



Middle Street Resource Centre News

Welcome to February at Middle Street Resource Centre!

Take a look at our latest timetable below and find out more about our new Health Talks group. We're also excited to welcome back Let's Talk About..., returning on 3rd February, and to share our cafes Valentine's Promotion. ❤️

FEBRUARY

MIDDLE STREET RESOURCE CENTRE

SUPPORTING MENTAL HEALTH IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO

The King's Award for Voluntary Service

COMMUNITY FUND

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	LET'S 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	

[Download](#)

Health Talks



Health Talks: Intro to Health Promotion & Explaining my Prescription

For information only – not a replacement for GP or clinical appointments

What you can expect:

- Discuss what your prescription means
- Get your Weight/Height/BMI/Blood Pressure checked

Ideal for: Anyone who feels unsure about prescription/s



Location: Middle Street Resource Centre, NG9 2AR, 74 Middle Street
Date: Wednesday 18th February, 2026
Time: 2:00pm-4:00pm

Come along, ask questions, and get informed about your health!

Free, open to everyone, no medical knowledge needed.

Feel more confident about your treatment options, and get support navigating healthcare services.

For more information call 0115 925 2516 or email admin@beeston-community-resource.org



Psychiatry Teaching Unit



Health Talks: Topics for 2026

February 18th - Intro to Health Promotion & Explaining my Prescription

March 18th - Menopause

April 15th - Cardiovascular Health

May 20th - Diabetes Management

June 17th - Sickle Cell Disease

July 15th - Chronic Kidney Disease

August 19th - Arthritis

September 16th - Sleep, Nutrition and Lifestyle

October 21st - Breast Cancer

November 18th - Prostate Health

December 16th - COPD & Asthma



REMINDER - These topics are only themes for the session. If the theme is not relevant to you, but you have other health-related questions or want to get your blood pressure/height/weight checked, please come along!

For more information call 0115 925 2516 or email admin@beeston-community-resource.org



Psychiatry Teaching Unit

Starting in February, we will be hosting a new monthly drop-in session called Health Talks, in collaboration with the Derbyshire Healthcare Psychiatric Teaching Unit.

Health Talks are informal, supportive sessions designed to make healthcare more accessible. Each session will focus on a specific health theme (such as menopause or arthritis), with clear, easy-to-understand information provided by a clinician from the Derbyshire Healthcare Psychiatric Teaching Unit, alongside medical students and Middle Street staff. The PTU will also provide take-away information and resources related to each theme.

Alongside the group session, there will be a private space available where attendees can choose to:

- have their blood pressure, weight, and height checked
- ask questions or discuss basic health concerns one-to-one with the attending clinician

These checks and conversations are optional, confidential, free, and no appointment is needed. You don't need to prepare anything in

advance, and you're very welcome to attend even if you're not sure what you'd like to ask.

Health Talks are open to anyone. They are intended to support access to healthcare and information, but they are not a replacement for GP appointments.

📍 Where: Middle Street, 74 Middle Street, NG9 2AR, Beeston, Nottingham

📅 When: The third Wednesday of every month

🕒 Time: 2:00–4:00pm

If you have any questions or would like more information, please feel free to get in touch. We look forward to welcoming you.

that you want to stand out.

Cafe@Middle Street

❤️ A little love in every cup ❤️

Join us **16th – 20th February** for a warming **hot chocolate** ☕ and **delicious cake** 🍰 just **£5**.

Because everyone deserves a sweet moment 💕

🕒 Our kitchen and cafe counter are closing early at 1.30 pm on Tuesday 17th February to allow for maintenance but hot water will be made available for self service tea and coffee 🕒

☕ Our cafe is open Monday to Friday 9.00am - 4.00pm
and everyone is welcome ☕



[Cafe](#) | [Room Hire](#) | [Donate](#)

Beeston Community Resource CIO

Middle Street Resource Centre, 74 Middle Street, Beeston, Nottingham, NG9 2AR

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