



Middle Street Resource Centre News

Welcome to our September Newsletter

    				
0115 9252516 admin@beeston-community-resource.org WWW.MSRC.ORG.UK				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELLBEING 10.30 - 12.30 (7th and 21st September)	PTU DROP IN - MINDFULNESS 10.00 - 11.30 (1st September)	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 (4th and 18th September)
RELAXATION 10.30 - 12.30 (14th and 28th September)	MUSIC FOR EVERYONE 10.30 - 12.30			
	VOLUNTEER INDUCTION 10.00 - 11.00 (8th September)	NHS talking therapies information drop in 10.00 - 13.00 (30th September)		
POETRY GROUP 13.30 - 15.00		COMMUNITY CHAT 13.00 - 14.00 (23rd September)		
SPIRITUALITY GROUP 13.00 - 14.00 (21st September)		MUSIC APPRECIATION 13.30 - 15.00		MUSIC JAM 12.00 - 13.30
BIBLE STUDY 13.00 - 14.00 (14th and 28th September)		HEALTH TALKS - Sleep, Nutrition, and Lifestyle 14.00 - 16.00 (16th September)	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	HEARING VOICES 14.30 - 16.00 (2nd and 16th September)	MENS GROUP 19.00 - 20.00 (24th September)	CREATIVE WRITING 13.30 - 15.00
GUITAR GROUP 14.00 - 15.30	LET'S TALK ABOUT... 14.00 - 16.00 (please check for dates)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (3rd and 18th September)	
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	

September 2026 Timetable

Health Talks - Sleep, Nutrition, and Lifestyle

Our Health Talks series continues on **Wednesday 16th September**, with our next session focusing on **Sleep, Nutrition, and Lifestyle**.

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 explore the important links between **sleep, nutrition, and lifestyle** and how these can affect our physical and mental wellbeing. We'll discuss the importance of good-quality sleep, healthy eating, physical activity, and everyday lifestyle choices, as well as practical ways to develop healthier habits and support overall wellbeing.

Everyone is welcome, whether you're looking to improve your sleep, make changes to your diet or lifestyle, or simply learn more about how everyday habits can affect your health and wellbeing.

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 16th September, 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.



SUPPORTING MENTAL HEALTH
IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO



Derbyshire Healthcare **NHS**
NHS Foundation Trust

Health Talks: Sleep, Nutrition, and Lifestyle

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

What you can expect:

- Discuss **Sleep, Nutrition, and Lifestyle**
- Get your Blood Pressure, Weight, Height and BMI checked

Ideal for: Anyone who wants to learn more about **Sleep, Nutrition, and Lifestyle**



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

Date: Wednesday 16th September, 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

Creative Writing sessions with Dave Wood!

three (free) creative writing sessions at Middle Street Resource Centre,
run by guest scribbler, Dave Wood

Dave will be on hand (and foot) to help you build poems, stories,
script, and lyric

Bring pens, paper, differing thoughts and a little joie de vie

Friday 11th, 18th, and 25th September 2026 - 1:30pm – 3pm at Middle Street Resource Centre, Beeston

MIDDLE
STREET
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a triplicate of wordery

whosgotmypudding.eventsatmstreet

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three (free) creative writing sessions at Middle Street Resource Centre, run by guest scribbler, Dave Wood

Dave will be on hand (and foot) to help you build poems, stories, script, and lyric

Bring pens, paper, differing thoughts and a little joie de vie

No experience necessary

Let staff member, Renee, know if you'd like to come along; catch her at the biscuit tin.



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

Nottingham College

Nottingham College are running an IT for Improvers course at
Middle Street

Please use the link below for more information and to sign up.

<https://www.nottinghamcollege.ac.uk/courses/it-for-improvers-part-time>



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**NOTTINGHAM
COLLEGE**

Course Code
060481 Q060482

IT for Improvers

Start: Wednesday 16 September
End: Wednesday 2nd December
Time: 1:00pm-3:30pm



This course is perfect if you are interested in developing your existing knowledge and experience with IT and gaining confidence in yourself and your skills.

You will learn about the Microsoft Office package, using emails, staying safe online and will explore the opportunities afforded to you through IT skills development.



**Middle Street
Resource Centre
74 Middle Street
NG9 2AR**

Interested? Call, email, or visit the website using the below information

☎ 0115 9100 100

🌐 <https://www.nottinghamcollege.ac.uk/courses/it-for-improvers-part-time>

✉ sonia.mcleod@nottinghamcollege.ac.uk



Scan this QR code to sign up!

Beginners Guitar Group

Beginners guitar group returns in September after having a short break. Feel free to drop in and have a go!

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The King's Award
for Voluntary Service

0115 9252516

MindSet
Programme

www.msrc.org.uk

BEGINNERS GUITAR GROUP



Tuesday
2.00 - 4:00pm

An opportunity for those inexperienced with guitar to learn with each other and from our skilled and dedicated volunteer facilitators.

The Mindset Programme is supported by

Boots



The Jones 1886 Charitable Trust

74msrc 74.msrg

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



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Beeston Community Resource CIO

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

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