



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	