



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

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

First Thursday

5th March

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 March

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 March

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 March

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.

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

Every third Thursday

19th March

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 March

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

31st

March

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 + 19th March

Monday - Zoom only - 2nd, 9th, 16th, 23rd, 30th March

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 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 - Ulverscroft Manor

Every Third Thursday - 19th March

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 March

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 March

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