

# Renew Community Cafe

A quiet shared space where it's OK not to be OK

Renew Wellbeing is a national network of cafe-style spaces with a focus on improving wellbeing and combatting loneliness. Renew spaces offer refreshments and an opportunity to share hobbies such as painting, colouring, jigsaw puzzles, knitting, model-making and more.

Each renew space is run by a local church who give their time and share hobbies and skills in a homely, welcoming space. Renew volunteers are not mental health professionals or trained counsellors but can offer a listening ear and signposting to other services.

In addition to refreshments and activities, each renew space is attached to a quiet room or space offering opportunities for prayer and reflection. All renew spaces offer a time of led Christian prayer during the session but are open to those of all faiths and none with no pressure or expectation to join in any religious activities offered.

Our Renew space at Richmond Road currently runs on a Tuesday from 11am to 1pm. All are welcome so please pop in and join us. Our space is wheelchair accessible and no booking is necessary.

Renew Wellbeing  
<https://www.renewwellbeing.org.uk>

Richmond Road Baptist  
<http://rr-bc.org.uk>

Tuesdays 11am-1pm  
Richmond Road Baptist Church, Pontnewydd