



Timetable

Oct-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 (6th and 20th October)		PTU DROP IN - MINDFULNESS 10.00 - 11.30 (7th October)		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 (3rd & 17th October)	
RELAXATION 10.30 - 12.30 (13th and 27th October)		MUSIC FOR EVERYONE 10.30 - 12.30. £		CRAFT AND SOCIAL GROUP 10.30 - 12.00					
TED TALKS 11.00 -12.00									
POETRY GROUP 13.30 - 15.00				UNITED IN WELLNESS 12.30 - 16.30 (15th October)					
SPIRITUALITY GROUP 13.00 - 14.00 (6th and 20th October)		MOVIE CLUB 13.00 - 16.00 (7th October)		MIDDLE STREET COMMUNITY CHAT 13.00 - 14.00 (22nd October)				MUSIC JAM 12.00 - 13.30	
YOGA WITH KAREN 13.30 - 14.30 £				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 (1st October)		MEN'S GROUP 19.00 - 20.00 (2nd & Last Thursday of the Month)		CREATIVE WRITING 13.30 - 15.30	
		LETS TALK ABOUT 14.00 - 16.00 (7th and 21st October)		PRAYER GROUP 15.00 - 15.30		SINGPROVISE -improvised circle singing 19.20 - 20.50 (2nd & 16th October)		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				£ Charges May Apply - Please enquire for more details			