

December

What's On Guide



**Shuttlewood
Clarke
Foundation**

Ulverscroft Manor & Activity Centre – Priory Lane, Ulverscroft, Leicestershire, LE67 9PH

For more information call 01530 245860

bookwhen.com/shuttlewoodclarke

ART - Fun with Art with Steve Bird – 1.00pm - Activity Centre - £5.00

Every First **Thursday – December 7th** Find your inner artistic ability while having fun with art. This class is suitable for artists and beginners.

Book Club – 11.30am – Ulverscroft Manor - Free

Every First **Thursday- December 7th**

Join our monthly book group meeting in the comfort of Ulverscroft Manor. Chat about what you are currently reading, recommend future reads and swap your books with others.

Craft Club - 10.30am – Activity Centre - £3.00 (payable on the day)

Every **Last Friday – No meeting in December**

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits).

Mindfulness* – with Emma - 11.30am -Activity Centre - £4.00*

Every Third and Last **Thursday, December 21st**

Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. 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.

Motivate Monday with Amanda – 1.00pm – Ulverscroft Manor Lawn - FREE

Every **Monday – December 4th, 11th, 18th**

Workout for your wellbeing with our all-new fresh air fitness sessions at Ulverscroft Manor. Forget the stuffy gym or online workout sessions. Get outside into nature's playground and make some real fitness gains in the great outdoors. With a focus on functional fitness and ageing well, we will provide you with the means and motivation to stay strong and healthy!

Nordic Walking with Amanda – 11.00am – Ulverscroft Manor - £3.00

Every Monday – December 4th, 11th, 18th - £3 payable on the day

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.

PILATES - Seated Pilates* with Liz – Activity Centre & Zoom - £4.00*

Monday 9.15am Zoom only – December 4th, 11th, 18^h.

Thursday 10.00am Activity Centre & Zoom – December 7th, 21st 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.

Relaxation* with Lorna - 11.30am – Activity Centre - £4.00*

Thursday – December 14th Relaxation- “The Breath of Life” is the most basic function of the human body, where breathing not only fuels the body with oxygen, it can also clear the mind and help strengthen the muscles. Take the opportunity to improve your sense of wellbeing and inner calm with mindfulness, meditation and breathing techniques to relax your body and calm your mind.

Shuttlewood Singers* – with Caroline Sharpe – 1.00pm – 3.00pm Activity Centre.

Every Tuesday – December 5^h - £4.50*

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.

Stepping Stones for ANXIETY & DEPRESSION*

10.00am – Ulverscroft Manor -£4.00 Every First and Third Friday

Marjolein Cleaver- Setting Boundaries- **December 1st**

Shelley Smith – Self-Care in the festive period – **December 15th**

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.

Tai Chi / Chi Kung* with Stephanie – 10.30am – **Activity Centre** - £5.00*

Every Second Tuesday – **December 12th**. 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.

Walking Football - 1.45pm - **Manor Lawn** - **FREE** Funded by **Active Together**

Wednesday – **December 6th, 13th**.

Ideal for anyone who just wants to play football and have fun! Walking football focusses on improving fitness and mental health in a friendly fun way. With thanks to Leicester City Community Team.

Yoga – Gentle Yoga* with Paula – 10.30am – **Activity Centre** - £5.00*

Every first, third and last **Tuesday** – **December 5th, 19th**.

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.

Yoga – Seated Yoga* with Lorna - 10.00am - **Activity Centre** - £4.00*

Thursday – **December 14th**.

This chair-based yoga uses gentle movements that focus on strength, flexibility, breathing and relaxation while helping to develop and nurture a greater sense of wellbeing.

Book online with BookWhen - bookwhen.com/shuttlewoodclarke

Please call 01530 245860 for more information.



* Please be advised that these classes can be pre-booked and prepaid to secure your place and a £1 discount will apply. Please note that payments in advance for classes are non refundable.

SUPPORT GROUPS

Fibromyalgia Friends – 1.15pm – Ulverscroft Manor

Every Third Thursday – December 21st

For more information call - 0116 298 8007 (Monday to Friday 12noon – 4.00pm)

Lipoedema support group – 1.00pm – Activity Centre

Every Third Thursday – December 21st Come and have a coffee and chat with Lipoedema friends. For more information contact Kathleen 07860 639693

MS Drop-in Support Group - 1.30pm-3.00pm – Ulverscroft Manor

Every Third Monday – December 18th

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

Pulmonary Fibrosis Support Group - 1.30pm – 3.30pm – Activity Centre

Every Second Thursday – December 14th

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

Young Onset Dementia support group – 1.30pm – Activity Centre

Every Last Thursday – No meeting in December

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 07860 639693 for more information.

The Shuttlewood Clarke Foundation offers the opportunity to socialise, have fun and reenergise your body and mind with weekly well-being classes, craft groups and support groups. Situated in the heart of the Charnwood Forest Ulverscroft Manor is an inviting and homely place set in beautiful, tranquil grounds. Inclusive and supportive, we welcome people with any disability or illness, including anxiety and depression. Partners, carers & PAs are also welcome. On Thursdays only, refreshments are available at Ulverscroft Manor for people attending any of the classes or support groups.

Please call 01530245860 or 07860 639693 for more information.