



MIDDLE STREET RESOURCE CENTRE

SUPPORTING MENTAL HEALTH IN THE COMMUNITY



MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Timetable

May-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 (19th May)	PTU DROP IN - BIPOLAR GROUP 10.00 - 11.30 (13th May)	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 (16th & 30th May)			
RELAXATION 10.30 - 12.30 (12th May)	PTU DROP IN - MINDFULNESS 10.00 - 11.30 (20th May)	CRAFT AND SOCIAL GROUP 10.30 - 12.00					
TED TALKS 11.00 - 12.00	PTU DROP IN - EATING DISORDERS 10.00 - 11.30 (27th May)						
	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		MIDDLE STREET COMMUNITY CHAT 13.00 - 14.00 (28th May)	BEESTON MEMORY CAFÉ 13.45 - 15.45 £	MUSIC JAM 12.00 - 13.30			
SPIRITUALITY GROUP 13.00 - 14.00 (19th May)		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 (7th & 21st May)		CREATIVE WRITING 13.00 - 15.00			
GUITAR GROUP 14.00 - 15.30	LET'S TALK ABOUT 14.00 - 16.00 (13th & 27th May)	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			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 Monday 5th and Monday 26th May