

# Regular what's on at Fearon Hall

## Monday

9.30am-12.30pm

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

10am-10.45am

- **Chair Yoga**  
Gentle exercise for all abilities

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

4.45pm-5.45pm

- **Fearon Boxing**  
For boys and girls aged 9-13  
Contact Lee Harris on 07341 683510

## 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

- **The Mindful Garden**  
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

- **Walk & Talk**  
For mind, health and wellbeing

2pm-3pm

- **Grief Café**  
For adults who have lost a loved one  
Please call in advance to check the session is running

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

10am-12pm

- **Women's Group**  
Real women, honest conversations

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

- **Expressive Portrait Drawing**  
Drawing activities facilitated by our resident artist Jacqui

1pm-2pm

- **Fearon Together Working Group**  
Help shape the Hello Help Hub

Last Friday of the month only

12.30pm-2pm

- **Local Area Coordinator Drop In**  
Support and advice for all

## 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

## Sunday

1pm-4pm

- **Bike Repair Workshop**

**Not on 14th June - 5th July**

Weekly classes and open sessions by Two Wheel Campus



Scan me for more activities and special one-off events

Fearon Hall Community Centre  
Rectory Road, Loughborough, LE11 1PL  
t: 01509 230629  
e: office@fearonhall.org.uk



**Fearon Hall**  
Community Centre

The urban village hall in the heart of Loughborough

fearonhall.org.uk @fearonhall

# Sunday

1pm-4pm

- **Bike Repair Workshop**

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by Two Wheel Campus