

Start with a stretch, end with a song!

Hello Help Hub wellbeing activities every week at Fearon Hall

Rectory Road, Loughborough

Chair Yoga Pay what you feel

Mondays, 10am - 10.45pm

Improve mobility, build strength and relieve pain. All abilities welcome. Please note that this activity takes place in our Ballroom which has limited access via stairs.

Men's Tabletop Games Free

Fridays, 11am - 12.30pm

A friendly and welcoming space to enjoy board games, chat and good company. Meet others, learn new skills and have fun. Now incorporating Fearon Chess Club.

Fearon Together Free

Fridays, 1pm - 2pm

What should a good community mental health and wellbeing support service look and feel like? We're inviting you to help design it. Bring your voice to help shape the future of The Hello Help Hub at Fearon Hall.

Cuppas for Carers Free

Fridays, 2pm - 4pm

A relaxed and supportive environment where carers can take some time for themselves, connect with others who understand, share experiences and enjoy a well-earned cup of tea.

Everybody Sings! Free

Fridays, 2pm - 4pm

Sing your way into the weekend! Boost your mood, reduce stress and meet new people with a fun, uplifting and energetic end to the week. For seasoned performers or shower warblers, everyone welcome.



Scan me for more about the hello help hub

fearonhall.org.uk/the-hello-help-hub/

Fearon Hall
Community Centre

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The urban village hall in the heart of Loughborough



NHS

Leicester, Leicestershire and Rutland