



Newsletter

THE WORK AND HISTORY OF SHUTTLEWOOD CLARKE FOUNDATION

On Monday 18th September I was delighted to visit Devonshire Court residential home in Oadby. I was warmly welcomed by Rod and enjoyed meeting and presenting to a lovely group of residents. It was fabulous to have the opportunity to describe the wonderful views at the Grange, discuss the history of the Foundation and the opportunity of a day visit to the Manor. We look forward to welcoming a visiting group from Devonshire Court to the Foundation in 2018! I do hope that the sun will shine as requested!

It is always a pleasure to be welcomed as a guest speaker by a group or organisation. Meeting people is a fabulous way of promoting the valuable work of the Foundation, which enables us to continue to promote the services, activities and support that we are able to provide to those in the local community and beyond. If you would like to request a visit then we would be happy to oblige. A cup of tea and a biscuit would be gratefully received and a donation to the Foundation would always be welcomed! Please contact Helen Baxter on 01530 244914 for more information or email helen@shuttlewood-clarke.org

THE YEW TRAIL OUTDOOR CLASSROOM



Our Yew Trail outdoor classroom has so much to offer. Learning about natural things becomes dynamic because they are all around, to be seen, felt, discovered, explored. The possibility of adventurous activity, valuable in itself, combined with other subject matter can make learning a fun experience. There are endless possibilities for learning across the whole curriculum. The Yew Trail extends to two quite different areas of woodland, one of which is wetland, and has plants which enjoy those conditions. Our woodland boasts a bird hide, yurt, pond, shelter building areas and trails with information boards. We also hold a range of activity sheets linked to the National Curriculum, plus supporting factual information about, amongst other things, trees, plants, birds.



October 2017

Welcome to the
October 2017
Newsletter

Stay up to date with
the latest news,
activities and events
at the Foundation.

We would welcome
your comments and
suggestions and will
endeavor to include
any articles and
features that may be
of interest you!

Please contact Helen
on 01530 244914 to
discuss this further.

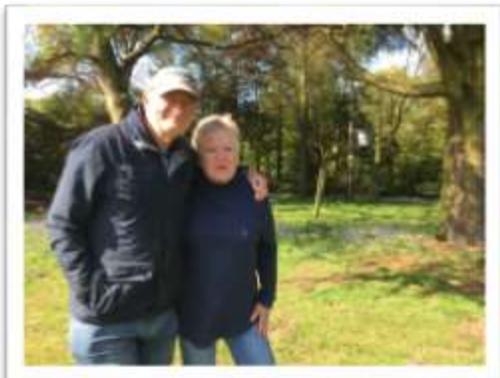
Take a look at the Yew Trail Map here :-

http://www.shuttlewood-clarke.org/files/8514/1761/7987/Yew_Trail_Map_A4.pdf

Since April this year just over **1,000** children have taken part in activities supported by volunteers here at the Foundation. We encourage schools to visit throughout the year and we have received some wonderful feedback. Please read the comments opposite!

We are proud to hold the Learning outside the Classroom quality badge. The LOfC badge is the nationally recognized indicator of good quality educational provision. Please visit the website <http://lotcqualitybadge.org.uk/> for more information regarding this accreditation.

Schools and group visits to the Yew Trail outdoor Classroom can be arranged by calling the office on 01530 244914 or by emailing hello@shuttlewood-clarke.org. The Yew Trail is open to the public Monday – Friday 10.00am – 3.30pm on dates when visiting schools are not in attendance. Maps and take out refreshments are available from the tearooms.



Yew Trail Feedback

We would like to take the time to say a huge thank you to all of the team at Ulverscroft Manor. Our children had an amazing day and we heard lots of comments like 'This is the best trip ever!' It was a joy to watch the children so engaged in all of the activities and hearing the squeals of delight as they made new discoveries, e.g. the frog!

Obviously days like this cannot happen without the tremendous support of your team, who were very knowledgeable, approachable and friendly. The three activities were brilliant and perfectly timed and although the weather was not the best we didn't notice it, because we were having too much fun.

Definitely a day to remember and one I would like to repeat and would highly

Geoff and Anne-Marie – volunteers, bluebells, yurt, treetops and pond dipping!

CORPORATE SUPPORT

The Foundation welcomes support and partnership from a number of organisations. We are delighted to be supported by the Bradgate Rotary Club and Arthur J Gallagher in 2017 – 2018.



Florence Dennis Account Manager at Arthur J. Gallagher said 'Shuttlewood Clarke Foundation are an absolutely fantastic local charity who make such a difference to those who use your facilities and we wish to work with you and support you in any way we can'

Founded in 1927, Arthur J. Gallagher & Co. has become one of the largest insurance broking and risk management companies in the world in this specialist market. With extraordinary reach internationally, our parent group employs over 24,000 people and provides services in more than 150 countries. Outside the US we are known as Arthur J. Gallagher and wherever there is an issue of risk, we're there for our clients. We are a business without barriers – working together to create solutions that drive value and competitive advantage for our clients.



Bradgate Rotary Club

Bradgate Rotary Club are supporting the Foundation in 2017 – 2018 and are looking to sponsor a candidate, aged 19+, to attend The Calvert Trust for a week at the end of April 2018. The candidate would be part of a group of up to 30 participants from the East Midlands brought together by Rotary Clubs in the district who would be taken up to Calvert's Keswick Centre by coach with all costs, including full board, covered by Rotary.

The Calvert Trust is a charity whose aim is to challenge disability 'through outdoor adventure'. The activities include hill walking, rock climbing, abseiling, horse riding, archery, sailing, canoeing and cycling.

The whole ethos is to teach the participants what they can do and not what they can't do, which is often the case in their normal environment. The week promotes independence in a safe environment and everyone is encouraged to do as much as they can and frequently more than they expect.

Without doubt everyone will find their comfort zone challenged at some time during the week and the impacts are often life changing.

If you would like to nominate a family member or friend whom you think may benefit from this opportunity or know of other organisations who may wish to put forward a possible candidate for this project then please contact Roy Cafferty at Bradgate Rotary on 07817523518 or Helen Baxter at Shuttlewood Clarke Foundation on 01530 244914.

HYDROPOOL FOR ETHAN

On Saturday 17th June SCF staff attended a staff social event at the Activity Centre. The main purpose of the evening was to give the staff a chance to get together socially but we also decided, in light of our charity ethos, we would nominate a local worthy cause and use the event to raise money. All attendees were invited to nominate a cause and, out of the 4 worthy causes put forward, we voted to raise funds towards Ethan's hydro pool.

Ethan is a 5 year old boy who has a rare life-limiting brain condition called Bilateral Polymicrogyria. Secondary to this, he has quadriplegic cerebral palsy, which causes him great muscle pain. Despite this, he remains a determined little boy with an amazing smile and has already defied all original expectations.

Ethan has to endure stretching and massage therapy three times daily, but this is very painful and distressing for him. The only way to allow Ethan to stretch and exercise pain free, is through warm water, we are therefore trying to raise money to fund a hydro pool in his garden so he can access warm water daily, and relieve his pain. I have met Ethan and he really is a remarkable and inspiring little boy, I am left in awe of his spirit and love of life.

I'm sure you will agree that this was a fantastic cause, so we set about trying to raise as much money for him as possible. The theme for our evening was 'Around the World' - staff members picked a country from a hat and were encouraged to bring a dish and dress according to their chosen countries traditions. We had games, a belly dancing performance from the amazing Roxanne and her students, a cocktail hour and a silent auction. We had a fantastic evening and managed to raise an amazing £500 toward Ethan's hydro pool. Thank you to all that attended the evening and to everyone for donating prizes and their time! The evening was a great success.

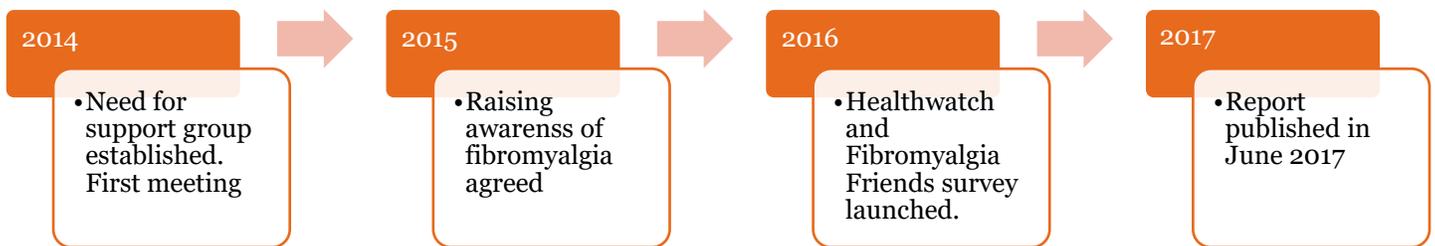


For more information regarding Ethan and his hydro pool fundraising please contact Louise Moore on 01530 244914.

FIBROMYALGIA FRIENDS TOGETHER

Fibromyalgia is a recognised illness. The main symptoms being widespread pain, profound fatigue, headaches, anxiety, depression, increased sensitivity, 'fibro' fog and irritable bowel. The level of pain can vary for each individual; it can be an ache, a burning sensation covering the whole body or can be sharp stabbing pains. The severity of the pain can vary and can either be continuous or come and go. The exact cause of Fibromyalgia is not known but it is thought that some sort of trauma, whether physical or emotional, can act as a trigger, although it can sometimes start without any obvious reason.

In 2014, it came to the attention of the Shuttlewood Clarke Foundation that there was a need for a fibromyalgia support group. Fibromyalgia Friends Together started in the August of 2014 with founder member Pat Payne. The group meets on the third Thursday of the month at Ulverscroft Manor.



From 2014, the group continued to meet for social support until, at a meeting in October 2015, the group decided they wanted to raise awareness of fibromyalgia and improve the services for people living with this illness. The group approached Healthwatch who put forward a request to the University Hospitals of Leicester NHS Trust, for a telephone helpline and a local specialist fibromyalgia clinic, as the nearest specialist clinic is in London. Following that, Healthwatch and Fibromyalgia Friends Together subsequently co-produced a survey to gather information on patient experiences of local health services and care issues. A staggering 950 responses were received and the results of this can be seen in the report released in June 2017 'It's not in my head!' For many people it has taken between 5 and 10 years to get a formal diagnosis as it is largely achieved by excluding other illnesses. It can take time to carry out tests and receive the results to rule out other conditions. The report makes very interesting reading, please follow the link to view the report.



<http://www.healthwatchleicestershire.co.uk/sites/www.healthwatchleicestershire.co.uk/files/HW%20FIBROMYALGIA%20Report%20FINAL%20web%201.pdf>

A meeting with Karl Mayes, from the University Hospitals of Leicester NHS, resulted in the group producing their 'TOP 10 TIPS For Living with Fibromyalgia' which was also endorsed by Healthwatch and the NHS. This is to be circulated in the NHS 'Together Magazine' to 28,000 people including 12,000 health professionals. Healthwatch are also posting A3 and A4 copies of the 'Top 10 Tips' to all GP practices across Leicester City, West Leicestershire and East Leicestershire and will be asking Practice Managers to display the posters on the notice boards in waiting rooms. This will certainly help to raise awareness of fibromyalgia and is a huge accolade for the power and usefulness of the Fibromyalgia Friends Together support group. Members have gradually increased and there are now over 60 members of Fibromyalgia Friends Together. If you would like to join Fibromyalgia Friends Together or would like a copy of the TOP 10 TIPS please contact Kathleen Wass, Telephone: 07860 639693 kathleen@shuttlewood-clarke.org



VENUE HIRE

The Foundation's properties and grounds are used for a variety of private events, as well as the fundraising events held by the Foundation. Our properties can be hired for corporate 'away days', team building days, and much more! If you are looking to hire space in a prestigious location deep in the heart of Leicestershire's beautiful Charnwood Forest our Manor meeting rooms and outdoor spaces offer a unique and inspiring opportunity for business, training and learning. The Activity Centre is utilized during the day by the Foundation, but can be booked in the evenings and at weekends for parties and conferences. Ulverscroft Grange tearooms has built a reputation on accommodating service, great homemade food, fantastic views and a relaxed atmosphere. Our customer service is well-renowned; each party booker has the option to meet with management personally to make sure that everything is just right.

We aim to meet each individual party's requirements and ensure that all of the little details are taken care of so that you don't have to worry. If you would like more information please contact the Venue Manager

Amanda Parsons on [07730034432](tel:07730034432).



VOLUNTEERRING OPPORTUNITIES

In October we are hosting another valuable volunteer recruitment event at the Activity Centre. This will take place on Wednesday 25th October and anyone interested is welcome to drop in between the hours of 3.00pm and 6.30pm

We have many rewarding roles ranging from buggy drivers, who transport our less mobile visitors; to Yew Trail educational volunteers who assist leading hands on activities in our inspirational outdoor classroom. If you have time to spare and are looking to form new friendships, expand skills or simply help others in a supportive and inclusive setting we would love to hear from you! Please call Rachel Lowe on 01530 244914 for more information or to arrange a trial session! Thank you for your continued support!

VOLUNTEER SPOTLIGHT – SEAN SARSONS

23 year old Sean Sarsons has come a very long way since he started his work experience with us in our Grange Tea Rooms back in 2016. Sean's difficulties rapidly blurred into the background as he presented himself to our team with the most warm and contagious personality!

To develop so quickly from requiring assistance to becoming totally independent in our kitchens has been a credit to Sean. Sean enjoys the banter and friendliness of the team in the Tea Rooms and has become very close to many staff, who have warmed to Sean's infectious smile and delightful personality.

Sean started his placement with us through The Royal National Institute for the Blind (RNIB) College from Loughborough and has grown in confidence throughout his time with us. Sean now comes along independently and is a strong asset to our team.

With the help, support and commitment from our staff, Sean has progressed into a very positive and helpful young man. We continue to enjoy his time with us and hope you will kindly say a little hello to him on your next visit to us.



Rachel Lowe Volunteer Coordinator and
Sean Sarsons with the RNIB Employer
Partnerships Award 2017

EVENTS



May we take this opportunity to thank you for your ongoing support and attendance at events here at Shuttlewood Clarke Foundation. We enjoyed welcoming you and your family and friends to Summer Fete in July. Everyone had a great day and we raised a fabulous £3632.65. A thank you to all of the volunteers that assisted on the day and for the kind donations received for the raffle and tombola. Also to Box Motor Club for supporting the Foundation for the fourth year running! - Your support has been invaluable. In 2018 we will be hosting a number of smaller events throughout the year. The events will be varied and include a table top sale, afternoon tea, cars on the lawn and much more! Please visit the website and social media pages for more information.



Don't forget our festive Santa breakfast on Thursday 21st December we have a limited number of spaces remaining. Santa will be visiting the tearooms to meet the children, enjoy breakfast and sing along to some festive songs. Book now to avoid disappointment! Please call Helen on 01530 244914 to make a booking.

NEXT ISSUE

The next newsletter will be published on Friday 12th January 2018

If you would like to receive the newsletter via email then please sign up online at:-

<http://www.shuttlewood-clarke.org/donations/newsletter/>

You will also receive a copy of the Monthly 'what's on guide' detailing all of the events and activities at the Foundation.

In the next issue – Model Railway, volunteer spotlight and more news and articles from the Foundation!

Thank you for your continued support

Events 2018

The Book Exchange

Tuesday 6th February 2018

10.00am – 12noon

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

Looking to exchange books you've read for something new? Bring along your unwanted books and choose from a selection of pre loved donated titles! Entry to the event is free, we would welcome a donation for every book you take home! Light refreshments will be available for a small charge.

Saturday 10th March

Afternoon Tea at the Grange

3.00pm

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

Looking for a treat for Mother's Day? Join us at the Grange for our fundraising Afternoon tea! Enjoy a delicious selection of sandwiches and homemade cakes and scones. Served with tea or coffee – The ideal Mother's day gift!

Booking essential - £13.50 per person – non - refundable pre-payment in advance to secure your place.

PRIZE WORDSEARCH



Can you find the trees in our prize crossword? The winner will receive a £5.00 tearooms voucher.

We are fortunate to have some glorious trees here at the Foundation. Have you spotted any on your visit?

Oak, Silver Birch, Ash, Cedar, Sycamore, Holly, Elm, Beech, Alder, Rowan, Hazel, Pine, Willow, Yew,

*Please note words can be found in all directions to include, forward, backwards and diagonally – good luck!

Name.....Email.....

Address.....Telephone.....

Please tick the box if you would like to receive the monthly - What's on guide and quarterly newsletter by email.

Please return your completed word search to Helen Baxter, Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicestershire, LE67 9QB by Friday 5th January 2018. The winner will be drawn at random on Monday 8th January. Winners will be notified by telephone.

Rowan

Holly

Oak

Ash

Cedar

Elm

Alder

Pine

Beech

Yew

A	Q	W	O	L	L	I	W	A	Q	O	Y	E	W	N
E	S	I	I	N	F	O	N	T	S	T	U	I	P	U
E	O	H	H	I	S	C	A	N	Y	N	E	N	E	T
B	Y	F	E	N	I	P	E	B	C	E	D	A	R	I
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O	I	E	B	S	O	N	A	R	I	T	B	R	E	R
L	J	M	V	O	Z	Y	W	R	U	S	E	N	T	G

Willow

Silver Birch

Hazel

Sycamore