

Middle Street Resource Centre News

Welcome to our October Newsletter



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	LET'S 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		

October 2026 Timetable

Health talks

Our Health Talks series continues on **Wednesday 28th October**, with our next session focusing on **Breast Cancer**.

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 **Breast Cancer**, providing an opportunity to learn more about the topic, discuss questions and concerns, and find out more about breast health and wellbeing in a relaxed and welcoming environment.

Everyone is welcome, no matter your gender. Whether you already know a little about breast cancer, would like to learn more, or simply want the opportunity to ask questions and access reliable health information.

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 28th October 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**.

Health Talks: Breast Cancer

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

What you can expect:

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

Ideal for: Anyone who wants to learn more about or discuss **Breast Cancer**



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

Date: Wednesday 28th October, 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

September 16th - Sleep, Nutrition and Lifestyle

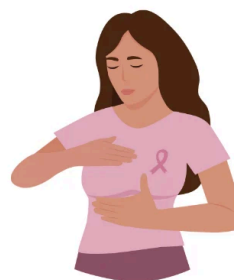
October 28th - Breast Cancer

November 18th - Prostate Health

December 16th - COPD & Asthma



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

OXJAM 26

Middle Street is open this Saturday afternoon as part of Oxjam.

Our Cafe is open from 1pm. Pop in for a coffee and listen to some music .

Line up subject to change For more information please

see <https://www.oxjambeeston.org>

13:30-14:00

[Nitya and the Nits](#)

14:15-14:45

[Klezmer Tanz Nottingham](#)

15:00-15:30

[Songbirds Acapella](#)

15:45-16:15

[Shell's Belles](#)

16:30-17:00

[Long Eaton Pop 'n' Rock Choir](#)



Community Spotlight

Dane Wakefield ran the Robin Hood marathon on Sunday 27th and finished in 2 hours, 3 minutes which is a personal best time. He has raised £400 so far and plans to run the Leeds marathon in May next year.

Congratulations from everyone at Middle Street

<https://www.justgiving.com/page/dane-wakefield>



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](#)