



# Shuttlewood Clarke Foundation

## Activity and Events Schedule

Registered Charity 803525

### July 2017

Session	Venue	Time	Cost	Book
Monday 3 <sup>rd</sup> July				
<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		√
<b>Wellbeing Memory &amp; Me</b> Enjoy the moment! A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY! To Chat, Support & laugh together. Optional activities games, crafts & sensory walks.	UAC	2.00pm – 3.30pm	FREE	
Tuesday 4 <sup>th</sup> July				
<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>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>Community Choir</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 – Your first taster session is free!	UAC	1.00pm – 3.00pm	£3.00	√
Wednesday 5 <sup>th</sup> July				
<b>Dancercise</b> A low impact, fun workout to music, seated or standing.	UAC	10.00.am – 11.00am	£3.50	√
Thursday 6 <sup>th</sup> July				
<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:	UM	10.00am – 3.30pm	FREE	

<ul style="list-style-type: none"> <li>• <b>Seated Yoga</b> with Paula 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 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</b> - 1.30pm-4.00pm</li> <li>• <b>SCF Doodlers and crafts</b> - 10.30am - UM</li> </ul>				
<p><b>University Hospitals of Leicester NHS Trust- Community Conversations</b> This is a chance to meet face to face with the senior staff that run <i>your</i> hospitals. During the event they will be letting you know all about how local healthcare is changing and what this means for our hospitals. Also an opportunity to tell them your thoughts and concerns.</p>	UAC	6.00pm – 8.00pm	FREE	
Sunday 9 <sup>th</sup> July				
<p><b>SUMMER FETE – CARS – CRAFTS – FUN DOG SHOW – FAMILY FUN</b> In association with Box Motor Club - The fantastic show field will boast an interesting mix of classic, customised and vintage cars. The activity centre will host a selection of stalls selling a variety of handcrafted bespoke items. The Fun Dog show begins at 1.15pm! 5 Categories to include Best Sausage Catcher! A fun fundraising day out for all of the family!</p>	UM	10.00am – 4.00pm	£5.00 Under 16's Free!	
Monday 10 <sup>th</sup> July				
<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	
<p><b>Wellbeing Memory &amp; Me</b> Enjoy the moment! A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY! To Chat, Support &amp; laugh together. Optional activities games, crafts &amp; sensory walks.</p>	UAC	2.00pm – 3.30pm	FREE	
Tuesday 11 <sup>th</sup> July				
<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>Community Choir</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 – Your first taster session is free!</p>	UAC	1.00pm – 3.00pm	£3.00	✓

<b>Information and Support Stand – The Listening Booth</b> “West Leicestershire Clinical Commissioning Group is committed to listening to patients and the public to ensure they shape services” Drop in to the Grange and share your experiences, both good and bad. Suggest what can be improved so that the people who make decisions about local healthcare can take your views in to account.	UG	10.30am – 3.30pm	FREE	
Wednesday 12 <sup>th</sup> July				
<b>Dancercise</b> A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
<b>Volunteer Recruitment Open Day</b> The Foundation will be hosting two volunteer recruitment events in the coming months. Join us to learn a little more about the Foundation and the diverse volunteering opportunities available!	UAC	1.30pm – 8.00pm	FREE	
Thursday 13 <sup>th</sup> July				
<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 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 - UACV</li> <li>• <b>Relaxation</b> with Lorna A chance to experience relaxation and relief from stress 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?’ Talk by Helen Baxter – Shuttlewood Clarke Foundation ‘The work and History of Shuttlewood Clarke Foundation’</li> <li>• SCF Doodlers and crafts 10.30am – UM</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	√
Friday 14 <sup>th</sup> July				
<b>PLEASE NOTE ULVERSCROFT GRANGE TEAROOMS WILL BE CLOSED DUE TO A PRIVATE FUNCTION</b>				
<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	√

Monday 17 <sup>th</sup> July				
<b>Wellbeing Memory &amp; Me</b> Enjoy the moment! A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY! To Chat, Support & laugh together. Optional activities games, crafts & sensory walks.	UAC	2.00pm – 3.30pm	FREE	
Tuesday 18 <sup>th</sup> July				
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UAC	1.30pm – 2.30pm	FREE	√
<b>IT – Using Facebook and Social Media</b> Learn how to make the most out of social media	UAC	10.30am – 12noon	£2.50	√
Wednesday 19 <sup>th</sup> July				
<b>Dancercise</b> A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 20 <sup>th</sup> July				
<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> </ul>	UM	10.00am – 3.30pm	FREE	
Friday 21 <sup>st</sup> July				
<b>SCF Friendship Circle</b> Join us on the 3rd Friday of the month for a coffee and a chat at the Ulverscroft Activity Centre. Our monthly social gathering is the perfect opportunity to enjoy the company of others, make new friends and learn a little more about the Foundation in a friendly and inclusive setting.	UAC	1.00pm – 2.30pm	FREE	
Monday 24 <sup>th</sup> July				
<b>Wellbeing Memory &amp; Me</b> Enjoy the moment! A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY! To Chat, Support & laugh together. Optional activities games, crafts & sensory walks.	UAC	2.00pm – 3.30pm	FREE	

Tuesday 25 <sup>th</sup> July				
<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 – 12.30	£5.00	
<b>Car Boot Sale</b> Grab a bargain at the SCF fundraising car boot sale - Entry to this event is £5.00 per car and £7.00 per van. Trailers admitted at £2.00 extra. Vehicle access will be from 8.30am onwards. Entrance to the Sale field 50 pence per person. Please be advised that management reserve the right to refuse entry and no new items or traders will be permitted. For more information please contact. Helen Baxter on 01530 244914	UG	10.00am – 2.00pm	50p	
<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 26 <sup>th</sup> July				
<b>Dancercise</b> A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 27 <sup>th</sup> July				
<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>Laughter Therapy</b> with Rachel                Take this opportunity to improve your sense of wellbeing with this fun filled class of laughter and music– 12noon - £3.50- UM √</li> <li>• <b>Mindfulness and coping strategies for anxiety and depression</b> with Toni                Toni, a qualified mental health nurse who recently retired, will use her experience to give a flexible and creative approach to these sessions which will include Mindfulness, Breath Work, Laughter Therapy, Inner Dance, Music and drumming.- 12noon, Activity Centre - £5.00 √</li> <li>• SCF Doodlers and crafts 10.30am</li> </ul> Chiropody Appointments available - £16.00 – UM √ <ul style="list-style-type: none"> <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	

<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 28 <sup>th</sup> July				
<b>Tom the Tale Teller</b> Ignite your imagination with Tom the Tale Teller Join us on the viewing platform as Tom - an expert weaver of words, shares tales of myth, magic and adventure!	UG	10.30am 11.00am 11.30am	£2.50	√
<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	£4.00	√
<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	£4.00	√
<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>Wellbeing Memory &amp; Me</b> Enjoy the moment! A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY! To Chat, Support & laugh together. Optional activities games, crafts & sensory walks.	UAC	2.00pm – 3.30pm	FREE	
<b>YEW TRAIL – Please note the there is no access to the Yew Trail on the following dates:-</b> Wednesday 5 <sup>th</sup> July, Tuesday 11 <sup>th</sup> July, Wednesday 12 <sup>th</sup> July, <b>Winning Lottery Numbers May :-</b> 115 266 054 <b>STABLE YARD GALLERY :- EXHIBITORS FOR JULY RICHARD HARBOUR – PLEASE CALL JAMES ON 01530 244914</b>				

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)