



### Nordic Walking – Ulverscroft Manor

10am to 11am - Push the pace Nordic Walking with Penny - £3.00

Monday 1st 8th 15th 22nd 29th June

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 approximately one hour.

**Shuttlewood Ramblers - 11am to 12noon - Free - Meeting on Monday 1st, 8th, 15th, 22nd, 29th June**

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

Thursday 10.00 am Activity Centre & Zoom 4th XX XX 25th

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 11th June

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 2nd 9th 16th 23rd 30th June

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

Friday 5th & 19th June Grounding strategies and self care

Friday 26th June & 3rd July **A boundary garden** Only 1 date per person may be booked per topic

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 – 10.30am - Activity Centre - £4.00\*

Usually 3rd Thursday  
of the month.

Monday 15th June

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.

## Saxophone Sound Healing - with Marcus

Every Wednesday and Thursday.

Wed

10th 17th 24th

Thurs

11th 18th 25th

Wednesday 2pm - 3 pm - Activity centre £5 Book when only no drop ins.

Thursday 10.30am - 11.30am the Yurt £5 Book when only no drop ins.

Join Marcus Joseph for a calming and uplifting wellbeing session designed to help you slow down, rest and reconnect. This session combines soothing live saxophone, gentle crystal bowl sounds, simple breathwork and quiet reflection in a peaceful and welcoming environment. The experience is suitable for all abilities and no previous experience of meditation, sound healing or sound baths is needed. You are welcome to simply sit, listen, relax and enjoy the calming sounds. This session may support relaxation, stillness, emotional wellbeing and a greater sense of calm.

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

Every Second Tuesday –

9th June

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 –

2nd

XX

16th

23rd

30th June

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 - £4.00\*

Every second Thursday - 10 am Activity Centre

11th

18th additional date

Monday - Zoom only - 9.15am 1st, 8th, 15th, 22nd and 29th June

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 or 07860 639639 for further information.

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

*Advance payments for classes are non-refundable and non transferable. XX = cancelled*



## SUPPORT

### Lipoedema Support Group – 1.00pm - Ulverscroft Manor

Every Third Thursday - 18th June

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 15th June

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 - 25th June

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.

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 - [leicspfsg@gmail.com](mailto:leicspfsg@gmail.com)

1.30pm – 3.30pm - Activity Centre

Every Second Thursday of the month