



# Shuttlewood Clarke Foundation

## Activity and Events Schedule

Registered Charity 803525

### September 2017

| Session   | Venue | Time              | Cost       | Book |
|---|-------|-------------------|------------|------|
| Friday 1 <sup>st</sup> September  |       |                   |            |      |
| <b>Sewing Machine Workshops</b><br>Unfinished projects and help & advice on sewing techniques.  | UAC   | 10.00am – 3.00pm  | £10        | ✓    |
| Monday 4 <sup>th</sup> September  |       |                   |            |      |
| <b>Men's Day at Ulverscroft Manor</b><br>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 5 <sup>th</sup> September   |       |                   |            |      |
| <b>Chapter Chats Book Club</b><br>Join our social book group, a welcoming group for people of all ages who enjoy reading.   | UAC   | 10.00am – 11.30am | FREE       |      |
| <b>Health and Wellbeing Guided Walk</b><br>Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential  | UM    | 1.30pm – 2.30pm   | FREE       | ✓    |
| <b>Information and Support – Fibromyalgia Friends Together</b><br>Drop in to Ulverscroft Grange to learn a little more about the SCF support group Fibromyalgia Friends Together! Raising awareness of fibromyalgia.  | UG    | 11.00am – 2.00pm  | FREE       |      |
| Wednesday 6 <sup>th</sup> September   |       |                   |            |      |
| <b>Pink Ribbon Programme</b><br>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       | ✓    |
| <b>Dancercise</b><br>A low impact, fun workout to music, seated or standing.  | UG    | 10.00am – 11.00am | £3.50      | ✓    |

| Thursday 6 <sup>th</sup> September  |     |                   |       |   |
|---|-----|-------------------|-------|---|
| <p><b>Health and Wellbeing Support Thursdays</b><br/>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.<br/>Optional activities include:</p> <ul style="list-style-type: none"> <li>• <b>Seated Yoga</b> with Paula<br/>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 Paula<br/>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> </ul> | UM  | 10.00am – 3.30pm  | FREE  |   |
| Friday 8 <sup>th</sup> September  |     |                   |       |   |
| <p><b>Design and Create</b><br/>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 | ✓ |
| Monday 11 <sup>th</sup> September   |     |                   |       |   |
| <p><b>Coffee Pot Club</b><br/>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  |   |
| Tuesday 12 <sup>th</sup> September  |     |                   |       |   |
| <p><b>Tai Chi</b><br/>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><br/>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><br/>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>Information and Support Stand – AGE UK</b><br>Drop in to the Grange for advice from Age UK about welfare, benefits and support in your local area   | UG  | 11.00am – 2.00pm  | FREE  |   |
| Wednesday 13 <sup>th</sup> September   |     |                   |       |   |
| <b>Pink Ribbon Programme</b><br>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  | √ |
| <b>Dancercise</b><br>A low impact, fun workout to music, seated or standing.   | UG  | 10.00am – 11.00am | £3.50 | √ |
| Thursday 14 <sup>th</sup> September  |     |                   |       |   |
| <b>Health and Wellbeing Support Thursdays</b><br>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.<br>Optional activities include:<br><br>• <b>Seated Yoga</b> with Lorna<br>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 √<br><br>• <b>Relaxation</b> with Lorna<br>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 √<br><br>• <b>Pulmonary Fibrosis support group 1.30pm-3.30pm - UM</b><br>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?’<br><br>• <b>SCF Doodlers and crafts 10.30am – UM</b> | UM  | 10.00am – 3.30pm  | FREE  |   |
| Tuesday 19 <sup>th</sup> September   |     |                   |       |   |
| <b>Health and Wellbeing Guided Walk</b><br>Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential   | UAC | 1.30pm – 2.30pm   | FREE  | √ |
| <b>Model Railway open Evening</b><br>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.  | √ |
| <b>Singing for Fun and Wellbeing</b><br>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 | √ |

| Wednesday 20 <sup>th</sup> September   |     |                  |       |   |
|--|-----|------------------|-------|---|
| <p><b>Pink Ribbon Programme</b></p> <p>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 21 <sup>st</sup> September  |     |                  |       |   |
| <p><b>Health and Wellbeing Support Thursdays</b></p> <p>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.<br/>Optional activities include:</p> <ul style="list-style-type: none"> <li>• <b>Seated Zoga</b> with Rachel<br/>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<br/>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><br/>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  |   |
| Monday 25 <sup>th</sup> September  |     |                  |       |   |
| <p><b>Wellbeing Memory and Me – Support Group</b></p> <p>Wellbeing Memory &amp; Me<br/>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.</p>  | UM  | 2.00pm – 4.00pm  | FREE  | √ |
| Tuesday 26 <sup>th</sup> September   |     |                  |       |   |
| <p><b>Happy Art</b></p> <p>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.</p>   | UAC | 10.30am – 12.30  | £5.00 |   |
| <p><b>Health and Wellbeing Guided Walk</b></p> <p>Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential.</p>   | UM  | 1.30pm – 2.30pm  | FREE  | √ |

|   |     |                   |       |   |
|---|-----|-------------------|-------|---|
| <b>Singing for Fun and Wellbeing</b><br>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 | √ |
| Wednesday 27 <sup>th</sup> September  |     |                   |       |   |
| <b>Pink Ribbon Programme</b><br>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  | √ |
| <b>Dancercise</b><br>A low impact, fun workout to music, seated or standing.  | UG  | 10.00am – 11.00am | £3.50 | √ |
| Thursday 28 <sup>th</sup> September   |     |                   |       |   |
| <b>Health and Wellbeing Support Thursdays</b><br>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.<br>Optional activities include: <ul style="list-style-type: none"> <li>• <b>Seated Exercise class</b><br/> 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><br/> 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<br/> spend more time in the present – 12noon – 1.00pm – FREE TASTER SESSION - Places are limited so booking essential please contact Kathleen <a href="mailto:kathleen@shuttlewood-clarke.org">kathleen@shuttlewood-clarke.org</a> Telephone 07860 639693</li> <li>• SCF Doodlers and crafts 10.30am</li> <li>• <b>Pernicious Anaemia support group – 10.00am – 12noon – UM</b><br/> <b>NEW GROUP</b> - Please call Kathleen on 07860 669693 for more details.</li> <li>• <b>Young onset dementia support group – 1.30am – 3.30pm - UAC</b><br/> 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.<br/> Please call Kathleen on 07860 669693 for more details.</li> </ul> | UM  | 10.00am – 3.30pm  | FREE  |   |
| Friday 29 <sup>th</sup> September   |     |                   |       |   |
| <b>Monthly Men's Group and Dominoes</b><br>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   | £4.00 | √ |

|  |     |                   |       |   |
|--|-----|-------------------|-------|---|
| <b>Monthly Art Group</b><br>Learn the techniques and skills required to enjoy watercolour painting -<br>Class full                                 | UAC | 10.30am – 12.30pm | £5.00 | √ |
| <b>Monthly Craft Club</b><br>Bring your craft project and enjoy this social, supportive, inclusive and friendly group (including tea and biscuits) | UM  | 10.30am -2.00pm   | £4.00 | √ |
| <b>Games at the Grange</b><br>Join our social table for friendly chatter and a variety of board / traditional games.                               | UG  | 1.00pm – 2.30pm   | FREE  |   |

## Winning Lottery Numbers July:-

031  
009  
114

STABLE YARD GALLERY :- EXHIBITORS FOR SEPTEMBER CAROLE LYODD – PLEASE CALL JAMES ON 01530 244914

Yew Trail Outdoor Classroom closed to the public on Wednesday 6<sup>th</sup> and 20<sup>th</sup> September

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)