



**Shuttlewood
Clarke
Foundation**

Registered Charity 803525

What's On Guide

Latest News

September



Golf Buggy

We are delighted to announce that our popular buggy rides will return from September!

Ulverscroft Grange and Manor are situated in picturesque grounds covering 55 acres. If you're not quite up to exploring on foot, take a tour of the grounds in our volunteer driven buggy.

It is advisable to confirm that a driver is available on the morning of your visit. Please call the office for more information and availability on 01530 244914

New for **September!** Every Wednesday in the stable yard

10.00am – 2.00pm

Enjoy popular live organ music (refreshments available from the tearooms)

Dates for your diary

Thursday 28th October

Friday 29th October

Preloved and handmade Christmas Sale

Ulverscroft Grange Courtyard

10.00am – 2.00pm

More details coming soon!

MUSIC IN THE STABLES



**Ulverscroft
Grange**

Shuttlewood
Clarke
Foundation



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

Wednesday 1st September

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 2nd September

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 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. £3.00 – Booked and prepaid

- **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 - £3.00 - Booked and prepaid

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

Friday 3rd September

Stepping Stones

- **Managing Transitions & Adapting to change** – with Shelley Smith - 10.00am - **Activity Centre or Ulverscroft Manor**

Over the last 17 months, we have had to adapt and make many changes, beyond our control. This has been difficult for many people, but we have survived. This session will support us in reflecting on this time and to discuss strategies that help us to adapt to new and challenging situations that we are faced with using our inner strength, grounding and self-talk.

Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression.

Workshop - £3.00 pre booked and prepaid - Booking essential to secure you place.

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

Monday 6th September

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 6th September

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 7th September

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 to book a session

Its time to break the silence around mental health

Stepping Stones

Every first and third Friday of the month

To coping and recovery from anxiety and depression

Wednesday 8th September

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 9th September

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 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 - £3.00 - Booked and prepaid

- **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 – £3.00 - Booked and prepaid

- **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 10th September

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 13th September

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 13th September

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 14th September

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

Wednesday 15th September

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 16th September

Health and Wellbeing Support Thursdays

- **Seated Yoga** with Paula – 10.00am - Zoom and Activity Centre

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.

- **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 - £3.00 - Booked and prepaid

- **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 17th September

Stepping Stones

- **Understanding Anxiety & Grounding Techniques** - with Shelley Smith - 10.00am - Activity Centre or Ulverscroft Manor

Anxiety is a normal, valid human emotion but sometimes it can get a bit out of control and feel overwhelming. This session will support you in understanding how anxiety can lead to us moving into fight, flight and freeze and to develop your own emotional toolkit of strategies in understanding how to take back control and reduce anxious feelings and thoughts.

Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression.

Workshop - £3.00 pre booked and prepaid - Booking essential to secure you place.

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

Monday 20th September

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.

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Monday 20th September

Nordic Walking

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

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Tuesday 21st September

Gentle Yoga Class

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

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

Wednesday 22nd September

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

Can you help?

Fundraising

Retail

Gardening

Buggy driver

Educational

Tearooms

Gardening

Interested in joining our friendly and welcoming volunteer team?

As well as helping other people, volunteering has been shown to improve volunteers' wellbeing too. It's human nature to feel good after helping someone out. Volunteering can also help you gain valuable new skills and experiences and boost your confidence.

For more information regarding our volunteer roles please call Jessica please on 01530 244914.

Thursday 23rd September

Health and Wellbeing Support Thursdays

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

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- **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 - £3.00 - Booked and prepaid

- **Young Onset Dementia Support Group** - 1.30am –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.

Friday 24th September

Monthly Craft Club

- **Craft Club** – **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.

Monday 27th September

Pilates

- **Seated Pilates** with Liz – 9.30am - **Zoom**

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Monday 27th September

Nordic Walking

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

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Tuesday 28th September

Gentle Yoga Class

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

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Wednesday 29th September

Music in the Stable yard

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

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Tearooms

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Thursday 30th September

Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 9.30am - Zoom

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- **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 - £3.00

- **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 - £3.00 - Booked and prepaid

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

Find our inclusive and welcoming activities across our three accessible locations in the heart of the Charnwood Forest



**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)