



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 October

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.
- Complimentary therapies.
- **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 October

7th October

Quit Ready

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

14th October

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.

Citizens Advice Bureau

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

Voluntary Action Leicester

Support to help people into volunteering.

21st October

Citizens Advice Bureau

See information above.

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
fearonhall.org.uk [f](#) [i](#) [x](#) [@fearonhall](#)



NHS
Leicester, Leicestershire and Rutland