

Renew13

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

Welcome to Renew 13
A Wellbeing space at St Peter's Baptist Church

We are open on Wednesdays from 10.30am–3.30pm

**Anxiety, Loneliness, Low Mood, &
Stress affects many people today.**

The Renew13 community space provides a variety of hobbies and activities. These are run by the community, for the community.

Anyone is welcome to share a hobby or skill.

There is no charge, just pop in and try it out.

Alternatively, you can come and relax and chat, have a cup of tea or enjoy the peace in the quiet area.

Come along and take steps to improve your mental wellbeing!

renew13.stpeters@gmail.com

Renew13 is hosted by St Peter's Baptist Church,
Vicarage Street, Broadstairs, Kent. CT10 2SG

ALL ARE WELCOME