

MIDDLE STREET RESOURCE CENTRE

SUPPORTING MENTAL HEALTH IN THE COMMUNITY

MANAGED BY BEESTON COMMUNITY RESOURCE CIO

The King's Award for Voluntary Service

The Mindset Programme is supported by Boots

The Jones 1986 Charitable Trust

Timetable

Nov-26

☎ 0115 9252516 admin@beeston-community-resource.org WWW.MSRC.ORG.UK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELLBEING 10.30 - 12.30 (2nd, 16th and 30th November)		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 (13th and 27th November)
RELAXATION 10.30 - 12.30 (9th and 23rd November)		NHS talking therapies information drop in 10.00 - 13.00 (25th November)		
	VOLUNTEER INDUCTION 10.00 - 11.00 (10th November)	**NOTTINGHAM FOREST RESILIENT REDS** **13.00 - 15.00**		
POETRY GROUP 13.30 - 15.00	MUSIC FOR EVERYONE 10.30 - 12.30 £	COMMUNITY CHAT 13.00 - 14.00 (25th November)		
SPIRITUALITY GROUP 13.00 - 14.00 (2nd, 16th and 30th November)		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 (3rd November)	HEALTH TALKS -Prostate health 14.00 - 16.00 (18th November)	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 (4th and 18th November)	MENS GROUP 19.00 - 20.00 (26th November)	CREATIVE WRITING 13.30 - 15.00
GUITAR GROUP 14.00 - 15.30	LETS TALK ABOUT... 14.00 - 16.00 (3rd and 17th November)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (5th and 22nd November	JIGSAW CLUB 13.30 - 15.00

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