

What's on at Fearon Hall in July

Monday

9.30am-12.30pm

- **Loughborough College Community ESOL (Term time only)**
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 (Term time only)**
See Monday for enrolment details

10am-12noon

- **Knit & Natter**
Friendly knitting group

10am-12noon and 2pm-4pm

- **The Bridge**
Housing support

10.30am-11.30am

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

21st July, 11.00am-12noon

- **Leicestershire Police Beat Surgery**
Meet your local beat officers to discuss issues and concerns

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

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

- **Pride Banner Workshop**
Facilitated art group for all abilities with Harry

10am-12noon

- **Knitting & Sewing with EmpowHER (Term time only)**
For more information email minara@equalityaction.org.uk

10am-3pm

- **Loughborough College Community ESOL (Term time only)**
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

2pm-5pm

- **The Bridge**
Housing support

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-12noon and 2pm-4pm

- **The Bridge**
Housing support

10am-3pm

- **Loughborough College Community ESOL (Term time only)**
See Monday for enrolment details

10.30am-11.30am

- **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

10am-12noon and 2pm-4pm

- **The Bridge**
Housing support

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**
Weekly classes and open sessions by Two Wheel Campus

26th July, 2pm-4pm

- **Flourish Group**
Support for those with a loved one struggling with addiction or recovery



Fearon Hall
Community Centre

The urban
village hall
in the heart
of Loughborough

fearonhall.org.uk @fearonhall



Scan me for more
activities and special
one-off events

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