



**MIDDLE  
STREET  
RESOURCE  
CENTRE**

**SUPPORTING MENTAL HEALTH  
IN THE COMMUNITY**

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



## Timetable

Sep-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 (8th and 22nd September)		PTU DROP IN - EATING DISORDERS 10.00 - 11.30 (2nd September)		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 (5th & 22nd September)	
RELAXATION 10.30 - 12.30 (1st, 15th and 29th September)		MUSIC FOR EVERYONE 10.30 - 12.30. (Returns 9th September) £		CRAFT AND SOCIAL GROUP 10.30 - 12.00		DRESSMAKING FOR BEGINNERS 10.00 - 14.00 (Starts 18th September) £			
TED TALKS 11.00 -12.00		STAINED GLASS 10.00 - 12.30 (Starts 16th September ) £				AUTUMN PAINTING AND DRAWING 1000 - 12.30 (Starts 18th September) £			
POETRY GROUP 13.30 - 15.00						MAKING CONNECTIONS 11.00 - 12.30 (Please speak to a member of staff)			
SPIRITUALITY GROUP 13.00 - 14.00 (1st and 15th September)		MOVIE CLUB 13.00 - 16.00 (2nd September)		MIDDLE STREET COMMUNITY CHAT 13.00 - 14.00 (24th September)				MUSIC JAM 12.00 - 13.30	
YOGA WITH KAREN 13.30 - 14.30 £		STAINED GLASS 13.00 - 15.30 (Starts 16th September) £		MUSIC APPRECIATION 13.30 - 15.00				ART GROUP 13.00 - 15.00	
GUITAR GROUP 14.00 - 15.30		BEGINNERS GUITAR GROUP 14.00 - 15.00		HEARING VOICES GROUP 14.30 - 16.00 (3rd & 17th September)		MEN'S GROUP 19.00 - 20.00 (2nd & Last Thursday of the Month)		CREATIVE WRITING 13.00 - 15.00	
		LETS TALK ABOUT 14.00 - 16.00 (Please enquire about dates)		PRAYER GROUP 15.00 - 15.30		SINGPROVISE -improvised circle singing 19.20 - 20.50 (4th & 19th September)		CRAFT AND SOCIAL GROUP 13.30 - 15.00	
Room Hire Available Please contact us for more information				Nottingham College courses start this month please see their website for details and to enrol.		CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00			
MINDSET PROGRAMME		OTHER		Nottingham College		£ Charges May Apply - Please enquire for more details			