



Middle Street Resource Centre News

Health Talks at Middle Street Resource Centre 18th March 2026

Hi everyone,

Our Health Talks series continues on **Wednesday 18 March** with the second session in the series, focusing on menopause.

Health Talks are informal, drop in sessions designed to make healthcare information more accessible. Each session explores a different health theme and is led by a clinician from the Derbyshire Healthcare NHS Foundation Trust Psychiatric Teaching Unit, alongside medical students and Middle Street staff. The sessions provide clear, easy to understand information, along with take away resources related to the topic.

While this session focuses on menopause, **everyone is welcome to attend**, including those who are not experiencing menopause themselves but would like to learn more.

Alongside the group discussion, there will also be a **private space available** where attendees can choose to

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

These checks and conversations are **optional, confidential, and free**, and **no appointment is needed**. You are very

welcome to attend even if you would just like to listen and learn.

Health Talks are open to anyone in the community. They aim to support access to healthcare information, but they are **not a replacement for GP appointments**

 **Where:** Middle Street Resource Centre, 74 Middle Street, NG9 2AR, Beeston

 **When:** Wednesday 18 March

 **Time:** 2:00 to 4:00 pm

If you have any questions or would like more information, please feel free to get in touch. Please also see the posters below if you would like to share the event.



Health Talks: Menopause

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

What you can expect:

- Discuss menopause and perimenopause
- Get your Weight/Height/BMI/Blood Pressure checked

Ideal for: Anyone who wants to learn more about menopause



Location: Middle Street Resource Centre, NG9 2AR, 74 Middle Street
Date: Wednesday 18th March, 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



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

3rd Wednesday of the month
2:00pm-4:00pm

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



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Beeston Community Resource CIO

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

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