

Our lovely NCT group  
are looking for  
volunteers to lead one  
session a month or more  
here at The Pelham on a  
Tuesday morning.  
Contact  
hannahrussellnct@gmail.  
com for more details.

## Bumps to Toddle

10:00am -11:30am, The Pelham

📍 Bexhill



# — THE — Pelham COFFEE LOUNGE

## Opening Times

Monday to Friday  
9.30am to 2.30pm

*Food served 10.30am- 1.30pm*

### GET IN TOUCH

Available to hire

7 days a week

(including evenings)

[bookings@thepelham.co.uk](mailto:bookings@thepelham.co.uk)

### The Pelham CIO

01424 576304

[office@thepelham.co.uk](mailto:office@thepelham.co.uk)

[www.thepelham.co.uk](http://www.thepelham.co.uk)

The Pelham, Holliers Hill,

Bexhill, TN40 2DD

Charity Number 1158364



# — THE — Pelham

## WHAT'S ON

NOVEMBER-  
DECEMBER 2023



MON

TUES

WED

THURS

FRI

SAT

**CGL - First Step - Drop-In**  
9am-1pm

**Table Tennis Club**  
12.30pm-3pm

★ **New Thing Academy Dance Classes**  
4pm-7.30pm

★ **RunningSpace**  
6.30pm The Pelham

★ **Pilates with Liz**  
7.30pm

**NCT Bump & Babies**  
10.00am-11.30

**Job Centre Drop-In**  
10.00am-3pm

★ **P84 Youth**  
Free Youth Group  
Ages 11-17  
3pm-5pm

**AA**  
7.30pm-10.00pm

**CGL - First Step - Drop-In**  
9am-5pm  
**Sanditon Quilters**  
fortnightly 10am-3pm  
**Southern Housing Drop-In**  
1pm-2pm

★ **New Thing Academy Dance Classes**  
4:00pm-6:00pm

**Creating a Healthier You - Exercise**  
6.15pm-7.15pm

**Pink Ladies - 7pm - monthly**

**Table Tennis Club**  
9.30am-1.00pm

**Foodbank**  
10am-11.30am

**U3A Reading Group**  
11am-1pm

**ChatterBex**  
12.45-2.30pm

**Bexhill Breathers - Exercise**  
2.30pm-3.30pm

**Fluid Yoga**  
Booking Required:-  
Beginners  
6.40pm-7.40pm  
Intermediate  
7.40pm-8.40pm

★ **RunningSpace**  
9.30am The Pelham  
**HARC Drop-in**  
10am-2pm

**Care for the Carers**  
10am-12 noon

**Holding Space**  
10am-12 noon

**Stroke Association**  
10.30am-12.30pm

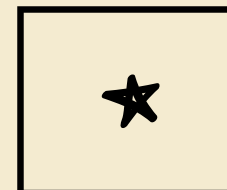
**SASBAH**  
12.30-2.30pm

★ **New Thing Academy Dance Classes**  
4.00pm-7.00pm  
**AA**  
7.45pm-10.00pm

★ **New Thing Academy Baby Ballet & Saturday Dance Club**  
9:00am-12:30pm  
**Doorstep Herbs**  
10.30am-11.30am

HERE ARE THE REGULAR WEEKLY & MONTHLY ACTIVITIES. PLEASE MAKE CONTACT DIRECTLY WITH THE GROUPS, OR VIA THE PELHAM OFFICE.

INDICATES TERM TIME ONLY



**Monthly Group Meetings**

**Care for the Carers Drop-In** - 1st Friday of every month  
10.00am-12.00 noon - markt@cftc.org.uk  
**1066 Pink Ladies** - Breast Cancer Support Group  
7pm - 2nd Wednesday each month - Pat 01424-220665  
**U3A Reading Group** fortnightly - Sue.barnhill@gmail.com  
**SASBAH** - office@sasbah.org.uk  
**Holding Space** - hello@holdingspce.org.uk 01323 315005  
**Doorstep Herbs** - Kim & Vanessa - doorstepherbs@gmail.com  
**NCT** - hannahrussellnct@gmail.com

**Contact Details**

**Fluid Yoga** - Sally: 07800 927717  
**New Thing Academy** Dance Classes Ages 4-16 and baby www.newthingacademy.com  
**Bexhill Breathers** - bexhillbreathers@gmail.com  
**HARC** teresa@harcuk.com - 07936953494  
**CGL - First Step** - 03003038160  
**Southern Housing** - audrey.pinnington@southernhousing.org.uk  
**Stroke Association** - Hilary636@btinternet.com  
**Pilates with Liz** - lizr.pilates@gmail.com 07894 633486  
**Creating a Healthier You** - contact Sue at 2020exercisereferral@gmail.com

**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  
**Chatterbex** - social group - jellylegs61@yahoo.co.uk  
**Job Centre Drop-In** - bexhill.jobcentre@dwp.gov.uk  
**HARC** - Welfare Benefit Advice. For appointment call - 0333 344 0681  
**Foodbank** - info@bexhill.foodbank.org.uk/07866 570468