



WHAT'S GOING ON - AROUND OADBY

DAY	GROUP DETAILS	CONTACT/ADDRESS
Mondays	Helping Hands: 10.00am- 1.00pm Appointment only support with benefits, finances, bills	South Wigston Centre 66-68 Blaby Road, South Wigston, LE18 4SD Tel: 0116 2782001 Email: office@helpinghandscentre.co.uk
	Walking Group: 11:00am-12:00pm	Meet @ Tesco, South Wigston For more information and to register email: active.together@oadby-wigston.gov.uk
	Community Fridge: 1:30pm-2:30pm Pick up free, good quality food	Wigston Children & Families Centre Long Street, Wigston LE18 2AH Contact Hayley Downing 0116 305 5282
Tuesdays	Seated Activity: 10:30am-11:15am First session free, then £2. Sessions will help improve your stability, balance and overall strength	Freer Community Centre, 242 Leicester Rd, Wigston LE18 1HQ To find out more information or book your place: email active.together@oadby-wigston.gov.uk or call 07464 901190
Wednesdays	Work & Skills, Leicestershire: 10:00am-12:00pm Employment Hub Drop-in	Wigston Magna Library Bull Head Street LE18 1PA
	Helping Hands: 10.00am- 1.00pm Appointment only support with benefits, finances, bills	South Wigston Centre 66-68 Blaby Road, South Wigston, Leicestershire LE18 4SD Tel: 0116 2782001 Email: office@helpinghandscentre.co.uk
	Walking Group: 11:00am-12:00pm	Meet @ Two Steeples Pub, Wigston For more information and to register email: active.together@oadby-wigston.gov.uk

	<p>Community Fridge:</p> <p>1:30pm-2:30pm Pick up free, good quality food</p>	<p>Wigston Children & Families Centre Long Street, Wigston LE18 2AH</p> <p>Contact Hayley Downing 0116 305 5282</p>
	<p>Friends of BOW LD Network: Dates on request</p>	<p>Dipika.patel@leics.gov.uk and karen.davis@leics.gov.uk St Marys Church Hall, Countesthorpe Road, South Wigston LE18 4PG</p>
Thursdays	<p>Falcon Support:</p> <p>10:00am-12:00pm Drop in</p>	<p>at Hub Club, Hope Community Church, Bull Head Street, Wigston, LE18 1PA</p> <p>Falcon Support Services, Housing/Homelessness/Substance and alcohol misuse Contact Janine Lane 07881509322</p>
	<p>Community Fridge:</p> <p>1:30pm-2:30pm Pick up free, good quality food</p>	<p>Wigston Children & Families Centre Long Street, Wigston LE18 2AH Contact Hayley Downing 0116 305 5282</p>
	<p>Helping Hands:</p> <p>10:00am – 3:00pm Drop in support with benefits, finances, bills</p>	<p>Wigston URC Church, 43 Long Street, Wigston Magna, LE18 2AJ</p>
Fridays	<p>Community Fridge:</p> <p>10:45pm-11:45pm Pick up free, good quality food</p>	<p>Wigston Children & Families Centre Long Street, Wigston LE18 2AH Contact Hayley Downing 0116 305 5282</p>
	<p>Helping Hands:</p> <p>10.00am- 1.00pm Appointment only support with benefits, finances, bills</p>	<p>South Wigston Centre 66-68 Blaby Road, South Wigston, Leicestershire LE18 4SD Tel: 0116 2782001 Email: office@helpinghandscentre.co.uk</p>

	<p>Oadby Foodbank:</p> <p>11:30am-12:30pm</p> <p>Alternate Fridays</p>	<p>Trinity Methodist Church, Harborough Road, Oadby LE2 4LA</p> <p>Contact: 07723121794</p>
Saturdays	<p>Walking Group:</p> <p>9:30am-10:30am</p>	<p>Meet @ Methodist Church, South Wigston</p> <p>For more information and to register email: active.together@oadby-wigston.gov.uk</p>
	<p>Crisis Café:</p> <p>5:00pm-11:00pm</p> <p>Drop in Mental health and wellbeing</p>	<p>Turning Point 40 Bell Street, Wigston, LE18 1AD</p>
Local Information/ Groups & Activities	<p>Reading groups, children's activities, knitting, crafts, singing and much more</p>	<p>Wigston Library Bull Head Street, Wigston, LE18 1PA</p> <p>For opening times, etc: 0116 305 3689 wigstonlibrary@leics.gov.uk(link sends email) https://www.leicestershire.gov.uk/leisure- and-community/libraries/find-a- library/wigston-library</p>
	<p>Read, study, relax, log on</p> <p>Craft groups, games group,</p>	<p>South Wigston Library, Bassett Street, South Wigston, LE18 4PE</p> <p>For opening times, etc: 01455 320460 01455 323020 https://menphys.org.uk/the-menphys- hub/ https://www.leicestershire.gov.uk/leisure- and-community/libraries/find-a- library/south-wigston-library</p>
	<p>Oadby Foodbank</p>	<p>Foodbank can arrange to meet donators or to collect large donations of food, need to be contacted in good time call/ text 0772 3121794</p>

Residents Forum – Every three months	Residents Forum Meetings: Oadby, South Wigston and Wigston Magna	Oadby & Wigston Borough Council More information online: https://www.oadby-wigston.gov.uk/ Call: 0116 2888961 Email: csc@oadby-wigston.gov.uk Or contact Mark Smith on 0116 257 2675 Mark.Smith@oadby-wigston.gov.uk
Transport	Community Transport: Voluntary transport service	Community Action Partnership Bassett Street Community Hub, Bassett Street, South Wigston, LE18 4PE Community@communityap.org.uk 0116 2887482
Carers	Support for Carers: Information and support for unpaid carers	Maureen@supportforcarers.org 01858 468543
Sports/ Health/ Fitness	Oadby & Wigston Sports Alliance Bringing people together: sports, health and wellbeing	Active Oadby & Wigston https://www.activeoadbywigston.org.uk 0116 2572673 07464901190 Email active.together@oadby-wigston.gov.uk
	Everyone Active: Swimming, Gym, Fitness classes	Parklands Leisure Centre, Washbrook Lane, Oadby, LE2 5QG 0116 272 0789 https://www.everyoneactive.com/centre/parklands-leisure-centre/ Wigston Pool & Fitness Centre Station Rd, Wigston LE18 2DP
	Active Oadby & Wigston: Various fitness/health activities	Online: https://www.activeoadbywigston.org.uk/ Email : active.together@oadby-wigston.gov.uk
	Waterways Wellbeing Canoe and Paddle- boarding Sessions to improve health/ wellbeing	Kilby Bridge/Aylestone Contact Canal & River Trust Sean Payne, Community Wellbeing Coordinator, South Leicestershire 07795 057 198 sean.payne@canalrivertrust.org.uk