



Your friendly neighbourhood one-stop place for help, health and wellbeing

**Free drop-in
Every Wednesday
2pm - 5pm
at Fearon Hall**

Rectory Road
Loughborough

What's On in July

Professional led help from the NHS, public services and VCSE organisations

Support available every week

- Finding community groups, activities and ways to get connected
- Mental health support, coping strategies and personalised wellbeing plans
- Physical activity advice and support to get more active
- Support for asylum seekers and refugees, including GP registration and navigating local services
- Housing advice, including support for people who are homeless or at risk of homelessness
- Accessing essential items such as clothing
- Emotional support and having someone to talk to
- Support with loneliness and social isolation
- Referrals for additional or specialist support
- Help navigating health services
- Employment support – CVs, job applications and interview prep
- Police liaison and general community safety advice
- **English Classes, 2-3pm**
Build confidence with reading and writing English at your own pace. Friendly, relaxed classes for people who don't speak English as their first language

Additional support in July

1st July

Futures

Offering careers guidance, training and employment support, including pre-employment courses to help build skills and confidence

Hep C & Liver Scans

Checks and scans available

8th July

Family Hubs

A wide range of help, advice and support for families – from parenting and child development to health, wellbeing, and relationships

15th July

Citizens Advice Bureau

Free, confidential and impartial advice on issues like debt, benefits, housing, employment and consumer rights

22nd July

Mindfulness Drumming Session, 3pm

Join Ade for a calming drumming session focused on relaxation and mindfulness. A gentle, supportive session to help you de-stress, switch off, and feel more grounded

Falcon Support Services

Sharing current volunteer and peer mentor opportunities, plus advice on substance misuse and recovery support (with Turning Point)

Gamcare East Midlands

Free, flexible and confidential support and treatment, in-person or remotely, for anyone affected by gambling across East Midlands

29th July

Adult Social Care

Supporting with general queries around adult social care and support for individuals and carers



Scan me for more about the hello help hub

Note:
Support agencies may change at short notice

Fearon Hall
Community Centre
fearonhall.org.uk @fearonhall



NHS
Leicester, Leicestershire and Rutland