

Shuttlewood Clarke Foundation  
Registered Charity 803525



**Shuttlewood  
Clarke  
Foundation**

**April 2017**

Welcome to the third edition of our quarterly newsletter. May we take this opportunity to thank you again for your continued support! If you would like to receive this newsletter via email then please send your email address to [hello@shuttlewood-clarke.org](mailto:hello@shuttlewood-clarke.org)

### **Volunteer Story**

As promised we will feature different volunteering stories in each addition. Volunteers are the life blood of the Foundation, with over 100 dedicated volunteers supporting the core activities of the Foundation. With opportunities for one off support, weekly or more why not consider joining our wonderful volunteering team and help us to help others!

Danielle started with us in the Tea Rooms as a shy, young 20 year old a year ago and has developed beautifully into a strong, funny and confident young adult during her time here at the Shuttlewood Clarke Foundation. Danielle truly has blossomed and admits her experience with us in the Tea Rooms has played a huge part in that self-development.

“I really enjoy it and I am so glad I started here” Danielle said “It has helped me more to socialize and I love being with people, my confidence has grown and I enjoy the camaraderie with both fellow volunteers and staff, who have helped me every step of the way. I am progressing now to serving on the counter and being on the till” Danielle continues “I have made such good friends and look forward to coming here”

Equally excited to come along on a weekly basis is young Arthur whose experience with the Grow with Us Project is one of so much joy and satisfaction.

Arthur came along with his support worker less than a year ago now and has taken on the huge task of developing his very own plot. Arthur so very much looks forward to his weekly visit come rain or shine, there has never been an excuse from him not to come along.

Our regular volunteers Paul and Keith who look after the project are amazed by Arthur's dedication and commitment. The enjoyment he gets from it is plain to see even when temperatures have reached -3 at Shuttlewood, still Arthur, much to his support workers dismay, has insisted on his visit. His plot is a credit to him, the hard work and attention he has given is obvious for all to see.

## Ulverscroft Manor day visits

The objectives of a day visit to Ulverscroft Manor are to provide a pleasant day out, reduce social isolation, offer respite and give support to those who are living with a disability or illness or aged over 70. On Tuesday 28th March Syston District volunteer Centre attended the manor for a day visit. One gentleman Mr. Stokes has been coming to the manor for 14 years, he likes to sit in the same place every time he visits because it is a light area which he needs due to struggling with his eyesight. He said he has had a lot of happiness from visiting the Manor and he also gets to be in the company others. His wife of 69 years also joins him and she said it is a lovely socialization time for them both. Mrs Stokes was feeling unwell but still had to come along as she didn't want to miss out on the day. Her philosophy on life was 'don't be miserable keep yourself mobile and smile 😊' It was lovely to see the group enjoying the day!



## Why did the Shuttlewood Clarke Foundation introduce Support Thursdays?

For many years, when people were diagnosed with a disability they were told to rest. Now research has shown that advice had a detrimental effect on people's strength and mobility and even contributed to pain and fatigue. Research has also shown how being lonely and unsupported increases the risk of becoming ill. We consulted, researched and trialled new services. These included seated yoga or rather armchair yoga which gives gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. We looked at relaxation, which is not sitting watching the TV, reading a book or even having a sleep, but teaching the brain - a very complex organ - the skills it needs to relax. Classes teach people to relax through imagery and visualisations helping to reduce stress, tension and anxiety to give a healthy mind and body. This research resulted in the introduction of Support Thursdays in February 2014.

Support Thursdays continued to evolve and now we have Health & Wellbeing Support Thursdays which are available weekly. People are invited to come along for a coffee and chat in the beautiful house and gardens of Ulverscroft Manor. These free drop in sessions offer the opportunity to socialise, have fun and reenergise the body and mind. Inclusive and supportive - they welcome people with a disability or illness such as Arthritis, ME, CFS, Multiple Sclerosis, Stroke, Anxiety, Depression, Cancer, Parkinson's, Fibromyalgia etc. together with partners, friends, carers & PAs. There is also an opportunity to take part in the optional classes of seated yoga, relaxation, meditation, laughter therapy, chiropody, reflexology and zoga. Yes, it is Zoga and not a spelling mistake! It is yoga with a zest, performed to music and named by the people taking part in the class. We also offer light refreshments, as joining together to enjoy a delicious cake or light meal leads to greater social interaction, which also improves health and wellbeing.

Jodie Hodges, who has been attending the seated yoga and zoga classes since they started says "Because of my disability I have difficulty walking, the seated yoga and zoga classes have loosened me up which helps me to keep moving - it really does help"

Joan Beck says "Support Thursdays gave me my life back"

Julie Richards, who attends the relaxation and meditation classes says "I am so grateful to the Shuttlewood Clarke Foundation because these classes help with my MS and even got me through the stress of moving house."

The days have now developed to include support groups - 1st Thursday is a Multiple Sclerosis Drop In, 2nd Thursday is a Pulmonary Fibrosis support group, 3rd Thursday is Fibromyalgia Friends Together and the last Thursday is for Young Onset Dementia.

From April 2016 to March 2017- 1550 people have attended Support Thursdays with a minimum of 15 and a maximum of 59 people, thus giving a weekly average of 31 people.

## Promotion

The Foundation's staff team continues to promote the comprehensive work of the Foundation through talks to local groups and organisations.

We were delighted to attend the EASE group on Tuesday 28th February and the Charnwood Road Baptist Ladies Fellowship meeting on Wednesday 29th March. Thank you for your generous donations toward the ongoing work of the Foundation. We would welcome more opportunities to talk to local groups about the Charity's history, work and supportive services. If you are interested in learning more then please do not hesitate to contact us for more information! We enjoy meeting you all!

## Vista - Tuesday 21st March 2017 - Devonshire Place

Over 40 organisations were welcomed to the Vista Befriending Health and Wellbeing Day on Tuesday 21st March 2017. Charlotte Turlington Principal Manager at the Foundation attended and enjoyed chatting to all regarding the Foundation's many activities and services. Vista invited people with sight loss, their family, friends, volunteers and carers to drop in and the day was well supported and appreciated by all those in attendance!

The Foundation continues to work alongside other organisations to provide information, advice and support. With information hubs based at both the Manor and the Grange, anyone is welcome to take home leaflets to read and refer to. In addition Ulverscroft Grange has continued to play host to a number of regular support days, where representatives of disability support organisations such as Prostaïd, Macmillan, Stroke Association and Age UK have provided information and advice to those living with a variety of illnesses and disabilities.

## Forthcoming Dates      Tuesday 23<sup>rd</sup> May – Alzheimer's Society

If you or your organisation are able to assist with providing an information stand that would be beneficial in distributing literature and advice to our visitors then please get in touch we would welcome the opportunity to discuss this further.



For more information regarding the work of the Foundation then please visit our website and social media pages. Pages are updated on a daily basis so please check in for news, events promotions and more!

[www.shuttlewood-clarke.org](http://www.shuttlewood-clarke.org)

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