

# What's On Guide



**Shuttlewood  
Clarke  
Foundation**

# August

## School holiday activities at the Foundation

Walk from the Grange to the Manor via the connecting path, starting from the Grange visitor carpark. Alternatively drive to the Activity Centre located in the grounds of Ulverscroft Manor, off Priory Lane. **Please note that dogs are not permitted on the Manor site.**

### Discovery Trail

Enjoy the waymarked trails. There are trail activity packs for young people available from the Discovery Den, located in the Activity Centre car park, in the grounds of Ulverscroft Manor.

### Dogwood Weaving

Young people can try weaving simple sculptures from Dogwood, sourced from the Yew Trail, visit the Discovery Den for inspiration. This activity is self-led and available every **Monday and Tuesday**.

### Shelter Building

On **alternate weeks**, commencing 26<sup>th</sup> July shelter building will be available. This is a self-led activity; activity packs will be available from the Discovery Den explaining the various methods of construction.

## Summer activities

Our Discovery Den is open Monday - Saturday from 19th July!

Bring the family along and explore our **FREE** woodland trails and activities!



Ulverscroft Activity Centre,  
Priory Lane, Ulverscroft,  
LE67 9PH

Take away picnic boxes available from the Grange!

Don't forget our tearooms and charity shops at Ulverscroft Grange are now **OPEN** on a Saturday!



Ulverscroft Grange,  
Whitwick Road,  
Ulverscroft, LE67 9QB

Monday 2<sup>nd</sup> August – **Postponed**

### 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.

Monday 2<sup>nd</sup> August

## 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.

Thursday 5<sup>th</sup> August

## 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 6<sup>th</sup> August

## Stepping Stones

- **Relaxation and breathing techniques** with Kate Jackson - 10.00am - **Activity Centre**

Join this session led by Kate Jackson (Occupational Therapist) who will explain the power of relaxation and using your breath when feeling anxious or panicky and teach 2 specific breathing techniques. There will be chance for a supportive discussion too with a friendly group in a calm and informal setting.

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 9<sup>th</sup> August

## 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 9<sup>th</sup> August

## 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 10<sup>th</sup> August

## 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! Please call Helen on 01530 244914 to book a session



**Tai Chi**

**Movement**

**Harmony**

**Balance**

Second Tuesday  
of the Month

**Ulverscroft  
Activity  
Centre**

Shuttlewood  
Clarke  
Foundation

The graphic features a woman in a yellow top performing Tai Chi movements against a blue sky background. The text is arranged in a stylized, overlapping manner with various colors and fonts.

**PLEASE NOTE: - Currently places are limited due to Covid guidelines therefore classes in the Activity Centre must be booked and prepaid.**

Thursday 12<sup>th</sup> August

### Health and Wellbeing Support Thursdays

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

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- **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

Friday 13<sup>th</sup> August

### 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 16<sup>th</sup> August

### 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.

Join our wonderful volunteering team and help us to help others!

Can you offer some time, weekly, fortnightly or monthly?

**Volunteer**

**Volunteer**

Please call 01530 244914 or email [jessica@shuttlewood-clarke.org](mailto:jessica@shuttlewood-clarke.org) for more information

Monday 16<sup>th</sup> August

### 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 17<sup>th</sup> August

### 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

Please call Helen on 01530 244914 to book a session

Thursday 19<sup>th</sup> August

### Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 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 07860 639693

Friday 20<sup>th</sup> August

## Stepping Stones

- **How sleep works and why it matters** with Tom Hickingbottom- 10.00am – **Activity Centre**

The average person spends a third of their life asleep, during this time we cannot do many of the things that are considered necessary for survival, such as gathering food, reproducing and protecting ourselves from predators. So it must be very important! In this workshop you will learn why sleep is so important and how a good night's sleep can improve every aspect of your physical and mental health. In doing this we will look at how sleep works, common roadblocks for getting to sleep and useful tips for how to improve your current sleep schedule.

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 23<sup>rd</sup> August

## 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 23<sup>rd</sup> August

## 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

Thursday 26<sup>th</sup> August

### 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 - £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.

Friday 27<sup>th</sup> August

### 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 30<sup>th</sup> August

### 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 31<sup>st</sup> August

## 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

Please call Helen on 01530 244914 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)