

January



**Shuttlewood
Clarke
Foundation**

What's On Guide

Ulverscroft Manor & Activity Centre – Priory Lane, Ulverscroft, Leicestershire, LE67 9PH

For more information call 01530 245860 bookwhen.com/shuttlewoodclarke

ART - Fun with Art with Steve Bird – 1.00pm - Activity Centre - £5.00

January class cancelled

Find your inner artistic ability while having fun with art. This class is suitable for artists and beginners.

Book Club – 11.30am – Ulverscroft Manor - Free

January meetings cancelled

Join our monthly book group meeting in the comfort of Ulverscroft Manor. Chat about what you are currently reading, recommend future reads and swap your books with others.

Craft Club - 10.30am – Activity Centre - £3.00 (payable on the day)

Every Last Friday – 31 January

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits).

Mindfulness– with Emma - 11.30am - Ulverscroft Manor - £4.00*

Every Third and Last Thursday - 16 January, 30 January

Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. Learn simple techniques and activities which help you to improve your well-being, reduce anxiety and stress, manage your feelings, calm your mind, spend more time in the present.

Nordic Walking with Amanda – Ulverscroft Manor - £3.00

Every Monday - **6 Jan 13 Jan 20 Jan 27 Jan**

10am to 11am - Push the pace Nordic Forest Walking

11.15am to 12.15pm - Gentle Nordic Walking

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. Sessions are approximately **one hour**.

PILATES - Seated Pilates* with Liz – Activity Centre & Zoom - £4.00*

Monday 9.15am Zoom only – **6 Jan 27 Jan**

Thursday 10.00 am Activity Centre & Zoom **9 Jan 23 Jan 30 Jan**

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.

Shuttlewood Singers* – with Caroline – 1.00pm – 3.00pm Activity Centre. £4.50

Every Tuesday **7 Jan 14 Jan 21 Jan 28 Jan**

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.

Sound Bath* with Rhi – 11.30am - Activity Centre - £4.00*

Second Thursday of the month **9 January**

Each session will start with gentle seated stretches to release tension from the body. We will explore pranayama (breathwork), soothing the nervous system and quietening the mind chatter. Immerse yourself in a Sound Bath, where waves of sound and vibration will cleanse your energy and facilitate release.

Stepping Stones for ANXIETY & DEPRESSION* *Pre-booking is essential to secure a place*

Every First and Third Friday at Ulvescroft Manor 10.00am £4.00

3 January

Understanding anxiety and practical tips - Shelley Smith

17 January

Managing stress and building resilience - Marjolein Cleaver

Each session includes a 60-minute workshop around a variety of mental health and well-being topics that offer people practical guidance, strategies and support.

If you require more specialist or 1:1 support, please explore LLR Joy:

<https://services.thejoyapp.com/>

Tai Chi / Chi Kung* with Stephanie – 10.30am – Activity Centre - £5.00*

Every Second Tuesday – **14 January**

A Chinese exercise system of slow motion, movement and breathing. Designed to strengthen and relax, improve balance and co-ordination, posture and mobility while creating a sense of general well-being and harmony.

Yoga – Gentle Yoga* – 10.00am – Activity Centre - £5.00*

Every first, third and last Tuesday – **7 Jan 21 Jan 28 Jan**

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 well-being and become stronger both physically and mentally.

Yoga – Seated Yoga* - 10.00am - Activity Centre - £4.00*

Every second Thursday - **16 January**

Chair-based yoga uses gentle movements that focus on strength, flexibility, breathing and relaxation while helping to develop and nurture a greater sense of well-being.

Book online with BookWhen - bookwhen.com/shuttlewoodclarke

Please call 01530 245860 for more information.

** A £1 discount is applied when classes are pre-booked and prepaid.*

Advance payments for classes are non-refundable.



SUPPORT GROUPS

Fibromyalgia Friends Together 1.15pm - Activity Centre

Every Third Thursday - **16 January**

For more information call - 0116 298 8007 (Monday to Friday 12noon – 4.00pm)

Lipoedema Support Group – 1.00pm - Ulverscroft Manor

Every Third Thursday - **16 January**

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

MS Drop-in Support Group - 1.30pm-3.00pm – Ulverscroft Manor

Every Third Monday **No group meeting in January**

MS support group meeting at Ulverscroft Manor. For more information, please contact Kathleen on 07860 639693.

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

Every Second Thursday **09 January**

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 Alan on 07588 169494.

Young Onset Dementia Support Group – 1.30pm – Activity Centre

Every Last Thursday - **30 January**

A social group for people under 70 years of age, with Young Onset Dementia and their partners, friends, or carers. To enjoy activities, chat and gain support. Activities include kurling, skittles, boccia, quoits. Please call Kathleen 07860 639693 for more information.

The Shuttlewood Clarke Foundation offers the opportunity to socialise, have fun and re-energise your body and mind with well-being classes, interest groups and support groups. Situated in the Charnwood Forest, Ulverscroft Manor is an inviting and homely place set in beautiful, tranquil grounds. **No lunches will be served at the Manor in January due to kitchen maintenance.** A table can be booked at the nearby Ulverscroft Grange Tearoom by calling them directly on 01530 249484 or via www.shuttlewood-clarke.org/ulverscroft-grange/tea-rooms/

Please call 01530 245860 or 07860 639693 for more information