



MIDDLE STREET RESOURCE CENTRE

SUPPORTING MENTAL HEALTH IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Timetable

Mar-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 March)			HIKING GROUP / MINIBUS TRIPS (Alternate weeks, Booking Required, £ Limited Numbers)	LOCAL WALKING GROUP 9.30 - 12.30 (6th & 20th March)			
RELAXATION 10.30 - 12.30 (2nd & 16th March)	£ MUSIC FOR EVERYONE 10.30 - 12.30	CRAFT AND SOCIAL GROUP 10.30 - 12.00		YOGA WITH JENNY 09.30 & 10.30	£		
POETRY GROUP 13.30 - 15.00		COMMUNITY CHAT 13.00 - 14.00 (25th March)					
SPIRITUALITY GROUP 13.00 - 14.00 (2nd & 16th March)	MOVIE CLUB 13.00 - 16.00 (3rd March)	MUSIC APPRECIATION 13.30-15.00		MUSIC JAM 12.00 - 13.30			
BIBLE STUDY 13.00 - 14.00 (9th & 23rd March)		HEALTH TALKS (MENOPAUSE) 14.00 - 16.00 (18th March)	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	HEARING VOICES 14.30 - 16.00 (4th & 18th March)	MENS GROUP 19.00 - 20.00 (26th March)	CREATIVE WRITING 13.30 - 15.00			
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (3rd & 17th March)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (5th & 19th March)				
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			