

What's on at Fearon Hall in October

Mondays

9.30am-12.30pm (term time only)

- **Loughborough College Community ESOL**
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.

12noon-1pm (first Monday of the month)

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

12.30pm-2.30pm (ends on 19th Oct)

- **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 (term time only)

- **Loughborough College Community ESOL**
See Monday for enrolment details.

10am-12noon

- **Knit & Natter**
Peer led 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 of groceries.

4.30pm-5.30pm

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

20th October, 11am-12noon

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

Wednesdays

9am-2pm

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

10am-12noon (14th and 21st Oct)

- **Art Activities**
Peer led art sessions with free activity pad.

10am-12noon (starting 28th Oct)

- **Tree of Hope**
Help us create our Christmas Tree for the annual festival at All Saints Church.

10am-12noon (term time only)

- **Knitting & Sewing with EmpowHER**
For more information email
minara@equalityaction.org.uk

10am-3pm (term time only)

- **Loughborough College Community ESOL**
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

- **The 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.

10am-12noon and 2pm-4pm

- **The Bridge**
Housing support.

10am-3pm (term time only)

- **Loughborough College Community ESOL**
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.

10m-2pm (term time only)

- **Beauty Treatments**
Bookable mini manicures/pedicures,
foot/hand/head massages. Email, call
or pop in to book yourself in.

9th October, 1pm-2pm

- **Make-up Workshop**
Tips and tricks to enhance your look.
Bring your own make-up. Email, call
or pop in to book yourself in.

10am-12noon and 2pm-4pm

- **The Bridge**
Housing support.

10.30am-12noon (starting 30th Oct)

- **Art on a Friday (booking essential)**
Small group taught course developing
skills in mixed media. Email, call
or pop in to book yourself in.
£3 per person per session.

11am-12noon

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

11am-12.30pm

- **Men's Table Top Games Group**
Free play and chat for men,
incorporating Fearon Chess Club.

12.30pm-2pm (last Friday of the month)

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

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.

Saturdays

9am-1pm (first Saturday of the month)

- **The Weekend Vegan Café**
Vegan breakfast goodies.

Sundays

1pm-4pm

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

4th & 18th October, 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

Rectory Road
Loughborough
LE11 1PL
01509 230629
office@fearonhall.org.uk

Scan for
more info
and events

