

Renew 193

Wellbeing Space

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

Opening Monday 4th April 2022

Monday 10am-12noon
Tuesday 10am-12noon & 2pm-4pm
Wednesday 10am-12noon & 2pm-4pm
Thursday 2pm-4pm
(Closed on Bank Holidays)

Are you feeling low? Anxious? Lonely? Isolated?
Do you want to improve your wellbeing and mental health?

Come along, slow down or bring and share a hobby if you wish. Craft resources/activities are available and free.

You are welcome to relax and enjoy peace in our quiet/prayer space. Pop in or come along for the whole 2 hours. Always a kind welcome, a good cuppa and someone to listen.

Renew 193 is hosted by Clarence Park Baptist Church, Milton Baptist Church and Worle Baptist Church - all are welcome.

193 High St, Worle, Weston-Super-Mare BS22 6JS

For more information email: renew193worle@gmail.com
www.renewwellbeing.org.uk