



SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Timetable

Aug-26

0115 9252516		admin@beeston-community-resource.org		WWW.MSRC.ORG.UK	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLBEING 10.30 - 12.30 (10th and 24th August)	PTU DROP IN - MINDFULNESS 10.00 - 11.30 (25th August)	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 (7th and 21st August)	
RELAXATION 10.30 - 12.30 (3rd and 17th August)					
	MUSIC FOR EVERYONE 10.30 - 12.30 (11th and 25th August) £				
POETRY GROUP 13.30 - 15.00	VOLUNTEER INDUCTION 10.00 - 11.00 (11th August)	COMMUNITY CHAT 13.00 - 14.00 (26th August)			
SPIRITUALITY GROUP 13.00 - 14.00 (3rd and 17th August)	MOVIE CLUB 13.00 - 16.00 (4th August)	MUSIC APPRECIATION 13.30 - 15.00		MUSIC JAM 12.00 - 13.30	
BIBLE STUDY 13.00 - 14.00 (24th August)		HEALTH TALKS - ARTHRITIS 14.00 - 16.00 (19th August)	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 - 16.00 (4th and 11th August)	HEARING VOICES 14.30 - 16.00 (5th and 19th August)	MENS GROUP 19.00 - 20.00 (27th August)	CREATIVE WRITING 13.30 - 15.00	
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (Returns in September)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (6th and 20th August)		
Room Hire Available Please contact us for more information		Centre Closed Monday 31st August		CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00	
MINDSET PROGRAMME	OTHER		£	Charges May Apply - Please enquire for more details	