

Newsletter June 2022

renew169 Wellbeing Café

Firstly, apologies that it has been so long since I wrote a newsletter, it has been such a busy time at renew169. We achieved Charity status in November 2021 and our charity number is 1196631. Here is a reminder of what we offer, we are open Monday to Wednesday from 10 am to 3 pm and Monday evening from 7 pm to 8.45 pm. If you are unwell, for example, experiencing depression or anxiety, please come along and have a chat, or sit quietly, or take part in an activity. We are not a crisis café, but all our volunteers have mental health awareness training. If you know someone who would benefit from the services of renew169 then do tell them about our charity or better still bring them along, walking through the door alone can be the hardest step. We also have a carers group that meets on a Tuesday lunchtime from 12 to 1 pm and are an open space for Ukrainian refugee families to visit.

Nicola Hart



It is with much sadness that we note the death of Nicola Hart. Nicola was an established part of renew169 and would offer wonderful activity sessions (Crafts with Nicola) both online and within the café. Nicola was also an excellent photographer and we used many of the photos she took at the Water Meadows on our presentations and newsletters. Over £175 in donations were made to renew169 in memory of Nicola. Our thoughts and prayers remain with her husband Dave and children Katie and Matt.

Mayor's Charity

We would like to extend a huge thanks to last year's Mayor of Towcester, Damian Reynolds. The Mayor's Charity raised a fabulous £2079 for renew169! We also welcome Damian to the Trustee Board of renew169 Wellbeing Café. If you would like to donate this can be done through the Just Giving site, www.justgiving.com/Renew169WellbeingCafe

Charity of the Year!

We are delighted to announce that The Bell Plantation, Towcester will be supporting renew169 Wellbeing Café as their Charity of the Year! The Bell Plantation are a family-run, independent garden centre in Towcester, Northants who have one passion and that is the great outdoors. They have a simple purpose; to help, support and supply everything you need to make your garden an amazing and relaxing place. They also believe that gardening aids mental health in a huge variety of ways, which is why they have teamed up with renew169 Wellbeing café to raise awareness for those experiencing poor mental and emotional health.

We're excited to be working together during 2022/3 and will be sharing communications and enjoying events together. We hope visitors to The Bell Plantation and renew169 will support our collaboration and look forward to keeping you up to date.

How to support your community through renew169

One of the greatest gifts that our volunteers give is their time. We have over 30 volunteers and really value the effort they put in to being a part of renew169. Our 'fabulous 5' that form the fundraising team have been tasked this year with trying to raise around £7,000. Thank you to those who have already supported us by holding their own coffee mornings. Moorfields held two events providing tea, coffee, and cakes for both residents and their friends. Events such as these, really help us as a charity as all our income comes from grants, fundraising and donations and the small amounts really do add up! In April we provided the teas and coffees for the SNYE play day in return for small donations. We've been impressed by some of our volunteers who've used their initiative to raise funds from their own networks (family/friends/work colleagues/hobby groups). Could you run a 10k, hold a tombola, take on a 169 Challenge or organise a sweepstakes?

All donations are gratefully received, but monthly giving helps us to become more sustainable, £5 a month will pay for tea and coffee, £10 per month will purchase some activities for visitors and £25 per month will provide support for an entire year for one visitor who attends the café on a weekly basis. Our Treasurer will gladly assist with how to make a regular gift and support taxpayers so that we can claim back Gift Aid. Please contact

manager@renew169.org.uk if you can make a contribution to our work.

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

Future Fundraising Events

Coming soon.....Queen's Jubilee Platinum Afternoon Tea Monday 6th June 2022

A full afternoon tea with scones, cakes and sandwiches will be provided for just £5. Places are filling up quickly and need to be booked by appointment. There are three sittings: 11.45 - 13.00pm (fully booked) 1.15 - 14.30 pm and 14.45 - 16.00 pm. Please email manager@renew169.org.uk to book your place or pop into the café Monday to Wednesday 10 am to 3 pm

Summer Fun Day - Saturday 9th July 2022

Following the success of our 'Big Fun Day' in September 2021, we will be holding another family fun event at the Tove Valley Centre. There will be plenty of events for families to take part in. This will be a joint fundraising event with the Tove Valley Centre. Please come along.

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 at either manager@renew169.org.uk or info@renew169.org.uk or by phone on 07761 041203 (Monday to Wednesday).