



MIDDLE STREET RESOURCE CENTRE

SUPPORTING MENTAL HEALTH IN THE COMMUNITY



MANAGED BY BEESTON COMMUNITY RESOURCE CIO

# Timetable

Apr-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 (20th April)	PTU DROP IN Men's Group 10.00 - 11.30 (14th April)	CRAFT AND SOCIAL GROUP 10.30 - 12.00	HIKING GROUP / MINIBUS TRIPS (Alternate weeks, Booking Required, Limited Numbers) £	LOCAL WALKING GROUP 9.30 - 12.30 (17th April)			
RELAXATION 10.30 - 12.30 (13th & 27th April)	MUSIC FOR EVERYONE 10.30 - 12.30 £	NHS talking therapies information drop in 10.00 - 13.00 ( 29th April)		YOGA WITH JENNY 09.30 & 10.30 £			
TED TALKS 11.00 - 12.00		COMMUNITY CHAT 13.00 - 14.00 (22nd April)					
POETRY GROUP 13.30 - 15.00		NOTTINGHAM COLLEGE I.T FOR BEGINNERS 13.00 - 15.30 (starts 29th April)					
SPIRITUALITY GROUP 13.00 - 14.00 (20th April)	MOVIE CLUB 13.00 - 16.00 (7th April)	MUSIC APPRECIATION 13.30-15.00		MUSIC JAM 12.00 - 13.30			
BIBLE STUDY 13.00 - 14.00 (13th & 27th April)		HEALTH TALKS (Cardiovascular Health) 14.00 - 16.00 (15th April)	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 (1st & 15th April)	MENS GROUP 19.00 - 20.00 (30th April)	CREATIVE WRITING 13.30 - 15.00			
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 ( 28th April)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (2nd & 16th April)				
Room Hire Available Please contact us for more information		We are closed on Good Friday 3rd April and Monday 6th April		CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00			
MINDSET PROGRAMME	OTHER			£ Charges May Apply - Please enquire for more details			