What's on at Fearon Hall in November

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.

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



Fearon Hall
Community Centre

The urban village hall in the heart of Loughborough

fearonhall.org.uk @fearonhall

Wednesdays

9am-2pm
- **Café in the Hall**
  Good food and a friendly welcome.

10am-12noon
- **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.

18th November, 3pm-4pm
- **Leicestershire Police Beat Surgery**
  Meet your local beat officers to discuss issues and concerns.

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.

6th November, 1pm-2pm
- **Aromatherapy Workshop**
  Discover aromatherapy and learn breathing techniques for wellbeing. Email, call or pop in to book yourself in.

10am-12noon and 2pm-4pm
- **The Bridge**
  Housing support.

10.30am-12noon
- **Art on a Friday (booking essential)**
  Small group taught course developing skills in mixed media.
  £3 per person per session.
  Please note current course is full. Bookings now being taken for the January course.

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 (fisrt Saturday of the month)
- **The Weekend Vegan Café**
  Vegan breakfast goodies.

21st November, 2pm-5pm
- **Wellbeing Fair**
  An afternoon of wellbeing activities with Anand Mangal, Equality Action and Brahma Kumaris. Free to attend.

Sundays

1pm-4pm
- **Bike Repair Workshop**
  Weekly classes and open sessions by Two Wheel Campus.

8th & 22nd November, 2pm-4pm
- **Flourish Group**
  Support for those with a loved one struggling with addiction or recovery.

Rectory Road
Loughborough
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01509 230629
office@fearonhall.org.uk

Scan for more info and events