

EXCITING NEWS FROM RENEW169 WELLBEING CAFÉ

We are very excited to announce that we have now been awarded Charity Status. Our registered charity number is 1196631. This is a recognition of the continued and growing work that we do locally to support those who are struggling with their wellbeing.

FIND OUT MORE ABOUT RENEW169 WELLBEING CAFE

At renew169 we offer a quiet shared place in Towcester where it's OK to not be OK. Anyone who is struggling with their mental or emotional health, or who is isolated is welcome to come into the café for a chat and/or to join in with co-produced wellbeing activities. The café is open Monday to Wednesday from 10am to 3pm and Monday evening from 7pm to 8.45pm, you do not have to make an appointment. On a Tuesday we have a 'Carers Supporting Carers' group that meets from 12noon to 1pm above renew169. We also have a Friday evening walking football group at Silverstone. The football group is not entirely made up of men and anyone who believes this will be good for their wellbeing can ask to join. On a Thursday and Friday Mind use the premises too, which helps us create a 5-day-a-week space in Towcester for anyone who is struggling with their wellbeing. As we move on from the pandemic, we are noticing an increase in those struggling with their mental health. Please tell people you know who are struggling about our service or better still help them by suggesting you are happy to come along with them, it could be just the support they need.

MAYOR'S CHARITY

We are very grateful and would like to extend a big thank you to Damian Reynolds for choosing renew169 as one of his charities. We know as well as raising much needed funds this has helped raise our profile within the local community.

SUPPORTING RENEW169 WELLBEING CAFE

As a charity, all our income comes from grants, fundraising and donations. Please can you help us to maintain our growth and much needed support for our visitors. Here are some ideas of the ways that you can help us at renew169.

Volunteer in the café chatting to our visitors and making teas and coffees (contact manager@renew169.org.uk to receive further details of how to apply).

Share your expertise, demonstrate and provide an activity that our visitors can enjoy.

Hold an Annual Coffee Morning or Cheese and Wine Evening

Organise and host a coffee and cake morning or cheese and wine evening. Invite your friends along for a set donation. A 'How to Guide' can be provided by the fundraising team.

Create your own Sponsorship Challenge for renew169

Why not challenge yourself or better still include your work colleagues to achieve a personal wellbeing '169' goal throughout 2022? Based on the 5 ways to wellbeing, (Give, Connect, Take Notice, Get Active, Keep Learning). You could undertake a 'Get Active' challenge such as walking every day for 169 days or being sponsored to learn a new skill. Please make contact if you would like help with sponsorship ideas and to receive a sponsorship form. We can also put your challenge on our Just Giving page.

Give a one off or better still monthly donation via bank transfer. All donations are gratefully received, and every penny goes to supporting wellbeing in Towcester and the surrounding villages. Our Treasurer will gladly help anyone as to how to make a regular donation and support taxpayers so that we can claim Gift Aid.

A one-off donation can be made via <https://www.justgiving.com/Renew169WellbeingCafe>

Attend Fundraising Events

July 9th 2022 – A date for your diary. Following the success of our **'Big Fun Day'** in September 2021, we will be holding another family fun event at the Tove Valley Centre. This is a joint venture with Tove Valley Baptist Fellowship and all proceeds will be split between renew169 Wellbeing Café and Tove Valley Centre to continue to improve facilities.

Future Events

Please keep an eye on our website and social media for future initiatives from renew169; these will include an evening of Shwopping, a charity family sports day and a publication to help with your wellbeing. You can find out more at renew169.org.uk or on Facebook, @Renew169

If you would like to know more about the work of renew169 Wellbeing Cafe, please contact Shelagh Chapman manager@renew169.org.uk or call Monday to Wednesday on 07761 041203