



SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Timetable

Oct-26

0115 9252516		admin@beeston-community-resource.org		WWW.MSRC.ORG.UK	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLBEING 10.30 - 12.30 (5th and 19th October)	PTU DROP IN - MINDFULNESS 10.00 - 11.30 (6th October)	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 (2nd 16th and 30th October)	
RELAXATION 10.30 - 12.30 (12th and 26th October)	PTU DROP IN - MEN'S GROUP 10.00 - 11.30 (13th October)	NHS talking therapies information drop in 10.00 - 13.00 (28th October)			
	VOLUNTEER INDUCTION 10.00 - 11.00 (13th October)	MIDDLE STREET OPEN DAY 13.00 - 16.00 (14th October)			
POETRY GROUP 13.30 - 15.00	MUSIC FOR EVERYONE 10.30 - 12.30 £	COMMUNITY CHAT 13.00 - 14.00 (28th October)			
SPIRITUALITY GROUP 13.00 - 14.00 (5th and 19th October)		MUSIC APPRECIATION 13.30 - 15.00		MUSIC JAM 12.00 - 13.30	
BIBLE STUDY 13.00 - 14.00 (12th and 26th October)	FILM CLUB 13.00 - 16.00 (6th October)	HEALTH TALKS - Breast Cancer 14.00 - 16.00 (28th October)	BEESTON MEMORY CAFE 13.45 - 15.45	ART GROUP 13.00 - 15.00	
	BEGINNERS GUITAR GROUP 14.00 - 16.00	HEARING VOICES 14.30 - 16.00 (7th and 21st October)	MENS GROUP 19.00 - 20.00 (29th October)	CREATIVE WRITING 13.30 - 15.00	
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (6th and 20th October)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (1st and 15th October)		
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	