





Middle Street Resource Centre News

Welcome to our July Newsletter





SUPPORTING MENTAL HEALTH IN THE COMMUNITY
 MANAGED BY BEESTON COMMUNITY RESOURCE CIO 




Timetable Jul-26

☎ 0115 9252516		admin@beeston-community-resource.org			WWW.MSRC.ORG.UK
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLBEING 10.30 - 12.30 (13th and 27th July)		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 (10th and 24th July)	
RELAXATION 10.30 - 12.30 (6th and 20th July)		NHS TALKING THERAPIES - INFORMATION DROP IN 10.00 - 13.00 (29th July)			
	MUSIC FOR EVERYONE 10.30 - 12.30 (7th and 14th July) £	COMMUNITY CHAT 13.00 - 14.00 (22nd July)			
POETRY GROUP 13.30 - 15.00					
SPIRITUALITY GROUP 13.00 - 14.00 (6th and 20th July)		MUSIC APPRECIATION 13.30-15.00		MUSIC JAM 12.00 - 13.30	
BIBLE STUDY 13.00 - 14.00 (13th and 27th July)	MOVIE CLUB 13.00 - 16.00 (7th July)	HEALTH TALKS (Chronic Kidney Disease) 14.00 - 16.00 (15th July)	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 and 15th July)	MENS GROUP 19.00 - 20.00 (30th July)	CREATIVE WRITING 13.30 - 15.00	
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 Please ask for dates	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (2nd and 16th July)		
Room Hire Available Please contact us for more information			CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00		
MINDSET PROGRAMME	OTHER	£ Charges May Apply - Please enquire for more details			

July Timetable

International Self Care Day - 24th July 2026

Self care

[self - kair] noun . English

Self-care is the art of prioritising your wellbeing, embracing moments of rest, and nurturing your mind, body and soul. It's

not selfish - it's essential! A daily reminder to fill your cup so you can shine brighter in every part of your life.

Join us for a day of fun activities and discover what self-care means for you. We will be looking at the different areas of self-care such as emotional, physical and social wellbeing in relaxed and fun ways to help ourselves. Let's show ourselves the love we all deserve! Further details to be confirmed.

Health Talks - Chronic Kidney Disease

Our Health Talks series continues on **Wednesday 15th July** with our next session focusing on **Chronic Kidney Disease (CKD)**.

Health Talks are informal, drop-in sessions designed to make healthcare information more accessible. Each session explores a different health topic 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, opportunities for discussion, and take-away resources related to the topic.

Chronic Kidney Disease (CKD) is a long-term condition in which the kidneys gradually become less effective at carrying out their function. Many people with CKD experience few or no symptoms in its early stages, meaning it can often go undiagnosed until it has progressed. This session will explore what CKD is, who is at risk, how it is diagnosed, and the importance of maintaining kidney health through lifestyle changes and regular monitoring. We will also discuss the signs and symptoms to look out for, treatment options, and where to access support.

While everyone is welcome to attend, we would particularly encourage people living with Chronic Kidney Disease, those with diabetes or high blood pressure, individuals with a family history of kidney disease, and anyone who would like to learn


more about protecting their kidney health to attend. Increasing awareness of CKD is important because early detection and treatment can make a significant difference in preventing further kidney damage and improving long-term health.


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 or the medical students

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 15th July 2026

 **Time:** 2:00pm 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 or call us on 0115 925 2516. Please also see the posters below if you would like to share the event around your networks.

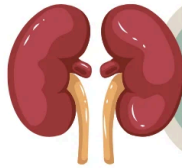
Health Talks: Chronic Kidney Disease

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

What you can expect:

- Discuss **Chronic Kidney Disease**
- Get your Blood Pressure, Weight, Height and BMI checked

Ideal for: Anyone who wants to learn more about **Chronic Kidney Disease**



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

Date: Wednesday 15th July, 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

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

September 16th - Sleep, Nutrition and Lifestyle

October 21st - Breast Cancer

November 18th - Prostate Health

December 16th - COPD & Asthma



3rd Wednesday of the month
2:00pm-4:00pm

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



Psychiatry
Teaching Unit

Creative Writing Sessions led by Dave Wood

Join Dave Wood for a rummage in the imagination and a pen on the page; be ready for some fun creative writing and word-ly goodness.

Bring pens, paper and a sense of 'give it a go!'

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

📅 **When:** Friday 10th July & Friday 17th July, 2026

🕒 **Time:** 1:00pm to 3:00pm

MIDDLE
STREET
RESOURCE
CENTRE

SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



The King's Award
for Voluntary Service



wordsmithery and beyond

whosgotmypudding.eventsatmstreet

at Middle Street Resource Centre, Beeston
10th and 17th July 2026 - 1pm – 3pm

Join Dave Wood for a rummage in the imagination and a pen on the page; be ready for some fun creative writing and word-ly goodness.

Bring pens, paper and a sense of 'give it a go'

No experience necessary

Let staff member, Renee, know if you'd like to come along; you'll probably find her eating cheesecake somewhere.



email admin@beeston-community-resource.org or call 0115 925 2516

Support us for free! ❤️🙌

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-](https://www.easyfundraising.org.uk/causes/middle-street-resource-centre-beeston-community-resource-cio/?utm_medium=email&utm_campaign=pmc&utm_content=email-2)

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Beeston Community Resource CIO

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

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