



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 November

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 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 – 27th November

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 19th 26th 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.

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.

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

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.

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.

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.

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

19th 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.

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

Every Wednesday and Thursday.

Wednesday 2pm - 3 pm - Activity centre

4th, 11th, 18th & 25th November

Thursday 10.30am - 11.30am the Yurt

5th, 12th, 19th & 26th November

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 –

10th November

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

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* with Lorna - £4.00*

Every second Thursday - 10 am Activity Centre

12th November

Monday - Zoom only - 9.15am 2nd, 9th, 16th, 23rd & 30th 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.

NEW CLASS ALERT - Chair Yoga with Rhi - £4.00* - Activity Centre

First and Third Monday of the Month - 1pm - 2pm.

Monday 2nd & 16th November

Chair yoga brings together gentle movement, stretching and moments of stillness, with a chair offering support as we explore what feels comfortable in our body's. See support section for more information.

Book online with BookWhen - 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 - 19th 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 16th 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 - 26th November

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.

NEW CLASS ALERT - Chair Yoga with Rhi - Activity Centre - £4 per session, or £3 when pre booked

First and third Monday of the Month- 2nd and 16th November.

We are delighted to welcome Rhi and a brand new chair yoga class to the Activity Centre. These gentle sessions are designed to make yoga accessible to more people. Chair yoga brings together gentle movement, stretching and moments of stillness, with a chair to offer support throughout. There's no perfect pose to achieve and no pressure to keep up, simply an opportunity to move at you're own pace and listen to what your body needs. Whether you are completely new to yoga, find getting down on a mat difficult, or simply fancy a gentler way to move, you'll be very welcome.

Independent support groups

Pulmonary Fibrosis Support Group - leicspfsfg@gmail.com

1.30pm – 3.30pm - Activity Centre

Every Second Thursday of the month