

July



**Shuttlewood
Clarke
Foundation**
What's On Guide

Please be advised that some sessions will not be taking place as scheduled in July due to instructor availability over the summer season – sessions will only take place on the dates listed.

Every Monday – 4th, 11th, 25th July

- **Seated Pilates** with Liz – 9.15am – **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 or £3.00 if prepaid before the day. You are welcome to join the Zoom class on the day and pay at the end of the month. For more information or to book please call 01530 245860 or 07860 639693

Every Monday – 4th, 11th, 18th, and 25th July

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

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. Please call 01530 244914 for more information and to book a session - £3.00 (payable on the day)

Every first, third and last Tuesday – 19th, and 26th July

- **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. Please call 01530 245860 for more information and to book a session - £5.00*

Every Second Tuesday – 12th July

- **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 01530 245860 for more information and to book a session - £5.00*

Every Tuesday – 5th, 12th, 19th and 26th of July

- **Shuttlewood Singers** – with Caroline Sharpe – 1.00pm – 3.00pm – **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. Please call 01530 245860 for more information and to book a session - £4.50*

Every Wednesday – 6th, 13th, 20th, and 27th July

- **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!

Every Thursday – 7th, 14th, 21st and 28th July

- **Support Thursday** - 10.00am – 3.30pm – **Ulverscroft Manor and Activity Centre**

Our free drop-in sessions take place every Thursday, 10.00am - 3.30pm, and offer the opportunity to socialise, have fun and reenergise your body and mind with weekly well-being classes. Situated in the heart of the Charnwood Forest Ulverscroft Manor is an inviting and homely place set in beautiful, tranquil grounds. This inclusive, supportive well-being day welcomes people with any disability or illness, including anxiety, depression etc. Partners, carers & PAs are also welcome, and refreshments are available. More details of classes and support groups are listed below. Please call 07860 639693 for more information.

Every First and Second Thursday (Support Thursday Session) – 7th, 14th, and 21st July

- **Seated / Dynamic Yoga** with Paula or 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. Please call 01530 245860 for more information and to book a session - £4.00*

Every First and Second Thursday (Support Thursday Session) – 7th and 14th July

- **Relaxation** with Paula or Lorna - 11.30am – **Ulverscroft Manor**

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. Please call 01530 245860 for more information and to book a session - £4.00*

Every First Thursday – 7th July

- **MS Drop-in Support Group** - 1.00pm-3.00pm – **Ulverscroft Manor**

MS support group meeting in the Manor. For more information, please contact 07860 639693

Every Second Thursday – 14th July

- **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

Every Third and Last Thursday (Support Thursday Session) – 28th July

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

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. Please call 01530 245860 for more information and to book a session - £4.00*

Every Third and Last Thursday (Support Thursday Session) – 21st and 28th July

- **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. Please call 01530 245860 for more information and to book a session -£4.00*

Every Third Thursday – 21st July

- **Lipoedema support group** – 1.00pm – **Activity Centre**

Come and have a coffee and chat with Lipoedema friends. For more information contact 07860 639693

Every Third Thursday – 21st July

- **Fibromyalgia Friends** – 1.15pm – **Ulverscroft Manor**

Come along and have a coffee and a chat with fibromyalgia friends in the beautiful house and gardens. For more information call - 0116 298 8007 (Monday to Friday 12noon – 4.00pm)

Every Last Thursday – 28th July

- **Young Onset Dementia support group – 1.30pm – 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 07860 639693 for more information.

Every First and Third Friday – 1st and 15th July

- **Stepping Stones - 10.00am – Ulverscroft Manor**

July 1st (Kate Jackson - Acceptance and managing difficult thoughts).

July 15th (Shelley Smith - Valuing yourself and your strengths).

Coping with and recovery from anxiety and depression. The Stepping Stones group offers a supportive and friendly environment to help you on your recovery journey from anxiety and depression. Anyone experiencing anxiety and/or depression is welcomed and can join in the workshops and discussions as much as they are comfortable to do so. Each session, facilitated by an experienced occupational therapist or psychotherapist, includes a workshop on a particular topic aimed at giving support and strategies to help your recovery. Please call 07860 639693 for more information and to book a session -£4.00*

Every Second Friday- 8th July

- **Design and Create - 12.30pm – Activity Centre**

A group for textile enthusiasts to meet each month for talks and taster sessions while having fun with designing and creating - £5.00 (payable on the day) – Class Full

Every Last Friday – 29th July

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

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits). Please call 01530 245860 for more details - £3.00 (payable on the day)

Please be advised that the Railway will be open to visitors every Friday and Saturday during the summer months. Thank you for your continued support.

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

Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicester, LE67 9QB (UG)

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

*** Please be advised that these classes and sessions can be pre booked and prepaid to secure your place. A £1.00 discount will apply (payments in advance for classes are non-refundable).**