



Shuttlewood Clarke Foundation

Activity and Events Schedule

Registered Charity 803525

MAY 2017

Monday 1st May – BANK HOLIDAY

Tuesday 2nd May

Session	Venue	Time	Cost	Book
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	
Community Choir 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	✓
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 3rd May

Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00.am – 11.00am	£3.50	✓
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Thursday 4th May

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. Optional activities include: <ul style="list-style-type: none"> • Seated Yoga - 10.30am £3.50 - Activity Centre ✓ • Relaxation - 12noon, £3.50 – UAC ✓ • MS Drop In Support Group - 1.30pm-4.00pm • SCF Doodlers Art Therapy Group - 10.30-12.30pm ✓ • Young onset dementia mindfulness course – 10.30am – 12.30pm – Class Full ✓ 	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 5th May

Sewing Machine Craft Workshop Using a sewing machine and a variety of sewing techniques to create a Crafters Carry All.	UAC	10.00am – 3.00pm	£10	✓
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Monday 8 th May				
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	
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 UAC	10.30am – 3.00pm	£7.50 Donat ion	√
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 9 th May				
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	√
Community Choir 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	√
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 10 th May				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 11 th May				
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. Optional activities include: <ul style="list-style-type: none"> • Seated Yoga - 10.30am £3.50 - Activity Centre √ • Relaxation - 12noon, £3.50 – UAC √ • Pulmonary Fibrosis support group 1.30pm-3.30pm • SCF Doodlers Art Therapy Group 10.30-12.30pm • Young onset dementia mindfulness course – 10.30am – 12.30pm – Class Full √ 	UM	10.00am – 3.30pm	FREE	
Friday 12 th May				
Design and Create A Group for textile enthusiasts who meet each month to share ideas and have fun with designing & creating.	UAC	12.30pm – 3.30pm	£5.00	√

Monday 15 th May				
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 16 th May				
How to stay safe online How to make the most out of your tablet or smartphone	UAC	10.30am – 12noon	£2.50	√
Community Choir 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	√
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 17 th May				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 18 th May				
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. Optional activities include: <ul style="list-style-type: none"> • Seated Zoga - 10.30am £3.50 - Activity Centre √ • Relaxation - 12noon, £5.00 – UAC √ • Fibromyalgia support group - Social chat & support 11.30am to 1.00pm Meeting 1.15pm-2.30pm • SCF Doodlers Art Therapy Group 10.30-12.30pm • Young onset dementia mindfulness course – 10.30am – 12.30pm – Class Full √ 	UM	10.00am – 3.30pm	FREE	
Friday 19 th May				
SCF Friendship Circle 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 22 nd May				
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 23 rd May				
Information and Support Stand Alzheimer's Society	UG	11.00am – 2.00pm	FREE	

Community Choir 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	√
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 24 th May				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 25 th May				
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. Optional activities include: • Seated Zoga - 10.30am £3.50 - Activity Centre √ • Mindfulness and coping strategies for anxiety and depression- 12noon, Activity Centre - £5.00 √ • Laughter Therapy – 12noon - £3.50- UM √ • SCF Doodlers Art Therapy Group 10.30-12.30pm • Young onset dementia support group – 1.30am – 3.30pm	UM	10.00am – 3.30pm	FREE	
Friday 26 th May				
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 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	√
Monthly Art Group Learn the techniques and skills required to enjoy watercolour painting – Class full	UAC	10.30am – 12.30pm	£5.00	√
Monday 29 th May BANK HOLIDAY				
Tuesday 30 th May				
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.	UAC	10.30am – 12.30pm	£5.00	√
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 31 st May				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√

**YEW TRAIL – Please note the there is no access to the Yew Trail on the following dates:-
4th May, 18th May, 19th May, 22nd May and 24th May due to woodland bookings.**

Winning Lottery Numbers:-

March

250

271

126

☎ 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)