



Autumn

2018



**Shuttlewood  
Clarke  
Foundation**

Registered Charity 803525

# Newsletter

## With a little help from our Friends

The Shuttlewood Clarke Foundation is extremely proud of the working relationships we have with local businesses. Social corporate responsibility is one of the latest key phrases to hit the charity sector, however, the Foundation has been benefitting from the good nature of local businesses long before it was the 'in thing' to do. We are tremendously proud of our working relationships and even more grateful to the people who put their hearts and souls, business reputation and capital into supporting the Foundation. We would like to say an enormous thank you to all our corporate supporters and give a special mention to the teams below:



Arthur J. Gallagher & Co.  
BUSINESS WITHOUT BARRIERS™

## Welcome

The autumn edition of our quarterly newsletter is finally here! The leaves are changing colour and the cooler weather is upon us.

We have had a fabulous summer here at the Foundation; with the inclusion of new and exciting activities and sessions. We thank you for your continued patience during the painting and maintenance works being carried out across our venues. We do hope you like the changes as much as we do!

If you would like to receive a copy of the newsletter then you can sign up to receive it electronically by visiting the website.

Our website is updated with all the latest news and events here at the Foundation on a daily basis. In the event of adverse weather conditions in the local area please check the website and social media for up to date information regarding the status of our sessions and activities.

[www.shuttlewood-clarke.org](http://www.shuttlewood-clarke.org)

Thank you for your continued support!

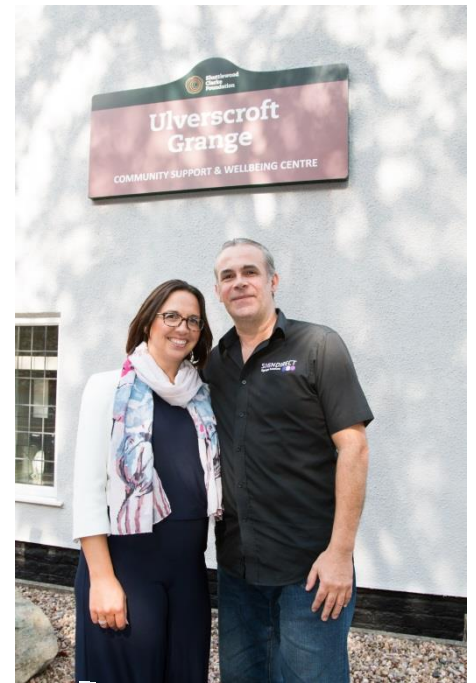
# Sign Direct

Ulverscroft Grange has had new signage supplied by Sign Direct of Markfield. When I took over as Principal Manager in January I wanted to freshen up the place a little; so we had the building painted and got in touch with Paul at Sign Direct to quote for new signage.

I approached Paul with the brief that we would ideally like all new branded signs and not to spend a lot of money! Most companies would have produced a standard quote with perhaps a small charity discount, but Paul persisted with the brief, refurbishing our old signs and offering other pre-used signs that he had in stock and even putting up with my constant amendments!

The result is amazing we have some beautiful signs at a really good price and I couldn't be happier. In a recent conversation Paul said "most companies don't look at the bigger picture of what a client can and can't afford, we try to go the extra mile and love to work with local companies."

I'll give Paul a bit of a breather before we start work on Ulverscroft Manor and Ulverscroft Activity Centre!! • Louise Moore – Principal Manager



## Arthur J Gallagher

We are proud to announce that we have just reached the end of our term with Arthur J Gallagher as their Charity of the Year. Gallagher's have pulled out all the stops for us this year holding numerous fundraising events, the pinnacle of which was to be a Gallagher vs SCF sporting event held at Ulverscroft Manor, unfortunately the weather postponed this event, but we are still hopeful of getting together next summer for a battle of the offices! They even sent over a small team to help as volunteers for a day, serving our visitors at the Manor and helping in the shops.

Their fundraising efforts raised £928.73 and in addition, the company have vouched to double the amount raised taking the total £1857.46. We would again like to offer a huge thank you to all the staff at Arthur J Gallagher for your continued support... see you next summer! • Louise Moore – Principal Manager



# Barclays Bank

On Wednesday 29<sup>th</sup> August we were lucky enough to be joined by a team of 15 volunteers from Barclays bank. Barclays take their social corporate responsibility very seriously and have supported a number of the Foundations projects over the last 20 years. With our own Account Manager on board as well as staff from all tiers of the organisation it was a very productive day, during a conversation with our Account Manager, Jaimal Patel he said “It’s really nice to get to know our clients personally and to know that the work we are doing will make a difference.”

The team split into two work forces; painting the wood panelling of the model railway building and, in a fitting tribute, re-surfacing “Barclay Lane” which was first laid by the Barclays team in 2003.

We are so grateful to the team for all their hard work, and look forward to working with them all again in the future.

● Louise Moore – Principal Manager





# Nature Trailer Activities

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Our Yew Trail outdoor classroom is welcoming some new inhabitants.

If you have ventured for a walk or have enjoyed a golf buggy ride recently, you may well have spotted some new additions to the woodland here at the Foundation!

Our build a bug hotel activity was enjoyed by a number of children during the summer holidays. Our have a go workshops in 2018 were part funded by Charnwood Borough Council - the educational volunteers led an enjoyable session, the children delighted in using natural materials to construct habitats for the minibeasts of the Yew Trail. The families ended the session by building shelters in the beautiful woodland. I am sure you'll agree that they look amazing. The Bug hotels are located at Ulverscroft Manor, adjacent to the pond! Please take a look!

In addition natural sculptures have been delighting our visitors, have you spotted them yet??

Thank you to all of the volunteers that assisted with the setup of the activity and leading the sessions – Anne Marie and Paul Bateman – John Gray – John Harper – Martin Booth



## Field Nature Trail

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A new activity was unveiled at the Grange tearooms for the summer period. 150 children, parents, siblings and Grandparents followed the maps and used the clues to learn more about the wildlife and flora and fauna here at the Foundation. It was great to see the children spotting butterflies and identifying trees, whilst learning basic map reading skills!



**It's time to break the silence around mental health**

# Stepping Stones

## To coping and recovery

**- Our new mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression -**

## Stepping Stones

Our new mental health recovery sessions have taken place on three occasions since Friday 5<sup>th</sup> October. So far 14 attendees have explored positive ways to promote recovery from anxiety and depression and instil coping strategies for a calm and mindful future.

In 2017 the Shuttlewood Clarke Foundation advisory forum highlighted a need for a supportive and safe session for people recovering from anxiety and depression. A successful pilot scheme taking place the same year was well received with positive feedback from all of the attendees.

Toni Dring session facilitator explained that the workshops will include a focus on breathing - mindfulness techniques and sound and music therapy. Cognitive Behaviour therapy and Goal setting approaches will also be explored in the forthcoming sessions.

For more information or to book a place on the next workshop please contact Support Services Manager Kathleen Wass on 07860639693 or the admin team on 01530 244914 (Please note Stepping Stones is subsidised by Leicestershire Adults Schools Union) • [Helen Baxter – Activities Coordinator](#)

WHO ARE WE ?

HOW DO WE WANT TO BE?

The drop in will take place every first and third Friday of the month.

10.00am – 1.00pm at Ulverscroft Manor, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH - timetable for the day to include:-

10.00am - Informal drop in and activities.

10.30am - Workshops exploring the coaching technique from 10.30am. (small charge applicable)

12noon - Social time and one to one session slots with Toni.



## Information Hub

The Foundation is delighted to be supporting the new Public Health initiative Every Mind Matters. The campaign seeks to empower people to take control of their mental health. The initiative focuses on the things we can do to protect and improve our own mental health and how we can look out for others. Every Mind Matters was launched in the Midlands on World Mental Health Day (Wednesday 10th October). The phased introduction commenced in the Midlands and will be promoted with an advertising campaign across the region as well as on the radio, online and through partnerships with organisations like us!

Every Mind Matters is a new interactive digital hub that includes an introductory video called the 'Every Mind Matters Guide' and eight supporting individual 'module' videos. It has been designed to provide self-care tips and guidance to improve your mental health and, importantly, explain what's okay and when people should seek further support. We are thrilled to be working with Public Health England to help launch this important campaign and tool. Please visit the site or pick up a leaflet from the Grange, Activity Centre or Manor!

Our information hub at the Grange now hosts a wider variety of information from a range of national and local organisations. If you are in need of advice or support – you may find information here which may assist. The hub is replenished on regular basis so please drop in and browse the information to enable you to access support and advice.

● Helen Baxter – Activities Coordinator



# Pre Loved Seasonal Clearance Sale



It was a fantastic turnout at the pre loved seasonal clearance sale at Markfield Congregational Church Hall on Saturday 1<sup>st</sup> September.

The charity shop volunteers worked exceptionally hard in preparation for the sale - sorting through good quality items and donations for the sale. Thank you to those that assisted on the day and to everyone that attended. The sale raised a fabulous £197.00 for the Foundation. Please see opposite for details of the next pre loved sale in November! Tea and Coffee and mince pies will be available for a small charge! We look forward to welcoming you at the sale in November.



## PRE LOVED SEASONAL CLEARANCE SALE

FREE ENTRY

**Saturday 24th November**

**10.00am - 1.00pm**

**Mince Pies**

**Markfield Congregational Church Hall,  
Main Street,  
Markfield,  
Leicestershire,  
LE67 9UU**

**Tea and Coffee**



## Afternoon Tea with Santa

We are always thrilled when Santa visits us here at the Foundation! This year the tearooms will be hosting an afternoon tea with Santa! Places are limited and booking up very fast! If you would like to make a reservation then please contact the tearooms on the new direct line 01530 249484 – Please note Monday 17<sup>th</sup> December is fully booked!

Booking essential please call 01530 249484

### Afternoon Tea with Santa

Monday 10th December  
4.00pm

**£8.95**  
Per adult

**£6.95**  
Per child (junior tea - includes a small gift)  
Non refundable pre payment in advance to secure your place

*sing along with santa!*

To include:-  
sandwiches with a variety of fillings  
selection of cakes  
scone & clotted cream  
tea or hot chocolate

Shuttlewood Clarke Foundation  
Registered Charity 803525  
Ulverscroft Grange  
Whitwick Road  
Ulverscroft  
Leicestershire, LE67 9DB



# Tales from the tearooms

Recently our Dancercise fitness group disbanded temporarily, but that does not stop our ladies meeting on a regular basis here in our Tea Rooms at Ulverscroft Grange.

I recently asked Mary, Phyllis, Mary and Bev why they continue to meet and what brings them to the Grange.

“It is the whole ambiance and sense of relaxation as you walk in through the doors here” expressed Phyllis and Mary

“It is such a calming and inviting atmosphere, where friendships are made, good company had and the location is ideal” added Mary and Bev.

The ladies are from Ashby de la Zouch and Markfield and over the last 3 years have bonded and shared stories of loss, health issues, arranged day trips to shows and Christmas meals.

The camaraderie is most apparent as you hear these ladies laughter from the offices upstairs! It is a joy to see many groups like this visit, have their weekly counselling session with each other and not take life too seriously, even though behind closed doors there may be extreme treatments going on for rather serious health issues - you would not know.



These ladies have attended a wide variety of our many workshops and events and are regular supporters of the charity, for that we thank them and the many hundreds that do the same.

The likes of spring in a Tea Cup Christmas Decorations, Afternoon Teas and Pie Nights!

Word of mouth, social media and leaflets all help they say to promote these events but if you just come along for one visit to the Tea Rooms, you will be hooked by the peace, tranquillity and friendliness of all staff and volunteers.

“How did you come across the charity” I asked. “My husband was passing on his motorbike with his dear friend and they had always wondered what the place was” said Phyllis. “After they had visited they insisted on myself, my daughter and granddaughter coming along, and that was 3 years ago, we have hardly missed a week ever since”

• Rachel Lowe – Volunteer Coordinator





# Loyalty card

On your next visit to the Grange please remember to collect your loyalty card from the servery.

Collect one stamp for every drink purchased, when six stamps are collected, we will reward our valued customers with a free drink!

Please also check out the new Grange Tearooms Facebook page for details of specials and upcoming events. Reservations and group bookings can now be made by contacting the tearoom directly. Please call 01530 249484 to speak to the catering team



**Ulverscroft  
Grange**

Shuttlewood  
Clarke  
Foundation

For reservations please call the  
tearoom on 01530 249484

## VOLUNTEER RECRUITMENT



2019

Wednesday 16th January - UAC - 10.00am-12noon

Monday 8th April - UAC 10.00am-12noon

Thursday 11th July - UG - 11.00am-1.00pm

Wednesday 9th October - UAC - 10.00am - 12noon

## Volunteer Recruitment

Our valued volunteers are the lifeblood of the Foundation. We are always grateful for the dedication and commitment shared by our fabulous team! If you are interested in volunteering at the Foundation we have opportunities for you to get involved. Join us at one of our recruitment events or contact the volunteer coordinator Rachel Lowe on 01530 244914

Can you help?

Charity Shops

Befriending

Tearoom

Buggy Driver

Gardening

# Volunteer Spotlight

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Pat came to us last November and asked to trial a volunteering role in our Charity Shop and has not looked back since!

Pat lives close by in Markfield, not knowing about our fabulous charity just a short drive away. On passing, Pat noticed our 'Volunteers needed' sign on the roadside grass verge of Whitwick Road and enquired. After a successful trial period, Pat opted for a second day per week to volunteer in our Stable Yard Shop, as her experience had been such an enjoyable one with us.

"It was to get out of the house more and to feel useful, giving back time to such a worthy cause" Pat explained.

At a spritely 81 years of age, Pat had never volunteered before but would recommend it to anyone. "If we opened at weekends I would volunteer Saturday and Sunday also" she added.

If you are interested in volunteering locally, why not give us a try!

## A visit to Leicester cathedral

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Ben Fuller a valued volunteer at the Foundation was invited to Leicester Cathedral on Monday 24<sup>th</sup> September. Our supporters may recognise Ben as our accomplished musician and organ player who regularly delights the visitors at the Grange tearooms and Manor. It was fabulous to hear about Ben's time playing the organ at the cathedral – It must have been a fabulous experience!





# Prize Wordsearch

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Can you find the winter themed words in our prize crossword? The winner will receive a £5.00 tearooms voucher.

\*Please note words can be found in all directions to include, forward, backwards and diagonally – good luck!

Name.....Email.....

Address.....Telephone.....

Please tick the box if you would like to receive news and updates from the Foundation. ☐

Please return your completed word search to Helen Baxter, Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicestershire by Friday 5<sup>th</sup> January 2019

L	N	U	S	N	I	K	P	M	U	P	B	O	W	A
R	A	B	P	H	O	D	C	T	O	E		J	H	N
G	I	F	T	S	A	Y	S	O	D	A	R	U	O	S
I	C	W	E	T	J	O	T	A	S	C	O	E	L	Y
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S	N	O	W	F	A	L	L	A	Q	S	R	X	Y	H
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I	E	S	I	H	A	E	A	T	V	C	F	U	R	W
F	L	R	W	A	D	G	R	A	M	N	V	D	U	A
A	Z	A	Y	R	D	P	C	O	S	I	T	R	T	Y
C	E	V	I	T	S	E	F	H	B	M	I	L	C	J

Snowfall – Frost – Mince pie - Mulled wine –Holly – Sledge – Glove – Pumpkin  
– Spice – Winter – Ice – Turkey – Noel – Ivy – Festive – Gifts – Peace -

*Singing is not technical it is fun! You can sing too!! You will quickly learn the **real** essentials for singing, which are - how to relax your body, how to breath and how to listen!*

Please call Helen Baxter on 01530 244914 or email [helen@shuttlewood-clarke.org](mailto:helen@shuttlewood-clarke.org)



# Singing



# Fun

**Your first session is FREE!**



# Wellbeing



**Shuttlewood  
Clarke  
Foundation**

Registered Charity 803525

**£3.50**

**Sessions are payable termly in advance**

**Our Shuttlewood singers meet  
weekly on a TUESDAY in term time**

**1.00pm - 3.00pm**

**Ulverscroft Activity Centre - Priory Lane - Ulverscroft - Leic - LE67 9PH**

**Support | Friendship | Wellbeing | Education**