

We all need more than ever to look after ourselves and attend to our wellbeing.

About Renew Wellbeing

Renew Wellbeing cafés are designed to have the look of a café and the feel of a front room. They provide quiet, inclusive spaces where people can take time out, in the company of others, to develop personal habits in line with the

Five Ways to Wellbeing:

- **Connecting** with ourselves and others
- **Learning** new things
- Getting **Active**
- **Noticing** what's around us
- **Giving**



Renew Cross Street is run by trained hosts and helpers who are members of Chesterfield Baptist Church, in partnership with the Renew Wellbeing Charity and local agencies.

Activities and refreshments are shared free of charge.

What about allergies?

Ingredient lists are available for the food we provide. You can bring your own food and drink if preferred and eat it in a safe place.



Opening times & contact

Wednesdays 10am-2pm at
Chesterfield Baptist Church,
Cross Street, S40 4ST

Email: RenewCrossStreet@gmail.com

Facebook: @RenewCrossStreet

Tel: 01246 221105

Renew Cross Street

Wellbeing Café

A quiet shared space where

it's okay not to be okay.



What happens in a Renew Café?

You can pop in and enjoy a chat over a cuppa and cake. Read the paper or curl up on a sofa with a book. Put pieces in a jigsaw puzzle. Play pool, cards or other board games. Do some colouring or craft. Or bring a hobby of your own that you can share.

Refreshments and snacks are free, and you are also welcome to bring your own snack or packed lunch.

What if I don't feel up to talking?

That's okay, there are areas where you can just sit and be quiet.

Spiritual Wellbeing

One aspect of wellbeing is our spiritual wellbeing. For many, this involves finding a connection with someone bigger than ourselves.

So, we have a special space in the café to allow for quiet prayer or reflection.

In this space each week around 11:30am we have a simple short prayer moment led by one of the café hosts and open to anyone. There is no pressure to participate in these.

Names not labels

If you have physical or other struggles that could affect your enjoyment of the café please feel free to discuss it with us. We open on the ground floor which has level access and an accessible toilet. You are welcome to bring a carer with you.

Not all disabilities are obvious and we have a policy of 'names, not labels'.

Boundaries not Barriers

The café is inclusive and open to all. We are encouraged to be considerate and look out for each other's wellbeing as well as our own.

If someone behaves in a way that upsets you, please have a quiet word with one of the hosts and we'll see what we can do to help.

Anyone persisting in particularly disruptive or upsetting behaviour may be politely asked to leave so that others can enjoy and benefit from the quiet space.

We are not legally allowed to have alcohol, drugs or smoking in the building.

Covid safety

To keep everyone as safe as possible we adhere to all current guidelines. If you have any concerns, please do not hesitate to speak with one of the hosts.