What's On February

Shuttlewood Clarke Foundation

Activity and Events Schedule

Session	Venue	Time	Cost	Book
Thursday 1st February				
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: • **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 - £4.00 - 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, £4.00 – 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	UM	10.00am – 3.30pm	FREE	
Friday 2nd February				
Sewing Machine Workshop 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 5th February				
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 6th February				
Chapter Chats Book Club Join our social book group, a welcoming group for people of all ages who enjoy reading. Discussing 'The Boy with the Top Knot'	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	√

Wednesday 7th February				
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!	UAC	10.00am – 11.00am	£3.00	√
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 have failed to recover full mobility and muscle strength in the affected areas. For more information or to book a place call Kathleen 07860 639693	UAC	1.30pm – 3.30pm	FREE	√
Thursday 8th February				
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: • **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 - £4.00- 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, £4.00 – 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 9th February				
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 12th February				
Coffee Pot Club A social group that meet at Ulverscroft Grange, you are also welcome to bring your knitting, games, books or crafts to the group. Refreshments available to purchase in the tearooms.	UG	10.00am – 12noon	FREE	

Tuesday 13th February				
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	UM	1.30pm – 2.30pm	FREE	√
Wednesday 14th February				
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	√
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 have failed to recover full mobility and muscle strength in the affected areas. For more information or to book a place call Kathleen 07860 639693	UAC	1.30pm – 3.30pm	FREE	√
Thursday 15th February				
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: • **Seated Zoga** with Rachel Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music - 10.30am £4.00 - 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 – Ulverscroft Manor – Call Kathleen 0844 8872420** 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 •Chiropody / Reflexology. Appointments from 9.00am onwards- £16.00 √	UM	10.00am – 3.30pm	FREE	

Monday 19th February				
Have A Go Workshop – CLASS FULL Glass fusing workshop – Make a tealight picture and pendant in this FREE have a go session. Places are limited and will be allocated on a first come first served basis. Please contact Helen Baxter on 01530 244914 for more details and to book a place.	UAC	10.00am – 12noon	FREE	√
Volunteer Recruitment Afternoon The Foundation has many volunteering opportunities available. Drop in anytime between 2.00pm and 5.00pm to learn a little more about the diverse and rewarding roles for volunteers at the Foundation. For more information please call Rachel Lowe on 01530 244914	UAC	2.00pm – 5.00pm	FREE	
Tuesday 20th February				
Gentle Yoga Class This class provides you with a wonderful opportunity to stretch and re-energize your body in a gentle way. A regular Yoga practice fosters a balanced state of mind, reduces stress levels and brings harmony into your life. Through gentle postures, breath-work, relaxation and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided.	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	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 – 01530 244914	UG	7.30pm – 9.30pm	Don.	√
Wednesday 21st February				
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	√
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 have failed to recover full mobility and muscle strength in the affected areas. For more information or to book a place call Kathleen 07860 639693	UAC	1.30pm – 3.30pm	FREE	√
Thursday 22nd February				
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.	UM	10.00am – 3.00pm	FREE	

Optional activities include: • **Seated Exercise class** with Suky Improve strength, flexibility and wellbeing with this fun seated armchair exercise class incorporating music and resistance band. You will also learn the Ageless Grace techniques, which exercise both body and brain. 10.30am £4.00 - Activity Centre √ •**Mindfulness** with Emma Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. Simple techniques and activities which help you to: improve your wellbeing, reduce anxiety, manage your feelings, calm your mind to spend more time in the present - 12noon to 1pm - £5.00 - Activity Centre √ •**Pernicious Anaemia support group – 10.00am – 12noon – UM** **NEW GROUP - Leicestershire Pernicious Anaemia Society Support Group** **Telephone Kathleen 07860 639693 for more information.** •**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. •SCF Doodlers and crafts 10.30am •Chiropody / Reflexology. Appointments from 9.00am onwards- £16.00 √				
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 23rd February				
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	£3.00	√
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	£3.00	√

Tuesday 27th February				
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	√
Gentle Yoga Class This class provides you with a wonderful opportunity to stretch and re-energize your body in a gentle way. A regular Yoga practice fosters a balanced state of mind, reduces stress levels and brings harmony into your life. Through gentle postures, breath-work, relaxation and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided.	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	UM	1.30pm – 2.30pm	FREE	√
Information and Support Stand – Abbeyfield Drop in to the Grange to learn a more about the services that Abbeyfield have to offer.	UG	11.00am –2.00pm	FREE	
Wednesday 28th February				
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	£3.50	√
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 have failed to recover full mobility and muscle strength in the affected areas. For more information or to book a place call Kathleen 07860 639693	UAC	1.30pm – 3.30pm	FREE	√

A discount applies to some classes that are pre-booked and prepaid in advance – Please see individual session posters for more details.

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

Winning Lottery Numbers – 026, 132, 222

Stable Yard Gallery Wall – WEA Art Group

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

Ulverscroft Manor
Shuttlewood Clarke Foundation

Ulverscroft Manor, Priory Lane, Ulverscroft, Leicester, LE67 9PH (UM)

Ulverscroft Grange
Shuttlewood Clarke Foundation

Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicester, LE67 9QB (UG)

Ulverscroft Activity Centre
Shuttlewood Clarke Foundation

Ulverscroft Activity Centre, Ulverscroft Manor, Priory Lane, Leicester, LE67 9PH (UAC)