

the hello help hub

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 November

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. **Please note our Workwell Coach will not be available on 25th Nov.**
- Police liaison and general community safety advice.
- Complimentary therapies.
- **English Class, 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.

NEW

- **Menopause Support**
  A friendly, informal space to talk all things menopause. Come along for advice, support and practical tips around symptoms, wellbeing and self-care, or simply have a cuppa and connect with others who understand.

NEW

- **Active Charnwood Move Your Way Physical Activity Class, 2-3pm**
  Starting 11th November
  Simple ways to get your body moving with gentle stretching movement activities and games including Boccia and Pickle Ball.

Additional support in November

4th November

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

11th November

Department of Work & Pensions (DWP)
Advice and guidance on DWP services including accessing Work Coach, disability employment and benefits, recruitment consultant support and other services available via www.gov.uk. Some enquiries are subject to sufficient identity verification being provided.

Falcon Support Services
Harm Reduction Team
The Falcon Support Services Harm Reduction Team can offer practical advice to help you stay safer, talk through any concerns about your substance use and help you explore the support that feels right for you. They can also help connect you with treatment and recovery services if and when you're ready.

18th November

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

Quit Ready
See information above.

Scan me for more about the hello help hub

Note:
Support agencies may change at short notice

Fearon Hall Community Centre
The urban village hall in the heart of Loughborough
fearonhall.org.uk @fearonhall

Better Mental Health For all

NHS
Leicester, Leicestershire and Rutland