



# Heaton Moor United Church

## Heaton Moor United Church Calendar



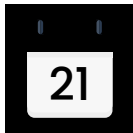
**Party Ref 36**  
Saturday 20th April 2024 @ 12:00pm



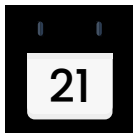
**Communion Service**  
Sunday 21st April 2024 @ 10:45am



**Communion Rev Dr Raj Patta**  
Sunday 21st April 2024 @ 10:45am



**English Grammar Group**  
Sunday 21st April 2024 @ 2:00pm

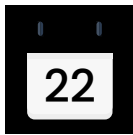


**Persian Church**  
Sunday 21st April 2024 @ 2:30pm

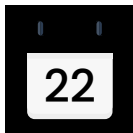


**Moor Than Play**  
Monday 22nd April 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk

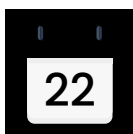


**Heatons Post**  
Monday 22nd April 2024 @ 10:00am



**U3A Science Group**  
Monday 22nd April 2024 @ 10:30am

For more details please  
click<https://u3asites.org.uk/heatons-reddish/home>



**Moor Than Play**  
Monday 22nd April 2024 @ 11:00am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**Tai Chi**  
Monday 22nd April 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email [louise.foster24@hotmail.co.uk](mailto:louise.foster24@hotmail.co.uk)



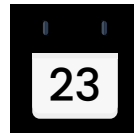
**The Monday Fellowship**  
Monday 22nd April 2024 @ 7:45pm

Come along for a chat and a brew , all welcome ,



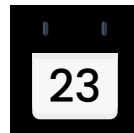
**Pilates : Claire Bamber**  
Monday 22nd April 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
[claire@heatonspilates.co.uk](mailto:claire@heatonspilates.co.uk)

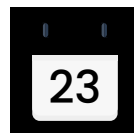


**Baby Sensory**  
Tuesday 23rd April 2024 @ 9:00am

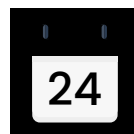
Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.  
An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.  
Highly trained Class Leaders who are all DBS checked.  
Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



**Adoption Counts**  
Tuesday 23rd April 2024 @ 10:00am



**Heatons Youth Choir**  
Tuesday 23rd April 2024 @ 7:00pm



**Baby Sensory**  
Wednesday 24th April 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.



# Heaton Moor United Church

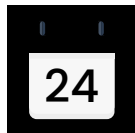
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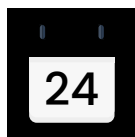
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## Play Reading

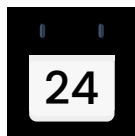
Wednesday 24th April 2024 @ 10:00am



## Coffee Morning

Wednesday 24th April 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Probus

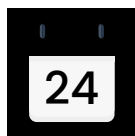
Wednesday 24th April 2024 @ 10:30am



## U3A Current Affairs Discussion Group

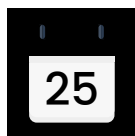
Wednesday 24th April 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## NCT C019882

Wednesday 24th April 2024 @ 6:00pm



## Heatons Post

Thursday 25th April 2024 @ 10:00am



## Dance Like a Mother

Thursday 25th April 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 25th April 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

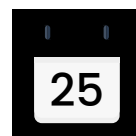
For further information, please look at my <https://www.calmer yoga.co.uk/>



## U3A Bridge Group

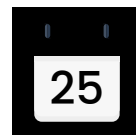
Thursday 25th April 2024 @ 2:00pm

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## Big M Productions

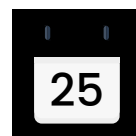
Thursday 25th April 2024 @ 5:30pm



## Popvox Choir

Thursday 25th April 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>

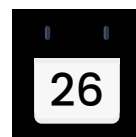


## Scottish Dancing

Thursday 25th April 2024 @ 7:30pm

Scottish Dancing group : Enjoy some exercise whilst having fun : NO Experience necessary – instructions given – beginners very welcome : On your own , no problem we'll find you a partner : No age limit : Soft shoes advisable .

Contact : Sue 0161 440 1514 or Brenda 0161 478 7535



## Tom Walter

Friday 26th April 2024 @ 8:00am



## Moor Than Play

Friday 26th April 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 26th April 2024 @ 10:00am



# Heaton Moor United Church



## Dementia Friends

Friday 26th April 2024 @ 1:30pm

A group focusing on people with Dementia, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk  
For more information please look at our  
<http://dementiafriendlyheatons.mywebcommunity.org/>



## Dementia Friends

Friday 26th April 2024 @ 1:30pm

A group focusing on people with Dementia, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk  
For more information please look at our  
<http://dementiafriendlyheatons.mywebcommunity.org/>



## Party Ref (JR)

Saturday 27th April 2024 @ 1:30pm



## Short Service

Sunday 28th April 2024 @ 9:30am



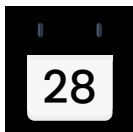
## Worship Rev John Parry

Sunday 28th April 2024 @ 10:45am



## English Grammar Group

Sunday 28th April 2024 @ 2:00pm



## Persian Church

Sunday 28th April 2024 @ 2:30pm



## Moor Than Play

Monday 29th April 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



## Heatons Post

Monday 29th April 2024 @ 10:00am



## Moor Than Play

Monday 29th April 2024 @ 11:00am

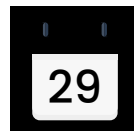
Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



## Tai Chi

Monday 29th April 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend  
please contact Louise Foster on 0161 442 7748 or email  
louise.foster24@hotmail.co.uk



## Pilates : Claire Bamber

Monday 29th April 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
claire@heatonspilates.co.uk



## Funeral

Tuesday 30th April 2024 (all day event)



## Adoption Counts

Tuesday 30th April 2024 @ 10:00am



## Adoption Counts (0)

Tuesday 30th April 2024 @ 7:00pm



## Heatons Youth Choir

Tuesday 30th April 2024 @ 7:00pm



## Baby Sensory

Wednesday 1st May 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help  
your baby learn and develop important skills.



# Heaton Moor United Church

Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.

Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.

An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.

Highly trained Class Leaders who are all DBS checked.

Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



## Moor than Good Read

Wednesday 1st May 2024 @ 10:00am



## Coffee Morning

Wednesday 1st May 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## RNCM

Wednesday 1st May 2024 @ 4:00pm



## RNCM

Wednesday 1st May 2024 @ 4:00pm



## NCT C019882

Wednesday 1st May 2024 @ 6:00pm



## Polling Station

Thursday 2nd May 2024 (all day event)



## U3A Music Appreciation

Thursday 2nd May 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Thursday 2nd May 2024 @ 10:00am



## Dance Like a Mother

Thursday 2nd May 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 2nd May 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Time to Talk

Thursday 2nd May 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Big M Productions

Thursday 2nd May 2024 @ 5:30pm



## Popvox Choir

Thursday 2nd May 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>



## Tom Walter

Friday 3rd May 2024 @ 8:00am



## Moor Than Play

Friday 3rd May 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



# Heaton Moor United Church



**U3A Ukulele**  
Friday 3rd May 2024 @ 10:00am



**Dementia Friends**  
Friday 3rd May 2024 @ 1:30pm

A group focusing on people with Dementia, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk  
For more information please look at our  
<http://dementiafriendlyheatons.mywebcommunity.org/>



**Dementia Friends**  
Friday 3rd May 2024 @ 1:30pm

A group focusing on people with Dementia, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk  
For more information please look at our  
<http://dementiafriendlyheatons.mywebcommunity.org/>



**Family Church**  
Sunday 5th May 2024 @ 10:00am



**Worship**  
Sunday 5th May 2024 @ 10:45am



**English Grammar Group**  
Sunday 5th May 2024 @ 2:00pm



**Persian Church**  
Sunday 5th May 2024 @ 2:30pm



**Moor Than Play**  
Monday 6th May 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**Heatons Post**  
Monday 6th May 2024 @ 10:00am



**U3A Singalong**  
Monday 6th May 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Moor Than Play**  
Monday 6th May 2024 @ 11:00am

Term Time only  
Toddler group, registration required, contact :  
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**Tai Chi**  
Monday 6th May 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend  
please contact Louise Foster on 0161 442 7748 or email  
louise.foster24@hotmail.co.uk



**The Monday Fellowship**  
Monday 6th May 2024 @ 7:45pm

Come along for a chat and a brew , all welcome ,



**Pilates : Claire Bamber**  
Monday 6th May 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
claire@heatonspilates.co.uk



**Baby Sensory**  
Tuesday 7th May 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help  
your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin  
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Classes built on your baby's natural play-rest-play cycle to ensure they are  
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An ideal place to meet new parents, ask questions, share ideas,  
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# Heaton Moor United Church

parents.<https://www.babysensory.com/>



## Adoption Counts

Tuesday 7th May 2024 @ 10:00am



## Heatons Youth Choir

Tuesday 7th May 2024 @ 7:00pm



## Baby Sensory

Wednesday 8th May 2024 @ 9:00am

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## Coffee Morning

Wednesday 8th May 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 8th May 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## NCT C019882

Wednesday 8th May 2024 @ 6:00pm



## U3A Looking at Art

Thursday 9th May 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Thursday 9th May 2024 @ 10:00am



## Dance Like a Mother

Thursday 9th May 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 9th May 2024 @ 12:30pm

Hi, I'm Lucy  
 Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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For further information, please look at my <https://www.calmer yoga.co.uk/>



## U3A Bridge Group

Thursday 9th May 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 9th May 2024 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## Big M Productions

Thursday 9th May 2024 @ 5:30pm



## Popvox Choir

Thursday 9th May 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>



# Heaton Moor United Church



**Tom Walter**  
Friday 10th May 2024 @ 8:00am



**Moor Than Play**  
Friday 10th May 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**U3A Ukulele**  
Friday 10th May 2024 @ 10:00am



**Dementia Friends**  
Friday 10th May 2024 @ 1:30pm

A group focusing on people with Dementia, registration required, contact :  
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For more information please look at our  
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**Dementia Friends**  
Friday 10th May 2024 @ 1:30pm

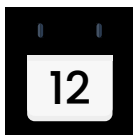
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**Reserved : Trinh**  
Saturday 11th May 2024 @ 1:00pm



**Worship**  
Sunday 12th May 2024 @ 10:45am



**English Grammar Group**  
Sunday 12th May 2024 @ 2:00pm



**Persian Church**  
Sunday 12th May 2024 @ 2:30pm



**Moor Than Play**  
Monday 13th May 2024 @ 9:30am

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**U3A Architecture**  
Monday 13th May 2024 @ 10:00am

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**Heatons Post**  
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**Moor Than Play**  
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**Tai Chi**  
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please contact Louise Foster on 0161 442 7748 or email  
louise.foster24@hotmail.co.uk



**U3A Family History**  
Monday 13th May 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Philosophy Group**  
Monday 13th May 2024 @ 4:30pm

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# Heaton Moor United Church



## Pilates : Claire Bamber

Monday 13th May 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
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## Baby Sensory

Tuesday 14th May 2024 @ 9:00am

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## Adoption Counts

Tuesday 14th May 2024 @ 10:00am



## Ladies Fellowship

Tuesday 14th May 2024 @ 2:00pm



## Heatons Youth Choir

Tuesday 14th May 2024 @ 7:00pm



## Baby Sensory

Wednesday 15th May 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
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## Coffee Morning

Wednesday 15th May 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Heatons Post

Thursday 16th May 2024 @ 10:00am



## Dance Like a Mother

Thursday 16th May 2024 @ 10:30am

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## Calmer Yoga

Thursday 16th May 2024 @ 12:30pm

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## Time to Talk

Thursday 16th May 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Big M Productions

Thursday 16th May 2024 @ 5:30pm



## Popvox Choir

Thursday 16th May 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>





# Heaton Moor United Church



**Tom Walter**  
Friday 17th May 2024 @ 8:00am



**Moor Than Play**  
Friday 17th May 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**U3A Ukulele**  
Friday 17th May 2024 @ 10:00am



**Party Ref 41**  
Saturday 18th May 2024 @ 10:30am



**Communion Service**  
Sunday 19th May 2024 @ 10:45am



**Worship**  
Sunday 19th May 2024 @ 10:45am



**English Grammar Group**  
Sunday 19th May 2024 @ 2:00pm



**Persian Church**  
Sunday 19th May 2024 @ 2:30pm



**Moor Than Play**  
Monday 20th May 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**U3A Coffee Morning**  
Monday 20th May 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**U3A Coffee Morning**  
Monday 20th May 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**Heatons Post**  
Monday 20th May 2024 @ 10:00am



**Moor Than Play**  
Monday 20th May 2024 @ 11:00am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**Tai Chi**  
Monday 20th May 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email [louise.foster24@hotmail.co.uk](mailto:louise.foster24@hotmail.co.uk)



**U3A Spanish**  
Monday 20th May 2024 @ 1:45pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**The Monday Fellowship**  
Monday 20th May 2024 @ 7:45pm

Come along for a chat and a brew , all welcome ,



**Pilates : Claire Bamber**  
Monday 20th May 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
[claire@heatonspilates.co.uk](mailto:claire@heatonspilates.co.uk)



# Heaton Moor United Church



## Baby Sensory

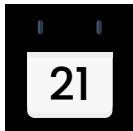
Tuesday 21st May 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
 An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
 Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
 Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.  
 An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.  
 Highly trained Class Leaders who are all DBS checked.  
 Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.  
<https://www.babysensory.com/>



## Adoption Counts

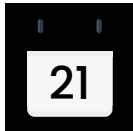
Tuesday 21st May 2024 @ 10:00am



## Dementia Friendly Service

Tuesday 21st May 2024 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Heatons Youth Choir

Tuesday 21st May 2024 @ 7:00pm



## Baby Sensory

Wednesday 22nd May 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
 An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
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 Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.  
<https://www.babysensory.com/>



## Play Reading

Wednesday 22nd May 2024 @ 10:00am



## Coffee Morning

Wednesday 22nd May 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Probus

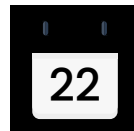
Wednesday 22nd May 2024 @ 10:30am



## U3A Current Affairs Discussion Group

Wednesday 22nd May 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



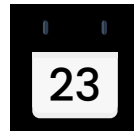
## NCT C024018 (3.5)

Wednesday 22nd May 2024 @ 6:30pm



## Heatons Post

Thursday 23rd May 2024 @ 10:00am



## Dance Like a Mother

Thursday 23rd May 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 23rd May 2024 @ 12:30pm

Hi, I'm Lucy  
 Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## U3A Bridge Group

Thursday 23rd May 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church

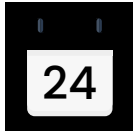


**Big M Productions**  
Thursday 23rd May 2024 @ 5:30pm

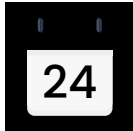


**Popvox Choir**  
Thursday 23rd May 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>

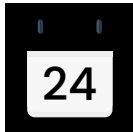


**Tom Walter**  
Friday 24th May 2024 @ 8:00am



**Moor Than Play**  
Friday 24th May 2024 @ 9:30am

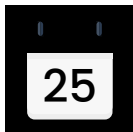
Term Time only  
Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



**U3A Ukulele**  
Friday 24th May 2024 @ 10:00am



**NCT C024018**  
Saturday 25th May 2024 @ 8:30am



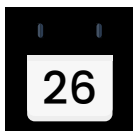
**Party Ref 35**  
Saturday 25th May 2024 @ 1:00pm



**Short Service**  
Sunday 26th May 2024 @ 9:30am



**Worship**  
Sunday 26th May 2024 @ 10:45am



**English Grammar Group**  
Sunday 26th May 2024 @ 2:00pm

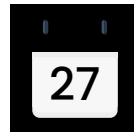


**Persian Church**  
Sunday 26th May 2024 @ 2:30pm

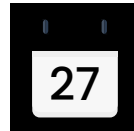


**Moor Than Play**  
Monday 27th May 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



**Heatons Post**  
Monday 27th May 2024 @ 10:00am



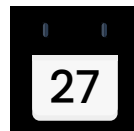
**U3A Science Group**  
Monday 27th May 2024 @ 10:30am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Moor Than Play**  
Monday 27th May 2024 @ 11:00am

Term Time only  
Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



**Tai Chi**  
Monday 27th May 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email [louise.foster24@hotmail.co.uk](mailto:louise.foster24@hotmail.co.uk)



**Coffee Morning**  
Wednesday 29th May 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



**NCT C024018 (3.5)**  
Wednesday 29th May 2024 @ 6:30pm



# Heaton Moor United Church



## Heatons Post

Thursday 30th May 2024 @ 10:00am



## Dance Like a Mother

Thursday 30th May 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 30th May 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmeriyoga.co.uk/>



## Big M Productions

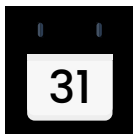
Thursday 30th May 2024 @ 5:30pm



## Popvox Choir

Thursday 30th May 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>



## Tom Walter

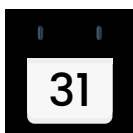
Friday 31st May 2024 @ 8:00am



## Moor Than Play

Friday 31st May 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 31st May 2024 @ 10:00am



## Party Ref 42

Saturday 1st June 2024 @ 1:00pm



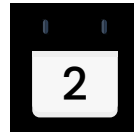
## Family Church

Sunday 2nd June 2024 @ 10:00am



## Worship

Sunday 2nd June 2024 @ 10:45am



## English Grammar Group

Sunday 2nd June 2024 @ 2:00pm



## Persian Church

Sunday 2nd June 2024 @ 2:30pm



## Heatons Post

Monday 3rd June 2024 @ 10:00am



## U3A Singalong

Monday 3rd June 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 3rd June 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## NCT C024018

Tuesday 4th June 2024 @ 1:30pm



## Moor than Good Read

Wednesday 5th June 2024 @ 10:00am



# Heaton Moor United Church



## Coffee Morning

Wednesday 5th June 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## NCT C024018

Wednesday 5th June 2024 @ 6:30pm



## U3A Music Appreciation

Thursday 6th June 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Thursday 6th June 2024 @ 10:00am



## Dance Like a Mother

Thursday 6th June 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 6th June 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmeriyoga.co.uk/>



## Time to Talk

Thursday 6th June 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Popvox Choir

Thursday 6th June 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>



## Tom Walter

Friday 7th June 2024 @ 8:00am



## U3A Ukulele

Friday 7th June 2024 @ 10:00am



## Worship

Sunday 9th June 2024 @ 10:45am



## English Grammar Group

Sunday 9th June 2024 @ 2:00pm



## Persian Church

Sunday 9th June 2024 @ 2:30pm



## Moor Than Play

Monday 10th June 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Architecture

Monday 10th June 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Monday 10th June 2024 @ 10:00am



## Moor Than Play

Monday 10th June 2024 @ 11:00am

Term Time only

Toddler group, registration required, contact :

Community@heatonmoorunitedchurch.org.uk



## Tai Chi

Monday 10th June 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend

please contact Louise Foster on 0161 442 7748 or email

louise.foster24@hotmail.co.uk



## U3A Family History

Monday 10th June 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Philosophy Group

Monday 10th June 2024 @ 4:30pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Pilates : Claire Bamber

Monday 10th June 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :

claire@heatonspilates.co.uk



## Baby Sensory

Tuesday 11th June 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?

An educational, interactive and developmental programme, which will help your baby learn and develop important skills.

Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.

Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.

An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.

Highly trained Class Leaders who are all DBS checked.

Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for

parents.<https://www.babysensory.com/>



## Ladies Fellowship

Tuesday 11th June 2024 @ 2:00pm



## Heatons Youth Choir

Tuesday 11th June 2024 @ 7:00pm



## Baby Sensory

Wednesday 12th June 2024 @ 9:00am

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## Coffee Morning

Wednesday 12th June 2024 @ 10:30am

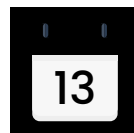
Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 12th June 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Thursday 13th June 2024 @ 10:00am



## Dance Like a Mother

Thursday 13th June 2024 @ 10:30am

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# Heaton Moor United Church



## Calmer Yoga

Thursday 13th June 2024 @ 12:30pm

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For further information, please look at my <https://www.calmer yoga.co.uk/>



## U3A Bridge Group

Thursday 13th June 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 13th June 2024 @ 3:15pm

This is held every 2nd Thursday of the month. Come and join us in an activities to explore the bible in an interactive way.



## Big M Productions

Thursday 13th June 2024 @ 5:30pm



## Popvox Choir

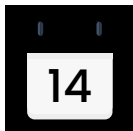
Thursday 13th June 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>



## Tom Walter

Friday 14th June 2024 @ 8:00am



## Moor Than Play

Friday 14th June 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 14th June 2024 @ 10:00am



## Party Ref 21

Saturday 15th June 2024 @ 10:30am



## Communion Service

Sunday 16th June 2024 @ 10:45am



## Worship

Sunday 16th June 2024 @ 10:45am



## English Grammar Group

Sunday 16th June 2024 @ 2:00pm



## Persian Church

Sunday 16th June 2024 @ 2:30pm



## Moor Than Play

Monday 17th June 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Coffee Morning

Monday 17th June 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 17th June 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## Heatons Post

Monday 17th June 2024 @ 10:00am



## Moor Than Play

Monday 17th June 2024 @ 11:00am

Term Time only

Toddler group, registration required, contact :

Community@heatonmoorunitedchurch.org.uk



## U3A Spanish

Monday 17th June 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Tai Chi

Monday 17th June 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend

please contact Louise Foster on 0161 442 7748 or email

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## Pilates : Claire Bamber

Monday 17th June 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :

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## Baby Sensory

Tuesday 18th June 2024 @ 9:00am

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parents. <https://www.babysensory.com/>



## Dementia Friendly Service

Tuesday 18th June 2024 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Heatons Youth Choir

Tuesday 18th June 2024 @ 7:00pm



## Baby Sensory

Wednesday 19th June 2024 @ 9:00am

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## Coffee Morning

Wednesday 19th June 2024 @ 10:30am

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## Heatons Post

Thursday 20th June 2024 @ 10:00am



## Dance Like a Mother

Thursday 20th June 2024 @ 10:30am

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## Calmer Yoga

Thursday 20th June 2024 @ 12:30pm

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# Heaton Moor United Church

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For further information, please look at my <https://www.calmeryoga.co.uk/>



## Time to Talk

Thursday 20th June 2024 @ 2:00pm

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If you would like to come along please contact Bernice 0161 442 6217



## Big M Productions

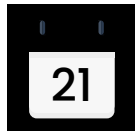
Thursday 20th June 2024 @ 5:30pm



## Popvox Choir

Thursday 20th June 2024 @ 7:30pm

For more information please <https://popvoxchoir.co.uk/stockport/>



## Tom Walter

Friday 21st June 2024 @ 8:00am

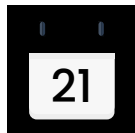


## Moor Than Play

Friday 21st June 2024 @ 9:30am

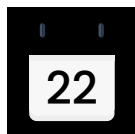
Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 21st June 2024 @ 10:00am



## Bravura Concert

Saturday 22nd June 2024 @ 3:00pm

The concert will be at 7.30pm



## Bravura Concert

Saturday 22nd June 2024 @ 3:00pm

The concert will be at 7.30pm



## Bravura Concert

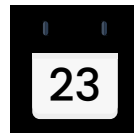
Saturday 22nd June 2024 @ 3:00pm

The concert will be at 7.30pm



## Short Service

Sunday 23rd June 2024 @ 9:30am



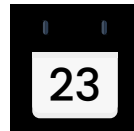
## Worship

Sunday 23rd June 2024 @ 10:45am



## English Grammar Group

Sunday 23rd June 2024 @ 2:00pm



## Persian Church

Sunday 23rd June 2024 @ 2:30pm



## Moor Than Play

Monday 24th June 2024 @ 9:30am

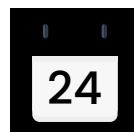
Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## Heatons Post

Monday 24th June 2024 @ 10:00am



## U3A Science Group

Monday 24th June 2024 @ 10:30am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## Moor Than Play

Monday 24th June 2024 @ 11:00am

Term Time only

Toddler group, registration required, contact :

Community@heatonmoorunitedchurch.org.uk

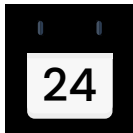


## Tai Chi

Monday 24th June 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email

louise.foster24@hotmail.co.uk

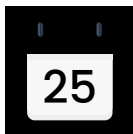


## Pilates : Claire Bamber

Monday 24th June 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :

claire@heatonspilates.co.uk



## Baby Sensory

Tuesday 25th June 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?

An educational, interactive and developmental programme, which will help your baby learn and develop important skills.

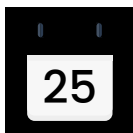
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.

Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.

An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.

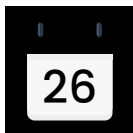
Highly trained Class Leaders who are all DBS checked.

Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



## Heatons Youth Choir

Tuesday 25th June 2024 @ 7:00pm



## Baby Sensory

Wednesday 26th June 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?

An educational, interactive and developmental programme, which will help your baby learn and develop important skills.

Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.

Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.

An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.

Highly trained Class Leaders who are all DBS checked.

Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



## Play Reading

Wednesday 26th June 2024 @ 10:00am



## Coffee Morning

Wednesday 26th June 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Probus

Wednesday 26th June 2024 @ 10:30am



## U3A Current Affairs Discussion Group

Wednesday 26th June 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Thursday 27th June 2024 @ 10:00am



## Dance Like a Mother

Thursday 27th June 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 27th June 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmeriyoga.co.uk/>



# Heaton Moor United Church



## U3A Bridge Group

Thursday 27th June 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Big M Productions

Thursday 27th June 2024 @ 5:30pm



## Tom Walter

Friday 28th June 2024 @ 8:00am

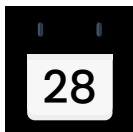


## Moor Than Play

Friday 28th June 2024 @ 9:30am

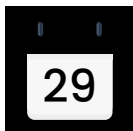
Term Time only

Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 28th June 2024 @ 10:00am



## NCT C024023

Saturday 29th June 2024 @ 8:30am



## Worship

Sunday 30th June 2024 @ 10:45am



## English Grammar Group

Sunday 30th June 2024 @ 2:00pm



## Persian Church

Sunday 30th June 2024 @ 2:30pm



## Moor Than Play

Monday 1st July 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## Heatons Post

Monday 1st July 2024 @ 10:00am



## U3A Singalong

Monday 1st July 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor Than Play

Monday 1st July 2024 @ 11:00am

Term Time only

Toddler group, registration required, contact :  
[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Spanish

Monday 1st July 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Tai Chi

Monday 1st July 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email [louise.foster24@hotmail.co.uk](mailto:louise.foster24@hotmail.co.uk)



## Pilates : Claire Bamber

Monday 1st July 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
[claire@heatonspilates.co.uk](mailto:claire@heatonspilates.co.uk)



## Baby Sensory

Tuesday 2nd July 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.  
An ideal place to meet new parents, ask questions, share ideas,



# Heaton Moor United Church

experiences and memories together.

Highly trained Class Leaders who are all DBS checked.

Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



## Heatons Youth Choir

Tuesday 2nd July 2024 @ 7:00pm



## Baby Sensory

Wednesday 3rd July 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?

An educational, interactive and developmental programme, which will help your baby learn and develop important skills.

Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.

Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.

An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.

Highly trained Class Leaders who are all DBS checked.

Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



## Moor than Good Read

Wednesday 3rd July 2024 @ 10:00am



## Coffee Morning

Wednesday 3rd July 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Heatons Post

Thursday 4th July 2024 @ 10:00am



## U3A Music Appreciation

Thursday 4th July 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Dance Like a Mother

Thursday 4th July 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing

dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 4th July 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Time to Talk

Thursday 4th July 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Big M Productions

Thursday 4th July 2024 @ 5:30pm



## Tom Walter

Friday 5th July 2024 @ 8:00am



## Moor Than Play

Friday 5th July 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 5th July 2024 @ 10:00am



## Raj Patta

Saturday 6th July 2024 @ 10:00am



# Heaton Moor United Church



**Family Church**  
Sunday 7th July 2024 @ 10:00am



**Worship**  
Sunday 7th July 2024 @ 10:45am



**English Grammar Group**  
Sunday 7th July 2024 @ 2:00pm



**Persian Church**  
Sunday 7th July 2024 @ 2:30pm



**Moor Than Play**  
Monday 8th July 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**U3A Architecture**  
Monday 8th July 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Heatons Post**  
Monday 8th July 2024 @ 10:00am



**Moor Than Play**  
Monday 8th July 2024 @ 11:00am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**Tai Chi**  
Monday 8th July 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email [louise.foster24@hotmail.co.uk](mailto:louise.foster24@hotmail.co.uk)



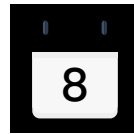
**U3A Family History**  
Monday 8th July 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Philosophy Group**  
Monday 8th July 2024 @ 4:30pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Pilates : Claire Bamber**  
Monday 8th July 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
[claire@heatonspilates.co.uk](mailto:claire@heatonspilates.co.uk)



**Baby Sensory**  
Tuesday 9th July 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.  
An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.  
Highly trained Class Leaders who are all DBS checked.  
Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents. <https://www.babysensory.com/>



**Ladies Fellowship**  
Tuesday 9th July 2024 @ 2:00pm



**Heatons Youth Choir**  
Tuesday 9th July 2024 @ 7:00pm



**Baby Sensory**  
Wednesday 10th July 2024 @ 9:00am

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Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.



# Heaton Moor United Church

Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.

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Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents. <https://www.babysensory.com/>



## Coffee Morning

Wednesday 10th July 2024 @ 10:30am

Come join us for a coffee and a chat, all are welcome



## U3A Current Affairs Discussion Group

Wednesday 10th July 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## NCT C024023

Wednesday 10th July 2024 @ 6:30pm



## Heatons Post

Thursday 11th July 2024 @ 10:00am



## Dance Like a Mother

Thursday 11th July 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 11th July 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmeriyoga.co.uk/>



## U3A Bridge Group

Thursday 11th July 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 11th July 2024 @ 3:15pm

This is held every 2nd Thursday of the month. Come and join us in an activities to explore the bible in an interactive way.



## Big M Productions

Thursday 11th July 2024 @ 5:30pm



## Tom Walter

Friday 12th July 2024 @ 8:00am



## Moor Than Play

Friday 12th July 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 12th July 2024 @ 10:00am



## NCT C024023

Saturday 13th July 2024 @ 8:30am



## Reserved (AfC)

Saturday 13th July 2024 @ 10:00am



## Worship

Sunday 14th July 2024 @ 10:45am



# Heaton Moor United Church



**English Grammar Group**  
Sunday 14th July 2024 @ 2:00pm



**Persian Church**  
Sunday 14th July 2024 @ 2:30pm



**Moor Than Play**  
Monday 15th July 2024 @ 9:30am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**U3A Coffee Morning**  
Monday 15th July 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**U3A Coffee Morning**  
Monday 15th July 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**Heatons Post**  
Monday 15th July 2024 @ 10:00am



**Moor Than Play**  
Monday 15th July 2024 @ 11:00am

Term Time only  
Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**U3A Spanish**  
Monday 15th July 2024 @ 1:45pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**Tai Chi**  
Monday 15th July 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend

please contact Louise Foster on 0161 442 7748 or email  
louise.foster24@hotmail.co.uk



**Pilates : Claire Bamber**  
Monday 15th July 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
claire@heatonspilates.co.uk



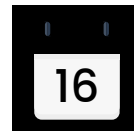
**Baby Sensory**  
Tuesday 16th July 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.  
An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.  
Highly trained Class Leaders who are all DBS checked.  
Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



**Dementia Friendly Service**  
Tuesday 16th July 2024 @ 2:00pm

A short service open to all, refreshments served afterwards.



**Heatons Youth Choir**  
Tuesday 16th July 2024 @ 7:00pm



**Baby Sensory**  
Wednesday 17th July 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
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# Heaton Moor United Church



## Coffee Morning

Wednesday 17th July 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Heatons Post

Thursday 18th July 2024 @ 10:00am



## Dance Like a Mother

Thursday 18th July 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 18th July 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmeryoga.co.uk/>



## Time to Talk

Thursday 18th July 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

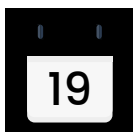
Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Big M Productions

Thursday 18th July 2024 @ 5:30pm



## Tom Walter

Friday 19th July 2024 @ 8:00am



## Moor Than Play

Friday 19th July 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact : [Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



## U3A Ukulele

Friday 19th July 2024 @ 10:00am



## NCT 024024

Saturday 20th July 2024 @ 8:30am



## Communion Service

Sunday 21st July 2024 @ 10:45am



## Worship

Sunday 21st July 2024 @ 10:45am



## English Grammar Group

Sunday 21st July 2024 @ 2:00pm



## Persian Church

Sunday 21st July 2024 @ 2:30pm



## Heatons Post

Monday 22nd July 2024 @ 10:00am



## U3A Science Group

Monday 22nd July 2024 @ 10:30am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor Than Play

Monday 22nd July 2024 @ 11:00am

Term Time only





# Heaton Moor United Church

Toddler group, registration required, contact :  
Community@heatonmoorunitedchurch.org.uk



**Tai Chi**  
Monday 22nd July 2024 @ 1:45pm

Come along and relax through the art of Tai Chi , if you wish to attend please contact Louise Foster on 0161 442 7748 or email louise.foster24@hotmail.co.uk



**Pilates : Claire Bamber**  
Monday 22nd July 2024 @ 7:45pm

Physiotherapy lead Pilates, all levels covered Please contact :  
claire@heatonspilates.co.uk

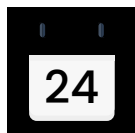


**Baby Sensory**  
Tuesday 23rd July 2024 @ 9:00am

Why attend one of our award-winning Baby Sensory classes?  
An educational, interactive and developmental programme, which will help your baby learn and develop important skills.  
Every class has been carefully designed, planned and researched by Dr Lin Day with you and your baby's needs in mind.  
Classes built on your baby's natural play-rest-play cycle to ensure they are not overstimulated.  
An ideal place to meet new parents, ask questions, share ideas, experiences and memories together.  
Highly trained Class Leaders who are all DBS checked.  
Received the Gold Award accreditation with the Children's Activities Association (CAA) – peace of mind for parents.<https://www.babysensory.com/>



**Heaton's Youth Choir**  
Tuesday 23rd July 2024 @ 7:00pm



**Baby Sensory**  
Wednesday 24th July 2024 @ 9:00am

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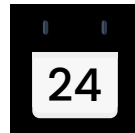


**Play Reading**  
Wednesday 24th July 2024 @ 10:00am



**Coffee Morning**  
Wednesday 24th July 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome

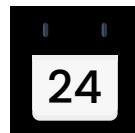


**Probus**  
Wednesday 24th July 2024 @ 10:30am



**U3A Current Affairs Discussion Group**  
Wednesday 24th July 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



**NCT 024024**  
Wednesday 24th July 2024 @ 6:30pm



**Heaton's Post**  
Thursday 25th July 2024 @ 10:00am



**Dance Like a Mother**  
Thursday 25th July 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



**Calmer Yoga**  
Thursday 25th July 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



# Heaton Moor United Church



## U3A Bridge Group

Thursday 25th July 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



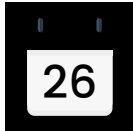
## Big M Productions

Thursday 25th July 2024 @ 5:30pm



## Tom Walter

Friday 26th July 2024 @ 8:00am



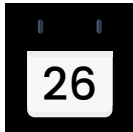
## Moor Than Play

Friday 26th July 2024 @ 9:30am

Term Time only

Toddler group, registration required, contact :

[Community@heatonmoorunitedchurch.org.uk](mailto:Community@heatonmoorunitedchurch.org.uk)



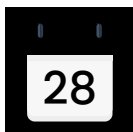
## U3A Ukulele

Friday 26th July 2024 @ 10:00am



## NCT 024024

Saturday 27th July 2024 @ 8:30am



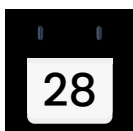
## Short Service

Sunday 28th July 2024 @ 9:30am



## Worship

Sunday 28th July 2024 @ 10:45am



## English Grammar Group

Sunday 28th July 2024 @ 2:00pm



## Persian Church

Sunday 28th July 2024 @ 2:30pm



## Heatons Post

Monday 29th July 2024 @ 10:00am



## Coffee Morning

Wednesday 31st July 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Heatons Post

Thursday 1st August 2024 @ 10:00am



## U3A Music Appreciation

Thursday 1st August 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dance Like a Mother

Thursday 1st August 2024 @ 10:30am

The DLAM Fam started in 2016 as Dance Like A Mother – a babywearing dance class. <https://www.dancelikeamother.com/>



## Calmer Yoga

Thursday 1st August 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Time to Talk

Thursday 1st August 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



# Heaton Moor United Church



**Tom Walter**  
Friday 2nd August 2024 @ 8:00am



**U3A Ukulele**  
Friday 2nd August 2024 @ 10:00am



**Family Church**  
Sunday 4th August 2024 @ 10:00am



**Worship**  
Sunday 4th August 2024 @ 10:45am



**English Grammar Group**  
Sunday 4th August 2024 @ 2:00pm



**Persian Church**  
Sunday 4th August 2024 @ 2:30pm



**Heatons Post**  
Monday 5th August 2024 @ 10:00am



**U3A Singalong**  
Monday 5th August 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Spanish**  
Monday 5th August 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Moor than Good Read**  
Wednesday 7th August 2024 @ 10:00am



**Coffee Morning**  
Wednesday 7th August 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



**NCT C024531(3.5)**  
Wednesday 7th August 2024 @ 6:30pm



**Heatons Post**  
Thursday 8th August 2024 @ 10:00am



**Calmer Yoga**  
Thursday 8th August 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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**U3A Bridge Group**  
Thursday 8th August 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Messy Church**  
Thursday 8th August 2024 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



**Tom Walter**  
Friday 9th August 2024 @ 8:00am



**U3A Ukulele**  
Friday 9th August 2024 @ 10:00am



# Heaton Moor United Church



## Worship

Sunday 11th August 2024 @ 10:45am



## English Grammar Group

Sunday 11th August 2024 @ 2:00pm



## Persian Church

Sunday 11th August 2024 @ 2:30pm



## U3A Architecture

Monday 12th August 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Heatons Post

Monday 12th August 2024 @ 10:00am



## U3A Family History

Monday 12th August 2024 @ 2:00pm

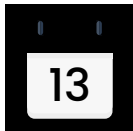
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Philosophy Group

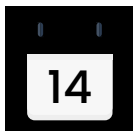
Monday 12th August 2024 @ 4:30pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Ladies Fellowship

Tuesday 13th August 2024 @ 2:00pm



## Coffee Morning

Wednesday 14th August 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## NCT C024531(3.5)

Wednesday 14th August 2024 @ 6:30pm



## Heatons Post

Thursday 15th August 2024 @ 10:00am



## Calmer Yoga

Thursday 15th August 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

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## Time to Talk

Thursday 15th August 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 16th August 2024 @ 8:00am



## U3A Ukulele

Friday 16th August 2024 @ 10:00am



## Communion Service

Sunday 18th August 2024 @ 10:45am



## Worship

Sunday 18th August 2024 @ 10:45am



## English Grammar Group

Sunday 18th August 2024 @ 2:00pm



# Heaton Moor United Church



**Persian Church**  
Sunday 18th August 2024 @ 2:30pm



**U3A Coffee Morning**  
Monday 19th August 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Coffee Morning**  
Monday 19th August 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Heatons Post**  
Monday 19th August 2024 @ 10:00am



**U3A Spanish**  
Monday 19th August 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Dementia Friendly Service**  
Tuesday 20th August 2024 @ 2:00pm

A short service open to all, refreshments served afterwards.



**Coffee Morning**  
Wednesday 21st August 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



**NCT C024531(3.5)**  
Wednesday 21st August 2024 @ 6:30pm



**Heatons Post**  
Thursday 22nd August 2024 @ 10:00am



**Calmer Yoga**  
Thursday 22nd August 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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For further information, please look at my <https://www.calmer yoga.co.uk/>



**U3A Bridge Group**  
Thursday 22nd August 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Tom Walter**  
Friday 23rd August 2024 @ 8:00am



**Short Service**  
Sunday 25th August 2024 @ 9:30am



**Worship**  
Sunday 25th August 2024 @ 10:45am



**English Grammar Group**  
Sunday 25th August 2024 @ 2:00pm



**Persian Church**  
Sunday 25th August 2024 @ 2:30pm



**Heatons Post**  
Monday 26th August 2024 @ 10:00am



**U3A Science Group**  
Monday 26th August 2024 @ 10:30am



# Heaton Moor United Church

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Play Reading

Wednesday 28th August 2024 @ 10:00am



## Coffee Morning

Wednesday 28th August 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 28th August 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## NCT C024531(3.5)

Wednesday 28th August 2024 @ 6:30pm



## Heatons Post

Thursday 29th August 2024 @ 10:00am



## Calmer Yoga

Thursday 29th August 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Tom Walter

Friday 30th August 2024 @ 8:00am



## Family Church

Sunday 1st September 2024 @ 10:00am



## Worship

Sunday 1st September 2024 @ 10:45am



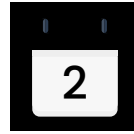
## English Grammar Group

Sunday 1st September 2024 @ 2:00pm



## Persian Church

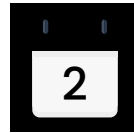
Sunday 1st September 2024 @ 2:30pm



## U3A Singalong

Monday 2nd September 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 2nd September 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor than Good Read

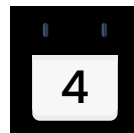
Wednesday 4th September 2024 @ 10:00am



## Coffee Morning

Wednesday 4th September 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## NCT C024531(3.5)

Wednesday 4th September 2024 @ 6:30pm



## U3A Music Appreciation

Thursday 5th September 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 5th September 2024 @ 12:30pm



# Heaton Moor United Church

Hi, I'm Lucy  
 Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Time to Talk

Thursday 5th September 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

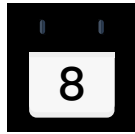
Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 6th September 2024 @ 8:00am



## Worship

Sunday 8th September 2024 @ 10:45am



## English Grammar Group

Sunday 8th September 2024 @ 2:00pm



## Persian Church

Sunday 8th September 2024 @ 2:30pm



## U3A Architecture

Monday 9th September 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 9th September 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Ladies Fellowship

Tuesday 10th September 2024 @ 2:00pm



## Coffee Morning

Wednesday 11th September 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 11th September 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 12th September 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

Thursday 12th September 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 12th September 2024 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## Tom Walter

Friday 13th September 2024 @ 8:00am



## Communion Service

Sunday 15th September 2024 @ 10:45am



# Heaton Moor United Church



## Worship

Sunday 15th September 2024 @ 10:45am



## English Grammar Group

Sunday 15th September 2024 @ 2:00pm



## Persian Church

Sunday 15th September 2024 @ 2:30pm



## U3A Coffee Morning

Monday 16th September 2024 @ 10:00am

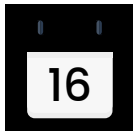
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 16th September 2024 @ 10:00am

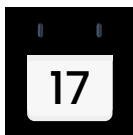
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 16th September 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 17th September 2024 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Coffee Morning

Wednesday 18th September 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 19th September 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 19th September 2024 @ 2:00pm

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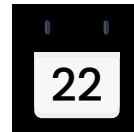
## Tom Walter

Friday 20th September 2024 @ 8:00am



## Short Service

Sunday 22nd September 2024 @ 9:30am



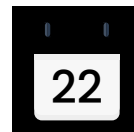
## Worship

Sunday 22nd September 2024 @ 10:45am



## English Grammar Group

Sunday 22nd September 2024 @ 2:00pm



## Persian Church

Sunday 22nd September 2024 @ 2:30pm



## U3A Science Group

Monday 23rd September 2024 @ 10:30am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Play Reading

Wednesday 25th September 2024 @ 10:00am





# Heaton Moor United Church



## Coffee Morning

Wednesday 25th September 2024 @ 10:30am

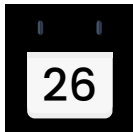
Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 25th September 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



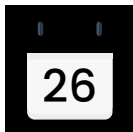
## Calmer Yoga

Thursday 26th September 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

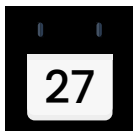
For further information, please look at my <https://www.calmer yoga.co.uk/>



## U3A Bridge Group

Thursday 26th September 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



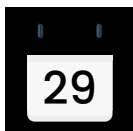
## Tom Walter

Friday 27th September 2024 @ 8:00am



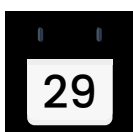
## NCT 023846 (7.5)

Saturday 28th September 2024 @ 9:30am



## Worship

Sunday 29th September 2024 @ 10:45am



## English Grammar Group

Sunday 29th September 2024 @ 2:00pm



## Persian Church

Sunday 29th September 2024 @ 2:30pm



## Moor than Good Read

Wednesday 2nd October 2024 @ 10:00am



## Coffee Morning

Wednesday 2nd October 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Music Appreciation

Thursday 3rd October 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 3rd October 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Time to Talk

Thursday 3rd October 2024 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 4th October 2024 @ 8:00am



# Heaton Moor United Church



## NCT 023846 (7.5)

Saturday 5th October 2024 @ 9:30am



## Family Church

Sunday 6th October 2024 @ 10:00am



## Worship

Sunday 6th October 2024 @ 10:45am



## English Grammar Group

Sunday 6th October 2024 @ 2:00pm



## Persian Church

Sunday 6th October 2024 @ 2:30pm



## U3A Singalong

Monday 7th October 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 7th October 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## NCT C02846

Monday 7th October 2024 @ 6:00pm



## Ladies Fellowship

Tuesday 8th October 2024 @ 2:00pm



## Coffee Morning

Wednesday 9th October 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 9th October 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 10th October 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

Thursday 10th October 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 10th October 2024 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## Tom Walter

Friday 11th October 2024 @ 8:00am



## Worship

Sunday 13th October 2024 @ 10:45am



## English Grammar Group

Sunday 13th October 2024 @ 2:00pm



## Persian Church

Sunday 13th October 2024 @ 2:30pm



# Heaton Moor United Church



## U3A Family History

Monday 14th October 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 15th October 2024 @ 2:00pm

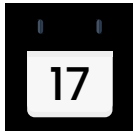
A short service open to all, refreshments served afterwards.



## Coffee Morning

Wednesday 16th October 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 17th October 2024 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 17th October 2024 @ 2:00pm

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Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 18th October 2024 @ 8:00am



## Communion Service

Sunday 20th October 2024 @ 10:45am



## Worship

Sunday 20th October 2024 @ 10:45am



## English Grammar Group

Sunday 20th October 2024 @ 2:00pm



## Persian Church

Sunday 20th October 2024 @ 2:30pm



## U3A Coffee Morning

Monday 21st October 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 21st October 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 21st October 2024 @ 1:45pm

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## Coffee Morning

Wednesday 23rd October 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Current Affairs Discussion Group

Wednesday 23rd October 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## NCT C024530 (3.5)

Wednesday 23rd October 2024 @ 6:30pm



# Heaton Moor United Church



## U3A Bridge Group

Thursday 24th October 2024 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



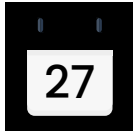
## Tom Walter

Friday 25th October 2024 @ 8:00am



## NCT C024526

Saturday 26th October 2024 @ 8:30am



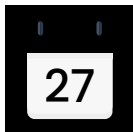
## Short Service

Sunday 27th October 2024 @ 9:30am



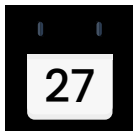
## Worship

Sunday 27th October 2024 @ 10:45am



## English Grammar Group

Sunday 27th October 2024 @ 2:00pm



## Persian Church

Sunday 27th October 2024 @ 2:30pm



## NCT C024526

Monday 28th October 2024 @ 6:30pm



## Coffee Morning

Wednesday 30th October 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## NCT C024530 (3.5)

Wednesday 30th October 2024 @ 6:30pm



## Calmer Yoga

Thursday 31st October 2024 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Tom Walter

Friday 1st November 2024 @ 8:00am



## NCT C024526

Saturday 2nd November 2024 @ 8:30am



## Worship

Sunday 3rd November 2024 @ 10:45am



## English Grammar Group

Sunday 3rd November 2024 @ 2:00pm



## Persian Church

Sunday 3rd November 2024 @ 2:30pm



## U3A Singalong

Monday 4th November 2024 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 4th November 2024 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## Moor than Good Read

Wednesday 6th November 2024 @ 10:00am



## Coffee Morning

Wednesday 6th November 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## NCT C024530 (3.5)

Wednesday 6th November 2024 @ 6:30pm



## U3A Music Appreciation

Thursday 7th November 2024 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 7th November 2024 @ 12:30pm

Hi, I'm Lucy

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## Time to Talk

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## Tom Walter

Friday 8th November 2024 @ 8:00am



## NCT C024526 (8.5)

Saturday 9th November 2024 @ 9:00am



## Worship

Sunday 10th November 2024 @ 10:45am



## English Grammar Group

Sunday 10th November 2024 @ 2:00pm



## Persian Church

Sunday 10th November 2024 @ 2:30pm



## U3A Family History

Monday 11th November 2024 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Ladies Fellowship

Tuesday 12th November 2024 @ 2:00pm



## Coffee Morning

Wednesday 13th November 2024 @ 10:30am

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## U3A Current Affairs Discussion Group

Wednesday 13th November 2024 @ 2:00pm

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## NCT C024530 (3.5)

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## Calmer Yoga

Thursday 14th November 2024 @ 12:30pm

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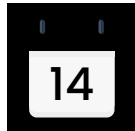


# Heaton Moor United Church

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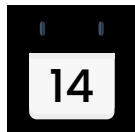
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## U3A Bridge Group

Thursday 14th November 2024 @ 2:00pm

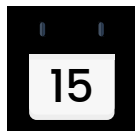
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## Messy Church

Thursday 14th November 2024 @ 3:15pm

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## Tom Walter

Friday 15th November 2024 @ 8:00am



## Communion Service

Sunday 17th November 2024 @ 10:45am



## Worship

Sunday 17th November 2024 @ 10:45am



## English Grammar Group

Sunday 17th November 2024 @ 2:00pm



## Persian Church

Sunday 17th November 2024 @ 2:30pm



## U3A Coffee Morning

Monday 18th November 2024 @ 10:00am

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## U3A Coffee Morning

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## U3A Spanish

Monday 18th November 2024 @ 1:45pm

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## Dementia Friendly Service

Tuesday 19th November 2024 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Coffee Morning

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## Calmer Yoga

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# Heaton Moor United Church



## Tom Walter

Friday 22nd November 2024 @ 8:00am



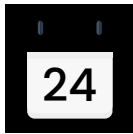
## Short Service

Sunday 24th November 2024 @ 9:30am



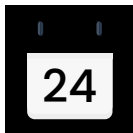
## Worship

Sunday 24th November 2024 @ 10:45am



## English Grammar Group

Sunday 24th November 2024 @ 2:00pm



## Persian Church

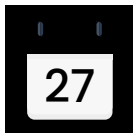
Sunday 24th November 2024 @ 2:30pm



## Coffee Morning

Wednesday 27th November 2024 @ 10:30am

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## U3A Current Affairs Discussion Group

Wednesday 27th November 2024 @ 2:00pm

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## Calmer Yoga

Thursday 28th November 2024 @ 12:30pm

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## U3A Bridge Group

Thursday 28th November 2024 @ 2:00pm

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## Tom Walter

Friday 29th November 2024 @ 8:00am



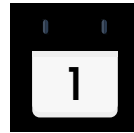
## Worship

Sunday 1st December 2024 @ 10:45am



## English Grammar Group

Sunday 1st December 2024 @ 2:00pm



## Persian Church

Sunday 1st December 2024 @ 2:30pm



## U3A Singalong

Monday 2nd December 2024 @ 10:00am

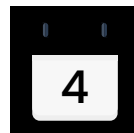
For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

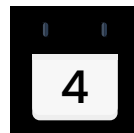
Monday 2nd December 2024 @ 1:45pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## More than Good Read

Wednesday 4th December 2024 @ 10:00am



## Coffee Morning

Wednesday 4th December 2024 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Music Appreciation

Thursday 5th December 2024 @ 10:00am



# Heaton Moor United Church

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## Calmer Yoga

Thursday 5th December 2024 @ 12:30pm

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## Tom Walter

Friday 6th December 2024 @ 8:00am



## Worship

Sunday 8th December 2024 @ 10:45am



## English Grammar Group

Sunday 8th December 2024 @ 2:00pm



## Persian Church

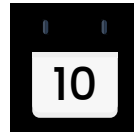
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## U3A Family History

Monday 9th December 2024 @ 2:00pm

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## Ladies Fellowship

Tuesday 10th December 2024 @ 2:00pm



## Coffee Morning

Wednesday 11th December 2024 @ 10:30am

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## U3A Current Affairs Discussion Group

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## U3A Bridge Group

Thursday 12th December 2024 @ 2:00pm

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## Messy Church

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## Tom Walter

Friday 13th December 2024 @ 8:00am



## Communion Service

Sunday 15th December 2024 @ 10:45am





# Heaton Moor United Church



## Worship

Sunday 15th December 2024 @ 10:45am



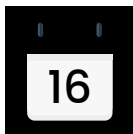
## English Grammar Group

Sunday 15th December 2024 @ 2:00pm



## Persian Church

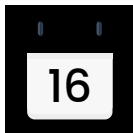
Sunday 15th December 2024 @ 2:30pm



## U3A Coffee Morning

Monday 16th December 2024 @ 10:00am

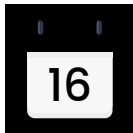
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## U3A Coffee Morning

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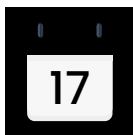
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## U3A Spanish

Monday 16th December 2024 @ 1:45pm

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## Dementia Friendly Service

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## Coffee Morning

Wednesday 18th December 2024 @ 10:30am

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## Calmer Yoga

Thursday 19th December 2024 @ 12:30pm

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## Tom Walter

Friday 20th December 2024 @ 8:00am



## Short Service

Sunday 22nd December 2024 @ 9:30am



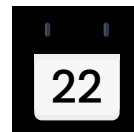
## Worship

Sunday 22nd December 2024 @ 10:45am



## English Grammar Group

Sunday 22nd December 2024 @ 2:00pm



## Persian Church

Sunday 22nd December 2024 @ 2:30pm



## Coffee Morning

Wednesday 25th December 2024 @ 10:30am

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## U3A Current Affairs Discussion Group

Wednesday 25th December 2024 @ 2:00pm

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# Heaton Moor United Church



## Calmer Yoga

Thursday 26th December 2024 @ 12:30pm

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## U3A Bridge Group

Thursday 26th December 2024 @ 2:00pm

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## Tom Walter

Friday 27th December 2024 @ 8:00am



## Worship

Sunday 29th December 2024 @ 10:45am



## English Grammar Group

Sunday 29th December 2024 @ 2:00pm



## Persian Church

Sunday 29th December 2024 @ 2:30pm



## Moor than Good Read

Wednesday 1st January 2025 @ 10:00am



## Coffee Morning

Wednesday 1st January 2025 @ 10:30am

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## U3A Music Appreciation

Thursday 2nd January 2025 @ 10:00am

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## Calmer Yoga

Thursday 2nd January 2025 @ 12:30pm

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## Tom Walter

Friday 3rd January 2025 @ 8:00am



## Worship

Sunday 5th January 2025 @ 10:45am



## English Grammar Group

Sunday 5th January 2025 @ 2:00pm



## Persian Church

Sunday 5th January 2025 @ 2:30pm



# Heaton Moor United Church



## U3A Singalong

Monday 6th January 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 6th January 2025 @ 1:45pm

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## Coffee Morning

Wednesday 8th January 2025 @ 10:30am

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## Calmer Yoga

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## Tom Walter

Friday 10th January 2025 @ 8:00am



## Worship

Sunday 12th January 2025 @ 10:45am



## English Grammar Group

Sunday 12th January 2025 @ 2:00pm



## Persian Church

Sunday 12th January 2025 @ 2:30pm



## U3A Family History

Monday 13th January 2025 @ 2:00pm

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## Ladies Fellowship

Tuesday 14th January 2025 @ 2:00pm



## Coffee Morning

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# Heaton Moor United Church

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**Tom Walter**  
Friday 17th January 2025 @ 8:00am



**Communion Service**  
Sunday 19th January 2025 @ 10:45am



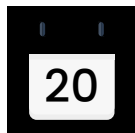
**Worship**  
Sunday 19th January 2025 @ 10:45am



**English Grammar Group**  
Sunday 19th January 2025 @ 2:00pm



**Persian Church**  
Sunday 19th January 2025 @ 2:30pm



**U3A Coffee Morning**  
Monday 20th January 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



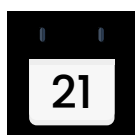
**U3A Coffee Morning**  
Monday 20th January 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Spanish**  
Monday 20th January 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



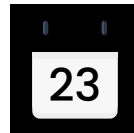
**Dementia Friendly Service**  
Tuesday 21st January 2025 @ 2:00pm

A short service open to all, refreshments served afterwards.



**Coffee Morning**  
Wednesday 22nd January 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



**Calmer Yoga**  
Thursday 23rd January 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



**U3A Bridge Group**  
Thursday 23rd January 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Tom Walter**  
Friday 24th January 2025 @ 8:00am



**Short Service**  
Sunday 26th January 2025 @ 9:30am



**Worship**  
Sunday 26th January 2025 @ 10:45am



**English Grammar Group**  
Sunday 26th January 2025 @ 2:00pm



**Persian Church**  
Sunday 26th January 2025 @ 2:30pm



# Heaton Moor United Church



## Coffee Morning

Wednesday 29th January 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 30th January 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

Don't think "yoga is not for me" – it is. Don't think "I'm not flexible enough" – you are. My classes are warm, friendly and fun. Come and join us.

For further information, please look at my <https://www.calmer yoga.co.uk/>



## Tom Walter

Friday 31st January 2025 @ 8:00am



## Worship

Sunday 2nd February 2025 @ 10:45am



## English Grammar Group

Sunday 2nd February 2025 @ 2:00pm



## Persian Church

Sunday 2nd February 2025 @ 2:30pm



## U3A Singalong

Monday 3rd February 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 3rd February 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor than Good Read

Wednesday 5th February 2025 @ 10:00am



## Coffee Morning

Wednesday 5th February 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Music Appreciation

Thursday 6th February 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 6th February 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 6th February 2025 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

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If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 7th February 2025 @ 8:00am



## Worship

Sunday 9th February 2025 @ 10:45am



# Heaton Moor United Church



**English Grammar Group**  
Sunday 9th February 2025 @ 2:00pm



**Persian Church**  
Sunday 9th February 2025 @ 2:30pm



**U3A Family History**  
Monday 10th February 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Ladies Fellowship**  
Tuesday 11th February 2025 @ 2:00pm



**Coffee Morning**  
Wednesday 12th February 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



**Calmer Yoga**  
Thursday 13th February 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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**U3A Bridge Group**  
Thursday 13th February 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Messy Church**  
Thursday 13th February 2025 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



**Tom Walter**  
Friday 14th February 2025 @ 8:00am



**Communion Service**  
Sunday 16th February 2025 @ 10:45am



**Worship**  
Sunday 16th February 2025 @ 10:45am



**English Grammar Group**  
Sunday 16th February 2025 @ 2:00pm



**Persian Church**  
Sunday 16th February 2025 @ 2:30pm



**U3A Coffee Morning**  
Monday 17th February 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Coffee Morning**  
Monday 17th February 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Spanish**  
Monday 17th February 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Dementia Friendly Service**  
Tuesday 18th February 2025 @ 2:00pm

A short service open to all, refreshments served afterwards.



**Coffee Morning**  
Wednesday 19th February 2025 @ 10:30am



# Heaton Moor United Church

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 20th February 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 20th February 2025 @ 2:00pm

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Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 21st February 2025 @ 8:00am



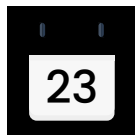
## Short Service

Sunday 23rd February 2025 @ 9:30am



## Worship

Sunday 23rd February 2025 @ 10:45am



## English Grammar Group

Sunday 23rd February 2025 @ 2:00pm



## Persian Church

Sunday 23rd February 2025 @ 2:30pm



## Coffee Morning

Wednesday 26th February 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 27th February 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

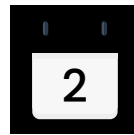
Thursday 27th February 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Tom Walter

Friday 28th February 2025 @ 8:00am



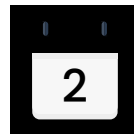
## Worship

Sunday 2nd March 2025 @ 10:45am



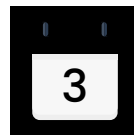
## English Grammar Group

Sunday 2nd March 2025 @ 2:00pm



## Persian Church

Sunday 2nd March 2025 @ 2:30pm



## U3A Singalong

Monday 3rd March 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## U3A Spanish

Monday 3rd March 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor than Good Read

Wednesday 5th March 2025 @ 10:00am



## Coffee Morning

Wednesday 5th March 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## U3A Music Appreciation

Thursday 6th March 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 6th March 2025 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 6th March 2025 @ 2:00pm

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## Tom Walter

Friday 7th March 2025 @ 8:00am



## Worship

Sunday 9th March 2025 @ 10:45am



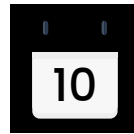
## English Grammar Group

Sunday 9th March 2025 @ 2:00pm



## Persian Church

Sunday 9th March 2025 @ 2:30pm



## U3A Family History

Monday 10th March 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Ladies Fellowship

Tuesday 11th March 2025 @ 2:00pm



## Coffee Morning

Wednesday 12th March 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 13th March 2025 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

Thursday 13th March 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>





# Heaton Moor United Church



## Messy Church

Thursday 13th March 2025 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



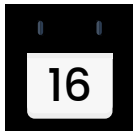
## Tom Walter

Friday 14th March 2025 @ 8:00am



## Communion Service

Sunday 16th March 2025 @ 10:45am



## Worship

Sunday 16th March 2025 @ 10:45am



## English Grammar Group

Sunday 16th March 2025 @ 2:00pm



## Persian Church

Sunday 16th March 2025 @ 2:30pm



## U3A Coffee Morning

Monday 17th March 2025 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 17th March 2025 @ 10:00am

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 17th March 2025 @ 1:45pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 18th March 2025 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Coffee Morning

Wednesday 19th March 2025 @ 10:30am

Come join us for a coffee and a chat , all are welcome



## Calmer Yoga

Thursday 20th March 2025 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

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If you would like to come along please contact Bernice 0161 442 6217



## Tom Walter

Friday 21st March 2025 @ 8:00am



## Short Service

Sunday 23rd March 2025 @ 9:30am



## Worship

Sunday 23rd March 2025 @ 10:45am



# Heaton Moor United Church



## English Grammar Group

Sunday 23rd March 2025 @ 2:00pm



## Persian Church

Sunday 23rd March 2025 @ 2:30pm



## Calmer Yoga

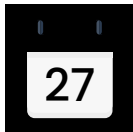
Thursday 27th March 2025 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

Thursday 27th March 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Tom Walter

Friday 28th March 2025 @ 8:00am



## Worship

Sunday 30th March 2025 @ 10:45am



## English Grammar Group

Sunday 30th March 2025 @ 2:00pm



## Persian Church

Sunday 30th March 2025 @ 2:30pm



## Moor than Good Read

Wednesday 2nd April 2025 @ 10:00am



## U3A Music Appreciation

Thursday 3rd April 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 3rd April 2025 @ 12:30pm

Hi, I'm Lucy

Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 3rd April 2025 @ 2:00pm

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## Tom Walter

Friday 4th April 2025 @ 8:00am



## Worship

Sunday 6th April 2025 @ 10:45am



## English Grammar Group

Sunday 6th April 2025 @ 2:00pm



## Persian Church

Sunday 6th April 2025 @ 2:30pm



# Heaton Moor United Church



## U3A Singalong

Monday 7th April 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 7th April 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Calmer Yoga

Thursday 10th April 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

Thursday 10th April 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 10th April 2025 @ 3:15pm

This is held every 2nd Thursday of the month. Come and join us in an activities to explore the bible in an interactive way.



## Tom Walter

Friday 11th April 2025 @ 8:00am



## Worship

Sunday 13th April 2025 @ 10:45am



## Persian Church

Sunday 13th April 2025 @ 2:30pm



## U3A Family History

Monday 14th April 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 15th April 2025 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Calmer Yoga

Thursday 17th April 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## Time to Talk

Thursday 17th April 2025 @ 2:00pm

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## Tom Walter

Friday 18th April 2025 @ 8:00am



## Communion Service

Sunday 20th April 2025 @ 10:45am



## Persian Church

Sunday 20th April 2025 @ 2:30pm



# Heaton Moor United Church



## U3A Coffee Morning

Monday 21st April 2025 @ 10:00am

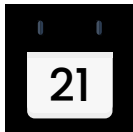
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 21st April 2025 @ 10:00am

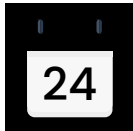
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 21st April 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



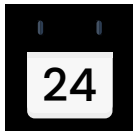
## Calmer Yoga

Thursday 24th April 2025 @ 12:30pm

Hi, I'm Lucy  
Yoga is for everyone. I offer small group classes, and one-to-one sessions, which are suitable for beginners and those who have practised yoga before. My focus is on breath-led movements to develop flexibility, strengthen the body and bring quietness and calmness to the mind.

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## U3A Bridge Group

Thursday 24th April 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Tom Walter

Friday 25th April 2025 @ 8:00am



## Short Service

Sunday 27th April 2025 @ 9:30am



## U3A Music Appreciation

Thursday 1st May 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 1st May 2025 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

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## Tom Walter

Friday 2nd May 2025 @ 8:00am



## U3A Singalong

Monday 5th May 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 5th May 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## More than Good Read

Wednesday 7th May 2025 @ 10:00am



## U3A Bridge Group

Thursday 8th May 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 8th May 2025 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## Tom Walter

Friday 9th May 2025 @ 8:00am



# Heaton Moor United Church



## U3A Family History

Monday 12th May 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



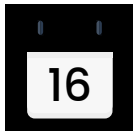
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## Tom Walter

Friday 16th May 2025 @ 8:00am



## Communion Service

Sunday 18th May 2025 @ 10:45am



## U3A Coffee Morning

Monday 19th May 2025 @ 10:00am

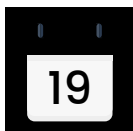
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 19th May 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 19th May 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 20th May 2025 @ 2:00pm

A short service open to all, refreshments served afterwards.



## U3A Bridge Group

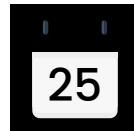
Thursday 22nd May 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Tom Walter

Friday 23rd May 2025 @ 8:00am



## Short Service

Sunday 25th May 2025 @ 9:30am



## U3A Singalong

Monday 2nd June 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 2nd June 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor than Good Read

Wednesday 4th June 2025 @ 10:00am



## U3A Music Appreciation

Thursday 5th June 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 5th June 2025 @ 2:00pm

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If you would like to come along please contact Bernice 0161 442 6217



# Heaton Moor United Church



## U3A Family History

Monday 9th June 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 12th June 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

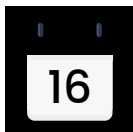
Thursday 12th June 2025 @ 3:15pm

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## Communion Service

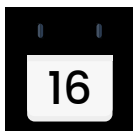
Sunday 15th June 2025 @ 10:45am



## U3A Coffee Morning

Monday 16th June 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 16th June 2025 @ 10:00am

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## U3A Spanish

Monday 16th June 2025 @ 1:45pm

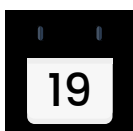
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 17th June 2025 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Time to Talk

Thursday 19th June 2025 @ 2:00pm

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## Short Service

Sunday 22nd June 2025 @ 9:30am



## U3A Bridge Group

Thursday 26th June 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor than Good Read

Wednesday 2nd July 2025 @ 10:00am



## U3A Music Appreciation

Thursday 3rd July 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 3rd July 2025 @ 2:00pm

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## U3A Singalong

Monday 7th July 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 7th July 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## U3A Bridge Group

Thursday 10th July 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 10th July 2025 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## U3A Family History

Monday 14th July 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 15th July 2025 @ 2:00pm

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## Time to Talk

Thursday 17th July 2025 @ 2:00pm

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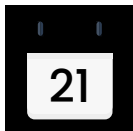
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## Communion Service

Sunday 20th July 2025 @ 10:45am



## U3A Coffee Morning

Monday 21st July 2025 @ 10:00am

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## U3A Coffee Morning

Monday 21st July 2025 @ 10:00am

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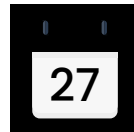
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## U3A Bridge Group

Thursday 24th July 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 27th July 2025 @ 9:30am



## U3A Singalong

Monday 4th August 2025 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Spanish

Monday 4th August 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Moor than Good Read

Wednesday 6th August 2025 @ 10:00am



## U3A Music Appreciation

Thursday 7th August 2025 @ 10:00am

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## Time to Talk

Thursday 7th August 2025 @ 2:00pm

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# Heaton Moor United Church



## U3A Family History

Monday 11th August 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 14th August 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 14th August 2025 @ 3:15pm

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## Communion Service

Sunday 17th August 2025 @ 10:45am



## U3A Coffee Morning

Monday 18th August 2025 @ 10:00am

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## Short Service

Sunday 24th August 2025 @ 9:30am



## U3A Bridge Group

Thursday 28th August 2025 @ 2:00pm

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## U3A Singalong

Monday 1st September 2025 @ 10:00am

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## U3A Spanish

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## Moor than Good Read

Wednesday 3rd September 2025 @ 10:00am



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# Heaton Moor United Church



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## U3A Bridge Group

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## U3A Coffee Morning

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## Communion Service

Sunday 21st September 2025 @ 10:45am



## U3A Bridge Group

Thursday 25th September 2025 @ 2:00pm

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## Short Service

Sunday 28th September 2025 @ 9:30am



## Moor than Good Read

Wednesday 1st October 2025 @ 10:00am



## U3A Music Appreciation

Thursday 2nd October 2025 @ 10:00am

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## Time to Talk

Thursday 2nd October 2025 @ 2:00pm

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## U3A Singalong

Monday 6th October 2025 @ 10:00am

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## U3A Spanish

Monday 6th October 2025 @ 1:45pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 9th October 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 9th October 2025 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## U3A Family History

Monday 13th October 2025 @ 2:00pm

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## Time to Talk

Thursday 16th October 2025 @ 2:00pm

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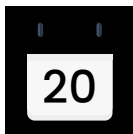
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## Communion Service

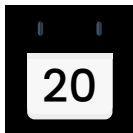
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## U3A Coffee Morning

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## U3A Spanish

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## Dementia Friendly Service

Tuesday 21st October 2025 @ 2:00pm

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## U3A Bridge Group

Thursday 23rd October 2025 @ 2:00pm

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## Short Service

Sunday 26th October 2025 @ 9:30am



## U3A Singalong

Monday 3rd November 2025 @ 10:00am

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## U3A Spanish

Monday 3rd November 2025 @ 1:45pm

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## Moor than Good Read

Wednesday 5th November 2025 @ 10:00am



## U3A Music Appreciation

Thursday 6th November 2025 @ 10:00am

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## Time to Talk

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# Heaton Moor United Church



## U3A Family History

Monday 10th November 2025 @ 2:00pm

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## U3A Bridge Group

Thursday 13th November 2025 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Messy Church

Thursday 13th November 2025 @ 3:15pm

This is held every 2nd Thursday of the month . Come and join us in an activities to explore the bible in an interactive way.



## Communion Service

Sunday 16th November 2025 @ 10:45am



## U3A Coffee Morning

Monday 17th November 2025 @ 10:00am

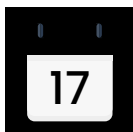
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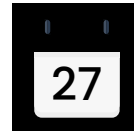
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## Short Service

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## U3A Bridge Group

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## U3A Singalong

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## Moor than Good Read

Wednesday 3rd December 2025 @ 10:00am



## U3A Music Appreciation

Thursday 4th December 2025 @ 10:00am

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## Time to Talk

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# Heaton Moor United Church



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## U3A Bridge Group

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## Communion Service

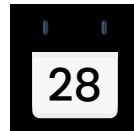
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## U3A Bridge Group

Thursday 25th December 2025 @ 2:00pm

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## Short Service

Sunday 28th December 2025 @ 9:30am



## U3A Music Appreciation

Thursday 1st January 2026 @ 10:00am

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## Time to Talk

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## U3A Singalong

Monday 5th January 2026 @ 10:00am

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## U3A Spanish

Monday 5th January 2026 @ 1:45pm

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## U3A Bridge Group

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# Heaton Moor United Church



## Messy Church

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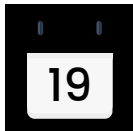
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## Communion Service

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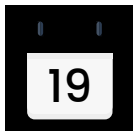
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## Dementia Friendly Service

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## U3A Bridge Group

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## Short Service

Sunday 25th January 2026 @ 9:30am



## U3A Spanish

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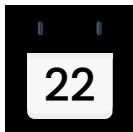
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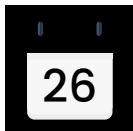
Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Short Service

Sunday 22nd February 2026 @ 9:30am



## U3A Bridge Group

Thursday 26th February 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 5th March 2026 @ 2:00pm

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## U3A Family History

Monday 9th March 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 12th March 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Communion Service

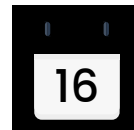
Sunday 15th March 2026 @ 10:45am



## U3A Coffee Morning

Monday 16th March 2026 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 16th March 2026 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 17th March 2026 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Time to Talk

Thursday 19th March 2026 @ 2:00pm

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## Short Service

Sunday 22nd March 2026 @ 9:30am



# Heaton Moor United Church



## U3A Bridge Group

Thursday 26th March 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 2nd April 2026 @ 2:00pm

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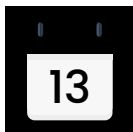
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## U3A Bridge Group

Thursday 9th April 2026 @ 2:00pm

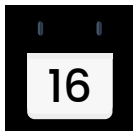
For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 13th April 2026 @ 2:00pm

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## Time to Talk

Thursday 16th April 2026 @ 2:00pm

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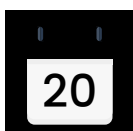
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## Communion Service

Sunday 19th April 2026 @ 10:45am



## U3A Coffee Morning

Monday 20th April 2026 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 20th April 2026 @ 10:00am

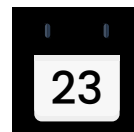
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## Dementia Friendly Service

Tuesday 21st April 2026 @ 2:00pm

A short service open to all, refreshments served afterwards.



## U3A Bridge Group

Thursday 23rd April 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 26th April 2026 @ 9:30am



## Time to Talk

Thursday 7th May 2026 @ 2:00pm

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## U3A Family History

Monday 11th May 2026 @ 2:00pm

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## U3A Bridge Group

Thursday 14th May 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Communion Service

Sunday 17th May 2026 @ 10:45am



# Heaton Moor United Church



## U3A Coffee Morning

Monday 18th May 2026 @ 10:00am

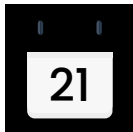
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## Dementia Friendly Service

Tuesday 19th May 2026 @ 2:00pm

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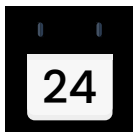
## Time to Talk

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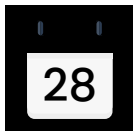
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## Short Service

Sunday 24th May 2026 @ 9:30am



## U3A Bridge Group

Thursday 28th May 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 4th June 2026 @ 2:00pm

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## U3A Family History

Monday 8th June 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 11th June 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Coffee Morning

Monday 15th June 2026 @ 10:00am

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 16th June 2026 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Time to Talk

Thursday 18th June 2026 @ 2:00pm

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## Communion Service

Sunday 21st June 2026 @ 10:45am



## U3A Bridge Group

Thursday 25th June 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 28th June 2026 @ 9:30am



## Time to Talk

Thursday 2nd July 2026 @ 2:00pm

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# Heaton Moor United Church



## U3A Bridge Group

Thursday 9th July 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 13th July 2026 @ 2:00pm

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## Time to Talk

Thursday 16th July 2026 @ 2:00pm

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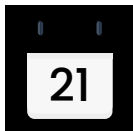
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## Communion Service

Sunday 19th July 2026 @ 10:45am



## Dementia Friendly Service

Tuesday 21st July 2026 @ 2:00pm

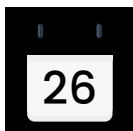
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## U3A Bridge Group

Thursday 23rd July 2026 @ 2:00pm

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## Short Service

Sunday 26th July 2026 @ 9:30am



## Time to Talk

Thursday 6th August 2026 @ 2:00pm

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## U3A Family History

Monday 10th August 2026 @ 2:00pm

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## U3A Bridge Group

Thursday 13th August 2026 @ 2:00pm

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## Communion Service

Sunday 16th August 2026 @ 10:45am



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## Short Service

Sunday 23rd August 2026 @ 9:30am



## U3A Bridge Group

Thursday 27th August 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 3rd September 2026 @ 2:00pm

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# Heaton Moor United Church



**U3A Bridge Group**  
Thursday 10th September 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Family History**  
Monday 14th September 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Dementia Friendly Service**  
Tuesday 15th September 2026 @ 2:00pm

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**Time to Talk**  
Thursday 17th September 2026 @ 2:00pm

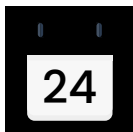
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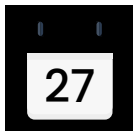


**Communion Service**  
Sunday 20th September 2026 @ 10:45am



**U3A Bridge Group**  
Thursday 24th September 2026 @ 2:00pm

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**Short Service**  
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**Time to Talk**  
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**U3A Bridge Group**  
Thursday 8th October 2026 @ 2:00pm

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**U3A Family History**  
Monday 12th October 2026 @ 2:00pm

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**Communion Service**  
Sunday 18th October 2026 @ 10:45am



**Dementia Friendly Service**  
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**U3A Bridge Group**  
Thursday 22nd October 2026 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Short Service**  
Sunday 25th October 2026 @ 9:30am



**Time to Talk**  
Thursday 5th November 2026 @ 2:00pm

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# Heaton Moor United Church



## U3A Family History

Monday 9th November 2026 @ 2:00pm

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## U3A Bridge Group

Thursday 12th November 2026 @ 2:00pm

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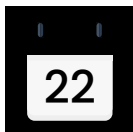
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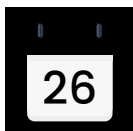
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## Short Service

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## U3A Bridge Group

Thursday 26th November 2026 @ 2:00pm

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## Time to Talk

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## U3A Bridge Group

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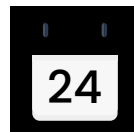
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## Communion Service

Sunday 20th December 2026 @ 10:45am



## U3A Bridge Group

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## Short Service

Sunday 27th December 2026 @ 9:30am



## Time to Talk

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# Heaton Moor United Church



## U3A Family History

Monday 11th January 2027 @ 2:00pm

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## U3A Bridge Group

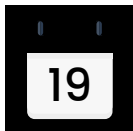
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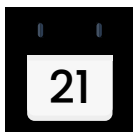
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## Dementia Friendly Service

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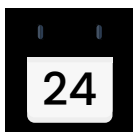
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## Short Service

Sunday 24th January 2027 @ 9:30am



## U3A Bridge Group

Thursday 28th January 2027 @ 2:00pm

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## Time to Talk

Thursday 4th February 2027 @ 2:00pm

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## U3A Family History

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## Communion Service

Sunday 21st February 2027 @ 10:45am



## U3A Bridge Group

Thursday 25th February 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 28th February 2027 @ 9:30am



## Time to Talk

Thursday 4th March 2027 @ 2:00pm

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**U3A Family History**  
Monday 8th March 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Bridge Group**  
Thursday 8th April 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



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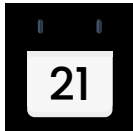
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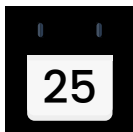


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**U3A Bridge Group**  
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For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Short Service**  
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Thursday 1st April 2027 @ 2:00pm

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Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



**Time to Talk**  
Thursday 6th May 2027 @ 2:00pm

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# Heaton Moor United Church



## U3A Family History

Monday 10th May 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 10th June 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 13th May 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 14th June 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 18th May 2027 @ 2:00pm

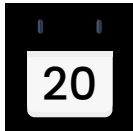
A short service open to all, refreshments served afterwards.



## Dementia Friendly Service

Tuesday 15th June 2027 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Time to Talk

Thursday 20th May 2027 @ 2:00pm

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## Time to Talk

Thursday 17th June 2027 @ 2:00pm

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## Short Service

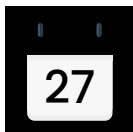
Sunday 23rd May 2027 @ 9:30am



## U3A Bridge Group

Thursday 24th June 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 27th May 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 27th June 2027 @ 9:30am



## Time to Talk

Thursday 3rd June 2027 @ 2:00pm

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## Time to Talk

Thursday 1st July 2027 @ 2:00pm

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# Heaton Moor United Church



## U3A Bridge Group

Thursday 8th July 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 12th July 2027 @ 2:00pm

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## Time to Talk

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## Dementia Friendly Service

Tuesday 20th July 2027 @ 2:00pm

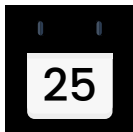
A short service open to all, refreshments served afterwards.



## U3A Bridge Group

Thursday 22nd July 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 25th July 2027 @ 9:30am



## Time to Talk

Thursday 5th August 2027 @ 2:00pm

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## U3A Family History

Monday 9th August 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 12th August 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 17th August 2027 @ 2:00pm

A short service open to all, refreshments served afterwards.



## Time to Talk

Thursday 19th August 2027 @ 2:00pm

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## Short Service

Sunday 22nd August 2027 @ 9:30am



## U3A Bridge Group

Thursday 26th August 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 2nd September 2027 @ 2:00pm

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## U3A Bridge Group

Thursday 9th September 2027 @ 2:00pm

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## U3A Family History

Monday 13th September 2027 @ 2:00pm

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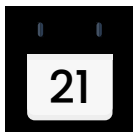
## Time to Talk

Thursday 16th September 2027 @ 2:00pm

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## Dementia Friendly Service

Tuesday 21st September 2027 @ 2:00pm

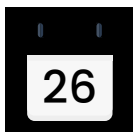
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## U3A Bridge Group

Thursday 23rd September 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 26th September 2027 @ 9:30am



## Time to Talk

Thursday 7th October 2027 @ 2:00pm

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## U3A Family History

Monday 11th October 2027 @ 2:00pm

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## U3A Bridge Group

Thursday 14th October 2027 @ 2:00pm

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## Dementia Friendly Service

Tuesday 19th October 2027 @ 2:00pm

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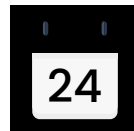
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## Short Service

Sunday 24th October 2027 @ 9:30am



## U3A Bridge Group

Thursday 28th October 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 4th November 2027 @ 2:00pm

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# Heaton Moor United Church



## U3A Family History

Monday 8th November 2027 @ 2:00pm

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## U3A Bridge Group

Thursday 11th November 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Dementia Friendly Service

Tuesday 16th November 2027 @ 2:00pm

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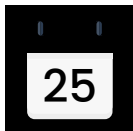
## Time to Talk

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## U3A Bridge Group

Thursday 25th November 2027 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 28th November 2027 @ 9:30am



## Time to Talk

Thursday 2nd December 2027 @ 2:00pm

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## U3A Bridge Group

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## U3A Family History

Monday 13th December 2027 @ 2:00pm

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## Dementia Friendly Service

Tuesday 21st December 2027 @ 2:00pm

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## U3A Bridge Group

Thursday 23rd December 2027 @ 2:00pm

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## Short Service

Sunday 26th December 2027 @ 9:30am



## Time to Talk

Thursday 6th January 2028 @ 2:00pm

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# Heaton Moor United Church



## U3A Family History

Monday 10th January 2028 @ 2:00pm

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## U3A Bridge Group

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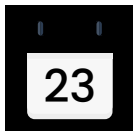
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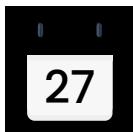
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## Short Service

Sunday 23rd January 2028 @ 9:30am



## U3A Bridge Group

Thursday 27th January 2028 @ 2:00pm

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## Time to Talk

Thursday 3rd February 2028 @ 2:00pm

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## U3A Bridge Group

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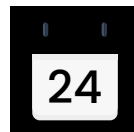
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## U3A Bridge Group

Thursday 24th February 2028 @ 2:00pm

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## Short Service

Sunday 27th February 2028 @ 9:30am



## Time to Talk

Thursday 2nd March 2028 @ 2:00pm

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## U3A Bridge Group

Thursday 9th March 2028 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## U3A Family History

Monday 13th March 2028 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



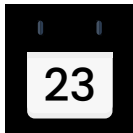
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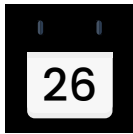
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## U3A Bridge Group

Thursday 23rd March 2028 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 26th March 2028 @ 9:30am



## Time to Talk

Thursday 6th April 2028 @ 2:00pm

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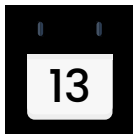
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## U3A Family History

Monday 10th April 2028 @ 2:00pm

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## U3A Bridge Group

Thursday 13th April 2028 @ 2:00pm

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## Short Service

Sunday 23rd April 2028 @ 9:30am



## U3A Bridge Group

Thursday 27th April 2028 @ 2:00pm

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## Time to Talk

Thursday 4th May 2028 @ 2:00pm

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## U3A Family History

Monday 8th May 2028 @ 2:00pm

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## U3A Bridge Group

Thursday 11th May 2028 @ 2:00pm

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**U3A Bridge Group**  
Thursday 25th May 2028 @ 2:00pm

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**Short Service**  
Sunday 28th May 2028 @ 9:30am



**Time to Talk**  
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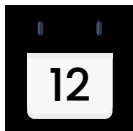
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**Short Service**  
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**Time to Talk**  
Thursday 3rd August 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm



# Heaton Moor United Church

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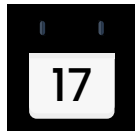
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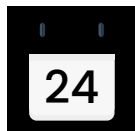
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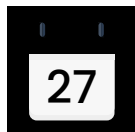
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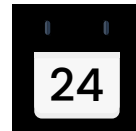
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**Short Service**  
 Sunday 24th September 2028 @ 9:30am



**U3A Bridge Group**  
 Thursday 28th September 2028 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**Time to Talk**  
 Thursday 5th October 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm  
 Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.  
 If you would like to come along please contact Bernice 0161 442 6217



**U3A Family History**  
 Monday 9th October 2028 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



**U3A Bridge Group**  
 Thursday 12th October 2028 @ 2:00pm

For more details please click <https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## Time to Talk

Thursday 19th October 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

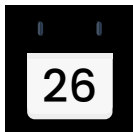
Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Short Service

Sunday 22nd October 2028 @ 9:30am



## U3A Bridge Group

Thursday 26th October 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 2nd November 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## U3A Bridge Group

Thursday 9th November 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 13th November 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 16th November 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## U3A Bridge Group

Thursday 23rd November 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 26th November 2028 @ 9:30am



## Time to Talk

Thursday 7th December 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## U3A Family History

Monday 11th December 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 14th December 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



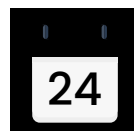
## Time to Talk

Thursday 21st December 2028 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## Short Service

Sunday 24th December 2028 @ 9:30am



## U3A Bridge Group

Thursday 28th December 2028 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



# Heaton Moor United Church



## Time to Talk

Thursday 4th January 2029 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## U3A Bridge Group

Thursday 8th February 2029 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 12th February 2029 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Family History

Monday 8th January 2029 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 15th February 2029 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217



## U3A Bridge Group

Thursday 11th January 2029 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Time to Talk

Thursday 18th January 2029 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

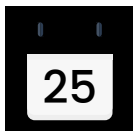
If you would like to come along please contact Bernice 0161 442 6217



## U3A Bridge Group

Thursday 22nd February 2029 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## U3A Bridge Group

Thursday 25th January 2029 @ 2:00pm

For more details please click<https://u3asites.org.uk/heatons-reddish/home>



## Short Service

Sunday 28th January 2029 @ 9:30am



## Time to Talk

Thursday 1st February 2029 @ 2:00pm

Need to talk ? We're here to listen : 1st and 3rd Thursdays of the month 2pm to 4pm

Time to talk is a safe space for talking and for people to share their experiences. The group is facilitated by a professional counsellor and is open to everyone.

If you would like to come along please contact Bernice 0161 442 6217