

Sky -Blue Mondays at Nelves United Reformed Church

Mondays are always sky blue at Nelves URC ! We open every week from 7pm to 8pm for you to enjoy private prayer or calm reflection ..

The Sky-Blue Monday's project at Nelves United Reformed Church was born in 2019 from our concern over the high media and social media coverage of one day of the year known as 'Blue Monday' receives.

At Nelves URC , we recognise that every day may be a struggle for some, we understand that every Monday may be a difficult Monday: for people alone, people hitting difficult times, overwhelmed with life, or just finding life tough right now .

That is why we open our doors EVERY Monday , just for an hour : 7pm to 8pm . We provide a space where you can take some time out for you and regather your thoughts. Where you can process grief, pain, or confusion or just take some time away from the stress.

A Church member is always available to talk to if you feel like a chat , or you are welcome to just sit in some calm space and put the world - your world the right way up!

ALL are welcome!

