

# February



# Shuttlewood Clarke Foundation

# 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](http://bookwhen.com/shuttlewoodclarke)

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

First Thursday 5th February

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

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

First Thursday 5th February

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 – 27th February

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

Mindfulness – with Katrina - 11.30am - Ulverscroft Manor - £4.00\*

Thursday 26th February

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 Penny – Ulverscroft Manor - £3.00

Every Monday 10am to 11am

2nd

9th

16th

**23rd**

10 am to 11am - Push the pace 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 (this class is not suitable for beginners).

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

Thursday 10.00 am Activity Centre & Zoom

5th

XX

19th

**26th February**

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 12th. + 19th February

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**

3rd

10th

17th

24th

February

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*

Third and last Friday at Ulverscroft Manor 10.00am £4.00

6th & 20th February

Loss & Bereavement

Participants may book one date only.

27th February & 1st March

Understanding and managing anxiety

Participants may book one day only

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\*

No class in February

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.

## Chi Kung/Gentle Standing Yoga\* with Paula – 10.00am – Activity Centre - £5.00\*

Every Second Tuesday – 10th February

Chi Kung/Gentle Standing Yoga

This class will be a lovely mix of both Gentle Standing Yoga and Chi Kung. Moving slowly, mindfully with the breath.

## Yoga – Gentle Yoga\* (with Paula) – 10.00am – Activity Centre - £5.00\*

Every first, third and last Tuesday – 3rd XX 17th 24th February

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 - 12th February

Monday - Zoom only - 2nd, 9th, 16th, 23rd February

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](http://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 - 19th February**

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 16th February**

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 - 26th February**

A social group for people under 70 years of age with Young Onset Dementia, along with their partners, friends, or carers. This group offers opportunities to enjoy activities, chat and gain support. Rebecca Cooper, a mental health occupational therapist, also supports this group. 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 is available to people attending classes and support groups, this facility is not open to the general public. For more information please 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