



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 every Wednesday throughout September

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
- 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 September

2nd September

Hep C & Liver Scans

Checks and scans available

9th September

Quit Ready

Quitting smoking is personal. Come and speak to the team for more information about the support available through this journey

Charnwood Volunteering Team

Discover the difference volunteering can make! Explore exciting opportunities, boost your mental health and wellbeing, meet new people, and gain valuable experience and skills for your future

16th September

Citizens Advice Bureau

Free, confidential and impartial advice and support to help with the cost of living and energy bills

23rd September

Quit Ready

Quitting smoking is personal. Come and speak to the team for more information about the support available through this journey

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