



MIDDLE
STREET
RESOURCE
CENTRE

SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Timetable

May-26

☎ 0115 9252516		admin@beeston-community-resource.org		WWW.MSRC.ORG.UK	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLBEING 10.30 - 12.30 (18th May)	PTU DROP IN BIPOLAR GROUP 10.00 - 11.30 (12th May)	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 (14th & 29th May)	
RELAXATION 10.30 - 12.30 (11th May)	PTU DROP IN MINDFULNESS FOR ALL 10.00 - 11.30 (19th May)	NHS TALKING THERAPIES - INFORMATION DROP IN 10.00 - 13.00 (27th May)			
TED TALKS 11.00 - 12.00	PTU DROP IN MEN'S GROUP 10.00 - 11.30 (26th May)	COMMUNITY CHAT 13.00 - 14.00 (27th May)			
POETRY GROUP 13.30 - 15.00	VOLUNTEER INDUCTION EVENT 10.00 - 11.30 (12th May)				
SPIRITUALITY GROUP 13.00 - 14.00 (18th May)	MUSIC FOR EVERYONE 10.30 - 12.30 £	MUSIC APPRECIATION 13.30-15.00		MUSIC JAM 12.00 - 13.30	
BIBLE STUDY 13.00 - 14.00 (11th May)	MOVIE CLUB 13.00 - 16.00 (5th May)	HEALTH TALKS (Diabetes Management) 14.00 - 16.00 (20th May)	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 (6th & 20th May)	MENS GROUP 19.00 - 20.00 (28th May)	CREATIVE WRITING 13.30 - 15.00	
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (12th and 26th May)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (7th & 21st May)		
Room Hire Available Please contact us for more information		We are closed on Monday 25th May		CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00	
MINDSET PROGRAMME	OTHER	£		Charges May Apply - Please enquire for more details	