



**Shuttlewood
Clarke
Foundation**

What's On Guide

Latest News

Registered Charity 803525

October



On Sunday 3rd October Jane Bland will be running the London Marathon in support of Shuttlewood Clarke Foundation. Jane's parents Norma and Roy Knifton of Vernon Crescent in Leicester enjoyed many happy times at Ulverscroft Grange in the early 2000's and benefitted immensely from the support and friendship they received during day visits, where they enjoyed a warming home cooked lunch and the tranquil grounds in the relaxing company of others.

Jane commented 'Dad and Mum passed away in 2008 and 2009 and my mother always used to say, "life's not a dress rehearsal, it's for living today" so I'm taking this opportunity at 52 to run the marathon'. We are delighted that Jane has chosen to support the Foundation, through a fundraising and training journey that takes a huge amount of perseverance and devotion. Running 26 miles through the streets of London with thousands of other enthusiastic, keen runners will be a thrilling yet exhausting challenge and we would like to thank Jane for her dedication and commitment to the Foundation. If you would like to sponsor Jane please visit the Just Giving page below!

<https://www.justgiving.com/fundraising/jane-bland5>



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

Friday 1st October

Stepping Stones

- **Everyday practical mindfulness** – with Marjolein Cleaver - 10.00am – **Ulverscroft Manor**

Mindfulness is the practice of being present in the here and now. Our lives can get very busy, and our heads always seem to have thoughts running around them. Sometimes we have so much on our plates that all the different thoughts start vying for our attentions. This session will cover what mindfulness is as well as offer opportunities for you to practise some mindfulness. We will try different approaches to mindfulness so you can explore which techniques work best for you.

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 4th October

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 5th October

- **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 6th October

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 7th October

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)

- **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 8th October

Design and create (CLASS FULL)

- **Design and Create** - 1.00pm

A Group for textile enthusiasts who meet each month to share ideas and have fun with designing & creating - £5.00 Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 11th October

Pilates

- **Seated Pilates** with Liz – 9.30am - **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 - Booked and prepaid £3 or £4 if joining on the day.

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

Monday 11th October

Nordic Walking

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

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

Tuesday 12th October

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 12th October

- **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 13th October

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 14th October

Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 9.30am - **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 per session or £3.00 if booked and prepaid before the day to secure your place (payments for classes are non-refundable)

- **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)

- **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.

Friday 15th October

Stepping Stones

- **Loss and Bereavement**– with Shelley Smith - 10.00am - **Activity Centre**

We all experience bereavement at sometime in our lives and we will all experience loss and grief. However there is a misconception about the term 'bereavement' which we can interpret as only being as a result of the death of a person. As well as the most devastating form of loss being the death of a close relationship, we can grieve the loss of: Structure, Routine, Connection, Childhood, Job Status, Purpose, the list goes on.

This last year in particular many people have suffered a great amount of loss, which can also impact our mental health and wellbeing. Our workshop around loss and bereavement supports you in understanding the stages of grief and how this links with different emotions and will assist you in learning healthy coping strategies and the importance of self-care.

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 18th October

Pilates

- **Seated Pilates** with Liz – 9.30am - 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 – Booked and prepaid £3 or £4 if joining on the day.

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

Monday 18th October

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. Nordic poles propel the walker along, making it easier to move faster than normal without feeling the effort. Tuition and equipment provided - £3.00

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

Tuesday 19th October

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 19th October

- **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 20th October

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 21st October

Health and Wellbeing Support Thursdays

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

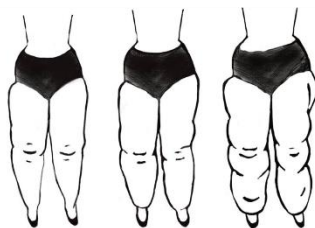
For more information contact Kathleen on 07860 639693.

LipoedemaUK
Charity No 1181312

www.lipoedema.co.uk

SYMPTOMS INCLUDE

- * **Heavy painful legs**
- * **Legs that bruise easily**
- * **Unable to lose weight from lower body**
- * **Unaffected hands and feet**
- * **Family members of a similar shape**



Lipoedema is a condition where there's an abnormal build-up of fat cells in the legs, thighs and buttocks, and sometimes in the arms. Onset is typically at puberty or other hormonal change.



**Ulverscroft
Activity
Centre**

Shuttlewood
Clarke
Foundation

Every
Third
Thursday

1.00pm

**Lipoedema
support group**

Our friendly and welcoming group offers a supportive space to share feelings, offer encouragement and make new friends in a relaxing and sociable setting

Monday 25th October

Pilates

- **Seated Pilates** with Liz – 9.30am - 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 – Booked and prepaid £3 or £4 if joining on the day.

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

Monday 25th October

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. Nordic poles propel the walker along, making it easier to move faster than normal without feeling the effort. Tuition and equipment provided - £3.00

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

Tuesday 26th October

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 26th October

- **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 27th October

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 28th October

Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 9.30am - **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 -- Booked and prepaid £3 or £4 if joining on the day.

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

- **Young Onset Dementia Support Group** - 1.30pm – 3.30pm - **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 Kathleen on 07860 639693 for more details.

Christmas Fayre

Thursday 28th Friday 29th October

Pre loved treasures galore

11.00am - 2.00pm

Grab a pre loved
festive bargain!



**Shuttlewood
Clarke
Foundation**

Registered charity 803525

Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicestershire, LE67 9QB

Join us at Ulverscroft Grange on
Thursday 28th and Friday 29th
October

for Shuttlewood Clarke
Foundation's pre loved Christmas
Fayre. The Courtyard area will
have a selection of homewares,
gifts, and trinkets – come and
browse and pick up a fantastic
festive bargain! We look forward
to seeing you there!

Friday 29th October

Monthly Craft Club

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

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits)
Telephone Kathleen on 07860 639693 for more information and to book a session.



**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)



**Ulverscroft
Activity
Centre**

Shuttlewood
Clarke
Foundation

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