



Middle Street Resource Centre News

Welcome to our May Newsletter



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			

May 2026 Timetable

Bank Holiday Closure

We will be closed for the bank holiday on **Monday 25th May**.

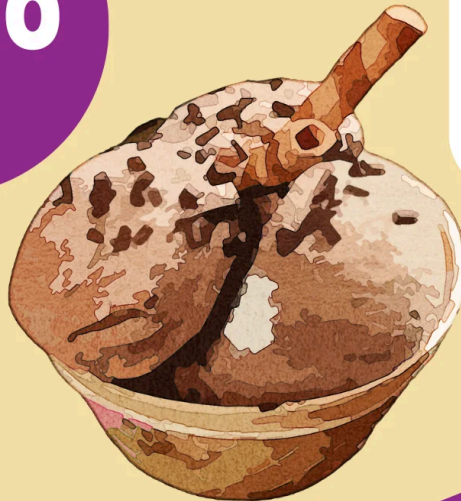
Thank you for your understanding and apologies for any inconvenience.

Spring Time Café Deal! 🍦🌸☀️

Spring has arrived and brought warmer weather with it ☀️ In recognition of that, during May, our café will be offering chocolate ice cream with a wafer and juice for just £4!

**Spring
Deal!**

£4.00





**Chocolate Ice
Cream with a
wafer & juice**


Community Spotlight: Raising Awareness of Dyslexia

We'd also like to take a moment to highlight an upcoming event being hosted by one of our community members, Elaine Boot. Elaine lives with Dyslexia and will be sharing her personal experiences in a talk aimed at raising awareness and understanding of dyslexia.

Whether you'd like to learn more about dyslexia or simply come along to support Elaine, we'd love to see you there. Please see the attached poster for further details.


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

 **When:** Thursday 28th May

 **Time:** 2:00 to 3:00pm

MIDDLE
STREET
RESOURCE
CENTRE

SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

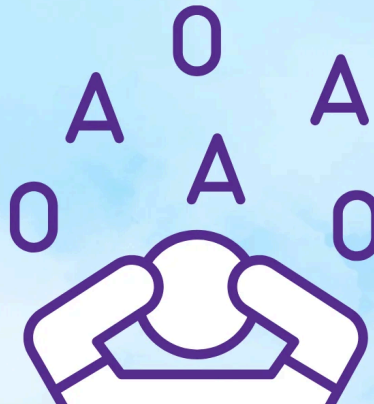
MANAGED BY BEESTON COMMUNITY RESOURCE CIO 



Dyslexia Presentation at Middle Street Resource centre

Thursday 28th May
2pm-3pm

Pop along and find out about
dyslexia from Elaine who has
lived experience



Health Talks - Diabetes Management

Our Health Talks series continues on **Wednesday 20th May** with the fourth session in the series, focusing on Diabetes management.

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 Diabetes, **everyone is welcome to attend**, including those who are not living with Diabetes 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 20th May

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

If you have any questions or would like more information, please feel free to get in touch via our email: admin@beeston-community-resource.org. Please also see the posters below if you would like to share the event.



SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Derbyshire Healthcare 
NHS Foundation Trust

Health Talks: Diabetes Management

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

What you can expect:

- Discuss Diabetes Management
- Get your Blood Pressure, Weight, Height and BMI checked

Ideal for: Anyone who wants to learn more about diabetes management



Location: Middle Street Resource Centre, NG9 2AR, 74 Middle Street

Date: Wednesday 20th May, 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



Psychiatry
Teaching Unit

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Please remember to use easyfundraising every time you shop online. Over 8,000 retailers will donate to us, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! This means you can raise FREE donations for us no matter what you're buying.

If you haven't signed up to support us yet, it's easy and completely FREE. These donations really help us, so it would be great if you could take a moment to get started!

You can find our easyfundraising page here:

https://www.easyfundraising.org.uk/causes/middle-street-resource-centre-beeston-community-resource-cio/?utm_medium=email&utm_campaign=pmc&utm_content=email-

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Beeston Community Resource CIO

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

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