**Newsletter January 2021**

**Photos courtesy of Nicola Hart**

**Looking back and Looking Forward**

2020 certainly was a challenging year for many of us!

**Booking System**

At this time, visits to renew169 must be by appointment only. This is in line with advice we have been given. If you would like to visit, we really want to welcome and encourage you to come along. Please contact, Shelagh Chapman via email, message, or phone. Contact details are at the bottom of this newsletter.

**Extending opening hours at renew169**

It is our aim to extend our opening hours until 3 pm on a Wednesday, but we currently do not have enough volunteers. We still aspire to reopen the Men’s group one evening a week early in the New Year. if you could spare some time and have lived experience of mental ill health or a desire to support those who do, please let us know. Volunteering even once a month is a help.

**renew169 online**

We are still seeking people who would be interested in hosting some online wellbeing sessions via Zoom. During lockdown we met this way for coffee, catch up and prayer. We also held some popular activity sessions. Whilst most people prefer to meet face to face this does not work for everyone. A virtual meet up could take place over a lunchtime.

**Wednesday walks**

**Supporting renew169**

Would you like to support renew169?

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