



MIDDLE  
STREET  
RESOURCE  
CENTRE

SUPPORTING MENTAL HEALTH  
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



## Timetable

Jun-26

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLBEING 10.30 - 12.30 (1st, 15th and 29th June)	PTU DROP IN BIPOLAR GROUP 10.00 - 11.30 (23rd June)	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 (12th and 26th June)	
RELAXATION 10.30 - 12.30 (8th and 22th June)	PTU DROP IN MINDFULNESS FOR ALL 10.00 - 11.30 (30th June)	NHS TALKING THERAPIES - INFORMATION DROP IN 10.00 - 13.00 (24th June)			
KUNDALINI YOGA 11.00 - 12.00 (continues 15th June) Donations welcome	MUSIC FOR EVERYONE 10.30 - 12.30 £	COMMUNITY CHAT 13.00 - 14.00 (24th June)			
POETRY GROUP 13.30 - 15.00					
SPIRITUALITY GROUP 13.00 - 14.00 (1st, 15th and 29th June)		MUSIC APPRECIATION 13.30-15.00		MUSIC JAM 12.00 - 13.30	
BIBLE STUDY 13.00 - 14.00 (8th and 22th June)	MOVIE CLUB 13.00 - 16.00 (2nd June)	HEALTH TALKS ( Sickle cell disease) 14.00 - 16.00 (17th June)	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 (3rd and 17th June)	MENS GROUP 19.00 - 20.00 (25th June)	CREATIVE WRITING 13.30 - 15.00	
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (23rd June)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 ( 18th June)		
<b>Room Hire Available</b> Please contact us for more information			<b>CAFÉ @ Middle Street</b> <b>Monday - Friday 9.00 - 16.00</b>		
MINDSET PROGRAMME	OTHER		£	Charges May Apply - Please enquire for more details	