



**Shuttlewood
Clarke
Foundation**

Autumn 2019
Registered Charity 803525

Newsletter

As the leaves change colour and the colder days and nights become more prevalent, we are delighted to offer a delicious array of home cooked warming lunches at Ulverscroft Grange tearooms. There is something to tempt every taste bud from slow roasted beef and hearty pasta bakes to deliciously crafted crumbles served with cream or custard! Our tearooms are welcoming and accessible, the perfect cosy venue to meet up with friends and family, or enjoy some peaceful contemplation. Don't forget we are open on a Saturday, so why not pop in after a bracing weekend walk to warm up over wholesome soup, brunch or indulge in a rich hot chocolate. We look forward to welcoming you soon!

Warming homemade soup

**Ulverscroft
Grange**
Shuttlewood
Clarke
Foundation

Freshly baked scones

**OPEN
Saturday**
10.00am - 4.00pm

Tearoom - Walks - Charity Shop
Registered Charity 803525

email hello@shuttlewood-clarke.org
Telephone :- 01530 244914
www.shuttlewood-clarke.org
@ShuttlewoodClarke - Facebook
@ShuttlewoodC - Twitter

WEATHER UPDATES

With the colder weather upon us our website and social media streams will be updated regularly. Please visit the website or Facebook / Twitter for the latest information in the event of snowfall in the surrounding areas.

Meet the Team

Each quarter we will meet new and established members of the Shuttlewood Clarke team. We are approachable, welcoming and are always happy to help!

We really enjoy hearing about your experiences at the Foundation and are always eager to listen to any suggestions or ideas that you may have. Staff members are based at Ulverscroft Manor, Activity Centre and the main office at Ulverscroft Grange. If you are unable to speak to us directly - feedback forms are located at both houses or you can email us at- hello@shuttlewood-clarke.org

A very warm.....

Charlotte Dodd

Administration Assistant

We are delighted to welcome our newest member to the team. Charlotte will be joining the office team at Ulverscroft Grange and is looking forward with enthusiasm to her new challenge here at the Foundation. Previously Charlotte has worked with adults with learning disabilities and has experience of caring for elderly relatives. An avid reader and an accomplished pianist she is a lover of the great outdoors and enjoys walking in the countryside with her energetic dogs! We are sure that you will make her feel most welcome. Charlotte has a warm and welcoming manner and a friendly smile so please say hello when you get the chance!



Jess Turner

Support Services Assistant

Jess will be based at Ulverscroft Manor and is already proving to be a huge asset to the support service team. Jess is a busy mum to three boys and her hobbies include arts and crafts, reading, walking and music!

Jess is passionate about helping others and uses her personal experiences of disability in her role here at the Foundation and in the wider community. Jess has an attentive listening ear and is always eager to assist. Her warm and helpful attitude and experience make for a friendly and supportive welcome. Please introduce yourself to Jess, she enjoys meeting you all!



Welcome!

Becky Sturtivant

Catering Supervisor

We welcome Becky who is the new catering supervisor at Ulverscroft Grange tearooms. Becky has a wealth of experience in catering and has already delighted our visitors with exciting and delicious flavours here at the tearooms.

Becky has a passion for music and enjoys attending rock concerts and adventurous trips out on her motorbike. At home Becky enjoys replicating flavours from Italy and Thailand.

Sylvia Garratt

Pot Washer

Sylvia is our friendly and good humoured pot washer. Sylvia started her role in the tearooms in August of this year and since then has been a huge asset to the catering team at the Grange. Busy periods can be hectic at times and Sylvia's energy and bubbly personality have really shone through. In her free time Sylvia enjoys spending time with her Granddaughters and friends, dining out and supporting her favourite football team Liverpool!

Music Therapy Sessions coming soon!

On Monday 13th January the Foundation will be launching new music therapy sessions which will take place on the third Monday of each month at the Activity Centre. Learn a little more about this type of therapy below:-

Music therapy has been shown to elevate mood, encourage self-expression, raise self-esteem and promote wellbeing. The brain is stimulated when singing, listening to, or making music thus increasing mood and reducing anxiety. Positive memory associations can be quickly accessed through familiar music and quite often, a person's musical memories will outlast other long-term memories. Music is a great motivator and social facilitator - [Helen Baxter](#)

Interested in learning more – Please call Kathleen on 07860 639693



Music Therapy

Self esteem

Emotional wellbeing

Social interaction

Coming soon!!

Second and last Monday of the month

£3.00 donation - carers FREE

10.00am - 11.30am

Ulverscroft Activity Centre
Shuttlewood Clarke Foundation



Volunteering Spotlight



Victor loves spending time at the Grange – he finds it difficult to communicate and can be very repetitive but finds listening to the organ very relaxing – he will happily sit quietly and listen. He loves the golf buggy rides too and often goes for a walk with his PA around the wonderful grounds.



Jade, attends Ulverscroft with Nick. Nick has built a fabulous social group and has made lots of new friends. Nick will go to look after his allotment every week without fail and will even go and work in the greenhouse when it is cold and wet. He enjoys meeting up with his friends and having a coffee. He finds it very relaxing and friendly, Nick is very socially isolated and he really benefits from having such a lovely place to visit.

The Foundation has provided placements and volunteering opportunities since its formation in 1989. We have been privileged to work in coordination with a number of agencies and support providers over the years - one such provider being Enrych. Enrych, previously Ryder-Cheshire Volunteers, has celebrated over three decades of tackling the social isolation and low self-esteem often experienced by people living with a disability. Here at the Foundation we delight in providing a safe, inclusive and supportive environment where individuals can learn new skills, interact with peers and meet new people. Read a little more about their experiences of volunteering at the Foundation here! • **Helen Baxter**

Dorothy has been volunteering at the Foundation for a number of years. In this time her confidence has grown and she has enjoyed meeting new people!



Wellbeing activities

Our health and wellbeing activities offer the opportunity to learn something new, keep active, engaged and make new friends in an inclusive and welcoming setting. We have something for everyone and our activities are suitable for all ages and abilities. Our staff members are on hand to welcome you to the session and our tutors / leaders and facilitators are experienced and trained in their discipline. We look forward to seeing you at one of our sessions soon!

Singing

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 breathe and how to listen! All are welcome, come and have a go! Your first session is free!

Relaxation

A chance to experience relaxation and relief from stress and tension through imagery and visualisation techniques along with affirmations to promote a positive outlook on life

Stepping stones

Coping and recovery from anxiety and depression

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

Seated Pilates

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!

Gentle Yoga

This class provides you with a wonderful opportunity to stretch and reenergize your body in a gentle way. A regular Yoga practice fosters a balanced state of mind, reduces stress levels and brings harmony into your life. Through gentle postures, breathwork, relaxation and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided

For more information regarding session times / dates and bookings please call the office on 01530 244914 or check out the what's on guide!

Festivities at the Foundation!

Our 30th Anniversary festive tree will be displayed at the Loughborough Community Christmas tree festival from Wednesday 27th November until Sunday 1st December. Last year over 3,000 visitors marvelled at the 120 trees on display – with trees created by a myriad of community groups! Our festive tree will incorporate messages of support from our visitors' service users and friends. We would welcome your involvement – please take an envelope and write a message for inclusion! Please see examples below!



Envelopes
for your
messages
will be available
at Ulverscroft
Grange and
Activity Centre!
Thank you
for your
support!

The Festival will take place at:-

All Saints with Holy Trinity, Steeple
Row, Loughborough, LE11 1UX

The singing group is just
wonderful! Such a friendly
and welcoming group! I
feel so good on a Tuesday
afternoon - meeting my
new friends and learning
something new!

I enjoy visiting the
Manor and so look
forward to the day visit.
The home cooked meals
are delicious - Thank
you for such a warm
welcome.



The tearooms will be offering its much anticipated and popular festive menu over the Christmas period. Please be advised that bookings are now being taken and we do suggest that you contact us early as places are limited and are booking up quickly.

Once again we will be visited by Santa on Saturday 14th and 21st December when he drops in to collect Christmas lists and chat to the children at our breakfast with Santa event.

Rob retires

Happy Retirement Rob....

Robert Cooper has decided to hang up his overalls for the last time. Rob was initially employed in a renewals role by David Clarke in 2001. Since then he has become an integral part of the Foundation, with significant responsibilities to include maintenance and the upkeep of all the properties and grounds as well events planning and larger scale projects. His role grew to become a senior manager supporting the Chief Executive and the board of Trustees.

You may have seen Rob driving the truck, fixing burst pipes, coordinating the maintenance volunteers, serving teas and coffees and greeting our visitors. Rob would turn his hand to anything and provided a listening ear to staff, volunteers and visitors alike. Adam and Alex will now be covering these duties, and although they have some big shoes to fill, we are confident they will tackle any new challenges head on!

Louise Moore Principal Manager said 'I would personally like to thank Rob for all of his support and hard work over so many years. Rob's unwavering support and enthusiasm has enabled the Foundation to achieve so much, and for that commitment we are extremely grateful' • **Helen Baxter**



Take a look at some memorable
photographs!

Autumn at the Foundation



A survey conducted by the Leicestershire and Rutland Wildlife Trust in November 2019 recorded a large number of fungi at Ulverscroft Manor – many of which were located on the Manor lawn. Take a look at some of the photographs; I'm sure you'll find some of the names interesting too!



Yellow Club
Fragrant Funnel
Clouded Funnel
Earthy Powdercap
Butter Waxcap
Golden Waxcap
Meadow Waxcap
Parrot Waxcap
Crimson Waxcap
Honey Waxcap
Snowy Waxcap
Tawny Funnel
Field Blewit
Dusky Puffball
Parasol
Drab Bonnet
Lilac Bonnet



The waxcap group of fungi are especially abundant in undisturbed grasslands: a large number of species may grow within a one-hectare area. The UK is home to around 50 species of waxcaps – which can be found in churchyards, gardens and our diverse woodlands and grasslands here at the Foundation! ◦ **Helen Baxter**

FALL, LEAVES, FALL BY EMILY BRONTË
Fall, leaves, fall; die, flowers, away;
Lengthen day and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day.

Can you find the autumnal themed words in our prize word search. 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, LE67 9QB by. The winner will be drawn at random on Friday 21st February 2020. Winners will be notified by post.

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



AUTUMN - FALL - FUNGI - HARVEST - PLOUGH - FIELDS - LEAVES -
COMPOST - BONFIRE - FIREWORKS - FROST - PUMPKIN - SUNSET - SUNSET
- WAXCAP





Volunteers



Life blood of the Foundation

Can you help?

Fundraising

Retail

Gardening

Buggy driver

Educational

Tearooms

Gardening

Volunteers are the life blood of the Foundation, with over 100 dedicated volunteers supporting the core activities of the Foundation. With opportunities for one off support, weekly or more why not consider joining our wonderful volunteering team and help us to help others.

For more information or to discuss the opportunities available please call the office on 01530 244914 or visit www.shuttlewood-clarke.org