

# Activity/Events Schedule September 2015

*'Supporting the elderly, adults with disabilities and young people through wellbeing activities, outdoor education and inspiring support services'*



**Shuttlewood  
Clarke  
Foundation**

REGISTERED CHARITY 803525

What's On	Date	Time	Venue	Price
<b>Chapter Chats Book Club</b> Join our social book group, a welcoming group for people of all ages who enjoy reading. 'H is for Hawk' by Helen MacDonal	Tuesday 1st Sept	1000 - 1130hrs	Grange	Free
<b>Alzheimer's Society Information and Support Day</b> Come along and speak with the Alzheimer's Society for updated and professional advice on dementia related issues.	Tuesday 1st Sept	1100 - 1400hrs	Grange	Free
<b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 2nd Sept	1000 - 1100hrs	Grange	£3.50
<b>Health and Wellbeing Thursdays</b> Come and drop in on this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Optional activities include: <ul style="list-style-type: none"> <li>• Seated Yoga (1030hrs, £3.50)</li> <li>• Relaxation (1200hrs, £3.50)</li> <li>• Chiropody and Reflexology (phone for further detail)</li> </ul>	Thursday 3rd Sept	1000- 1500hrs	Manor	Free

All our wellbeing opportunities are on a strictly first come first served basis, and booking is essential for some of our activities with non-refundable payment in advance to secure your place. Venues for activities are Ulverscroft Grange, Whitwick Road, Ulverscroft, LE67 9QB or Ulverscroft Manor, Priory Lane, Ulverscroft, LE67 9PH.

For more information or to book please contact Helen on [hello@shuttlewood-clarke.org](mailto:hello@shuttlewood-clarke.org) or 01530 244914

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### Wellbeing Memory & Me. Enjoy the moment!

A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY.

To Chat, Support & Laugh Together.

#### Topic of the day - Games and Toys

Optional activities include arts, crafts & sensory walks

Monday 7th Sept

1400-1530hrs

Grange

free

### Zumba Gold (Seated)

A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.

Wednesday 9th Sept

10.00 -11.00hrs

Grange

£3.50

### Health and Wellbeing Thursdays

Come and drop in on this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Optional activities include:

- Seated Yoga (1030hrs, £3.50)
- Relaxation (1200hrs, £3.50)
- Advanced Relaxation (1330hrs, £3.50)

Thursday 10th Sept.

1030 - 1500hrs

Manor

Free

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<b>Coffee Pot Club</b> A social group, bring your crafting projects or come along and chat with new friends.	Monday 14th Sept.	1000 - 1200hrs	Grange	Free
<b>Wellbeing Memory &amp; Me. Enjoy the moment!</b> A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY. To Chat, Support & Laugh Together. <b>Topic of the day - Favourite Foods</b> Optional activities include arts, crafts & sensory walks	Monday 14th Sept	1400 - 1530hrs	Grange	Free
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 15th Sept	1330 - 1430hrs	Grange	Free
<b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 16th Sept	1000 - 1100hrs	Grange	£3.50

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## Health and Wellbeing Thursdays

Come and drop in on this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting.

*(Fibromyalgia friends meeting as part of this day)*

Optional activities include:

- Seated Yoga (1030hrs, £3.50)
- Mindcalm ( class full )
- Chiropody and Reflexology (phone for details)

Thursday 17th Sept

1030 - 1500hrs

Manor

Free

## Wellbeing Memory & Me. Enjoy the moment!

A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY.

To Chat, Support & Laugh Together.

**Topic of the day - SCF Model Railway**

Optional activities include arts, crafts & sensory walks

Monday 21st Sept

1400 - 1530hrs

Grange

Free

## Health and Wellbeing Guided Walk

Our knowledgeable volunteer will guide you on a relaxing walk.

Tuesday 22 Sept

1330 - 1430hrs

Grange

Free

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### Zumba Gold (Seated)

A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.

Wednesday 23rd Sept

1000 - 1100hrs

Grange

£3.50

### Health and Wellbeing Thursdays

Come and drop in on this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Optional activities include:

- Seated Yoga (1030hrs, £3.50)
- Laughter Therapy
- Chiropody and Reflexology (phone for details)
- **MS Support Group as part of this day.**

Thursday 24th Sept

1030 - 1500hrs

Manor

Free

### Monthly Craft Club

Bring your craft project and learn new crafting skills in a supportive, inclusive and friendly group:

- Morning Group, 1000 - 1200hrs, £2.50 including tea and biscuits
- Afternoon Group, 1300 - 1500hrs, £2.50 including tea and biscuits

Friday 25th Sept

1100hrs  
&  
1300hrs

Manor

£2.50

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<b>Art Group Watercolour Painting</b> The Watercolour tutor will teach techniques and skills required to enjoy this beautiful style of art,	Friday 25th Sept	1000 - 1200hrs	Manor	£5.00
<b>Wellbeing Memory &amp; Me. Enjoy the moment!</b> A social group for people with dementia, their partners, friends, carers and PAs to enjoy TODAY. <b>Join us for Tea &amp; Cake at Ulverscroft Manor</b>	Monday 28th Sept	1400 - 15.30hrs	Manor	Donation
<b>Disability Health and Wellbeing Guided Walk</b> The walk today will be suitable for people with a disability and wheelchair users. Our knowledgeable volunteer will guide you on a relaxing walk to enjoy the wonderful grounds of the foundation.	Tuesday 29th Sept	1330 - 1430hrs	MANOR	Free
<b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 30th Sept	1000 - 1100hrs	Grange	£3.50

Key:  :Crafting  :Discussion Groups  : Information  : Health and Wellbeing.  : Social

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