



## 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**

**1st October**

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**

**1st 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 – 30th October**

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\***

**Every third & last Thursday of the month    xx            xx            15th            29th            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.

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

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 5th, 12th, 19th and 26th Oct

|                                          |    |    |      |             |                 |
|------------------------------------------|----|----|------|-------------|-----------------|
| Thursday 10.00 am Activity Centre & Zoom | XX | XX | 15th | <b>22nd</b> | <b>29th Oct</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.

Second Thursday                      8th                      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.

| Every Tuesday afternoon | 6th | 13th | 20th | 27th | October |
|-------------------------|-----|------|------|------|---------|
|-------------------------|-----|------|------|------|---------|

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.

|                                           |         |       |
|-------------------------------------------|---------|-------|
| Third and last Friday at Ulvescroft Manor | 10.00am | £4.00 |
|-------------------------------------------|---------|-------|

|                     |                                         |
|---------------------|-----------------------------------------|
| 2nd October         | How to use a worry tree                 |
| 16th & 30th October | Managing stress and building resilience |

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/> Only 1 date per person may be booked per session.

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

**3rd Thursday of the Month**

**15th 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.

### **Saxophone Sound Healing - with Marcus - £5 Book when only no drop ins.**

**Every Wednesday and Thursday.**

**Wednesday 2pm - 3 pm - Activity centre**

**7th, 14th, 21st and 28th October**

**Thursday 10.30am - 11.30am the Yurt**

**8th, 15th, 22nd and 29th October**

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 –**

**13th October**

**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 –**

**6th**

**XX**

**20th**

**27th**

**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\* with Lorna & Rhi - £4.00\***

**Thursday 1st October with Rhi**

**Every second Thursday - 10 am Activity Centre**

**8th October**

**Monday - Zoom only - 9.15am 5th, XX, 19th & 26th 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.

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 = no class



## SUPPORT

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

Every Third Thursday - 15th 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 19th 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 - 29th October

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.

### Breast Cancer Therapy Group

This 6 session course starting on Thursday 15th October is designed for individuals who have been impacted by breast cancer, whether they are newly diagnosed, currently undergoing treatment, or several years beyond their treatment journey. The group provides a supportive space for participants to explore and process their personal experiences at their own pace.

While the course focuses on each individual's personal journey, it also encourages connection within the group. Participants will have the opportunity to share, listen, and support one another, helping to foster a sense of understanding, community, and collective strength.

For more information

email Celia - [celia.allan.counselling@gmail.com](mailto:celia.allan.counselling@gmail.com) or contact Kathleen on 07860 639693 for information.

## Independent support groups

### Pulmonary Fibrosis Support Group - [leicspfsfsg@gmail.com](mailto:leicspfsfsg@gmail.com)

1.30pm – 3.30pm - Activity Centre

Every Second Thursday of the month