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# Pelham

POST

NEWSLETTER - ISSUE 5 - JANUARY 2023

This month we celebrate 8 years since we re-opened the doors of The Pelham, redeeming this beautiful building into the thriving hub that it is now. So many people are part of this story, from our faithful volunteers, supportive 'regulars' and committed staff team and trustees. We have so much to be thankful for, and we can use this testimony to give us confidence for the months to come.

As we look ahead to 2023, we are full of hope in the midst of uncertainty all around us. We are facing similar challenges to many other local charities, whilst seeing that more people are coming through the doors of The Pelham each week than we have previously hosted. We remain fully committed to seeing people finding life in all its fullness in our community and our most recent venture is sharing The Pelham as a 'Warm Space'. The invite is for everyone, do come by.

On behalf of the whole team, Ollie

WELCOME TO *Pelham* WARM SPACE  
COFFEE LOUNGE

Monday-Friday 9:30-2:30pm

The Pelham  
Holliers Hill  
Bexhill-on-Sea  
East Sussex  
TN40 2DD

Gather with us in a warm space for company or to work, with facilities to recharge your phone or laptop

FOR MORE INFORMATION ON OUR ACTIVITIES AND PROJECTS SEE OUR WEBSITE [WWW.THEPELHAM.CO.UK](http://WWW.THEPELHAM.CO.UK)



As people focus on the new year ahead and are perhaps making new year resolutions, it is sometimes good to remember that our well-being deserves to be a priority. January can be one of the toughest months for people, with the 21st being deemed to be the “gloomiest day of the year”.

So maybe it's a good idea to make a new year's resolution to look after yourself well this year by:

1. Going to bed half an hour earlier to improve your sleep pattern and increase your rest period.
2. Staying active, think about joining running space?
3. Make connections with people, see people face to face.
4. Take some time to relax, read a book, listen to music or just be with yourself.
5. Talk to someone, a friend, a relative or if you need to a professional.

Here at the Pelham Counselling Service, we can offer you a listening ear and journey with you where you are at. Offering you a confidential space where you can just be. If you feel this is a service you would like to access please contact us via the form on our website or email us directly on [counselling@thepelham.co.uk](mailto:counselling@thepelham.co.uk).



RunningSpace Runners are competing in the 39th Hastings Half Marathon, 26th March 2023 to raise funds to CHAMPION LIFE and BEAT SUICIDE.

Please support our Crowdfunder page here.

<https://www.crowdfunder.co.uk/p/runningspace---championing-life-beating-suicide>

- Our initial target is £3000 which is the cost of setting up each new RunningSpace replication. We want to respond to increasing demand, supporting other communities to start their own RunningSpaces. A RunningSpace replication includes the following: -
- Coached RunningSpace sessions – UK athletics qualified coaches teach people how to run from walking
  - A community-based venue to host post sessions refreshments, encourage meaningful relationships, and friendships built.
    - Regular Prayer (for those who would like to)
    - World Suicide Prevention Day relay event on 10th September each year
  - Volunteers and coaches will attend a safeTALK Suicide Alertness For Everyone Training, a WHO approved training accessible to everyone who want to learn the skills to identify someone who might be struggling with thoughts of suicide and direct them to further help.

Uniquely we combine physical activity, relationships, and faith. RunningSpace offers a way to practically support people who might be affected by suicide, in a helpful and safe way. Come and run with us, it might just change your life...

*Jacky x*



Our Building Enterprise project continues to be successful in inspiring a new generation of construction workers, in partnership with Bovis Homes and Barratt Homes. One story that highlights the impact is our former trainee Joe, who has recently started as a Trainee Assistant Site Manager at The Gateway site up the road. The joint press release made the local paper online news and we remain in close contact with many of our former 12 trainees. Joe said: "Not only did the position get my confidence up and get me used to working, but I was able to get construction experience, which helped me a great deal when applying for the Bovis Homes position".

Our current cohort of trainees are in the final weeks with us, busy acquiring their CSCS cards before benefiting from some on-site work experience. Our final cohort of 4 trainees are being recruited for a February start and that will represent 20 paid work placements over the last 18 months. Our team of trainees have been working hard in the basement, alongside the external contractors who are renovating the spaces into a new youth venue, launching in May 2023.

In the Autumn we co-hosted with Barratt David Wilson Homes a series of site tours with local schools and students at The Workplace, East Sussex County Council's "Steps to Success" initiative and Little Gate Farm. Feedback from one of the tutor's: "We have just returned from our fantastic visit to The Rosewood Park construction site, thank you so much for arranging it for us. The lads got to try bricklaying, slab laying, hanging a door, and spoke to some brilliant members of staff, including Sarah the sales manager who gave an incredible motivational speech about how she had saved to buy her first flat, and how her husband had worked his way up from labouring to becoming a property director. The boys were hanging on her every word. They also loved seeing the gorgeous show home. It was one of the best workplace visits we have ever done, and I think the boys will always remember it. Please thank everyone so much for giving up their time to do this."



Yet again Sussex Community Foundation are supporting us to help local residents when they need help. Granting us £9500 towards being a 'Warm Space'. Our Coffee Lounge will be open 9.30am-2.30pm Monday to Friday, so pop in and warm yourself by one of our open fires. We will also be able to help support Bexhill Foodbank by offering people they send us, warm food and drink. As part of the grant, we have received funding towards our utility bills, which has been a huge help to our charity.

The Benefact Trust, who are also a great supporter of our work have granted us much needed money (£10,500) to fund our counselling service. The grant will be used to provide subsidies to those most in need of counselling without the budget to fund it. At a time when the NHS is struggling to meet demand, we will be a place for help and healing. Please contact Emma at [counselling@thepelham.co.uk](mailto:counselling@thepelham.co.uk) for more details or to seek support.

The Chalk Cliff Trust have amazingly awarded us £5000 towards core costs, it will help us to keep The Pelham open and Running during these challenging times. Money will be spent on staff costs.

We are so grateful to all of our funders for their help and support at a time when we are sure they are inundated with applications for help.



On the evening 19th December, P84 Youth held their first ever formal Christmas dinner at the Pelham, an incredible time was had by all. With the log fires burning keeping the coffee lounge toasty warm our youth settled down for a full-on roast with all the trimmings, hats were donned, and terrible jokes shared from the obligatory crackers, our tasty main course was followed by Eaton mess and chocolate gateaux for pudding. The rest of the evening's entertainment consisted of a silent disco, secret Santa and pass the parcel with forfeits amongst other games.

Our new youth venue in the basement of the Pelham is progressing quickly, with works hoping to be completed by the end of April. Much of the tanking is now complete and what was a very damp, cold and dark space is now warm and dry which already made a huge difference. Over the next few months as the builders continue with the project, we will be working with the young people to help them dream big, get their ideas as to what they would like to have down there and what they want to gain from having the space which will soon be available to them. We will also be looking for funding opportunities for equipment and some furniture and fittings.