

What's on at Fearon Hall in September

Mondays

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

First Monday of the month only
12noon-1pm

- **Asian Café Community Lunch**
Vegetarian lunch for all

Starting 14th September, 12.30pm-2.30pm

- **Women's Empowerment Group**
For women who have experienced unhealthy relationships or domestic abuse
By referral only, contact: Sarah@beeyou.uk

Tuesdays

9am-2pm

- **Café in the Hall**
Good food and a friendly welcome

9.30am-12.30pm

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

9.30am-1.30pm

- **Community Sandpit**
Open to café users, weather permitting

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

11.00am-3pm

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

12noon-2pm

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

4.30pm-5.30pm

- **Stretch Balance Pilates**
Mat-based pilates classes for all abilities
Book at stretchbalancepilates.uk

Wednesdays

9am-2pm

- **Café in the Hall**
Good food and a friendly welcome

9.30am-1.30pm

- **Community Sandpit**
Open to café users, weather permitting

10am-12noon

- **Journals for Joy**
Facilitated art group for all abilities with Kate

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

Thursdays

9am-2pm

- **Café in the Hall**
Good food and a friendly welcome

9am-1pm

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

9.30am-1.30pm

- **Community Sandpit**
Open to café users, weather permitting

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
(Please call in advance to check the session is running - tel 01509 230629)

2pm-3pm

- **Grief Café**
For adults who have lost a loved one
(Please call in advance to check the session is running - tel 01509 230629)

2pm-4pm

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

Fridays

9am-2pm

- **Café in the Hall**
Good food and a friendly welcome

9.30am-1.30pm

- **Community Sandpit**
Open to café users, weather permitting

Starting 25th September, 10m-2pm

- **Beauty & Wellbeing Workshops**
Workshops and treatments from Loughborough College students

10am-12noon and 2pm-4pm

- **The Bridge**
Housing support

11am-12noon

- **Music, Movement, Wellness**
Low impact workout

11am-12.30pm

- **Men's Table Top Games Group**
Free play and chat for men from the Better Mental Health initiative.
Incorporating Fearon Chess Club

1pm-2pm

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

2pm-4pm

- **Cuppas for Carers**
Time-out and chat for carers

2pm-4pm

- **Everybody Sings!**
Sing your way into the weekend

Last Friday of the month only
12.30pm-2pm

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

25th September, 6pm-7pm

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

Saturdays

5th September, 9am-1pm

- **The Weekend Vegan Café**
Vegan breakfast goodies and sand sculpting in the sandpit with Annie

Sundays

6th & 20th September, 2pm-4pm

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

20th & 27th September, 1pm-4pm

- **Bike Repair Workshop**
Weekly classes and open sessions by Two Wheel Campus

20th September, 12noon-1pm

- **Intro to Bike Maintenance**
Special session for women by Two Wheel Campus



Scan me for more activities and special one-off events

Fearon Hall
Community Centre



fearonhall.org.uk    @fearonhall

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