school trips onto the sites to inspire a new generation into a potential career in Construction.



Wow, what an amazing sight now blesses The Pelham carpark. Our beautiful shed that will home our group The Pelham Grows near completion. We are just waiting for power and final finishes. The Pelham Grows is a project that aims to support adults with learning disabilities to grow in confidence as they work together to grow seeds into the wonderful flowers which they sell from outside the Pelham.



We were heavily supported in bringing this project to the members of this group from some amazing funders. The Bexhill Trust, The Edward Gosling Fund and the Bailey Thomas Foundation funded the building. Bexhill Rotary club gave us funding for tools to help build the shed and actually supported us with volunteers to build the structure. The tools will be used by our Building Enterprise team in their local community projects



If you or someone you know would like to take part in the Pelham Grows you can visit our website at www.thepelham.co.uk or simply come on a Tuesday morning where you are sure of a warm greeting.



During the Easter Break, a lovely bunch from P84 youth took on the challenge to complete a sponsored light walk in aid of 'Blue Bear' a charitable company that works in supporting teenage survivors of sex trafficking.

Blue Bear's story began in a shanti town in the Dominican Republic, a few weeks before Christmas, 2017. A young teenage girl bravely shared with her teacher about the abuse she was suffering at home. She was being sold by her mother for sex. After years of suffering, she decided to speak out, in the hope of protecting her younger siblings, who she feared would soon suffer the same treatment.

After this teenage girl and her siblings were rescued by the Police, she was asked if there was anything from home, she wanted to take with her. She was unlikely to return to this house ever again. After thinking for a while, she asked for her blue bear.

Moments later, she was driven away from the scene with an old, dirty, and damaged blue teddy sat snugly on her lap, as she clung to it for comfort. She left behind a life of abuse but refused to leave behind her beloved blue bear and so moved from rescued to rescuer.

Thirty-four young people from P84 youth, Beulah Youth and Holy Trinity Hastings Youth walked eleven miles from Hasting to Bexhill and back and raised £1000, which will go directly to the Lily House project, a restoration centre in the Dominican Republic which provides counselling, accommodation, education and employment training to survivors of sexual exploitation.

Well done to everyone involved, you did amazing!

For more information about blue bear or to donate to this worthy cause please visit <https://bluebearcoffee.com/donate/>

