



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 June

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

### Additional support in June

#### 3rd June - Futures

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

#### 10th June - Falcon Support Services

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

#### 17th June - Citizens Advice Bureau

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

#### 17th June - Recovery College

Loneliness and Connections workshop for Loneliness Awareness Week

#### 24th June - Adult Social Care

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

#### 24th June - Mind Motive

Offering informal chats around neurodiversity (ADHD/autism) and mental health, plus advice on support, strategies and the Right to Choose process