



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)						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			