

# May



**Shuttlewood  
Clarke  
Foundation**

## What's On Guide

### Every Monday – 9th, 16th, 23rd, 30<sup>th</sup> May

- **Seated Pilates with Liz – 9.15am – Zoom**

This chair-based Pilates aims to strengthen the body in an even way, with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility, and posture, as well as relieving stress and tension. £4.00 or £3.00 if prepaid before the day. You are welcome to join the Zoom class on the day and pay at the end of the month. For more information or to book please call 01530 245860 or 07860 639693

### Every Monday – 9<sup>th</sup>, 16<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup> May

- **Nordic Walking with Amanda – 11.00am – Ulverscroft Grange**

A suitable activity for people with joint conditions or those who may be carrying some extra body weight. Tones the upper and lower body at the same time - uses 90% of the skeletal muscle, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints, great for the heart and lungs, ideal for neck, shoulder, and back problems. Please call 01530 244914 for more information and to book a session - £3.00 (payable on the day)

### Every first, third and last Tuesday – 3rd, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> May

- **Gentle Yoga with Paula – 10.30am – Activity Centre**

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. Please call 01530 245860 for more information and to book a session - £5.00\*

### Every Second Tuesday – 10<sup>th</sup> May

- **Tai Chi / Chi Kung with Stephanie – 10.30am – Activity Centre**

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. Please call 01530 245860 for more information and to book a session - £5.00\*

**Every Tuesday – 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> May**

- **Shuttlewood Singers** – with Caroline Sharpe – 1.00pm – 3.00pm – **Activity Centre**

Come and sing your cares away! Spend a couple of hours exercising your vocal cords and joining others in song, friendship, and tea! You don't need to have any singing experience to be able to join. You'll learn about how to make the best sound, how to look after your voice and even how to sing in harmony all while having fun. Please call 01530 245860 for more information and to book a session - £4.50\*

**Every Wednesday – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> May**

- **Organ music** with Graham – 10.00am – 2.00pm – **Ulverscroft Grange**

Book a table in the stable yard and enjoy popular organ music in our courtyard setting (refreshments available from the tearooms) Please call 01530 249484 to book a table or just turn up on the day!

**Every Thursday – 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> May**

- **Support Thursday** - 10.00am – 3.30pm – **Ulverscroft Manor and Activity Centre**

Our free drop-in session take place every Thursday, 10.00am - 3.30pm, and offer the opportunity to socialise, have fun and reenergise your body and mind! Situated in the heart of the Charnwood Forest Ulverscroft Manor is an inviting and homely place set in beautiful, tranquil grounds. This inclusive, supportive group welcomes people with any disability or illness, arthritis, ME, MS, stroke, cancer, Parkinson's, fibromyalgia, anxiety, depression etc. Partners, carers & PAs are also welcome, and refreshments are available. Wellbeing classes run weekly more details are listed below. Please call 07860 639693 for more information.

**Every First and Second Thursday (Support Thursday Session) – 5<sup>th</sup>, 12<sup>th</sup> May**

- **Seated Yoga** with Paula or Lorna - 10.00am - **Activity Centre**

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. Please call 01530 245860 for more information and to book a session - £4.00\*

**Every First and Second Thursday (Support Thursday Session) – 5<sup>th</sup>, 12<sup>th</sup> May**

- **Relaxation** with Paula or Lorna - 11.30am – **Ulverscroft Manor**

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. Please call 01530 245860 for more information and to book a session - £4.00\*

## Spring FESTIVAL at the Grange – Friday 6<sup>th</sup>, Saturday 7<sup>th</sup> and Monday 9<sup>th</sup> May

### Every First Thursday – 5<sup>th</sup> May

- **MS Drop-in Support Group** - 1.00pm-3.00pm – **Ulverscroft Manor**

MS support group meeting in the Manor. For more information, please contact 07860 639693

### Every Second Thursday – 12<sup>th</sup> May

- **Pulmonary Fibrosis Support Group** - 1.30am – 3.30pm – **Activity Centre**

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?' For More information telephone 07588 169494

### Every Third and Last Thursday (Support Thursday Session) – 19<sup>th</sup>, 26<sup>th</sup> May

- **Seated Pilates** – with Liz - 10.00am - **Activity Centre** and **Zoom**

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. Please call 01530 245860 for more information and to book a session - £4.00\*

### Every Third and Last Thursday (Support Thursday Session) – 19<sup>th</sup>, 26<sup>th</sup> May

- **Mindfulness**– with Emma - 11.30am - **Activity Centre** and **Zoom**

Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. You will learn simple techniques and activities which help you to: Improve your wellbeing, reduce anxiety and stress, manage your feelings, calm your mind, spend more time in the present. Please call 01530 245860 for more information and to book a session -£4.00\*

### Every Third Thursday -19<sup>th</sup> May

- **Lipoedema support group** – 1.00pm – **Activity Centre**

Come and have a coffee and chat with Lipoedema friends. For more information contact 07860 639693

### Every Third Thursday – 19<sup>th</sup> May

- **Fibromyalgia Friends** – 1.15pm – **Ulverscroft Manor**

Come along and have a coffee and a chat with fibromyalgia friends in the beautiful house and gardens. For more information call - 0116 298 8007 (Monday to Friday 12noon – 4.00pm)

### Every Last Thursday – 26<sup>th</sup> May

- **Young Onset Dementia support group – 1.30pm – Activity Centre**

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 07860 639693 for more information.

### Every First and Third Friday – 6<sup>th</sup>, 20<sup>th</sup> May

- **Stepping Stones - 10.00am – Ulverscroft Manor**

Coping with and recovery from anxiety and depression. The Stepping Stones group offers a supportive and friendly environment to help you on your recovery journey from anxiety and depression. Anyone experiencing anxiety and/or depression is welcomed and can join in the workshops and discussions as much as they are comfortable to do so. Each session, facilitated by an experienced occupational therapist or psychotherapist, includes a workshop on a particular topic aimed at giving support and strategies to help your recovery. Please call 07860 639693 for more information and to book a session -£4.00\*

### Every Second Friday- 13<sup>th</sup> May

- **Design and Create - 12.30pm – Activity Centre**

A group for textile enthusiasts to meet each month for talks and taster sessions while having fun with designing and creating - £5.00 (payable on the day) – Class Full

### Every Last Friday – 27<sup>th</sup> May

- **Craft Club - 10.30am – Activity Centre**

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits). Please call 01530 245860 for more details - £3.00 (payable on the day)

**Please be advised that the Ulverscroft Manor grounds and walks will be closed on Wednesday 4<sup>th</sup> May**

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

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

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

**\* Please be advised that these classes and sessions can be pre booked and prepaid to secure your place. A £1.00 discount will apply (payments in advance for classes are non-refundable).**