



Shuttlewood Clarke Foundation

Activity and Events Schedule

Registered Charity 803525

June 2017

Session	Venue	Time	Cost	Book
Thursday 1 st June				
<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"> •Chiroprody / Reflexology – Appointments from 9.00am onwards - £16.00 ✓ • 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 – MS nurse attending - UM •SCF Doodlers and crafts - 10.30am 	UM	10.00am –3.30pm	FREE	
<p>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.</p>	YURT	11.00am – 12noon	£5.00	✓
Monday 5 th June				
<p>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</p>	UM	10.30am – 3.00pm		✓
<p>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.</p>	UAC	2.00pm – 3.30pm	FREE	

Tuesday 6 th June				
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	√
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	√
Wednesday 7 th June				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00.am – 11.00am	£3.50	√
Thursday 8 th June				
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 - UACV • Relaxation 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 √ • 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	10.00am – 3.30pm	FREE	
Friday 9 th June				
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 12 th June				
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	

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 13 th June				
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 14 th June				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 15 th June				
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"> •Chiropractic / Reflexology. Appointments from 9.00am onwards- £16.00 √ • 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 1.30pm-3.30pm - UM 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 – 2.15pm •SCF Doodlers and crafts – 10.30am 	UM	10.00am – 3.30pm	FREE	

Friday 16 th June				
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 19 th June				
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 20 th June				
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	√
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 21 st June				
Dancercise A low impact, fun workout to music, seated or standing.	UAC	10.00am – 11.00am	£3.50	√
Thursday 22 nd June				
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 Rachel 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 Rachel Relaxation techniques using therapeutic grade essential oils to calm and rejuvenate the mind, body and soul - 12noon, £3.50 – UAC √ • SCF Doodlers and crafts 10.30am 	UM	10.00am – 3.30pm	FREE	

<p>Dementia Friends – OPEN TO ALL</p> <p>During this friendly and interactive Session you will increase your understanding of dementia, and think about the small things that you can do to make a difference to people affected by dementia in your family or community.</p> <p>To give us an idea of numbers please telephone or email if you are interested in attending. 07860 639693 kathleen@shuttlewood-clarke.org</p>	UAC	1.30pm – 2.30pm	FREE	
Monday 26 th June				
<p>Wellbeing Memory & Me</p> <p>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.</p>	UAC	2.00pm – 3.30pm	FREE	
Tuesday 27 th June				
<p>Happy Art</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>Car Boot Sale</p> <p>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</p>	UG	10.00am – 2.00pm	50p	
<p>Community Choir</p> <p>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!</p> <p>All are welcome, come and have a go – Your first taster session is free!</p>	UAC	1.00pm – 3.00pm	£3.00	√
<p>Health and Wellbeing Guided Walk</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	√
Wednesday 28 th June				
<p>Dancercise</p> <p>A low impact, fun workout to music, seated or standing.</p>	UAC	10.00am – 11.00am	£3.50	√
Thursday 29 th June				
<p>Health and Wellbeing Support Thursdays</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.</p> <p>Optional activities include:</p> <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> <p>•Laughter Therapy with Rachel Take this opportunity to improve your sense of wellbeing with this fun filled class of laughter and music– 12noon - £3.50- UM ✓</p> <p>• Mindfulness and coping strategies for anxiety and depression 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 ✓</p> <p>•SCF Doodlers and crafts 10.30am</p> <p>•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.</p>				
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Friday 30th June

<p>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)</p>	UM	10.30am -2.00pm	£4.00	✓
<p>Monthly Craft Club Bring your craft project and enjoy this social, supportive, inclusive and friendly group (including tea and biscuits)</p>	UM	10.30am - 2.00pm	£4.00	✓
<p>Monthly Art Group Learn the techniques and skills required to enjoy watercolour painting – Class full</p>	UAC	10.30am – 12.30pm	£5.00	✓

**YEW TRAIL – Please note the there is no access to the Yew Trail on the following dates:-
7th June, 21st June, 28th June – Thank you for your continued support.**

Winning Lottery Numbers April :-

101

137

110

STABLE YARD GALLERY :- EXHIBITORS FOR JUNE REQUIRED – 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)