



# December

## A warm welcome

### Jenni – Manor Coordinator

A very warm welcome to Jenni who has joined the team in her new role as Manor coordinator/

Jenni has previously worked as a volunteer organiser for two charities in South Derbyshire and has also been a careers advisor working with children and young people.

In her spare time Jenni enjoys gardening, swimming, and reading and spending time with family and friends.

Jenni is looking forward to welcoming you at the Manor very soon!



### Steph– Manor Cook

A very warm welcome to Steph who joined the Foundation as Manor cook October.

Steph has many years of experience cooking healthy and nutritious foods and is looking forward to cooking Christmas lunches for our visitors at the Manor throughout November and December. Festive photos to follow!

### Sandy– Kitchen Assistant – Ulverscroft Grange

A very warm welcome to Sandy who has joined the team in her new role as kitchen assistant at Ulverscroft Grange

Sandy has spent many months volunteering at the Foundation and is thrilled to be joining the team at the Grange!!





# Thank you Jane

On Sunday 3<sup>rd</sup> October Jane Bland completed a personal challenge, running the London Marathon in memory of her parents Roy and Norma Knifton, who spent many happy times at Ulverscroft. Jane raised a fantastic £1,197.00 for the Foundation. A fabulous achievement! Here are some photographs of the day!

Thank you, to everyone that sponsored Jane and helped to get her across the finish line. Congratulations to Jane on such a wonderful achievement! Your support of the Foundation is much appreciated.



## Christmas Opening Hours

### Please be advised of our Christmas Opening

Monday 20th December - 10.00am - 4.00pm

Tuesday 21st December - 10.00am - 4.00pm

Wednesday 22nd December - 10.00am - 4.00pm

Thursday 23rd December - 10.00am - 4.00pm

Friday 24th December - CLOSED

## We reopen on

Monday 10th January - 10.00am - 4.00pm

**With new winter opening hours. Thank you for your continued support!**



Scan the QR code and sign up to receive or monthly guide by email!



WISHING YOU A VERY MERRY

# CHRISTMAS

From Ulverscroft Grange Tearoom

Wednesday 1<sup>st</sup> December

### Music in the Stable yard

- **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!

Thursday 2<sup>nd</sup> December

### Health and Wellbeing Support Thursdays

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

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. £4.00 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

- **Relaxation** with Paula - 11.30am - **Activity Centre**

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 - £4.00 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

- **MS Drop In Support Group** - 1.30pm-3.30pm – **Activity Centre**

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

Please call Kathleen on 07860 639693 for more information and to book a session.

Friday 3<sup>rd</sup> December

### Stepping Stones

- **Stepping stones** with Shelley Smith -10.00am - Self-care for the festive period - **Ulverscroft Manor**

Self-care is an important part of looking after ourselves, physically and emotionally. Recognising our own needs can be difficult and setting healthy boundaries can often feel tricky, especially around the festive period when pressure and expectation can feel heightened. This workshop will allow for reflection and supports you in designing your own bespoke self-care routine, including areas that you value and wish to focus on for your overall happiness at this time.

Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression. Welcome and drink from 10.00am - Workshop 10.30am - Time to chat from 11.30am

Workshop - £4.00 per session or £3.00 if booked and prepaid before the day to secure your place.

Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 6<sup>th</sup> December

### Nordic Walking

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

Is 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. Tuition and equipment provided - £3.00

Please call Jess on 01530 244914 for more information and to book a session.

Tuesday 7<sup>th</sup> December

### Gentle Yoga Class

- **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 - £5.00 per session - £4.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

Please call Helen on 01530 244914 for more information and to book a session.

Tuesday 7<sup>th</sup> December

### Shuttlewood Singers

- **Shuttlewood Singers** – with Caroline Sharpe – 1.00pm – 3.00pm – **Ulverscroft 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 - £4.50 per session or £3.50 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

Please call Kathleen on 07860 639693 for more information and to book a session.

Wednesday 8<sup>th</sup> December

### Music in the Stable yard

- **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!

Thursday 9<sup>th</sup> December

### Health and Wellbeing Support Thursdays

- **Seated Yoga** with 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. £4.00 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

- **Relaxation** with Lorna - 11.30am - **Activity Centre**

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 - £4.00 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

- **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

Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 13<sup>th</sup> December

### Nordic Walking

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

Is 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. Tuition and equipment provided - £3.00

Please call Jess on 01530 244914 for more information and to book a session.

Tuesday 14<sup>th</sup> December

### Tai Chi / Chi kung

- **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! £5.00 per session - £4.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

Please call Helen on 01530 244914 to book a session.

## Tuesday 14<sup>th</sup> December

- **Shuttlewood Singers** – with Caroline Sharpe – 1.00pm – 3.00pm – **Ulverscroft 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 - £4.50 per session or £3.50 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

Please call Kathleen on 07860 639693 for more information and to book a session.

## Wednesday 15<sup>th</sup> December

### Music in the stable yard

- **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!

## Thursday 16<sup>th</sup> December

### Health and Wellbeing Support Thursdays

- **Seated Exercise** with Suky – 10.00am – **Activity Centre**

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 - £4.00 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

- **Mindfulness** with Emma – 11.30am – **Zoom**

Zoom from home or join us for a Zoom from the Activity Centre. 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 - £4.00 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

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

Come and have a coffee and chat with Lipoedema friends.

For more information contact Kathleen on 07860 639693.

Friday 17<sup>th</sup> December

### Stepping Stones

- **Stepping Stones** with Marjolein Cleaver – 10.00am - Kindness and Self-Compassion - **Ulverscroft Manor**

In life we are often very good at being kind and compassionate to those around us. We like to make sure others feel reassured and feel supported. However, a key element to self-care and positive wellbeing is to show ourselves the same kindness and compassion. This can feel much harder to do and we can be left wondering why this is. Marjolein will be spending some time looking at why kindness and self-compassion can benefit us. She will look at practical ways we can show ourselves this kindness and some self-compassion, especially over the festive period which can be a tricky time as well as a lovely time. By the end of the workshop, you will have at least one strategy of self-kindness to use over the festive period.

Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression. Welcome and drink from 10.00am - Workshop 10.30am - Time to chat from 11.30am

Workshop - £4.00 per session or £3.00 if booked and prepaid before the day to secure your place.

Please call Kathleen on 07860 639693 for more information and to book a session.

Tuesday 21<sup>st</sup> December

### Gentle Yoga Class

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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 - £5.00 per session - £4.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

Please call Helen on 01530 244914 for more information and to book a session.

Tuesday 21<sup>st</sup> December

- **Shuttlewood Singers** – with Caroline Sharpe – 1.00pm – 3.00pm – **Ulverscroft 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 - £4.50 per session or £3.50 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

Please call Kathleen on 07860 639693 for more information and to book a session.

Wednesday 22<sup>nd</sup> December

### Music in the stable yard

- **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!

Thursday 23<sup>rd</sup> December

### Health and Wellbeing Support Thursdays

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

Come and have a coffee and chat with Lipoedema friends.

For more information contact Kathleen on 07860 639693.

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

Come along and have a coffee and a chat with fibromyalgia friends in the beautiful house and gardens of Ulverscroft Manor.



**Ulverscroft  
Activity  
Centre**

Shuttlewood  
Clarke  
Foundation

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



**Ulverscroft  
Grange**

Shuttlewood  
Clarke  
Foundation

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



**Ulverscroft  
Manor**

Shuttlewood  
Clarke  
Foundation

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