



Middle Street Resource Centre News

Welcome to April at Middle Street Resource Centre!

Please note we are closed Friday 3rd and Monday 6th April for Easter.

Please take a look at our latest timetable below, and don't miss information about our **Health Talks** group.

Our Health Talks series continues in April with a session focused on **Cardiovascular Health**.

Ted Talks returns on the 13th April.

NHS Talking Therapies On Wednesday 29th April a member of the team from [NHS talking therapies](#) will be at the centre from 10am-1pm with more information about their service.

Nottingham College are running an **I.T for Beginners** course at Middle Street starting on the 29th April for more information and to sign up please see their [website](#).

We look forward to seeing you soon!



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 | |

Download

IT for Beginners

Start: Wednesday 29th April 2026
End: Wednesday 24th June 2026
Time: 1:00pm-3:30pm



Learners will be shown how to:

- Use the internet safely
- Navigate basic programs like Microsoft Word
- Use an email address to send and receive emails
- and more!



Middle Street
Resource Centre
74 Middle Street
NG9 2AR

Interested? Call, email, or visit the website using the
below information

☎ 0115 9100 100

🌐 <https://www.nottinghamcollege.ac.uk/courses/it-for-beginners-part-time-2>

✉ sonia.mcleod@nottinghamcollege.ac.uk



Scan this QR code to sign up!

Health Talks

Health Talks: Cardiovascular Health

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

What you can expect:

- Discuss Cardiovascular Health
- Get your Blood Pressure, Weight, Height and BMI checked

Ideal for: Anyone who wants to learn more about cardiovascular health



Location: Middle Street Resource Centre, NG9 2AR, 74 Middle Street
 Date: Wednesday 15th April, 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



In April, we are hosting our third 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.



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

Beeston Community Resource CIO

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

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