

Renew Wellbeing is a registered charity helping churches open spaces of welcome and inclusion in partnership with mental health teams to improve mental and emotional wellbeing.



What is a Renew Space?

Renew spaces are simple cafe style spaces run by local churches where hobbies and activities are shared or co-produced. Each cafe space is attached to a quiet room or prayer space where inner habits of wellbeing are shared. Each church partners with a mental health professional from the local council or other suitable organisation to ensure good inclusive practices for safe spaces where it's OK not to be OK can be sustained.

A pilot scheme is underway for dioceses to set up Renew Wellbeing spaces in churches. This is an exciting initiative allowing parishes to expand their offering to their local community, helping to address isolation, low mood and loneliness through a simple, tried-and-tested concept.

Full training and support is provided and the project is centrally funded.

Click the following link to read about the difference this is already making in people's lives, in an Anglican church running a Renew Wellbeing space in Grantham.

[Grantham Wellbeing Cafe](#) (361.88 KB)

Being prayerful • Being present • Being in partnership

Other links

Ways of Well-being

Read more about The Renew Wellbeing concept and access further resources and literature, including video interviews and ways to find out more.

[Renew Wellbeing Resources](#)

Our pilot with Renew

Renew Wellbeing is already running in hundreds of churches across the country.

The Disability Project will be working with a small pilot group of dioceses, to expand this network, helping Anglican churches provide this resource to our parish communities.

We will post further news on the work of our pilot group on this page on a regular basis!

[Keep us informed!](#)

Ruth Rice - my story

"It is a humbling thing when the most fruitful part of your story comes from the most broken bit.

"I had been a Christian for many years and was living a very full life as a primary school teacher, a mum of three and a wife, as well as serving in an active local church, when my cup that had been full to overflowing emptied out overnight."

Read a short blog written by Ruth in which she shares her story and the beginnings of Renew Wellbeing

[Ruth's story](#)

Further resources

You find lots more ideas, information and links at our resources page.

<https://www.churchofengland.org/resources/barrier-free-belonging/barrier-free-belonging-resources>

Disability Matters Newsletter

Click here to sign up for the quarterly **Disability Matters** newsletter with reflections, information and stories on disability and inclusion within the Church.

[Sign up for the 'Disability Matters' newsletter.](#)

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1 of 3 (0%)

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