



MIDDLE STREET RESOURCE CENTRE

SUPPORTING MENTAL HEALTH IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Timetable

Feb-26

☎ 0115 9252516		74 MIDDLE STREET, BEESTON, NOTTINGHAM NG9 2AR		admin@beeston-community-resource.org		WWW.MSRC.ORG.UK	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
WELLBEING 10.30 - 12.30 (9th & 23rd February)		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 (6th & 20th February)			
RELAXATION 10.30 - 12.30 (2nd & 16th February)	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		COMMUNITY CHAT 13.00 -14.00 (25th February)					
SPIRITUALITY GROUP 13.00 - 14.00 (2nd & 16th February)	MOVIE CLUB 13.00 - 16.00 (3rd February)	HEARING VOICES 14.30 - 16.00 (4th & 18th February)					MUSIC JAM 12.00 - 13.30
BIBLE STUDY 13.00 - 14.00 (9th & 23rd February)		MUSIC APPRECIATION 13.30 - 15.00	BEESTON MEMORY CAFE 13.45 - 15.45				ART GROUP 13.00 - 15.00
YOGA WITH KAREN 13.30 - 14.30 £	BEGINNERS GUITAR GROUP 14.00 - 15.00	HEALTH TALKS 14.00 - 16.00 (18th February)	MENS GROUP 19.00 - 20.00 (26th February)				CREATIVE WRITING 13.30 - 15.00
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (3rd & 17th February)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (5th & 19th February)				
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			