

Renew Wellbeing Pilot

In 2024 and 2025, the *Disability Project at Faith and Public Life* will partner with dioceses across England to undertake a pilot for implementing **Renew Wellbeing** spaces.

We are delighted to announce that The Diocese of Canterbury has been selected as a diocese for funded support.

This will involve us being able to receive free information, training and support to any parish in our diocese wanting to open a *Renew Wellbeing* space.

What is a Renew Wellbeing space?

Renew Wellbeing spaces are simple café-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.

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

Being prayerful • Being present • Being in partnership

How to take part

You can register your interest by emailing the Diocesan Secretary at IBlythe@diocant.org

There will be two webinars, provided by the founder of *Renew Wellbeing*, Ruth Rice, on Thursday 3 October and Thursday 10 October.

A meeting will then take place within our diocese on Thursday 21 November setting out what is needed and what support will be given to parishes taking part.



(All roadshow links and resources can be found at click.canterburydiocese.org/roadshows)

www.renewwellbeing.org.uk

www.churchofengland.org/resources/barrier-free-belonging/renew-wellbeing-spaces