



Renew HG1 Adult Session FAQs

Having learnt from experience and other Renew spaces we know it can be daunting trying something new and going somewhere for the first time.

Here are some things we hope will help put your mind at ease.

1. **I don't know where to go and I get anxious going to somewhere I've never been before.** You'll be able to recognise the cafe entrance by our Renew HG1 outdoor banner and we always try to have someone on the door (up until around 11am) at our Marlborough Road entrance (the blue door), ready to welcome you on your arrival.
2. **I'm scared of new surroundings and I don't know what to expect.** There's lots of space and a relaxed atmosphere in the cafe. We've also created a video ([hyperlink to video once live](#)) for you so you can see where we are located, how to get in and what to expect when you get inside. On average, we usually have between 10 and 15 people most Mondays.
3. **I don't want to book a place and then not be able to come.** There's no need to book. You can simply turn up to the regular Monday morning slot whenever you are able to. There's also no charge. It's a completely free service.
4. **If I come I think I'll have to talk and share with hosts and other visitors.** There is no obligation for you to talk or share anything you don't want to. We have a quiet table for those who just want to be in a calming environment but equally, if you do just fancy a chat and a bit of company we can provide that too. You can simply come to be yourself and nothing is compulsory.
5. **I've never been in a church and don't want to be preached to.** Yes our space is in a church hall, but it really is open to anyone; those of no faith or any faith. Just think of our space as somewhere with four walls to grab a coffee where there will always be a warm welcome and no hidden agenda.

6. **Just thinking about coming sends me into a spin and makes me anxious.** Even building up the courage to think about coming is an amazing step, we're so pleased to have you reading this information. If it gets too much or you'd prefer to just email or phone, you can reach us at renewhg1@gmail.com or 01423 530514.