



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)					
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			