



What's On Guide

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

For more information call Ulverscroft Manor on 01530 245860

bookwhen.com/shuttlewoodclarke

CANCELLED - Fun with Art – 1.00pm - Activity Centre - £5.00

First Thursday

2nd October

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

First Thursday

2nd October

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 – 31st October

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

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

Every Third and Last Thursday - 16th & 30th October

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.

Nordic Walking with Amanda – Ulverscroft Manor - £3.00

Every Monday -	6th	13th	20th	27th	October
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10 am to 11am - Push the pace Nordic Forest Walking	11.15
am to 12.15 pm - Gentle Nordic Walking	

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. Sessions are approximately one hour (10am class is not suitable for beginners).

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

Thursday 10.00 am Activity Centre & Zoom	16th	23rd	30 th	October
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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 - Ulverscroft Manor - £4.00*

Second Thursday of the month 9th October

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	7th	14th	21st	28th	October
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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
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3rd October	The importance of feeling safe, seen, soothed and secure.
17th October	Present moment focus

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/>

Sound Bath* with Rhi – 11.45am - Activity Centre - £4.00*

Third Thursday of the month

16th October

Each session will start with gentle seated stretches to release tension from the body. We will explore pranayama (breathwork), soothing the nervous system and quietening the mind chatter. Immerse yourself in a Sound Bath, where waves of sound and vibration will cleanse your energy and facilitate release.

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

Every Second Tuesday –

14th October

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 –

7th

21st

28th

October

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* - 10.00am - Activity Centre - £4.00*

Every second Thursday -

2nd & 9th October

Monday - Zoom only - 6th, 13th, & 27th October

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.

Christmas wreath craft workshop

£40.00

Wednesday 3rd December 10am to 1pm



This workshop is perfect for beginners, crafters and flower lovers alike - no previous experience is required. Christine will guide you step-by-step through the wreath making process with tips and demonstrations of basic techniques. You will find yourself transforming a natural wreath base into a stunning unique Christmas wreath to take home. All materials included fresh and artificial. Drink & mincepie.

This is a fundraising event, with expert tutor Christine Bantock very kindly donating all the proceeds from this workshop for the continuing charity work of the Shuttlewood Clarke Foundation

Book online with BookWhen - bookwhen.com/shuttlewoodclarke

Please call Ulverscroft Manor 01530 245860 for more information.

** A £1 discount is applied when classes are pre-booked and prepaid.
Advance payments for classes are non-refundable and non transferable.*



SUPPORT

Lipoedema Support Group – 1.00pm - Activity Centre

Every Third Thursday - 16th October

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

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

Every Third Monday 20th October

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

Young Onset Dementia Support Group – 1.30pm – Activity Centre

Every Last Thursday - 30th October

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.

Please call Ulverscroft Manor on 01530 245860 or 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. Food & drinks available to people attending classes and support groups, this facility is not open to the general public. For more information please call Ulverscroft Manor on 01530 452798 or call Kathleen 07860 639693

Independent support groups

Pulmonary Fibrosis Support Group - telephone 07588 169494.

1.30pm – 3.30pm - Activity Centre

Every Second Thursday of the month

Fibromyalgia Friends Together have moved to new premises

For more information call 0116 298 8007