



## 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](https://bookwhen.com/shuttlewoodclarke)**

**ART - Fun with Art – 1.30pm - Activity Centre - £3.00**

First Thursday

6th November

Bring your art and connect with a welcoming group or artists - from beginners to experienced creators - who share ideas and support each other.

**Book Club – 11.30am – Ulverscroft Manor - Free**

First Thursday

6th November

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 – 28th November

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 - 20th & 27th November

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 - | 3rd | 10th | 17th | 24th |
|----------------|-----|------|------|------|

10 am to 11am - Push the pace Nordic Forest Walking

11.15am 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 | 6th | 20th | 27th | <b>November</b> |
|------------------------------------------|-----|------|------|-----------------|

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      13th November

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 | 4th | 11th | 18th | 25th | November |
|---------------|-----|------|------|------|----------|

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 |
|--------------------------------------------------|---------|-------|

7th November

21st November

## The Window of Tolerance: regulating emotions and self awareness?

## Creative session of your recovery journey

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

20th November

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 –

11th November

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 –

4th

XX

18th

25th

November

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 -

13th November

Monday - Zoom only - 3rd, 10th, 17th, 24th. November

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](https://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 - 20th November**

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 17th November**

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 - 27th November**

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 from a mental health occupational therapist. 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