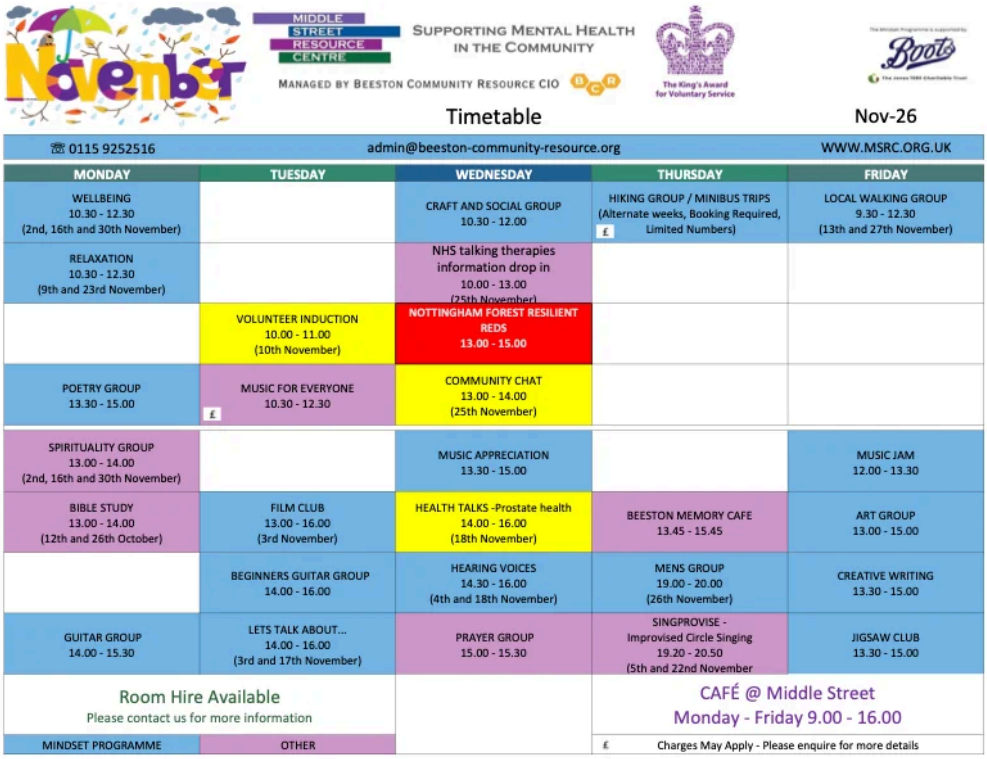
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MIDDLE STREET RESOURCE CENTRE
SUPPORTIING MENTAL HEALTH IN THE COMMUNITY
MANAGED BY BEESTON COMMUNITY RESOURCE CIO
The King's Award for Voluntary Service

Middle Street Resource Centre News

Welcome to our November Newsletter



November 2026 Timetable

November is Men's Health Awareness Month, widely recognised through the Movember campaign. It is a time to raise awareness of men's health, encourage open conversations and highlight the importance of looking after both physical and mental wellbeing.💙

With International Men's Day also taking place on 19th November, our next Health Talks session at Middle Street Resource Centre will focus on Prostate Health!💙

Our Health Talks are free, informal drop-in sessions designed to make healthcare information more accessible to everyone. Join us for a friendly and welcoming opportunity to learn more about prostate health, ask questions, join the discussion and access useful health information and resources.

There will also be an opportunity to speak privately with the clinician or medical students, ask general health questions, and have your blood pressure, height and weight checked. These checks are optional, free and confidential.

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

📅 When: Wednesday 18th November 2026

⏰ Time: Drop in anytime between 2pm and 4pm

Everyone is welcome, and no appointment is needed!💙

📧 Email admin@beeston-community-resource.org or call 0115 925 2516 for more information.

Help us spread the word this Men's Health Awareness Month by sharing this post with your friends, family and networks!

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Derbyshire Healthcare NHS
NHS Foundation Trust

Health Talks: Prostate Health

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

What you can expect:

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

Ideal for: Anyone who wants to learn more about or discuss **Prostate Health**





Location: Middle Street Resource Centre, 74 Middle Street, NG9 2AR
Date: Wednesday 18th November, 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

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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



2:00pm-4:00pm

September 16th - Sleep, Nutrition and Lifestyle

October 28th - 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

Join our new **JIGSAW CLUB**

Come along to the café on Friday afternoon, from 1.30pm to 3pm, for our new Jigsaw Club! Enjoy a relaxed afternoon of puzzling and friendly conversation. Whether you're a keen puzzler or just fancy giving it a go, we'd love to see you there.

Resilient Reds

Join Nottingham Forest Foundation at Middle Street on **Wednesdays, 1pm–3pm**. These free sessions offer a chance to make healthy lifestyle choices, build confidence and improve fitness, strength and balance. Share your thoughts and feelings in a safe, supportive space. **No booking needed—just come along!**



Community Spotlight

Dane has raised 69% of his £1000 goal in aid of 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

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Beeston Community Resource CIO

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

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