



**Ulverscroft
Grange**

Shuttlewood
Clarke
Foundation

Wellbeing Wednesdays at Ulverscroft Grange Tearoom 11.00am - 2.00pm

4th November

Whitwick & District u3a will be here for a chat about their activities to improve health & wellbeing



11th November

Marcus will be here to chat about his Infinite Sound Medicine sessions at Ulverscroft Manor



18th November

Shilpa will be here to chat about their services, family support and care packages

