

# Renew Wellbeing

Renew Wellbeing helps churches to host spaces for anyone wanting support with their mental and emotional wellbeing.

**Activity** Volunteers host a café-style space where they help individuals to join in with hobbies and prayer if they wish.



## Time Frames

It takes around 3-6 months to set up a Renew space. Training takes 2-3 hours and is followed by a 3-month trial period.

## Financial Costs/Contribution

Initial training costs when in-person include travel for the trainer. Online training resources are free. The training book with the manual costs around £9 per person. Each church is asked to consider a monthly donation of between £10 - £40 once they have signed up.



## Civic Partnership

Through Renew Wellbeing you will learn how to partner with mental health services in your area.



## Project Support

Renew Wellbeing provides annual training sessions, retreats and on-line resources. You can visit a local Renew space and/or receive a visit from a team member

## Physical Resources

You will need a small café-style space and a room for prayer and quiet time.



## Human Resources

You need a minimum of 3 volunteer hosts who give at least 2 hours a week. No qualifications are necessary, but lived experience of mental ill health may be helpful.

*"I love coming to Renew. The walls were closing in on me at home. I could go all week without talking to anyone. Now someone knows my name."* A regular at Renew 37 Nottingham.

## Replications

Renew Wellbeing has

**100**

Projects currently running across the UK

## Church Involvement

Your church will support you in prayer and each church is asked to take responsibility for the finances and safeguarding of their Renew space.

To start a **Renew Wellbeing** project in your church, visit [www.renewwellbeing.org.uk](http://www.renewwellbeing.org.uk)