

What's On December



**Shuttlewood
Clarke
Foundation**

Activity and Events Schedule

Session	Venue	Time	Cost	Book
Friday 1 st December				
Sewing Machine Workshop At these monthly workshops you will learn how to make blocks of your choice to create your own quilt - Telephone Kathleen 07860 639693.	UAC	10.00am – 3.00pm	£15.00	✓
Monday 4 th December				
Men's Day at Ulverscroft Manor 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 th December				
Information and Support Stand – Prostaïd Drop in to the Grange for advice and support from Prostaïd. The local charity supporting people living with a prostate cancer diagnosis	UG	11.00am – 2.00pm	FREE	
Chapter Chats Book Club Join our social book group, a welcoming group for people of all ages who enjoy reading.	UAC	10.00am – 11.30am	FREE	
Sing for Fun and Wellbeing 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	✓
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UM	1.30pm – 2.30pm	FREE	✓
Wednesday 6 th December				
Dancercise 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	£3.00	✓
Thursday 7 th December				
Health and Wellbeing Support Thursdays 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"> • Seated Yoga 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 ✓ • Relaxation 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 ✓ • MS Drop In Support Group - 1.30pm-3.30pm – MS support group meeting in the Activity Centre for a social afternoon of Kurling, Skittles and Quoits. • SCF Doodlers and crafts - 10.30am – UM 				
Friday 8 th December				
Design and Create 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 11 th December				
Coffee Pot Club A social group that meet at Ulverscroft Grange, you are also welcome to bring your knitting or crafts to the group.	UG	10.00am – 12noon	FREE	
Tuesday 12 th December				
Tai Chi 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	✓
Singing for Fun and Wellbeing 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	✓
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UM	1.30pm – 2.30pm	FREE	✓
Model Railway open Evening 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. LIMITED SPACES – Booking Essential	UG	7.30pm – 9.30pm	Don.	✓

Wednesday 13 th December				
Dancercise 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 14 th December				
Health and Wellbeing Support Thursdays 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"> • 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 - £3.50 - Activity Centre √ • 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, £3.50 – UM √ • Pulmonary Fibrosis support group 1.30pm-3.30pm - UM 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'? • SCF Doodlers and crafts 10.30am – UM 	UM	10.00am – 3.30pm	FREE	
Meditation in the Yurt 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	√
Tuesday 19 th December				
Christmas centrepiece Create a festive candle centrepiece using holly, ferns and festive sparkle. FULLY BOOKED	UAC	11.00am – 12noon	£5.00	√
Tuesday 19th December Tearooms and Charity Shops closing at 4.00pm for the Christmas Break				
Santa Breakfast Thursday 21st December – FULLY BOOKED				
Thursday 21 st December				
Health and Wellbeing Support Thursdays 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"> • Seated Zoga with Rachel 	UM	10.00am – 3.30pm	FREE	

<p>Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £3.50 - Activity Centre ✓</p> <ul style="list-style-type: none"> • Relaxation / Meditation with Sharron Experience relaxation with guided visualisation, meditation and calming techniques for a greater sense of wellbeing - 12noon, £5.00– UAC ✓ • Fibromyalgia Friends Together – UM – Call Kathleen 07860 639693 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 • SCF Doodlers and crafts 10.30am 				
---	--	--	--	--

Winning Lottery Numbers:- 144 – 012 – 201 – Congratulations!!
STABLE YARD GALLERY :- Christmas Shop – stocking a variety of festive gifts and more!

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

We will reopen on Monday 8th January at 10.00am

We look forward to welcoming you in 2018!

☎ 01530 244914 Email hello@shuttlewood-clarke.org 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)