



Beeston Community Resource CIO  
74 Middle Street, Beeston, NG9 2AR

MIDDLE  
STREET  
RESOURCE  
CENTRE

# Beeston Community Resource CIO

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Registered Charity No. 1160885

Newsletter No 11 September 2017



### LET'S GO TO BEESTON!

**Beeston Community Resource is set to take over management of the successful Let's go to Beeston website, and associated social media, from Tramlink Nottingham.**

The Let's go to Beeston website ([letsgotobeeston.co.uk](http://letsgotobeeston.co.uk)) was part of the Beeston BID (Business Improvement District) project, which ran from 2010 to 2015, and when the project closed Tramlink offered to take this on and continue it. Despite difficulties in keeping the site fully up to date, it still attracts a large following and is clearly a valuable resource for the town. Tramlink now wish to hand responsibility on to an organisation able to continue the work of promoting Beeston, and we are delighted that they have chosen BCR as their successor.

So, from October Middle Street Resource Centre will be the new home of Let's go to Beeston website and Facebook and Twitter pages. It will continue to be used as a resource for the whole town, including a comprehensive business directory. The site will also be expanded to publicise and promote all local services beneficial to the community, so helping BCR to fulfil our core objectives of supporting good mental health and combating social disadvantage and exclusion.

Stephanie Moss-Pearce, Tramlink's Marketing Manager, comments: **"The Let's go to Beeston brand has had a strong following over the years and it is important to the town that it continues. By passing it over to BCR, it is being managed and maintained by an organisation that is central to Beeston and has the community at the heart of what it does"**.

BCR trustee Karen Medd has taken the lead in this enterprise and has gathered a small team of enthusiasts to carry it forward. She says: **"The work that was done by Beeston BID and Tramlink provides a solid platform to which BCR will add information about community services and resources available in Beeston. These will include Middle Street Resource Centre, Voluntary Action Broxtowe, Citizens Advice Bureau, and other charitable concerns. There is also scope to expand the wider community's involvement in the contents of the website, which we look forward to facilitating."**

**The handover to Beeston Community Resource will be marked by a public "re-launch" at Middle Street Resource Centre on Thursday 5<sup>th</sup> October at 10.30 am. All are welcome to attend.**

Meanwhile, why not visit the website yourself, and share it with people you think might be interested in what's going on in Beeston.

## **Beeston Rotary Club Charity Golf Day**

Thanks are due to Beeston Rotary Club for making BCR the beneficiary of their Charity Golf Day this year. The event was held in May, and raised £1,500 for BCR, supplemented by £1,000 generously donated by Barclays Bank. Graham Machin is pictured receiving the cheques at Beeston Fields Golf Club on 19<sup>th</sup> June. Middle Street did in fact enter a team in the competition ("The Resourceful Lot", comprising John Chambers, Mike Baldry, Nigel Andrew and Paul Walsh) who fought courageously to secure last place and win a bag of bacon!



## **ENABLING THE COMMUNITY AWARD**

On the 27<sup>th</sup> June we were honoured at the Best of Broxtowe Awards 2017, organised by the Nottingham Post in partnership with Broxtowe Borough Council, when Middle Street Resource Centre received the Enabling the Community Award, sponsored by Specsavers, Beeston. The Centre was described as a thriving community hub and café offering a range of activities and support for those with mental health issues and other vulnerable groups, "going the extra mile" to help our community.

The Centre was represented at the awards event by Manager Robert Ashford, Development Officer Paul Walsh, and Chair of Trustees Graham Machin. We all expressed our thanks and appreciation for this recognition, not least because it reflects the positive reports of people who regularly use the Centre. The Post quoted one user as saying: "This is a safe place to be, whoever you are, but if you are feeling a bit lonely, wanting support and aren't sure where to go, then Middle Street is for you."

## **BEESTON METHODIST CHURCH**

Each autumn Beeston Methodist Church adopts two charities to receive, in equal shares, the money the Church raises for charity in the year ahead, and we are both honoured and grateful to be able to announce that, along with Lincs and Notts Air Ambulance, Middle Street Resource Centre has been chosen as one of the beneficiaries for 2017-2018. In 2016-2017 the Church raised over £16,000 for its adopted charities, and it is clear from their description of how that was achieved that it involved an enormous commitment of time and energy by many people; in effect, a labour of love which trusts the recipient charities to use their donations wisely. At Middle Street we are determined to deserve that trust, whether the funds are used through MindSet or BCR, whose charitable objects are in substance identical in supporting mental health and combating social disadvantage and exclusion.

## **MINDSET SPONSORED WALK**

On 23<sup>rd</sup> June, John Chambers led the MindSet walking group on a 10 mile walk, between 74, Middle Street Beeston and Manor Park Toton via Nottingham University, Wollaton Park, Bramcote Hills, old Nottingham canal, Stapleford Wood and Bardills Garden Centre. Ten walkers completed all or part of the route. The weather stayed fine and a good time was had by all. The walk was generously supported by individual sponsors and raised no less than £800 for MindSet.

## **Middle Street's part in Beeston Carnival – Saturday 8<sup>th</sup> July 2017**

It turned out to be a very fine day for the Beeston Carnival and it went with a swing. A number of volunteers were helping at the Resource Centre and a group were manning the stalls on the Park. This year we had the Middle Street Café come to Broadgate Park which was a great success – offering tea, coffee and sandwiches plus delicious cakes. People sat round the tables and chatted bringing a lovely atmosphere to the event. The tombola, social fund stall and garden stall squeezed under the gazebo to sell their wares along with the Café. So we were able to help each other. Extra volunteers came along too to give those on the stalls an opportunity to visit the rest of the event in Broadgate Park.

At the Centre the Café was open too. There were stalls advertising the walking group, poetry group, plus art-work for sale. The Sheddars were there with many wooden objects they had made. There was plenty of music and also relaxing hand massage which went down very well. Plenty of things were organised for children to do in the garden at the Centre. So a fantastic day all round. Many thanks go to all the staff and volunteers who came forward to help make the day a great success.

## **JOURNEYS THROUGH THE MIND**

In June MindSet, with support from BCR, satisfied a long-standing ambition with the publication of a Poetry Anthology, entitled “Journeys Through the Mind – Poems from Middle Street.” The anthology includes 57 poems from 22 poets, including several by Steve Plowright, who leads the MindSet Poetry Group. It is illustrated in colour with photographs contributed by members of the “Journey of Discovery through Photography” project at Middle Street, led by Sara Gaynor; including this one, by Caroline Poole, featuring some of the poets. Copies of the anthology are for sale at the Centre, price £6



## **Autumn Equinox Carers Wellbeing Event – 22<sup>nd</sup> September 2017**

The Carers' Council – Allies in Adult Mental Health and Nottinghamshire County Council Co-production Team supported by Middle Street Resource Centre worked together to provide a day especially for carers. This turned out to be a fantastic opportunity to meet old friends, find information we did not know was available and try out a host of taster sessions specially arranged for the day.

Some tried Mindfulness and were pleased to experience eating a piece of chocolate with thought, care, taking a moment to savour its shape size and flavour – it tasted much better than usual. Others tried Pilates and found it exhilarating. There was Reflexology, head and shoulder massage, Tai Chi and Chinese Yoga which turned out to be a lot of fun. We had a music area outside with the drum circle. Many joined in and really enjoyed the rhythm of beating the drums. There were other opportunities to listen to music and join in with a sing along over lunch, which set feet tapping. In another area carers had brought along their guitars to play old familiar tunes and newly composed pieces. Other carers enjoyed just sitting and chatting.

Comments from carers as they left were very positive. They enjoyed the venue and said the food was fantastic. So a big thank you from all the carers to the staff and all the volunteers and all those who provided entertainment and relaxation.

## Forthcoming Attractions

### Nottingham Mental Health Awareness Weeks

The following events are taking place at  
Middle Street Resource Centre

#### **Monday 9th October**

##### **Middle Street Open Day**

11.00 am until 7.00 pm

Stalls – workshops – refreshments

Music by MindSet groups

All activities at Middle Street will be show-cased

Community groups active in the local area welcome

to have a presence by prior arrangement

#### **Saturday 14<sup>th</sup> October**

Music event by Beeston Oxjam and MindSet

1.00 pm until 5.00 pm

Entry free - collection In aid of Oxfam

Refreshments available

#### **Monday 16th October 5.30—8.00 pm**

25 years of Mental Health Awareness Weeks  
in Nottingham

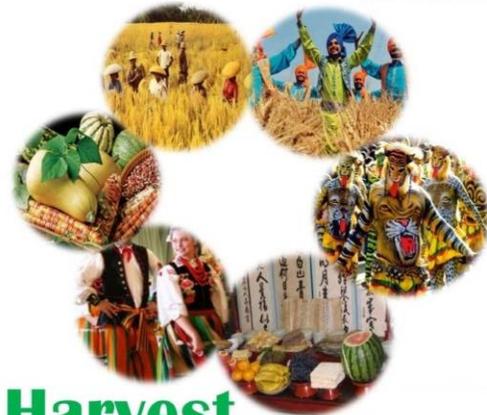
A Celebration hosted by Open Dialogue Nottingham  
supported by MindSet

Including the film “Insight in Mind” and a  
photographic slide show

Entrance free—light refreshments.

**Saturday - 7th October**

**2 TO 7 PM**



## **Harvest for the World**



International celebration of harvest, a **quiz**, a massive community **meal** and an open floor of **poetry and song**. The day will culminate with the excellent local **punk-folk singer and raconteur**, Paul Carbuncle.

During the proceedings we will be **collecting** and distributing **food** for those in need.

Middle Street Resource Centre,  
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<https://www.facebook.com/msrcbeeston/>



<https://beestoncommunityresource.wordpress.com/>



0115 9252615

## **BEESTON COMMUNITY RESOURCE CIO**

**Our ANNUAL PUBLIC MEETING will be held  
at Middle Street Resource Centre on**

**Monday 6th November at 5.30 for 6.00 pm**

**A public event to celebrate and reflect on the events of the past year, and our plans and hopes for the future, followed by refreshments. Our report and accounts for the year to March 2017, and our current Business Plan for 2017 to 2019, will be available.**

**All are welcome to join us.**

### Looking ahead with BCR

**If you would like to know more, or become actively involved in shaping the future at Middle Street, we would be delighted to hear from you. Our contact details —Address:**

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

**Telephone: 0115 9252516 Monday 8.30am-8pm, Tuesday-Friday 8.30am-5pm, Saturday 8.30am-12noon**

**Ansaphone at other times. Email: [admin@beeston-community-resource.org](mailto:admin@beeston-community-resource.org)**