



Shuttlewood Clarke Foundation

Activity and Events Schedule

Registered Charity 803525

August 2017

Session	Venue	Time	Cost	Book
Tuesday 1 st August				
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	
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	✓
Thursday 3 rd August				
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 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-4.00pm – M.S. Nurse attending • SCF Doodlers and crafts - 10.30am – UM 	UM	10.00am – 3.30pm	FREE	
Monday 7 th August				
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		

Wellbeing Memory & Me 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 8 th August				
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	√
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UAC	1.30pm – 2.30pm	FREE	√
Thursday 10 th August				
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 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 √ • 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	√
Friday 11 th August				
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 14 th August				
Coffee Pot Club A social group that meet at Ulverscroft Grange, you are also welcome to bring your knitting or crafts to the group.				
Wellbeing Memory & Me 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 15 th August				
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UAC	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.	UG	7.30pm – 9.30pm	Donation	√
Wednesday 16 th August				
Dancercise A low impact, fun workout to music, seated or standing.	UG	10.00am – 11.00am	£3.50	√
Thursday 17 th August				
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 Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £3.50 - Activity Centre √ • 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 – Social chat and support 11.30am – 1.00pm. Group meeting 1.15pm – 2.30pm • SCF Doodlers and crafts – 10.30am • Chiropody / Reflexology. Appointments from 9.00am onwards- £16.00 √ 	UM	10.00am – 3.30pm	FREE	
Monday 21 st August				
Wellbeing Memory & Me 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 22 nd August				
Information and Support Stand – Vista Vista the sight loss charity will be at the Grange tearooms to answer any questions and provide information and advice regarding living with sight loss.	UG	11.00am – 2.00pm	FREE	
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UAC	1.30pm – 2.30pm	FREE	√
Wednesday 23 rd August				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 24 th August				
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 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 Experience relaxation with guided visualisation, meditation and calming techniques for a greater sense of wellbeing - 12noon, £5.00– UAC √ • SCF Doodlers and crafts – 10.30am 	UM	10.00am – 3.30pm		
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	√
Friday 25 th August				
Monthly Men’s Group and Dominoes 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	√
Monthly Art Group Learn the techniques and skills required to enjoy watercolour painting - Class full	UAC	10.30am – 12.30pm	£5.00	√
Monthly Craft Club Bring your craft project and enjoy this social, supportive, inclusive and friendly group (including tea and biscuits)	UM	10.30am -2.00pm	£4.00	√
Games at the Grange Join our social table for friendly chatter and a variety of board / traditional games.	UG	1.00pm – 2.30pm	FREE	

Monday 28th August – Bank Holiday – CLOSED

Tuesday 29th August

<p>Happy Art 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>Car Boot Sale 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 – From 10.00am. 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</p>	UG	10.00am – 2.00pm	50p	
<p>Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential</p>	UM	1.30pm – 2.30pm	FREE	√
<p>Singing for Fun and Wellbeing (Taster Session) 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 and we will establish our new wellbeing singing group in September.</p>	UAC	2.00pm – 3.00pm	FREE	

Wednesday 30th August

<p>Pink Ribbon Programme 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</p>	UAC	2.00pm – 4.00pm	FREE	√
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Thursday 31st August

<p>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:</p> <ul style="list-style-type: none"> • Seated Exercise class Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £3.50 - Activity Centre √ • Social Skittles and Curling – 12noon – Activity Centre - FREE • SCF Doodlers and crafts 10.30am 	UM	10.00am – 3.30pm	FREE	
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•Young onset dementia support group – 1.30am – 3.30pm - UAC

A social group for people under 70 years of age, with Young Onset Dementia, their partners, friends or Carers to enjoy Today. Support, Chat & Laugh Together. Activities include Kurling, Skittles, Boccia, Quoits. Please call Kathleen on 07860 669693 for more details.

Winning Lottery Numbers June:-

072
195
093

STABLE YARD GALLERY :- EXHIBITORS FOR August RICHARD HARBOUR – PLEASE CALL JAMES ON 01530 244914

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



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)