

What's On Guide



**Shuttlewood
Clarke
Foundation**

June

Thank you for your patience as we move safely forward with our gradual reopening.

We hope to reintroduce more of our classes and activities in due course.

Thank you for your continued support, throughout what has been a very challenging time.

We look forward to welcoming you back to the Foundation very soon!

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

Thursday 3rd June

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 –£3.00

- **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.

- **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.

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

Friday 4th June

Stepping Stones

- **Balancing life – feeling better** with Kate Jackson - 10.00am – Zoom

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 7th June

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 – £3.00

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

Monday 7th June

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.

Thursday 10th June

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 –£3.00

- **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

- **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.

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

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Friday 11th June

Design and create

- **Design and Create** - 1.30pm – 2.30pm – **Zoom** – **CLASS FULL**

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 14th June

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 – £3.00

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

Monday 14th June

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 15th June

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 - £4.00

Please call Helen on 01530 244914 to book a session

Thursday 17th June

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 — £3.00

- **Mindfulness** with Emma – 11.30am – **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. *Emma will be Zooming this class, which you can either Zoom yourself or you can join others in the Activity Centre where we will Zoom onto the large screen.*

- **Lipoedema support group** – 1.30pm – **Activity Centre**

Come and have a friendly coffee and chat with Lipoedema friends in a welcoming and inclusive setting.

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

Friday 18th June

Stepping Stones

- **Reflection on the year so far** with Shelley Smith – **10.00am - Zoom**

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 21st June

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 —£3.00

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Monday 21st June

Nordic Walking

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

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Thursday 24^t June

Health and Wellbeing Support Thursdays

- **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**

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

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

Friday 25th June

Monthly Craft Club

- **Craft Club** – 10.30am - **Activity Centre** *(Dependent on Government Road Map date of June 21st which if delayed Craft Club will be on Zoom)*

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. **Craft Club - Activity Centre**

Monday 28th June

Pilates

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

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

Monday 28th June

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 29th June

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 - £4.00

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
Activity
Centre**

Shuttlewood
Clarke
Foundation

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



**Ulverscroft
Manor**

Shuttlewood
Clarke
Foundation

Ulverscroft Manor, Priory
Lane, Ulverscroft, Leicester,
LE67 9PH (UM)

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