



# Shuttlewood Clarke Foundation

## Activity and Events Schedule

Registered Charity 803525

### October 2017

Session	Venue	Time	Cost	Book
Monday 2 <sup>nd</sup> October				
<b>Men's Day at Ulverscroft Manor</b> A game of dominoes, a game of Kurling, Skittles, Boccia or just a chat while enjoying the camaraderie of this monthly social group including a 2 course home cooked meal. Numbers are limited so please contact Kathleen 07860 639693	UM	10.30am – 3.00pm	£7.50 Don.	√
Tuesday 3 <sup>rd</sup> October				
<b>Chapter Chats Book Club</b> Join our social book group, a welcoming group for people of all ages who enjoy reading.	UAC	10.00am – 11.30am	FREE	
<b>Sing for Fun and Wellbeing</b> Singing is not technical it is fun! You can Sing too!! You will quickly learn the real essentials for singing, which are, how to relax your body, how to breathe and how to listen! All are welcome, come and have a go!	UAC	1.00pm – 3.00pm	£3.50	√
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UM	1.30pm – 2.30pm	FREE	√
Wednesday 4 <sup>th</sup> October				
<b>Dancercise</b> A low impact fun workout to music - incorporating yoga resistance bands, Pilates, stretching and music from the 1950's through to the present day! 10.00am - 11.00am - followed by a social in the tearooms!	UG	10.00am – 11.00am	£3.00	√
<b>Pink Ribbon Programme</b> A free rehabilitation programme for people who have had breast cancer surgery. It is equally suitable for recent survivors and those whose surgery was some time ago but who have failed to recover full mobility and muscle strength in affected areas. For more information or to book a place call Kathleen 07860 639693 – <b>FULLY BOOKED</b>	UAC	2.00pm – 4.00pm	FREE	√
Thursday 5 <sup>th</sup> October				
<b>Health and Wellbeing Support Thursdays</b> Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available. Optional activities include: <ul style="list-style-type: none"> <li>• Seated Yoga with Paula</li> </ul>	UM	10.00am – 3.30pm	FREE	

<p>Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. - 10.30am - £3.50 - Activity Centre ✓</p> <ul style="list-style-type: none"> <li>• <b>Relaxation</b> with Paula Take the opportunity to improve your sense of wellbeing and inner calm. Enjoy learning mindfulness, meditation and breathing techniques to relax your body and calm your mind. - 12noon, £3.50 – UM ✓</li> <li>• <b>MS Drop In Support Group - 1.30pm-4.00pm – MS support group meeting in the Activity Centre for a social afternoon of Kurling, Skittles and Quoits.</b></li> <li>• SCF Doodlers and crafts - 10.30am – UM</li> <li>• Chiropody / Reflexology. Appointments from 9.00am onwards- £16.00 ✓</li> </ul>				
<p><b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul.</p>	YURT	11.00am – 12noon	£5.00	✓
<b>Friday 6th October</b>				
<p><b>Sewing Machine Workshop</b> At these monthly workshops you will learn how to make blocks of your choice to create your own quilt - Telephone kathleen 07860 639693</p>	UAC	10.00am – 3.00pm	£15	✓
<b>Monday 9<sup>th</sup> October</b>				
<p><b>Coffee Pot Club</b> A social group that meet at Ulverscroft Grange, you are also welcome to bring your knitting or crafts to the group.</p>	UG	10.00am – 12noon	FREE	
<b>Tuesday 10<sup>th</sup> October</b>				
<p><b>Tai Chi</b> A Chinese exercise system of slow motion, movement and breathing. Designed to strengthen and relax, improve balance and coordination, posture and mobility while creating a sense of general wellbeing and harmony!</p>	UAC	10.30am – 11.30am	£5.00	✓
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential</p>	UAC	1.30pm – 2.30pm	FREE	✓
<p><b>Singing for Fun and Wellbeing</b> Singing is not technical it is fun! You can Sing too!! You will quickly learn the real essentials for singing, which are, how to relax your body, how to breathe and how to listen! All are welcome, come and have a go!</p>	UAC	1.00pm – 3.00pm	£3.50	✓
<b>Wednesday 11<sup>th</sup> October</b>				
<p><b>Dancercise</b> A low impact fun workout to music - incorporating yoga resistance bands, Pilates, stretching and music from the 1950's through to the present day! 10.00am - 11.00am - followed by a social in the tearooms!</p>	UG	10.00am – 11.00am	£3.50	✓

<p><b>Pink Ribbon Programme</b> A free rehabilitation programme for people who have had breast cancer surgery. It is equally suitable for recent survivors and those whose surgery was some time ago but who have failed to recover full mobility and muscle strength in affected areas. For more information or to book a place call Kathleen 07860 639693 – <b>FULLY BOOKED</b></p>	UAC	2.00pm – 4.00pm	FREE	√
Thursday 12 <sup>th</sup> October				
<p><b>Health and Wellbeing Support Thursdays</b> Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available. Optional activities include:</p> <ul style="list-style-type: none"> <li>• <b>Seated Yoga</b> with Lorna Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. - 10.30am - £3.50 - Activity Centre √</li> <li>• <b>Relaxation</b> with Lorna A chance to experience relaxation and relief from stress and tension through imagery and visualisation techniques along with affirmations to promote a positive outlook on life - 12noon, £3.50 – UM √</li> <li>• <b>Pulmonary Fibrosis support group 1.30pm-3.30pm - UM</b> Have you or someone you care for been diagnosed with pulmonary fibrosis? Would you like to meet and talk to others in the ‘same boat?’</li> <li>• SCF Doodlers and crafts 10.30am – UM</li> </ul>	UM	10.00am – 3.30pm	FREE	
Friday 13 <sup>th</sup> October				
<p><b>Design and Create</b> A Group for textile enthusiasts who meet each month to share ideas and have fun with designing &amp; creating.</p>	UAC	12.30pm – 3.00pm	£5.00	√
<b>Quarterly Newsletter Publish date – News and Updates from SCF</b>				
Tuesday 17 <sup>th</sup> October				
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential</p>	UAC	1.30pm – 2.30pm	FREE	√
<p><b>Model Railway open Evening</b> Our amazing model railway was the brain child of our founder the late David Clarke. Construction of the railway was started in 1977. It was designed from the outset to be a technical exercise in the operation of points and signals based upon the Great Western Railway of the 1930's.</p>	UG	7.30pm – 9.30pm	Don.	√

Wednesday 18 <sup>th</sup> October				
<b>Dancercise</b> A low impact fun workout to music - incorporating yoga resistance bands, Pilates, stretching and music from the 1950's through to the present day! 10.00am - 11.00am - followed by a social in the tearooms!	UG	10.00am – 11.00am	£3.50	√
<b>Pink Ribbon Programme</b> A free rehabilitation programme for people who have had breast cancer surgery. It is equally suitable for recent survivors and those whose surgery was some time ago but who have failed to recover full mobility and muscle strength in affected areas. For more information or to book a place call Kathleen 07860 639693 – <b>FULLY BOOKED</b>	UAC	2.00pm – 4.00pm	FREE	√
Thursday 19 <sup>th</sup> October				
<b>Health and Wellbeing Support Thursdays</b> Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available. Optional activities include: <ul style="list-style-type: none"> <li>• <b>Seated Zoga</b> with Rachel  Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £3.50 - Activity Centre √</li> <li>• <b>Relaxation / Meditation</b> with Sharron  Experience relaxation with guided visualisation, meditation and calming techniques for a greater sense of wellbeing - 12noon, £5.00– UAC √</li> <li>• <b>Fibromyalgia Friends Together – UM – Call Kathleen 07860 639693</b>  Come along and have a coffee and a chat with fibromyalgia friends in the beautiful house and gardens of Ulverscroft Manor – Social chat and support 11.30am – 1.00pm. Group meeting 1.15pm – 2.30pm</li> <li>• SCF Doodlers and crafts – 10.30am</li> <li>• Chiropody / Reflexology. Appointments from 9.00am onwards- £16.00 √</li> </ul>	UM	10.00am – 3.30pm	FREE	
<b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul.	YURT	11.00am – 12noon	£5.00	√
Tuesday 24 <sup>th</sup> October				
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential.	UM	1.30pm – 2.30pm	FREE	√
Wednesday 25 <sup>th</sup> October				
<b>Dancercise</b> A low impact fun workout to music - incorporating yoga resistance bands, Pilates, stretching and music from the 1950's through to the present day! 10.00am - 11.00am - followed by a social in the tearooms!	UG	10.00am – 11.00am	£3.50	√

<p><b>Volunteer Recruitment Afternoon</b> The Foundation has many volunteering opportunities available. Drop in anytime between 3.00pm and 6.30pm to learn a little more about the diverse and rewarding roles for volunteers at the Foundation. For more information please call Rachel Lowe on 01530 244914</p>	UAC	3.00pm – 6.30pm	FREE	
Thursday 26 <sup>th</sup> October				
<p><b>Health and Wellbeing Support Thursdays</b> Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available.</p> <p>Optional activities include:</p> <ul style="list-style-type: none"> <li>• <b>Seated Exercise class</b> with Suky Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £3.50 - Activity Centre ✓</li> <li>• <b>Mindfulness</b> with Emma Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. Simple techniques and activities which help you to: improve your wellbeing, reduce anxiety, manage your feelings, calm your mind to spend more time in the present - 12noon to 1pm - £5.00 - Activity Centre ✓</li> <li>• SCF Doodlers and crafts 10.30am</li> <li>• <b>Pernicious Anaemia support group – 10.00am – 12noon – UM</b> <b>NEW GROUP</b> - Leicestershire Pernicious Anaemia Society Support Group Telephone Kathleen 07860 639693 for more information.</li> <li>• <b>Young onset dementia support group – 1.30am – 3.30pm - UAC</b> A social group for people under 70 years of age, with Young Onset Dementia, their partners, friends or Carers to enjoy Today. Support, Chat &amp; Laugh Together. Activities include Kurling, Skittles, Boccia, Quoits. Please call Kathleen on 07860 669693 for more details.</li> </ul>	UM	10.00am – 3.30pm	FREE	
Friday 27 <sup>th</sup> October				
<p><b>Monthly Men’s Group and Dominoes</b> A social group to discuss shared interests in good company. Enjoy a cup of tea and biscuits and try your hand at dominoes (including tea and biscuits)</p>	UM	10.30am -2.00pm	£4.00	✓
<p><b>Monthly Art Group</b> Learn the techniques and skills required to enjoy watercolour painting - <b>Class full</b></p>	UAC	10.30am – 12.30pm	£5.00	✓
<p><b>Monthly Craft Club</b> Bring your craft project and enjoy this social, supportive, inclusive and friendly group (including tea and biscuits)</p>	UM	10.30am -2.00pm	£4.00	✓
<p><b>Games at the Grange</b> Join our social table for friendly chatter and a variety of board / traditional games.</p>	UG	1.00pm – 2.30pm	FREE	

Monday 30 <sup>th</sup> October				
<b>Wellbeing Memory and Me – Support Group</b> Enjoy the moment! A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY! Drop in to the Manor for tea and cake in an inclusive and friendly setting.	UM	2.00pm – 3.30pm	don	
Tuesday 31 <sup>st</sup> October				
<b>Happy Art</b> Happy Art Join us for a meditative artist led session. A time to release stress, promote wellbeing and practice mindfulness through painting. Release the stresses of everyday life, listen to beautiful music and strengthen your own ability to combat your negative thought patterns. Booking essential.	UAC	10.30am – 12.30pm	£5.00	√
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential.	UM	1.30pm – 2.30pm	FREE	√
<b>Sing for Fun and Wellbeing</b> Singing is not technical it is fun! You can Sing too!! You will quickly learn the real essentials for singing, which are, how to relax your body, how to breathe and how to listen! All are welcome, come and have a go!	UAC	1.00pm – 3.00pm	£3.50	√
<b>Winning Lottery Numbers August:-</b> 117 034 043 STABLE YARD GALLERY :- EXHIBITORS FOR OCTOBER CAROLE LYODD – PLEASE CALL JAMES ON 01530 244914				

**Ulverscroft Grange Community Support and Wellbeing centre is open Monday – Friday  
10.00am – 3.30pm**

☎ 01530 244914 Email [hello@shuttlewood-clarke.org](mailto:hello@shuttlewood-clarke.org) [www.shuttlewood-clarke.org](http://www.shuttlewood-clarke.org)



Ulverscroft Manor, Priory Lane, Ulverscroft, Leicester, LE67 9PH (UM)



Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicester, LE67 9QB (UG)



Ulverscroft Activity Centre, Ulverscroft Manor, Priory Lane, Leicester, LE67 9PH (UAC)