

Pastoral support

At times we all have thoughts and feelings we can't understand. Bereavement or other losses and traumatic incidents can change the way we see the world and can continue to overshadow our lives. Talking with someone who listens attentively, with acceptance and understanding can help enormously.

If you are looking for someone who will walk alongside you, we offer one-to-one pastoral support on a short-term or more regular basis.

Chaplaincy is for everyone, of all faiths or of none. To make an appointment, call in to reception or email:

sph.reception@manchester.ac.uk

St Peter's House Chaplaincy

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Oxford Road
Manchester M13 9GH

0161 275 2894
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Programme
Spring 2017





Weekdays 12.15

Mid-day Prayers

Slow down, pause for thought, pray with others. We use a variety of prayers, readings and reflections, on Wednesdays we also share in communion.

Weekdays

Spiritual Mentoring

A 'spiritual mentor' can help you explore different aspects of your faith. Reflective, confidential and at your own pace.

Third Thursday of the month 12.15

Quaker Meeting

If you are looking for a spiritual path that is simple, adventurous and radical, then the experience of Quakers could speak to you.

Thursdays 18.00

Student Christian Movement

An inclusive, thoughtful, friendly & dynamic Christian group for students. Come along for food and to meet new people.

Fridays 18.00

Mandarin Fellowship

Activities including singing, Bible study, free home-made food and various workshops for Mandarin speaking students.



Mon 30th Jan 17.20

Rush Hour Concert

A free 60 minute concert featuring musicians from the RNCM.

Thurs 16th Feb 20.00 (doors 19.30)

Open Mic Music Night

Featuring a set from local band Rum Thief.
Email: arts@sph.manchester.ac.uk to book a slot.
Entry £3. Bar.

Mon 27th Feb 17.20

Rush Hour Concert

A free 60 minute concert featuring RNCM flautist Meera Maharaj.

Thurs 16th March 20.00 (doors 19.30)

Comedy Night

Headlined by Hannah Platt with MC Kate McCabe and other local acts.
Entry £4. Bar.

Mon 8th May 17.20

Rush Hour Concert

A free 60 minute concert featuring Louise Franks (trumpet - RNCM) with her ensemble.

Thurs 18th May 20.00 (doors 19.30)

Open Mic Music Night

Featuring a set from Diagonal People.
Email: arts@sph.manchester.ac.uk to book a slot.
Entry £3. Bar.

Mon 5th June 17.20

Rush Hour Concert

A free 60 minute concert featuring musicians from the RNCM.

Thurs 15th June 20.00 (doors 19.30)

Comedy Night

Acts TBC!
Entry £4. Bar.



Mondays 17.45-18.45

Guitar Lesson

Bring your own guitar and try out a range of styles from jazz and country to blues and rock. All abilities welcome, including new players.

Tuesdays from 24th Jan 13.00-13.45

Mindful Movement & Meditation

Switch gear and relax through gentle stretching and breathing exercises. A great way to re-energise for the afternoon and learn some mindfulness techniques.

Wednesdays from 25th Jan 17.00-18.00

Breathing Space

Unwind mid-week with a strengthening and relaxing yoga class. All levels welcome.
£3 per class.

Thursdays 17.45-18.45

Tai Chi Class

Gentle, low-impact exercise. No experience necessary. Please wear comfortable clothing and footwear.

Tues 28th Feb 2017 11.00-13.00

Pop-up Pancake Café

Free flipping! And a choice of healthy toppings.

Thurs 2nd March

University Mental Health Day

Do you have concerns for yourself or a friend? 50 minute slots available all day for support and advice.

Weds 15th March 12.00-14.00

Spring Crafts

Card- and gift-making for Mothers' Day and Easter. Hot Cross buns.

