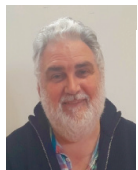


Meet The Team



Dave Fraser
Hub Coordinator, helping to create a welcoming, inclusive space where everyone feels at home.



Kieran
Assistant Hub Co-ordinator
Helping to create great activities and a creative space.



Jolene Sheehan
Facilitator for Wellbeing and Connection, bringing experience in creative wellbeing, community facilitation and storytelling.



Kate McRoy
Artist and Creative Practitioner, supporting people to express themselves through art and build confidence through play.



Natalie Winrow
Mindfulness Practitioner, leading thoughtful, accessible sessions that help people reconnect with calm and awareness.



Caroline Hindley
Yoga Teacher, sharing a gentle and inclusive approach to mindful movement and balance.



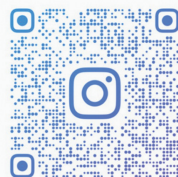
Jo Carr
A wellbeing facilitator and fitness instructor who champions movement as nourishment rather than punishment.



Jenny Clare
is all about encouraging neurodiverse participation and creative spaces

We're also supported by a dedicated team of community volunteers who bring kindness, creativity, and connection to everything we do.

"It is not how much we have, but how much we enjoy, that makes happiness."
Charles Spurgeon



@ALTRINCHAMURC

Tag us in your post @AltrinchamURC

See what is happening

Comment, like and share our updates

You can find us on Instagram and facebook just search for AltrinchamURC

Dates for your diary:

Monday 1st June - Afternoon tea / Garden Party and bench blessing (2pm-3.30pm)

Tuesday 2nd June - Seasons of connection (2pm - 4pm)

Wednesday 3rd June - Eco Week session (2pm- 4pm)

Thursday 4th June - Mindfulness session: Exploring our relationship with nature (12pm - 1 pm)

Thursday 4th June - Eco Themed Art Session (2pm -4pm)

Sunday 7th June - Eco Fun day Sunday (2pm - 3.30pm)

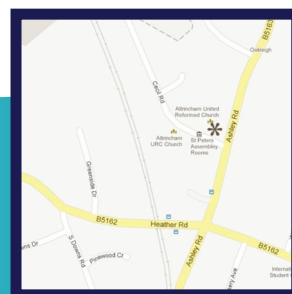
Saturday 13th June - Concert

Monday, Tuesday, Thursday Art Exhibition

Contact us

Altrincham
United Reformed Church
81 Cecil Rd
Hale
ALTRINCHAM
WA15 9NT

outreach@altrinchamurc.org.uk



Registered Charity no.1129206



Altrincham United Reformed Church HUB

ART • FAITH • WELLBEING

First term sessions: 21st April - 21st May
Second term sessions: 2nd June - 9th July





Come and go as you please. Stay for which ever activities suit you. No sign up required. All ages welcome.

Tuesday Classes

12-1pm — Yoga with Caroline Hindley
Gentle movement, mindful breathing, and guided relaxation to help bring calm and balance into everyday life.
Ideal for beginners and for anyone seeking a thoughtful, integrated approach to yoga.

12-1pm — Real Talk with Dave and Jenny Clare
A friendly group that meets once a fortnight to listen, learn, and share experiences around neurodiversity. Alternating Tuesdays; summer term; April 21st ,May 5th,19th,June 2nd ,16th, 30th

12-1pm — Flower Arranging with Jen
Hands on sessions exploring creative and imaginative ways to arrange fresh flowers. max of 6 participants, sign up essential. Beginners very Welcome. Sessions twice per term. Summer term 12th may, 7th July.

1-2 pm — Free Light Lunch
1.20-1.40pm — Oasis Prayer Time (led by Dave)
A short, informal space to pause and pray for our world, our community, and ourselves.

1.45-3.15pm — Finding What Helps: Exploring Wellbeing Together (with Jolene Sheehan)
A reflective wellbeing space offering weekly experiments, practices, and conversations to support everyday wellbeing.
Come regularly or drop in — each session stands alone.

3.00 – 3.45 pm — Workout with Kieran
A fun, accessible exercise session designed to support mental wellbeing through movement.
This welcoming class breaks down fitness barriers and gets everyone moving together.



Hello and Welcome!

We offer a varied program of free activities every Tuesday and Thursday from 12pm to 4pm during term time.

All sessions are led by professional practitioners and are open to everyone.
Come along, enjoy lunch and relax in our warm welcoming atmosphere.

We look forward to welcoming you

All sessions are free of charge but donations are welcome

Thursday Classes

12-1 pm — Mindfulness with Nat Winrow
Experience a range of mindful practices to deepen awareness and wellbeing. Sessions may include breathwork, guided imagery, sensory focus, and other simple techniques to support calm and presence. Suitable for beginners and those with a regular practice.

1 – 2 pm — Free Light Lunch

2 – 4 pm — Art and Craft with Kate McRoy
Creative sessions suitable for all ages, including supervised children. This term, we're getting creative with what already exists.

We live in a world drowning in waste, but one person's discarded offcut is another's raw material. Together, we'll explore what's possible when we choose to see potential instead of rubbish. Building birdhouses from timber offcuts and salvaged screws, crafting miniature bug hotels from rolled and repurposed paper, creating wind chimes from materials that would otherwise be thrown away. Things of beauty for your outdoor space and a quiet act of support for the natural habitats and ecosystems around us. Clothing and fabric that end up in landfill. Those materials will find a second life as wall hangings, tapestry pieces, and handmade keepsakes. Bring your own ideas to life.

3 – 4pm — Nourish and Move: Strength for Living Well (led by Jo)
A gentle, strengthening class focused on nourishing the body and supporting balance, mobility, and everyday movement.
Suitable for all abilities and rooted in celebrating ageing with gratitude. You'll leave feeling steadier, stronger and more connected to your body's wisdom.

