

December



Shuttlewood
Clarke
Foundation



What's On Guide

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

For more information call 01530 245860 bookwhen.com/shuttlewoodclarke

Create a Christmas Wreath Workshop **fully booked**

£32 to include all materials

Activity Centre

Friday 6th December

10 am - 12.30 pm

This workshop is perfect for beginners, crafters and flower lovers alike. A step-by-step guide to wreath making with tips and demonstrations. All materials fresh and artificial included plus drink & mince pie. Bring old scissors, secateurs or wire cutters.

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

Every First Thursday – 05 December

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 – 05 December

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 – **The Manor will be closed on 27 December**

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



The Shuttlewood Clarke Foundation would like to send seasons greetings to everyone and best wishes for a healthy and happy
New Year



Mindfulness— with Emma - 11.30am - Ulverscroft Manor - **£4.00***

Every Third and Last Thursday - **19 December (cancelled), 26 December - bank holiday**

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 well-being, 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 - **No sessions during December**

Workout for your wellbeing with our **one-hour** fresh air fitness sessions at Ulverscroft Manor. Get outside into nature's gym 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 - **2 Dec 9 Dec 16 Dec cancelled, 23 Dec Manor closed**

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. This session is approximately **one hour**.

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

Monday 9.15am Zoom only – **2 Dec 9 Dec 16 Dec 23 Dec Manor closed**

Thursday 10.00 am Activity Centre & Zoom **5 Dec - 19 Dec**

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 – 12.30 - Ulverscroft Manor - **£4.00***

Every 2nd Thursday – **12 December**

Breathing 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 muscles. Take the opportunity to improve your sense of well-being and inner calm with mindfulness, meditation and breathing techniques to relax your body and calm your mind.

Shuttlewood Singers* – with Caroline – 1.00pm – 3.00pm **Activity Centre. £4.50**

Every Tuesday – **3 Dec 10 Dec**

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* *Pre-booking is essential to secure a place*

Every First and Third Friday at Ulvescroft Manor 10.00am **£4.00**

6 December **Using a worry tree**
20 December **Self-care in the festive period**

Each session includes a 60-minute workshop around a variety of mental health and well-being topics that offer people practical guidance, strategies and support.

If you require more specialist or 1:1 support, please explore LLR Joy:

<https://services.thejoyapp.com/>

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

Every Second Tuesday – **10 December**

A Chinese exercise system of slow motion, movement and breathing. Designed to strengthen and relax, improve balance and co-ordination, posture and mobility while creating a sense of general well-being and harmony.

Yoga – Gentle Yoga* with Paula – 10.00am – **Activity Centre - £5.00***

Every first, third and last Tuesday – **3 Dec 17 Dec 24 Dec Manor closed**

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 well-being and become stronger both physically and mentally.

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

Every second Thursday - **12 December**

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

Book online with BookWhen - bookwhen.com/shuttlewoodclarke

Please call 01530 245860 for more information.

** A £1 discount is applied when classes are pre-booked and prepaid.*

Advance payments for classes are non-refundable.



SUPPORT GROUPS

Fibromyalgia Friends Together 1.15pm

Every Third Thursday - **19 December** **No meeting at the Manor as Xmas party**

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

Lipoedema Support Group – 1.00pm

Every Third Thursday - **19 December** **Meeting in Ulverscroft Manor Lounge**

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 **16 December**

MS support group meeting at Ulverscroft Manor. For more information, please contact Kathleen on 07860 639693.

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

Every Second Thursday **12 December**

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 Alan on 07588 169494.

Young Onset Dementia Support Group – 1.30pm – Activity Centre

Every Last Thursday - **26 December - Ulverscroft Manor closed**

A social group for people under 70 years of age, with Young Onset Dementia and their partners, friends, or carers. To enjoy activities, chat and gain support. 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 re-energise your body and mind with well-being classes, interest groups and support groups. Situated in the Charnwood Forest, Ulverscroft Manor is an inviting and homely place set in beautiful, tranquil grounds. **On Thursdays only, refreshments are available to purchase at Ulverscroft Manor for those attending classes and support groups.**

Please call 01530 245860 or 07860 639693 for more information