

# Newsletter Autumn 2016



Dear Supporter,

Welcome to the first edition of our new Quarterly newsletter.

Our what's on Guide is distributed monthly and contains information regarding activities and events here at the Foundation. Our quarterly newsletter will give us the opportunity to share the latest news from the Foundation as well as interesting articles and updates!

## **Fibromyalgia Friends Together Leicestershire**

Our Fibromyalgia support group is going from strength to strength, with over 20 people attending our monthly meetings. As well as providing a place to meet new friends, we are also fighting to get a fibromyalgia centre locally. A small group of members are hoping to meet shortly with NHS representatives to discuss the proposition further. The group meet on the 3rd Thursday of the month at Ulverscroft Manor, with an informal catchup from 10.30 onwards and an open discussion at 1.00pm. If you would like any more information regarding the nature of the sessions please call Kathleen Wass on 01530 244914.

## **National Forest - Community Planting**

The Foundation are delighted to have been awarded a grant by the National Forest Company under its Changing Landscapes scheme to plant 2,000 broadleaf trees and shrubs creating new wildlife habitats and parkland areas for visitors and users of the Foundation to enjoy. Charlotte Turlington Principal Manager here at the Foundation said 'we have planted numerous trees and created a new pond area at our Ulverscroft Grange site. New Bat and owl boxes have been installed, providing nesting opportunities for the diverse wildlife that reside in the area'. She added 'the scheme has also enabled us to invest in new picnic benches and increase access to our field walks enabling more visitors to benefit from enhanced wellbeing through increased physical activity and the enjoyment of the natural environment'. School Children from Stanton under Bardon Primary School and volunteers and service users assisted with the planting.

## **Freemans Holt, Garden Party - Fundraising for SCF**

On Sunday 26th June I attended the biannual event at Freemans Holt in Ayselstone. Funds raised this year at the event were kindly donated to SCF and the Laura Centre. It was a lovely day and I was happy to chat with lots of people, whilst serving tea and coffee. The BBQ was very tasty and the band provided some wonderful entertainment throughout the afternoon. Thank you to all of those that supported the event and for Jane Hammond and Freemans Holt for inviting me to attend!  
Helen Baxter, Activities Coordinator.

## **Little Markfield Farm - Fundraising for SCF**

We were delighted to attend the Open Farm Sunday again this year. Brenda and all of the family arranged a great day on Sunday 5th June. The local Scouts did a great job with the parking, the craft stalls and exhibits were an interesting mix and the local produce available was delicious. A team from the Foundation enjoyed handing out leaflets promoting our activities and services. We also accepted donations for books displayed on our stand. Thank you for supporting us yet again! We look forward to seeing you in 2017.

## Classic Car Show and Craft Fair 2016

The Foundation would like to thank all those that attended and supported the Classic Car Show and Craft Fair on Sunday 14th August at Ulverscroft Manor. The support of Box Motor Club and our amazing sponsors WHIreland ensured that the event was a huge success! Attendees were entertained by fabulous live music from Ann Duggan, thrilled by the strolling magician Adam and left awestruck by the fabulous Roxanne and her belly dancing set. The Bakanalia Border Morris team provided colour and intrigue whilst the crafters and show cars were a huge attraction! We hope to welcome you next year to our Summer Fete! Details to follow soon!

## Volunteer Thank you - Afternoon Tea

On Friday 19th August we welcomed the volunteers to our thank you afternoon tea. Rachel was lady of the Manor for the afternoon and arranged a splendid selection of sandwiches refreshments and cakes! The Manor cooks Gill and Diane did the volunteers proud, the coffee and walnut cake proving popular with all! The rain did not dampen the spirits. It was lovely that so many of our valued volunteers were able to attend.



## Fundraising Car Boot Sale

The sun shone all day at our fundraising car boot sale on Tuesday 23rd August! Our first car boot sale proved popular with all those attending. Lots of bargains and happy faces all round! Our wonderful volunteers helped out in the busy tearooms and assisted Adam with the parking of vehicles. Thank you to everyone that supported the event! We hope to host similar events again next year! Watch this space!

## Volunteering

We need you!! As a registered Charity the Foundation relies on its volunteer support. We are currently seeking volunteers to assist in many areas, including the Charity Shops, Tearooms and our Yew Trail outdoor classroom. For more details please call Rachel Lowe on 01530 244914 to arrange a trial session.

## Coming Soon!

Our new Activity Centre is nearing completion! The centre will boast 176 square metres of accessible space enabling the Foundation to provide a wide range of inclusive activities and sessions. New additions will include the weekly community choir, health and wellbeing workshops and art / craft activities. Details of the official opening will follow soon.

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