Regular weekly what's on at Fearon Hall in November

Monday

9.30am-12.30pm

 Loughborough College **Community ESOL** To enrol contact Beverley Gray on 07483 357218

10am-12noon

 Anand Mangal Ladies Group Welcoming ladies group for all

10am-12noon

 Charnwood Toy Library Just like a library - but with toys

First Monday of the month only 12noon-1pm

 Asian Café Community Lunch Vegetarian lunch for all

Tuesday

9am-2pm

 Café in the Hall Good food, a warm space and a friendly welcome

9.30am-12.30pm

 Loughborough College **Community ESOL** See Monday for enrolment details

10am-12noon

 Knit & Natter Friendly knitting group

10.30am-11.30am

 Over 55s Dance Class For more info contact Moving Together on 0116 482 9233

12noon-2pm

 Good Food Doing Good **Surplus Grocery Pop-up Store** £4 per bag

10.30am-3pm

 Sewing Collective Womens group for learning sewing skills in a fun and friendly environment

4.30pm-5.30pm

 Stretch Balance Pilates Mat-based pilates classes for all abilities



Scan me for more activities and special

Wednesday

9am-2pm

 Café in the Hall Good food, a warm space and a friendly welcome

10am-11.30am

 Stitch Club Friendly sewing group

10am-12noon

 Charnwood Toy Library Just like a library - but with toys

10am-12noon

 Making for Christmas with Kindness Make tags for our community Christmas Tree and small gifts and cards to share. Facilitated art group for all abilities with Harry

10am-12noon

 Knitting & Sewing with EmpowHER For more information email minara@equalityaction.org.uk

10am-3pm

 Loughborough College **Community ESOL** See Monday for enrolment details

12.00noon-2pm

 Good Grub Lunch Club £4 for a meal and a drink Add a pudding for £1

2pm-5pm

• Hello Help Hub Free drop-in for professional led help with health and social wellbeing.

6.30pm - 7.30pm

 Feldenkrais Method Learn to move with ease with Bruno

Thursday

9am-2pm

 Café in the Hall Good food, a warm space and a friendly welcome

9am-1pm

 Community Wellbeing Hub Health outreach activities from Bridge Street Medical Practice. Referrals only, Call 01509 261843

10am-3pm

 Loughborough College **Community ESOL** See Monday for enrolment details

10.30am

 Bingo 50p a ticket or £2.50 for a strip of 6

Prizes for a line and a house

12.30pm-1.30pm

 GP Led Walk & Talk For mind, health and wellbeing with GPs and health care providers

2pm-3pm

 Grief Café For adults who have lost a loved one

2pm-4pm

 Neurodiverse Gaming Group Referrals only - please contact the Fearon Hall office

Friday

9am-2pm

 Café in the Hall Good food, a warm space and a friendly welcome

9am-11.30am

 Good Grub Breakfast Club Great value cooked breakfast for £4

11am-12noon

 Music, Movement, Wellness Low impact workout

11am-1.30pm

• Table Top Games Group for Men Free play and chat for men from the Better Mental Health initiative

11.30am-1pm

• Fearon Chess Club With Local Area Co-ordinator Milo

12.30pm-2pm

Inside Out

Expressive Portrait Drawing Drawing activities facilitated by our resident artist Jacqui

Last Friday of the month only 12.30pm-2pm

 Local Area Coordinator Drop In Support and advice for all

4pm-5pm

 Stretch Balance Pilates Mat-based pilates classes for all abilities

Saturday

First Saturday of the month only 9am-1pm

- The Weekend Vegan Café Vegan breakfast goodies
- Charnwood Toy Library Just like a library - but with toys

Hall for Hire

Children's parties, private parties, corporate events, wedding receptions, celebrations and wakes. Contact the office on 01509 230 629 or e: bookings@fearonhall.org.uk





