



Middle Street Resource Centre News

Welcome to our August Newsletter

Please note We will be closed on Monday 31st August

0115 9252516		admin@beeston-community-resource.org		WWW.MSRC.ORG.UK	
MONDAY WELLBEING 10.30 - 12.30 (10th and 24th August) RELAXATION 10.30 - 12.30 (3rd and 17th August)		TUESDAY PTU DROP IN - MINDFULNESS 10.00 - 11.30 (25th August) MUSIC FOR EVERYONE 10.30 - 12.30 (11th and 25th August)		WEDNESDAY CRAFT AND SOCIAL GROUP 10.30 - 12.00 COMMUNITY CHAT 13.00 - 14.00 (26th August)	
POETRY GROUP 13.30 - 15.00		VOLUNTEER INDUCTION 10.00 - 11.00 (11th August)		SPIRITUALITY GROUP 13.00 - 14.00 (3rd and 17th August)	
BIBLE STUDY 13.00 - 14.00 (24th August)		MOVIE CLUB 13.00 - 16.00 (4th August)		MUSIC APPRECIATION 13.30 - 15.00	
YOGA WITH KAREN 13.30 - 14.30		BEGINNERS GUITAR GROUP 14.00 - 16.00 (4th and 11th August)		HEALTH TALKS - ARTHRITIS 14.00 - 16.00 (19th August)	
GUITAR GROUP 14.00 - 15.30		LETS TALK ABOUT... 14.00 - 16.00 (Returns in September)		BEESTON MEMORY CAFE 13.45 - 15.45	
PRAYER GROUP 15.00 - 15.30		SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (6th and 20th August)		ART GROUP 13.00 - 15.00	
CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00		CENTRE CLOSED Monday 31st August		CREATIVE WRITING 13.30 - 15.00	
Room Hire Available Please contact us for more information		CHARGES MAY APPLY - PLEASE ENQUIRE FOR MORE DETAILS		MINDSET PROGRAMME	
OTHER		CHARGES MAY APPLY - PLEASE ENQUIRE FOR MORE DETAILS		CHARGES MAY APPLY - PLEASE ENQUIRE FOR MORE DETAILS	

August 2026 Timetable

Health Talks - Arthritis

Our Health Talks series continues on Wednesday 19th August, with our next session focusing on Arthritis.

Health Talks are free, informal drop-in sessions designed to make healthcare information more accessible. Led by a clinician from the Derbyshire Healthcare NHS Foundation Trust Psychiatry Teaching Unit, alongside medical students and

Middle Street staff, each session explores a different health topic in a friendly, welcoming environment. There is plenty of opportunity to ask questions, join the discussion, and take away useful information and resources.

This month's session will look at arthritis, a common condition that affects the joints and can cause pain, stiffness, and reduced mobility. We'll discuss the different types of arthritis, common symptoms, diagnosis, treatment options, and practical ways to manage symptoms and protect your joint health.

Everyone is welcome, but this session may be particularly helpful for people living with arthritis or joint pain, carers, and anyone interested in learning more about maintaining healthy joints.

There will also be the opportunity to speak privately with the clinician or medical students, ask general health questions, and have your **blood pressure, height, and weight checked**.

These optional checks are free, confidential, and no appointment is needed.

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

 **Date:** Wednesday 19th August, 2026

 **Time:** Drop in anytime between **2:00pm and 4:00pm**

If you have any questions, please get in touch by emailing admin@beeston-community-resource.org or calling **0115 925 2516**.

Please also see the attached posters, and we'd be grateful if you could share them throughout your networks.

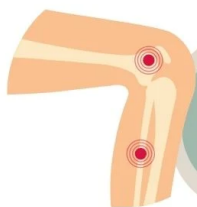
Health Talks: Arthritis

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

What you can expect:

- Discuss **Arthritis**
- Get your Blood Pressure, Weight, Height and BMI checked

Ideal for: Anyone who wants to learn more about **Arthritis**



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

Date: Wednesday 19th August, 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 22nd - Chronic Kidney Disease

August 19th - Arthritis

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

September 16th - Sleep, Nutrition and Lifestyle

October 21st - Breast Cancer

November 18th - Prostate Health

December 16th - COPD & Asthma

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

Wayward Will@MSRC

A MUSICAL JOURNEY THROUGH
BEESTON WITH...

WAYWARD WILL



TUE 4TH AUG | 6-7 PM
DOORS OPEN 5.30PM
MIDDLE STREET RESOURCE CENTRE
BEESTON, NG9 2AR
FREE EVENT - DONATIONS WELCOME

WAYWARD WILL PRESENTS

LIVE MUSIC

A MUSICAL JOURNEY THROUGH
BEESTON WITH WAYWARD WILL

TUE 4TH AUG | 6-7 PM
DOORS OPEN 5.30PM

MIDDLE STREET RESOURCE CENTRE
BEESTON, NG9 2AR

FREE EVENT - DONATIONS WELCOME

Hear local artist Wayward Will as he performs a collection of light-hearted songs and poems inspired by his life in and around Beeston.

Will's art is fresh and challenging, full of variety, often quirky and with more than a dash of good humour. You may be moved to both tears and laughter by his unique brand of inspirational entertainment.

"Stood alone with a just a guitar for company, he delivered an inspiring set." - Nottingham Evening Post

Volunteer Badges & Lanyards Missing

We're running a little low on volunteer badges and lanyards!

If you're a volunteer with us, we'd really appreciate it if you could have a quick look at home, in your bags, or in coat pockets to see if you have a Middle Street badge or lanyard that you may have taken with you.

If you find one, please bring it back to reception next time you're in. Thank you!

New Lost Property Procedure

We're making a small change to our lost property procedure.

From now on, we will only keep lost property for **3 months**. After this time, any unclaimed items will be donated, recycled, or disposed of where appropriate.

If you think you've left something behind at Middle Street, please get in touch with us or ask a member of staff as soon as possible.

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-2



[Cafe](#) | [Room Hire](#) | [Donate](#) | [Fundraising Regulator](#)

Beeston Community Resource CIO

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

You received this email because you signed up on our website.

[Unsubscribe](#)