



Wellbeing cafe

EVERY THURSDAY

1.30-3.30PM



'SOMEWHERE YOU WON'T BE JUDGED, WHERE IT'S OK TO NOT BE OK'

- SAFE SPACE WITH TEA, COFFEE, CAKE
- ACTIVITIES, CRAFTS, GARDENING
- SEPERATE PRAYER ROOM IF REQUIRED
- IN PARTNERSHIP WITH HEALTH PROFESSIONALS



IN THE OAKLEY ROOMS
@ ROCKINGHAM ROAD BATPIST CHURCH
(PARTNERED WITH ST ANDREW' S CHURCH)



FROM
5TH
NOVEMBER
2026

FOR MORE INFOMATION CONATCT US: OFFICE@RRBC.ORG.UK