

Newsletter October 2022

Open Monday to Wednesday from 10am to 3 pm. If you or someone you know is 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. We also have two peer-to-peer groups that meet: Carers Supporting Carers every Tuesday lunchtime from 12 noon to 1pm, also supported by Northamptonshire Carers on the 1st and 3rd Tuesday of the month, 'Grief and a Cuppa' meets on a Wednesday from 10am to 12 noon.

Ukraine Support renew169 Wellbeing Café

Mondays between 10am and 12 noon we welcome Ukrainian families and their hosts to share a cuppa and cake. Guests meet upstairs and hosts meet downstairs at renew169, giving a valuable opportunity to chat and share experiences. Alan Burns from West Northants Council also visits to support guests and hosts. Here is what one of our host families shared.

'The volunteers at renew169 have been so supportive of me as a Homes for Ukraine Host. Their patience and understanding have been invaluable as I have otherwise felt alone in this role. Thank you to all'

Charity of the Year!

Bell Plantation Garden Centre in Towcester continues to support renew169 by collecting donations at their tills and in the café. Our collecting pots are almost full, thank you Bell Plantation! Please visit, we think you'll find the displays and stock inspiring, especially in the run up to Christmas.



Future Fundraising Events

renew169 wellbeing cafe invites you to join the

Towcester Treasure Hunt

Join the fun!

Pick up your map and free goodie bag at any time from Towcester Museum and renew169 cafe

Packs available from Monday 17 October

When October Half Term

Where Around Towcester

Maps are £3.00
All proceeds go to renew169 wellbeing cafe.
A quiet space where it is OK not to be OK.

Free goodie bag with every map!

Treasure Hunt

During October half term we've organised a Treasure Hunt around Towcester for all the family. Come and join in the fun!

Christmas Fayre

Save the date! Friday 9th December – Time to be confirmed at the Town Hall. Mince pies, hot punch, carol singing, Santa and gift ideas galore. Festive fundraising with bells on!

Tuesday Lunches

We will be offering pre-ordered hot light lunches to our visitors from 4th October as a trial, for a suggested donation of £3. If successful, we hope to be able to extend the service to include Mondays and Wednesdays.



Repair shop - Next date Saturday 22nd October

Well done to Laura Patterson our chair of Trustees for organising this.

Clothing and Material Recycling Fundraising

Clothing and Material Recycling Fundraiser

We will once again be collecting **clothing, bedding, towels, shoes, bags, and curtains for resale / recycling.**
Our last collection raised almost £700.
Funds raised this year will be shared between **St Lawrence Church and the Renew Cafe.**
Please drop bags into any of our churches or at the Vicarage (in Towcester) garage door. Last date for drop offs is Sunday 9th October. If you would like bags to be collected from you, please call the benefice office on 01327 350459.

TOVE
BENEFICE
TOWCESTER VICARAGE
16 MARKET SQUARE
TOWCESTER, NANTWICH
LEICESTERSHIRE, LE12 7JL
01327 350459

**Items needed by 9th October.
Please leave items in a bag
by St Lawrence Vicarage
Garage.**

Food & Move 

Come together for this fun cooking and gentle movement class focusing on Winter Wellness for over 65s

Have fun making yummy dishes with fresh and affordable food and some enjoyable seated exercise

renew169 Wellbeing Café in Towcester

WEDNESDAYS - 3.15PM-4.45PM ON 17TH AUG 2022; 14TH & 28TH SEP; 12TH & 26TH OCT 2022

FREE TO ATTEND



Practical and affordable 'Cooking for One' community cooking delivered by Cooking Good Lead Facilitators and gentle seated exercise so that everybody can get involved. Also, 'Winter Wellness' ideas and advice from our experts

Try the food by eating together and take some home for later, too!

 For more information, contact your housing manager or email manager@renew169.org.uk

Food and Move (Further Sessions may be available depending on demand)

Renew169 Upcycling Project-12th October (Fortnightly Wednesday 9 am to Midday based at TOVE VALLEY CENTRE.

Upcycle items for re-sale. For people with emotional or mental health difficulties and for anyone who wants to help! Email trustee@renew169.org.uk with questions.



New Wellbeing Assistant

Good News – We have appointed a new Wellbeing Assistant. Janet Prescott (Jan) will be at renew169 every Monday to Wednesday from 10 am to 3 pm.

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).