**Newsletter March 2021**

 

**Photography courtesy of Nicola Hart**

It certainly feels as if Spring is in the air, thank you Nicola for your lovely photos!

**Renew169 Plans – Our Road Map to Reopening**

The Trustees and I met at the end of February, and we are now able to outline our plans for reopening renew169 (subject to having sufficient volunteers).

**Weekday- Walking Football Group**

This group is for anyone who wants to look after their wellbeing. The first 6 weeks will be funded by renew169 although people are very welcome to make donations through our Just Giving Page. The venue and time are still to be confirmed but we hope to start this early in April. Running is not permitted but please check with your GP if you think you are extremely unfit. If you would like to take part send an email to: manager@renew169.org.uk.

**Monday 12th April – reopening of renew169 Wellbeing Café**

The café will reopen using a booking system. If you were a regular visitor during the last lockdown our telephone befrienders will give you a call or you can book by emailing manager@renew169.org.uk. Our opening hours will be Monday and Tuesday 10 to 3 pm, Wednesday 10 to 12 for ‘Grief and a Cuppa’ and 12 to 3 pm for a renew session (usual format). Do come, you will be made very welcome.

**Mind – Thursdays and Fridays**

We are extremely excited to be working in partnership with Mind.Mind will use renew169 every Thursday and Friday commencing April 15th, 2021.

**Tuesday 13th April – 10 to 3 pm. Basic IT support with Chris.**

Do you need help with getting on to Zoom, using your phone for messaging or WhatsApp or searching the internet? A short 1 to 1 session can be arranged with Chris from Kreejo Media by appointment on 13th April.

**Week Commencing 17th May 2021 – Men’s Space – Energise**

Do watch this space, the day and time will be confirmed

**Further details to follow!**

Celebrate at renew169, in June with tea, coffee, cake and invite friends to find out more about renew169. There will also be our main fundraising event in September. If you would like to support us by baking cakes, sharing a skill or area of expertise we would love you to be involved.

**Zoom Room 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.

**Zoom Online Activities – March 2021**

Please let friends and family know about renew169, anyone is welcome to attend. We are fortunate to have received a small grant to help us provide some more online activities. This spreads the word about the importance of wellbeing and helps us with our funding, We will continue to subsidise our ‘renew zoom’ but in order to make our funds go further would ask people to consider making a suggested minimum donation of £2.50 per activity/session to renew169 via <https://www.justgiving.com/Renew169WellbeingCafe>

**Crafts with Nicola (all resources delivered to your door)**

Monday 15th March 2 pm- Folk Art – painting Monday 22nd March 2 pm – Quilling

**Future Crafts with Nicola Monday activities to follow!**

**Yoga for Wellbeing with Claire O’ Driscoll** – Suggested minimum donation of £15 for 6 weeks.

Wednesday 3rd March 7 pm to Wednesday 7th April at 7 pm

Suggested equipment:

Yoga/exercise mat. yoga block/firm cushion, yoga strap or scarf/towel, comfortable clothing allowing free movement.

**‘5 Ways to Wellbeing’ – Build your Child’s Resilience Toolkit**

The new Five Ways to Wellbeing course which is being delivered by Melanie Whitlock, Claire Reetz and Cheryl Reddin for children in Years 5 to 8 has started with 14 children attending. The first four weeks have been well received with positive feedback from both children and parents. 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.

We consulted with our visitors and volunteers to help us formulate our values, vision and mission statement. Please feedback as to how well you think they reflect our service.

***Vision Statement - To place wellbeing at the heart of the community.***

***Mission Statement - renew169, a quiet shared space in Towcester where it’s OK not to be OK.***

***Values - Non-Judgemental, Welcoming*, *Responsive, Supportive, And a Safe Place***

**Online Activity Hosts**

We are still seeking people who are happy to share their skills online either paid or as a volunteer 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 share your area of expertise please contact me. Shelagh Chapman via email** **manager@renew169.org.u**k **or** **info@renew169.org.uk** **or phone on 07761 041203 (Monday to Wednesday)**