

renew169

A quiet shared space in Towcester
where it's OK not to be OK

Renewsletter - Spring 2026



On 9th April, Jemma Campanaro (Charity Manager) and Paul Saxton (Trustee) went along to BBC Radio Northampton to be interviewed by Bernie Keith. They had a lovely chat about the work renew169 does, the café, the community garden and a new partnership with Bell Plantation Garden Centre. Our thanks to Bernie Keith for the opportunity to talk about our work and to all the team at BBC Northamptonshire.

Community Garden News



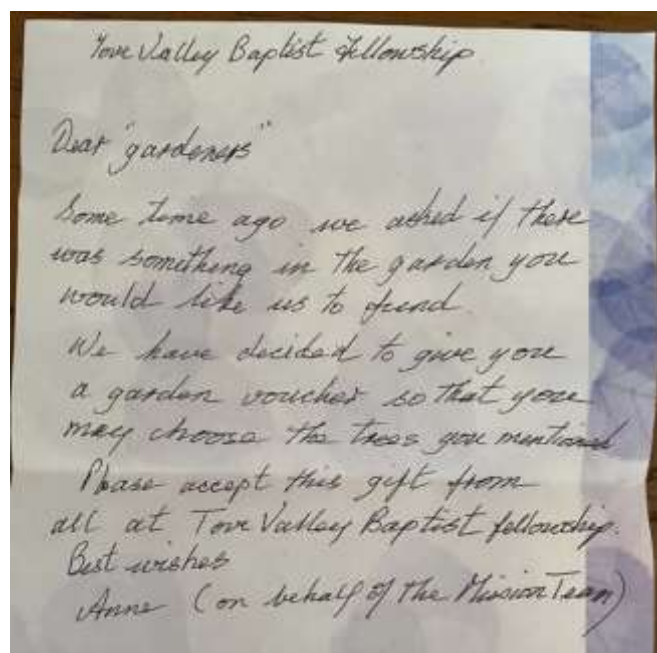
We have recently taken delivery of a new banner, which will be displayed outside the Tove Valley Centre on Northampton Road when the community garden is open, currently Tuesday & Thursday mornings from 10.30am to 1pm.



In a fun collaboration, the crafters in the café made these fabulous wooden spoon plant markers to go in the borders at the community garden.

We have been very blessed by the generosity of our local community. In January, we were given a bumper selection of end of season bulbs: tulips and narcissi, by a lovely lady called Mira West, who works for a bulb supplier. These were used to create several pots, which we will be able to sell to raise funds. We were also given a large trailer load of wood chippings by Sebs Arboricultural Services, which were used on the pathways in the garden.





We are also very grateful to Anne, the Mission Team and everyone at the Tove Valley Baptist Fellowship for their generous donation of a National Garden Gift Card to allow us to purchase some fruit trees: two apple a cherry and a plum, amongst other things.



And in March we were delighted to partner with the Bell Plantation Garden Centre, who described the Community Garden as 'a vibrant green space for residents, volunteers and visitors alike' and said that 'by providing hands-on opportunities to learn about gardening and sustainability, they are doing more than just growing plants, they are nurturing a true sense of community'.

Bell Plantation Garden Centre enters new partnership with Towcester Community Garden

This article, by Paul Saxton, is taken from the Northamptonshire Chronicle & Echo. (Published 24th Mar 2026, 09:26 GMT, updated 24th Mar 2026, 09:40 GMT.)



The community garden, run by the Renew169 Wellbeing Café, provides a welcoming outdoor space where local residents can connect with nature, learn gardening skills, and support their mental and physical wellbeing. Through this new partnership, Bell Plantation Garden Centre will provide support to help sustain and develop the garden for the benefit of the wider Towcester community.

The support from Bell Plantation Garden Centre will contribute toward plants, materials, and resources needed to maintain and expand the garden. This partnership reflects a shared commitment to encouraging community engagement, promoting wellbeing through nature, and supporting local initiatives that make a positive difference.

Towcester Community Garden has become an important local resource, offering opportunities for volunteers, social groups, and individuals to spend time outdoors in a supportive environment. The garden is closely connected to the Renew169 Wellbeing Café, which focuses on providing a safe and inclusive space for people seeking connection, support, and improved wellbeing.



“We are incredibly grateful to Bell Plantation Garden Centre for their support,” said Paul Saxton, Trustee at Renew169 Wellbeing Café. “Partnerships like this help ensure the community garden can continue to grow and provide a meaningful space for people to come together, learn new skills, and experience the wellbeing benefits of gardening.”

Amanda Mickley, Marketing Manager at Bell Plantation Garden Centre added: “We’re proud to support the Towcester Community Garden and the fantastic work being done by Renew169. Community spaces like this play an important role in bringing people together and helping people reconnect with nature.”

The partnership marks an exciting step forward for the Towcester Community Garden as it continues to develop new planting areas, expand volunteer opportunities, and host community-focused activities throughout the year.

Fundraising Cycle Ride for Renew169 Wellbeing Cafe

Please support Colin, a friend of Renew169, who is riding 60 miles to raise funds for the cafe.



Colin has been cycling for many years and is delighted to be taking part in the Towcester Mill Brewery Cycle Sportive on Saturday 16th May to raise funds for the renew169 Wellbeing Cafe. He has been inspired by his wife who volunteers at the charity.



Scan to visit Colin's
Fundraising page

renew169

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We are very grateful to Colin for taking on this challenge to raise funds for us. Please support him, if you are able to, by visiting his JustGiving page and sponsoring him. All the money raised will go to renew169 to allow us to continue to run the wellbeing café and community garden, available for anyone struggling with their emotional or mental health.

A few 'Thank You's...

Over the past year, we have been very grateful to Towcester Mill Brewery for nominating us as one of their key charity partners and for their generous support. The brewery has hosted several initiatives to help raise funds for us and in January, we were delighted to receive a further cheque from them for £110.00, being the proceeds from their Christmas Raffle. The prize was a festive hamper containing two bottles of Winter Warmer, a bottle of Foxdenton Estate Christmas Gin Liqueur, a newly designed pint glass, a branded gin goblet, bottle opener, pen and 2 tickets to a Live Comedy Night at the Mill in 2026.



In April they ran a sweepstake on the Grand National horse race, with 50% of the total raised going to the winner and the remaining 50% to us, their designated charity, which made a further £64.00 for us.



We look forward to partnering with them again for our Big Quiz Night in November. More details of this event will follow in due course...



In March we were delighted that renew169 received the most blue-tokens in the Tesco Stronger Starts for Towcester campaign.

A huge thank you to Towcester Tesco for this opportunity and to everyone who supported us by choosing renew169 and popping their tokens into our box.

The £1500.00 reward will be used solely to help us continue to provide wellbeing support to the students of Sponne School



Last but not least, a big thank you to the wonderful team at Silverstone Community Café (Silverstone Methodist Chapel) for hosting a coffee morning in aid of renew169 in March and to all those who came along and supported the event. It was a great morning by all accounts, the cakes were absolutely delicious and they raised an incredible total of £440.00 for us.



Mental Health Awareness Week



Mental Health Awareness Week is a week-long campaign that takes place every year in May. This year it takes place from the 11th - 17th May 2026. Organised by the Mental Health Foundation, it highlights the importance of good mental health, challenges stigma and promotes practical actions people can take to support their own wellbeing.

We will be supporting the campaign with information on our Facebook page (renew169 Wellbeing Café) and activities throughout the week, such as a craft workshop on the Wednesday evening, a 'Wear it Green Day' on the Thursday to raise awareness, and a fun online quiz to take part in, as well as selling pin badges to support the work of the Mental Health Foundation.



How to get involved in Mental Health Awareness Week:

For yourself	For someone else	For all of us
This Mental Health Awareness Week, find your one thing to boost your mental health. Choose one positive action that works for you.	The environment we live in impacts our mental health. What can you do to help build mentally healthy communities, workplaces and schools?	Individual actions matter, but they're only part of the story. We need those in power to take action to ensure good mental health for everyone in the UK.
		

For Yourself: Achieving good mental health involves consistent, proactive self-care habits that address physical, emotional, and social needs. Key strategies include establishing a regular sleep routine, getting regular physical activity, eating a balanced diet, and staying connected with supportive friends and family. What do you need to focus on to improve your mental health?

For someone else: Promoting good mental health in others involves active listening without judgment, checking in regularly, offering practical help, and encouraging professional support. Simple actions like

showing kindness, staying connected, and fostering an open, non-judgmental environment can strengthen relationships and reduce the stigma surrounding mental health issues. What can you do to help someone you know with their mental health?

For all of us: Promoting good mental health for all involves a combination of individual self-care, community-level connection, and structural societal changes. The Mental Health Foundation is the UK's leading charity focused on preventing mental health problems by research, policy advocacy, and public engagement. Could you support their work by purchasing a pin badge, available from the café, for a suggested donation of £1.90?



The '**Five Ways to Wellbeing**' are evidence-based actions designed to improve mental health and boost daily happiness. They underpin all of our activities at renew169. They are: **Connect** with people; **Be** (physically) **active**; Be mindful by **taking notice** of your feelings and surroundings; **Keep learning** new skills to boost confidence; and **Give**, because acts of giving and kindness create positive feelings and a sense of purpose.

Scroll down to the last page of this newsletter to see a full list of our regular activities and don't forget to keep an eye on our Facebook page during the course of Mental Health Awareness Week (11th to 17th May) for information, details of activities and an online quiz to take part in.

TOWCESTER COMMUNITY GARDEN OPEN DAY

Sat 13 June, 10.30AM - 3.30PM

Garden
Tours

VIP
Opening

Bacon
Butties

Plant
Sale

Cream
Teas

Craft
Stalls

Meet the
Volunteers

**Tove Valley Centre
Northampton Rd
Towcester
NN12 7AH**

Raffle



We are excited to announce that in partnership with West Northamptonshire Council and Sponne School, a new wellbeing café for young people, called Renew for Youth, will start on Friday 15th May. It will be held at the renew169 Wellbeing Café at 169 Watling St. Towcester and will run weekly during term time from 3.15-4.45pm. It is free of charge and there is no need to book, just drop in!

RENEW FOR YOUTH:



**A Wellbeing Cafe
for young people
aged 11-17**



A safe space
to chill and
chat

Crafts,
games, drinks
and snacks

No need to
book, just
drop in, free
of charge

www.renew169.org.uk

**At Renew169 Wellbeing Cafe,
169 Watling Street, Towcester.**

**On Fridays during term time starting from
15th May 2026, 3.15-4.45pm**

In partnership with:



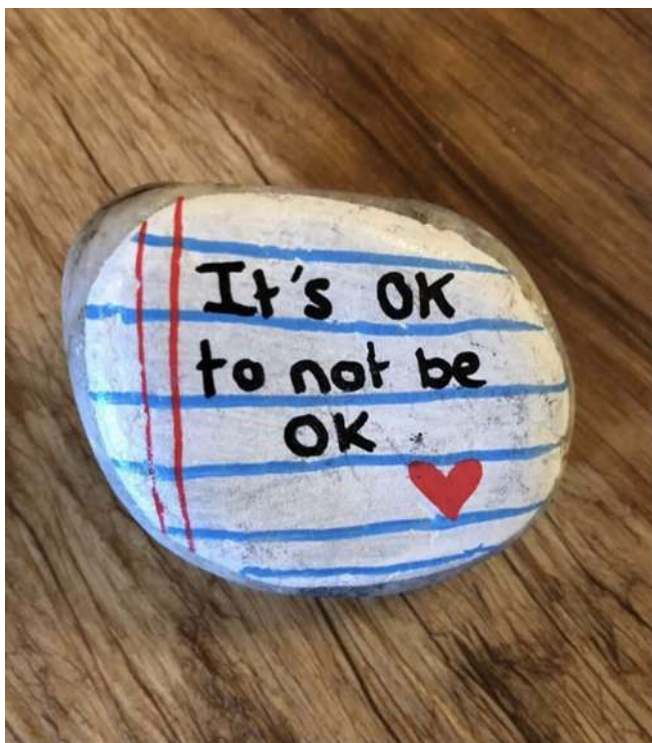
**West
Northamptonshire
Council**

Dates for your Diary!

Please make a note of the following important dates. Further information about these events will follow in due course:

- Mental Health Awareness Week 11th – 17th May
- Community Garden Open Day on Saturday 13th June
- St. Lawrence Church Fête on Sunday 28th June
- Craft & Produce Fair with Cream Teas on Saturday 5th September
- Quiz Night at Towcester Mill Brewery on Wednesday 11th November
- Christmas Craft Fayre at Towcester Mill Brewery on Sunday 29th November

We run a wellbeing café and a community garden available for anyone struggling with their emotional or mental health: quiet spaces in Towcester where it's okay to not be okay.



Regular Weekly Activities

Our drop-in service is open Monday - Thursday, 10am-3pm.
No booking necessary, just come as you are!

In addition, we offer the following sessions each week/month:

Tuesdays

- Community Garden, located at the Tove Valley Centre, open from 10.30am – 1pm.
- Lunch Club (soup & toasted sandwiches), 12pm.
- Join us on a Tuesday afternoon from 1pm for our weekly craft activity.

Wednesdays

- Soup and a stroll: Meet at the café at 12pm. Walk to the Water Meadows and complete one or two circuits, then return to the café for soup and a roll after your stroll.
- Creative Nights take place on the third Wednesday of each month from 7-9pm. Anyone can come along to meet and socialise with others, whilst participating in craft activities. Complete a project you have started at home or try something new.

Thursdays

- Community Garden, located at the Tove Valley Centre.

Fridays

- Grief, Comfort & Coffee, 10 – 11.30am. Free wellbeing support for any type of grief or loss.
- Pre-organised afternoon wellbeing sessions with Sponne School.
- Renew for Youth, 3.15-4.45pm, term time only. Wellbeing café for young people aged 11-17.

Saturdays

- Towcester Repair Café takes place on the fourth Saturday of each month, from 10am – 12 noon. Bring along your broken items to be repaired. No need to book.

Contact us:

Email: manager@renew169.org.uk

169 Watling Street

Towcester

07761 041203 (Monday to Friday, between 10am and 3pm)

Website: www.renew169.org.uk

Registered Charity no. 1196631