

## Shuttlewood Clarke Foundation Quarterly Newsletter

**JULY 2017**

### ACTIVITY CENTRE OPEN DAY

On Wednesday 14<sup>th</sup> June we were delighted to host the Activity Centre open day. It was fantastic to see so many of our valued supporters, volunteers and friends. The drop in session provided the ideal opportunity to visit the new Activity Centre and to learn more about the inspirational activities and services that the Foundation continues to develop and offer.

Attendees were invited to view the creative book of inspiration, which included photographs of the building of the activity centre alongside quotations from the donors that supported the project. Thank you to everyone that was able to come along. We hope that you enjoyed the tea and cake too! Don't forget we are currently promoting our sponsor a chair initiative. We have over 100 chairs in the activity centre that are seeking a sponsor. Are you or your organisation able to help? For more details please call Helen Baxter or click [here](#)

*Activities Coordinator*

**Helen Baxter**

Shuttlewood Clarke Foundation  
01530 244914



### LITTLE MARKFIELD FARM OPEN DAY

Once again we were delighted to be invited to attend the Little Markfield Farm open day on Sunday 11<sup>th</sup> June. The weather was kind and the warm temperatures ensured that the event was well attended and enjoyed. Meeting new people and chatting to visitors provides us with the opportunity to promote our diverse activities, volunteering opportunities as well as raising funds for the charity. Thank you to Brenda Featherstone and all of the family for choosing the Foundation as a charity which will benefit from the Open Farm Sunday initiative - and for making us feel so very welcome at Little Markfield Farm!



Support Services Manager

**Kathleen Wass**

Shuttlewood Clarke Foundation  
07860 639693



## YOUNG ONSET DEMENTIA SUPPORT GROUP

It came to the attention of the Shuttlewood Clarke Foundation Advisory Group that there was a lack of services for people diagnosed with young onset dementia. That health care professionals were struggling to find appropriate support for their patients, and that both the people with young onset dementia as well as their carers felt isolated. The support groups available were designed for older people and were not able to meet the needs of younger people living with dementia. Having identified this need, the Young Onset Dementia Support Group was started. The aim of the group was to be an informal social group whilst also providing appropriate information about services available within the area, as well as organising activities

for its members. The first meeting, in April 2016, was attended by 8 people. During the last year numbers have gradually increased so that there are now in excess of 20 people attending each meeting.

Members can enjoy participating in kurling and skittles. The social side is also very important, giving members the opportunity to not only chat and laugh together, but to also share information and concerns and so supporting each other. Members also have the opportunity to gain advice and support about difficulties they may be experiencing from the group leaders who have knowledge and experience of working with Young Onset Dementia. There have also been visits to the group from the Alzheimer's society, Care on Line, speech therapists and assistive technology. The group have worked with the Leicestershire County Council on a very successful 8 week pilot scheme of Mindfulness. Please read below for some insight in to the nature of the sessions and feedback we have received.

*Richard & Christine Scutter say 'It helps because you meet like - minded people in the same situation experiencing similar problems which you can share and help each other, making the cruel Alzheimer's disease seem slightly bearable knowing the new friends you have met with will be there to help you'*

*Kathy Gill says 'Before we joined the Young Onset group at Shuttlewood Clarke, I felt quite isolated as the wife of a person living with FTD (Frontotemporal dementia). It was such a relief to meet other people in a similar situation and to be able to exchange experiences with someone who understood. It is a really friendly and supportive group. All the staff have such empathy I can relax and be myself, a rare and valuable experience.'*

*'Hi, my name is Alex Preston and I live with young onset dementia. Over the past 3 years I have seen services for young people developed in Leicester and Leicestershire. The Young Onset Dementia Support Group is without doubt the best group I have attended. I enjoy meetings as they are fun with good activities. No one is pressured to join in and that means a relaxed atmosphere, which is so important. The buildings are dementia friendly and the staff and volunteers always friendly. My wife is allowed to attend the group with me and join in activities. Other organisations should look at this group and take note of the brilliant service provided.'*

The group meets on the last Thursday of the month 1.30pm to 3.30pm at the Activity Centre, Ulverscroft Manor, new members are always welcome. For more information about the group contact the group leaders

Kathleen Wass, Support Services Manager, Shuttlewood Clarke Foundation & Rebecca Cooper NHS Occupational Therapist. Telephone 07860 639693 or email [kathleen@shuttlewood-clarke.org](mailto:kathleen@shuttlewood-clarke.org)



***‘Supporting the elderly, adults with disabilities and young people through wellbeing activities, outdoor education and inspiring support services’***

**Support | Friendship | Wellbeing | Education**



Principal Manager

**Charlotte Turlington**

Shuttlewood Clarke Foundation  
01530 244914

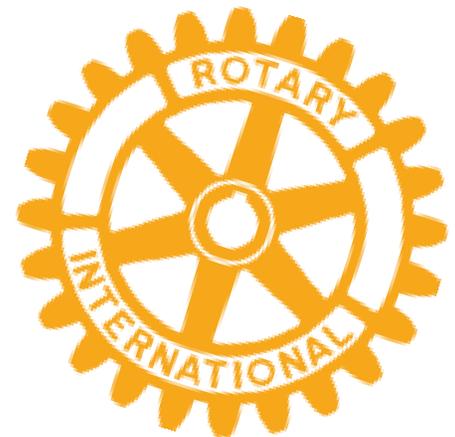


## A DAY ON THE RIVER

On Sunday 18<sup>th</sup> June I was warmly welcomed by members of the Bradgate Rotary Club to join them for a day on the River Soar. Arriving at Pillings Lock in the morning we boarded 'The Dandelion' and spent a lovely couple of hours heading towards Leicester, taking in the scenery and local wildlife. I was treated to a superb buffet lunch at the Waterside at Mountsorrel before we headed back.

The reason we were so kindly invited along is because the Rotary Club have generously chosen the Foundation as one of their charities for the forthcoming 12 months. This trip was a friendly, social gathering in which I got to know several of the members and was able to tell them a

little about the wonderful things we do at the Foundation. Everyone at the Foundation is looking forward to working closely with the club over the year and hope we can support them as much as they can support us.



## VOLUNTEERING OPPORTUNITIES

In May and July we have hosted two volunteer recruitments events, to highlight the diverse and fulfilling opportunities for volunteers here at the Foundation.

We have many rewarding roles ranging from buggy drivers, who transport our less mobile visitors; to Yew Trail educational volunteers who assist leading hands on activities in our inspirational outdoor classroom. If you have time to spare and are looking to form new friendships, expand skills or simply help others in a supportive and inclusive setting we would love to hear from you! Please call the office for more information or to arrange a trial session! Thank you for your continued support!

*Volunteer Coordinator*

**Rachel Lowe**

Shuttlewood Clarke Foundation  
01530 244914

