**Newsletter February 2021**

  

**Photos courtesy of Nicola Hart**

**‘Five Ways to Wellbeing’ – Build your Child’s Resilience Toolkit Commencing Tuesdays’ 16th February to 23rd March 2021.**

renew169 are working with three experienced teachers to deliver ‘Five Ways to Wellbeing,’ six after school online sessions to support children’s wellbeing. Claire Reetz from St Lawrence Church, Melanie Whitlock from Tove Valley Baptist Fellowship and Cheryl Bloomfield from ‘Bloom’s Zooms’ will be delivering the activities, Laura Patterson, Shelagh Chapman, and Reverend Paula Challen are also part of the planning and evaluation team. The first course will be for children in Years 5 to 7. Further courses will take place at renew169 once the current government restrictions are relaxed. Do let any parents know about this as there are some lovely resources that come with the sessions.

 **‘Walk and Talk’ Buddies-Update**

‘Walk and Talk Buddies’ has been well received and gives an opportunity to meet with another person on a regular basis whilst taking part in daily exercise. (Paired walking at a time to suit with someone who wants a similar type of walk e.g., a muddy traipse around the water meadows or an amble alongside the brook!) We still have some capacity with volunteers who would like to take part. Please contact me if you or someone you know would benefit from this venture. You do not have to be unwell to take advantage of this, we all need to try to connect with one another during these challenging times.

**Online Zoom renew169**

There is an opportunity for people to meet online for a ‘Coffee and Catch up’ every Monday and Tuesday from 1 pm to 2 pm.

**Funding News**

We have just heard that we will receive a small grant from the Local Connections Fund which we can use to fund some online activities. The money does not solely have to be spent providing online support, if you can think of any new ways that we can help renew wellbeing then all ideas will be gratefully received. renew169 would love to hear from you!

**Would you like to support renew169?**

**Face coverings, Body Shop, Cards. Donations**

In addition to donations made for cards, Body Shop products and face coverings we would like to thank the person who gives monthly to renew169. If anybody would like to regularly support our work via a standing order, we would love to hear from you. If you are a taxpayer, we can also claim back gift aid. Our wonderful volunteer Sheila Burton continues to make face coverings for a minimum donation of £2.50. We still have plenty left!  **We are happy to deliver locally: face coverings, cards and Body Shop products.**

Donations for cards and face coverings can be made via <https://www.justgiving.com/Renew169WellbeingCafe>Please contact Laura Patterson [trustee@renew169.org.uk](mailto:trustee@renew169.org.uk) or see “Glow, gift and give @ Renew” for payment details for Body Shop products.

**Online Activity Hosts and Volunteers**

We are still seeking volunteers who are happy to share their skills online, via Zoom. Are you willing to share your photography skills? Could you offer an online art activity? Do you have another area of expertise that you could share online?

**For any other information, to access support or to find out more about how you can volunteer please contact me. Shelagh Chapman via email** [**manager@renew169.org.u**k](mailto:manager@renew169.org.uk) **or** [**info@renew169.org.uk**](mailto:info@renew169.org.uk) **or phone on 07761 041203 (Monday to Wednesday)**