

# What's On January



**Shuttlewood  
Clarke  
Foundation**

## Activity and Events Schedule

Session	Venue	Time	Cost	Book
Tuesday 2 <sup>nd</sup> January				
<b>Chapter Chats Book Club</b> Join our social book group, a welcoming group for people of all ages who enjoy reading. Discussing 'The Boy with the Top Knot'	UAC	10.00am – 11.30am	FREE	
<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 3 <sup>rd</sup> January				
<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!	UAC	10.00am – 11.00am	£3.00	√
Thursday 4 <sup>th</sup> January				
<b>Chiropody Only Today</b> No Support Thursday social, classes or support group	UAC	9.00am – 2.00pm	£16.00	√
Monday 8 <sup>th</sup> January				
<b>TEAROOMS AND CHARITY SHOP REOPEN</b>				
<b>Coffee Pot Club</b> A social group that meet at Ulverscroft Grange, you are also welcome to bring your knitting, games, books or crafts to the group. Refreshments available to purchase in the tearooms.	UG	10.00am – 12noon	FREE	
Tuesday 9 <sup>th</sup> January				
<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!	UAC	10.30am – 11.30am	£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	√
Wednesday 10 <sup>th</sup> January				
<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	√

Thursday 11 <sup>th</sup> January				
<b>Health and Wellbeing Support Thursdays</b>  PLEASE NOTE THAT Ulverscroft Manor is closed for cleaning. No refreshments available today!  <ul style="list-style-type: none"> <li>• Seated Yoga with Lorna Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. - 10.30am - £4.00- Activity Centre ✓</li> <li>• Relaxation 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, £4.00– Activity Centre ✓</li> </ul> Chiropody Only - in Ulverscroft Manor ✓	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	✓
Friday 12 <sup>th</sup> January				
<b>Design and Create</b> A Group for textile enthusiasts who meet each month to share ideas and have fun with designing & creating.	UAC	12.30pm – 3.00pm	£5.00	✓
Tuesday 16 <sup>th</sup> January				
<b>Gentle Yoga Class</b> This class provides you with a wonderful opportunity to stretch and re-energize your body in a gentle way. A regular Yoga practice fosters a balanced state of mind, reduces stress levels and brings harmony into your life. Through gentle postures, breath-work, relaxation and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided.	UAC	10.30am – 11.30am	£5.00	✓
<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!	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	✓
<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.	UG	7.30pm – 9.30pm	Don.	✓

LIMITED SPACES – Booking Essential				
Wednesday 17 <sup>th</sup> January				
<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	√
Thursday 18 <sup>th</sup> January				
<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 £4.00 - 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 –Group meeting 1.15pm – 3.15pm</li> <li>• <b>Pulmonary Fibrosis support group 1.30pm-3.30pm – Activity Centre</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?' Activity Centre</li> <li>• <b>SCF Doodlers and crafts 10.30am</b></li> </ul>	UM	10.00am – 3.30pm	FREE	
Tuesday 23 <sup>rd</sup> January				
<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!	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 24 <sup>th</sup> January				
<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!	UAC	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	UAC	1.30pm – 3.30pm	FREE	√
Thursday 25 <sup>th</sup> January				
<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 Exercise class</b> with Suky  Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £4.00 - 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>• <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> <li>• SCF Doodlers and crafts 10.30am</li> </ul>	UM	10.00am – 3.00pm	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	√

Friday 26 <sup>th</sup> January				
<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)	UM	10.30am -2.00pm	£3.00	√
<b>Monthly Art Group</b> Learn the techniques and skills required to enjoy watercolour painting - <b>Class full</b>	UAC	10.30am – 12.30pm	£5.00	√
<b>Monthly Craft Club</b> Bring your craft project and enjoy this social, supportive, inclusive and friendly group (including tea and biscuits.	UM	10.30am -2.00pm	£3.00	√
Tuesday 30 <sup>th</sup> January				
<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!	UAC	1.00pm – 3.00pm	£3.50	√
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Wednesday 31 <sup>st</sup> January				
<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	UAC	1.30pm – 3.30pm	FREE	√
<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!	UAC	10.00am – 11.00am	£3.50	√

**A discount applies to some classes that are pre-booked and prepaid in advance – Please see individual session posters for more details.**

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

We will reopen on Monday 8<sup>th</sup> January at 10.00am after the festive break

We look forward to welcoming you in 2018!



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  
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