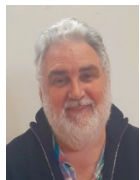
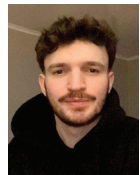


Meet The Team



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.

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

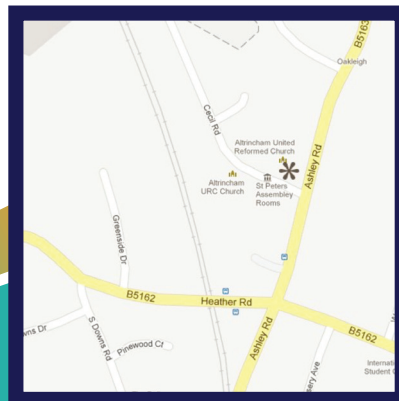
Charles Spurgeon



Contact us

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ALTRINCHAM
WA15 9NT

outreach@altrinchamurc.org.uk



Registered Charity no.1129206



Altrincham United Reformed Church HUB

ART • FAITH • WELLBEING

First term sessions: 13th January 2026 - 2nd April 2026



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



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

Hello and Welcome!

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

All sessions are led by professional practitioners and open to everyone.

Come along for an afternoon of varied activities. Whether you would like to meet new people, join in activities or just pop in for a quiet sit. All are welcome. There will also be a free lunch served on both days 1 to 2pm.

We look forward to welcoming you

All sessions are free of charge but donations are welcome

Tuesday Classes

Tuesdays: Connection, Calm and Wellbeing

12–1 pm Yoga with Caroline Hindley

Explore gentle movement, mindful breathing and relaxation to bring calm and balance into everyday life.

Perfect for beginners and anyone seeking a thoughtful, integrated approach to yoga. Please note, maximum of 12 participants per class.

1–2 pm Free Light Lunch

2–4 pm Connection and Wellbeing with Jolene Sheehan

From January to February, we'll explore the Action for Happiness 10 Keys to Happier Living through relaxed activities, journalling and conversation. These friendly stand-alone sessions are designed to help you feel settled, connected and uplifted.

After half term, we'll begin a separate Happiness Habits course — a practical six-week, science-based programme exploring gratitude, self-care, relationships, resilience, kindness and meaning.

Please note: although both are inspired by Action for Happiness, they are different. You don't need to have attended the first sessions to join the course starting 24 February. Come for company, inspiration or a moment of calm. Everyone over the age of 18 is welcome.



Thursday Classes

Thursdays: Creativity and Mindfulness

12-1 pm Mindfulness with Nat Winrow

A selection of mindful exercises to help you develop or deepen a personal mindfulness practice that can improve your overall wellbeing in a busy modern world. Each session will explore one or more techniques such as breathwork, guided imagery, focusing on the senses and other simple activities designed to help you slow down and be present. These sessions are ideal for both beginners and those with experience, offering a safe and supportive space to share and grow together.

1–2 pm Free Light Lunch

2–4 pm Art and Craft with Kate Mcroy

Relaxed, creative sessions exploring drawing and mark-making through play and experimentation. Using materials like charcoal, pencil, pastels, acrylics, printmaking and collage, you will build confidence and create artwork inspired by your own discoveries. Suitable for all ages including supervised children.

