



Timetable

Apr-25

☎ 0115 9252516		74 MIDDLE STREET, BEESTON, NOTTINGHAM NG9 2AR		admin@beeston-community-resource.org		WWW.MSRC.ORG.UK	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
WELLBEING 10.00 - 12.00 (7th April)	GROWING WITH CONFIDENCE: GARDENING FOR BEGINNERS £ 9.30 - 12.00 (Starts 22nd April)	BEESTON WOMEN'S GROUP 10.30 - 11.30	HIKING GROUP /MINIBUS TRIPS (Alternate weeks, Booking Required, Limited Numbers) £	LOCAL WALKING GROUP 9.30 - 12.30 (4th April)			
RELAXATION 10.30 - 12.30 (14th & 28th April)	PTU DROP IN - Eating Disorders 10.00 - 11.30 (1st April)	CRAFT AND SOCIAL GROUP 10.30 - 12.00	SUMMER PAINTING AND DRAWING 10.00-1230 (Starts 24th April) £				
TED TALKS 11.00 -12.00	STAINED GLASS 10.00 - 12.30 (Starts 22nd April) £		SUSTAINABLE SEWING 10.00 - 12.30 (Starts 24th April) £				
	MUSIC FOR EVERYONE 10.30 - 12.30 £		MAKING CONNECTIONS 11.00 - 12.30 (Please speak to a member of staff)				
POETRY GROUP 13.30 - 15.00	FROM SEEDLING TO BLOOM: GARDENING MADE EASY £ 13.00 - 15.30 (Starts 22nd April)	MIDDLE STREET COMMUNITY CHAT 13.00 - 14.00	BEESTON MEMORY CAFÉ 13.45 - 15.45 £	MUSIC JAM 12.00 - 13.30			
SPIRITUALITY GROUP 13.00 - 14.00 (7th April)	STAINED GLASS 13.00 - 15.30 (Starts 22nd April) £	MUSIC APPRECIATION 13.30 - 15.00		ART GROUP 13.00 - 15.00			
YOGA WITH KAREN 13.30 - 14.30 £	BEGINNERS GUITAR GROUP 14.00 - 15.00	HEARING VOICES GROUP 14.30 - 16.00 (2nd and 16th April)		CREATIVE WRITING 13.00 - 15.00			
GUITAR GROUP 14.00 - 15.30	LET'S TALK ABOUT 14.00 - 16.00 (1st & 15th April)	PRAYER GROUP 15.00 - 15.30	MEN'S GROUP 19.00 - 20.00 (2nd & Last Thursday of the Month)	CRAFT AND SOCIAL GROUP 13.30 - 15.00			
Room Hire Available Please contact us for more information	For Nottingham College courses please book directly with the college on 0115 9100 100 or www.nottinghamcollege.ac.uk		CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00				
MINDSET PROGRAMME	OTHER	Nottingham College	£ Charges May Apply - Please enquire for more details				

We are closed on Friday 18th and Monday 21st April