## What's On February



## Activity and Events Schedule

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Session	Venue	Time	Cost	Book
Thursday 1 <sup>st</sup> February	1			ı
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	
• 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 $$				
• Relaxation with Paula Take the opportunity to improve your sense of wellbeing and inner calm. Enjoy learning mindfulness, meditation and breathing techniques to relax your body and calm your mind 12noon, £4.00 – UM $$ V				
•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 2 <sup>nd</sup> February				ı
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	٧
Monday 5 <sup>th</sup> 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.	٧
Tuesday 6 <sup>th</sup> 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	٧

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	٧
Wednesday 7 <sup>th</sup> 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	٧
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	٧
Thursday 8 <sup>th</sup> February			•	ı
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	
• 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 $$				
<ul> <li>Relaxation with Lorna</li> <li>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 V</li> </ul>				
• 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				
	\ <i>r</i> ··==	11.00	05.00	
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	V
Friday 9 <sup>th</sup> February		I		<u> </u>
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	٧

Monday 12 <sup>th</sup> 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 13 <sup>th</sup> 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	٧
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	٧
Wednesday 14 <sup>th</sup> 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	٧
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Thursday 15 <sup>th</sup> February			ı	l
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 – 3.30pm	FREE	
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 V				
• 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 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				
$\bullet$ Chiropody / Reflexology. Appointments from 9.00am onwards- £16.00 $\lor$				
Monday 19 <sup>th</sup> 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	٧
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 20 <sup>th</sup> February			ı	ı
Gentle Yoga Class This class provides you with a wonderful opportunity to stretch and reenergize 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	V
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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	٧
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 21 <sup>st</sup> February	<u> </u>	<u>I</u>	1	<u> </u>
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	٧
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	biscuits)				

Monthly Art Group Learn the techniques and skills required to enjoy watercolour painting - Class full	UAC	10.30am – 12.30pm	£5.00	٧
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	√
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Tuesday 27 <sup>th</sup> February	T	T	1	1
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	V
Gentle Yoga Class This class provides you with a wonderful opportunity to stretch and reenergize 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	٧
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	٧
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 28 <sup>th</sup> 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	٧
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 – 4.00pm

## Winning Lottery Numbers – 026, 132, 222 Stable Yard Gallery Wall – WEA Art Group



201530 244914 Email <a href="mailto:hello@shuttlewood-clarke.org">hello@shuttlewood-clarke.org</a>

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)