

## Activity/Events Schedule May - August 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>Coffee Pot Club</b> A social group, bring your crafting projects or come along to chat to new friends.	Monday 11 <sup>th</sup> May	1000 - 1200hrs	Grange	Free
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.	Monday 11 <sup>th</sup> May	1000 – 1200hrs	Grange	Free
<b>Icare Community Meals Information Day</b> Information stand at Ulverscroft Grange, drop in to learn more about Community Meals.	Tuesday 12 <sup>th</sup> May	1100 – 1400hrs	Grange	Free
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk, and tell you about the local flora and fauna, for all ages and abilities.	Tuesday 12 <sup>th</sup> May	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 13 <sup>th</sup> May	1000 – 1100hrs	Grange	£3.50
<b>Support Thursday</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>• Relaxation for a healthy body and mind (1100hrs, £2.50)</li> <li>• Advanced relaxation/Gentle Meditation (1230hrs, £2.50)</li> </ul>	Thursday 14 <sup>th</sup> May	1030 – 1500hrs	Manor	Free

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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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<b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax, body, mind and soul. For all ages and abilities.	Thursday 14 <sup>th</sup> May	1100 – 1200hrs	Yurt	£5.00
<b>Shuttlewood Clarke Foundation's 25<sup>th</sup> Anniversary</b> Come and join us for a complimentary cupcake to celebrate the Foundation's 25 <sup>th</sup> Anniversary.	Friday 15 <sup>th</sup> May	1000 – 1500hrs	Grange	Free
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.	Monday 18 <sup>th</sup> May	1000 – 1200hrs	Grange	Free
<b>LAUNCH Guided Sensory Dementia Walk</b> The launch of our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 18 <sup>th</sup> May	1400 – 1600hrs	Grange	Free
<b>Assistive Technology Information and Support</b> Come and learn more about assistive, adaptive and rehabilitative devices for people with disabilities.	Tuesday 19 <sup>th</sup> May	1000 – 1500hrs	Grange	Free
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk, and tell you about the local flora and fauna, for all ages and abilities.	Tuesday 19 <sup>th</sup> May	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 20 <sup>th</sup> May	1000 – 1100hrs	Grange	£3.50

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<b>Support Thursday</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. (Includes Fibromyalgia Friends) Optional activities include chiropody and reflexology (phone for further details).	Thursday 21 <sup>th</sup> May	1030 – 1500hrs	Manor	Free
<b>Discussion Group 'Favourite Holiday Locations'</b> Join our conversation with a purpose, for all ages and abilities.	Friday 22 <sup>nd</sup> May	1000 – 1130hrs	Grange	£1.00
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 26 <sup>th</sup> May	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 27 <sup>th</sup> May	1000 – 1100hrs	Grange	£3.50
<b>Support Thursday</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 Exercise (1100hrs, £2.50)</li> <li>• Relaxation (1300hrs, £2.50)</li> </ul>	Thursday 28 <sup>th</sup> May	1030 – 1500hrs	Manor	Free
<b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax, body, mind and soul. For all ages and abilities.	Thursday 14 <sup>th</sup> May	1100 – 1200hrs	Yurt	£5.00

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<p><b>Monthly Craft Club</b> Bring your craft project and learn new crafting skills in a supportive, inclusive and friendly group:</p> <ul style="list-style-type: none"> <li>• Morning Group, 1000 - 1200hrs, £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 29 <sup>th</sup> May	1100hrs & 1300hrs	Manor	£2.50
<p><b>Monthly Art Group</b> Come and join our Watercolour tutor and learn the techniques and skills required to enjoy this beautiful style of art, and then practice monthly with new friends</p>	Friday 29 <sup>th</sup> May	1000 – 1200hrs	Manor	£5.00
<p><b>Monthly Men's Group and Dominoes</b> A social group to discuss shared interests in good company. Enjoy a cup of tea and biscuits or perhaps try your hand at dominoes or boccia:</p> <ul style="list-style-type: none"> <li>• Morning Group, 1000 – 1200hrs £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 29 <sup>th</sup> May	1000 – 1300hrs	Manor	£2.50

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

Please note that MS Support Group and Fibromyalgia Friends now meet as part of our new weekly Health and Wellbeing Thursdays, please see above for dates and details.

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.

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What's On	Date	Time	Venue	Price
<b>Coffee Pot Club</b> A social group, bring your crafting projects or come along to chat to new friends.	Monday 1 <sup>st</sup> June	1000 - 1200hrs	Grange	Free
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.	Monday 1 <sup>st</sup> June	1000 – 1200hrs	Grange	Free
<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 1 <sup>st</sup> June	1400 – 1600hrs	Grange	£3.00 per couple
<b>Chapter Chats Book Club</b> Join our social book group, a welcoming group for people of all ages who enjoy reading.	Tuesday 2 <sup>nd</sup> June	1000 – 1130hrs	Grange	Free
<b>Parkinson's Society Information and Support</b> Information and advice available from the Parkinson's Society.	Tuesday 2 <sup>nd</sup> June	1100 – 1400hrs	Grange	Free
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk, and tell you about the local flora and fauna, for all ages and abilities.	Tuesday 2 <sup>nd</sup> June	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 3 <sup>rd</sup> June	1000 – 1100hrs	Grange	£3.50

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<p><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:</p> <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 4 <sup>th</sup> June	1030 – 1500hrs	Manor	Free
<p><b>Discussion Group 'The Changing Face of our Town Centre'</b> Join our conversation with a purpose, for all ages and abilities</p>	Friday 5 <sup>th</sup> June	1000 – 1130hrs	Grange	£1.00
<p><b>Zentangle/Zendoodle Taster Course</b> A taster course in this fabulous therapeutic skill. Join us for some Zentangle, tea and biscuits.</p>	Friday 5 <sup>th</sup> June	1000 – 1200hrs	Grange	£3.50
<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.</p>	Monday 8 <sup>th</sup> June	1000 – 1200hrs	Grange	Free
<p><b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.</p>	Monday 8 <sup>th</sup> June	1400 – 1600hrs	Grange	£3.00 per couple
<p><b>VISTA Sight Loss Information Bus</b> Come and speak with the VISTA team, and receive support and information on all aspects of sight loss.</p>	Tuesday 9 <sup>th</sup> June	1330 -1600hrs	Grange	Free

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<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk, and tell you about the local flora and fauna, for all ages and abilities.	Tuesday 9 <sup>th</sup> June	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 10 <sup>th</sup> June	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>• Advanced Relaxation and Gentle Meditation (1330hrs, £3.50)</li> </ul>	Thursday 11 <sup>th</sup> June	1030 – 1500hrs	Manor	Free
<b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul. All ages and abilities.	Thursday 11 <sup>th</sup> June	1100 – 1200hrs	Yurt	£5.00
<b>Watercolour Workshop</b> Join the accomplished artist Peter Welton for a full day Watercolour Workshop in our Yurt, price includes lunch, all drinks, tuition and materials.	Friday 12 <sup>th</sup> June	All Day	Yurt	£60.00

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<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.</p>	Monday 15 <sup>th</sup> June	1000 – 1200hrs	Grange	Free
<p><b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.</p>	Monday 15 <sup>th</sup> June	1400 – 1600hrs	Grange	£3.00 per couple
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.</p>	Tuesday 16 <sup>th</sup> June	1330 – 1430hrs	Grange	Free
<p><b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.</p>	Wednesday 17 <sup>th</sup> June	1000 – 1100hrs	Grange	£3.50
<p><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: - <b>(Fibromyalgia friends meeting as part of this day)</b></p> <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 details)</li> </ul>	Thursday 18 <sup>th</sup> June	1030 – 1500hrs	Manor	Free
<p><b>Tai Chi on the lawn at Ulverscroft Grange</b> An opportunity to benefit from the ancient Chinese art of Tai Chi with the fantastic instructor Michael Cashmore.</p>	Friday 19 <sup>th</sup> June	1000 – 1100hrs	Grange	£4.00

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<b>Discussion Group 'Capital Cities'</b> Join our conversation with a purpose, for all ages and abilities	Friday 19 <sup>th</sup> June	1000 – 1130hrs	Grange	£1.00
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.	Monday 22 <sup>nd</sup> June	1000 – 1200hrs	Grange	Free
<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 22 <sup>nd</sup> June	1400 – 1600hrs	Grange	£3.00 per couple
<b>Age UK Information and Support</b> Age UK at the Foundation to give advice and information on a variety of topics including welfare, benefits, care and leisure information.	Tuesday 23 <sup>rd</sup> June	1100 – 1500hrs	Grange	Free
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 23 <sup>rd</sup> June	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 24 <sup>th</sup> June	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> </ul>	Thursday 25 <sup>th</sup> June	1030 – 1500hrs	Manor	Free

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<p><b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul. All ages and abilities.</p>	Thursday 25 <sup>th</sup> June	1100 – 1200hrs	Yurt	£5.00
<p><b>Monthly Craft Club</b> Bring your craft project and learn new crafting skills in a supportive, inclusive and friendly group:</p> <ul style="list-style-type: none"> <li>• Morning Group, 1000 - 1200hrs, £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 26 <sup>th</sup> June	1100hrs & 1300hrs	Manor	£2.50
<p><b>Monthly Art Group</b> Come and join our Watercolour tutor and learn the techniques and skills required to enjoy this beautiful style of art, and then practice monthly with new friends</p>	Friday 26 <sup>th</sup> June	1000 – 1200hrs	Manor	£5.00
<p><b>Monthly Men's Group and Dominoes</b> A social group to discuss shared interests in good company. Enjoy a cup of tea and biscuits or perhaps try your hand at dominoes or boccia:</p> <ul style="list-style-type: none"> <li>• Morning Group, 1000 – 1200hrs £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 26 <sup>th</sup> June	1000 – 1300hrs	Manor	£2.50
<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.</p>	Monday 29 <sup>th</sup> June	1000 – 1200hrs	Grange	Free

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<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 29 <sup>th</sup> June	1400 – 1600hrs	Grange	£3.00 per couple
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 30 <sup>th</sup> June	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 31 <sup>st</sup> June	1000 – 1100hrs	Grange	£3.50

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

Please note that MS Support Group and Fibromyalgia Friends now meet as part of our new weekly Health and Wellbeing Thursdays, please see above for dates and details.

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What's On	Date	Time	Venue	Price
<b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 1 <sup>st</sup> July	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 2 <sup>nd</sup> July	1030 – 1500hrs	Manor	Free
<b>Discussion Group 'Delightful Dishes'</b> Join our conversation with a purpose, for all ages and abilities	Friday 3 <sup>rd</sup> July	1000 – 1130hrs	Grange	£1.00
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.	Monday 6 <sup>th</sup> July	1000 – 1200hrs	Grange	Free
<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 6 <sup>th</sup> July	1400 – 1600hrs	Grange	£3.00 per couple

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<p><b>Chapter Chats Book Club</b> Join our social book group, a welcoming group for people of all ages who enjoy reading.</p>	Tuesday 7 <sup>th</sup> July	1000 – 1130hrs	Grange	Free
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk, and tell you about the local flora and fauna, for all ages and abilities.</p>	Tuesday 7 <sup>th</sup> July	1330 – 1430hrs	Grange	Free
<p><b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.</p>	Wednesday 8 <sup>th</sup> July	1000 – 1100hrs	Grange	£3.50
<p><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:</p> <ul style="list-style-type: none"> <li>• Seated Yoga (1030hrs, £3.50)</li> <li>• Relaxation (1200hrs, £3.50)</li> <li>• Advanced Relaxation and Gentle Meditation (1330hrs, £3.50)</li> </ul>	Thursday 9 <sup>th</sup> July	1030 – 1500hrs	Manor	Free
<p><b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul. All ages and abilities.</p>	Thursday 9 <sup>th</sup> July	1100 – 1200hrs	Yurt	£5.00

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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 13 <sup>th</sup> July	1000 – 1200hrs	Grange	Free
<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 13 <sup>th</sup> July	1400 – 1600hrs	Grange	£3.00 per couple
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 14 <sup>th</sup> July	1330 – 1430hrs	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 14 <sup>th</sup> July	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 15 <sup>th</sup> July	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. <b>(Fibromyalgia friends meeting as part of this day)</b> 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 details)</li> </ul>	Thursday 16 <sup>th</sup> July	1030 – 1500hrs	Manor	Free

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# Activity/Events Schedule May - August 2015

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



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<b>Discussion Group 'The Royal Family'</b> Join our conversation with a purpose, for all ages and abilities	Friday 17 <sup>th</sup> July	1000 – 1130hrs	Grange	£1.00
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partner agencies.	Monday 20 <sup>th</sup> July	1000 – 1200hrs	Grange	Free
<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 20 <sup>th</sup> July	1400 – 1600hrs	Grange	£3.00 per couple
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 21 <sup>st</sup> July	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 22 <sup>nd</sup> July	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 details)</li> </ul>	Thursday 23 <sup>rd</sup> July	1030 – 1500hrs	Manor	Free

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<p><b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul. All ages and abilities.</p>	Thursday 23 <sup>rd</sup> July	1100 – 1200hrs	Yurt	£5.00
<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partners agencies.</p>	Monday 27 <sup>th</sup> July	1000 – 1200hrs	Grange	Free
<p><b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.</p>	Monday 27 <sup>th</sup> July	1400 – 1600hrs	Grange	£3.00 per couple
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.</p>	Tuesday 28 <sup>st</sup> July	1330 – 1430hrs	Grange	Free
<p><b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.</p>	Wednesday 29 <sup>nd</sup> July	1000 – 1100hrs	Grange	£3.50
<p><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:</p> <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 details)</li> </ul>	Thursday 30 <sup>rd</sup> July	1030 – 1500hrs	Manor	Free

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# Activity/Events Schedule May - August 2015

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



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<b>Monthly Craft Club</b> Bring your craft project and learn new crafting skills in a supportive, inclusive and friendly group: <ul style="list-style-type: none"> <li>• Morning Group, 1000 - 1200hrs, £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 31 <sup>st</sup> July	1100hrs & 1300hrs	Manor	£2.50
<b>Monthly Art Group</b> Come and join our Watercolour tutor and learn the techniques and skills required to enjoy this beautiful style of art, and then practice monthly with new friends	Friday 31 <sup>st</sup> July	1000 – 1200hrs	Manor	£5.00
<b>Monthly Men's Group and Dominoes</b> A social group to discuss shared interests in good company. Enjoy a cup of tea and biscuits or perhaps try your hand at dominoes or boccia: <ul style="list-style-type: none"> <li>• Morning Group, 1000 – 1200hrs £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 31 <sup>st</sup> July	1000 – 1300hrs	Manor	£2.50
<b>Tai Chi on the lawn at Ulverscroft Grange</b> An opportunity to benefit from the ancient Chinese art of Tai Chi with the fantastic instructor Michael Cashmore.	Friday 31 <sup>st</sup> July	1000 – 1100hrs	Grange	£4.00
<b>Discussion Group 'The Changing roles of Grandparents'</b> Join our conversation with a purpose, for all ages and abilities	Friday 31 <sup>st</sup> July	1000 – 1130hrs	Grange	£1.00

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

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# Activity/Events Schedule May - August 2015

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



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What's On	Date	Time	Venue	Price
<b>Classic Car Show and Craft Fair</b> An action packed day of fun, cars and crafts for all the family.	Sunday 2 <sup>nd</sup> August	1000 – 1600	Manor	£5.00 Under 16 free
<b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partners agencies.	Monday 3 <sup>rd</sup> August	1000 – 1200hrs	Grange	Free
<b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.	Monday 3 <sup>rd</sup> August	1400 – 1600hrs	Grange	£3.00 per couple
<b>Chapter Chats Book Club</b> Join our social book group, a welcoming group for people of all ages who enjoy reading.	Tuesday 4 <sup>th</sup> August	1000 – 1130hrs	Grange	Free
<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk, and tell you about the local flora and fauna, for all ages and abilities.	Tuesday 4 <sup>th</sup> August	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 5 <sup>th</sup> August	1000 – 1100hrs	Grange	£3.50

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# Activity/Events Schedule May - August 2015

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<p><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:</p> <ul style="list-style-type: none"> <li>• Seated Yoga (1030hrs, £3.50)</li> <li>• Relaxation (1200hrs, £3.50)</li> <li>• Advanced Relaxation and Gentle Meditation (1330hrs, £3.50)</li> </ul>	Thursday 6 <sup>th</sup> August	1030 – 1500hrs	Manor	Free
<p><b>Meditation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul. All ages and abilities.</p>	Thursday 6 <sup>th</sup> August	1100 – 1200hrs	Yurt	£5.00
<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partners agencies.</p>	Monday 10 <sup>th</sup> August	1000 – 1200hrs	Grange	Free
<p><b>Coffee Pot Club</b> A social group, bring your crafting projects or come along and chat with new friends.</p>	Monday 10 <sup>th</sup> August	1000 – 1200hrs	Grange	Free
<p><b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.</p>	Monday 10 <sup>th</sup> August	1400 – 1600hrs	Grange	£3.00 per couple

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<b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 11 <sup>th</sup> August	1330 – 1430hrs	Grange	Free
<b>Stoke Association Information Day</b> Come and meet our partners at the Stroke Association for information and advice.	Tuesday 11 <sup>th</sup> August	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 12 <sup>th</sup> August	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 details)</li> </ul>	Thursday 13 <sup>th</sup> August	1030 – 1500hrs	Manor	Free
<b>Discussion Group '1960s Fashion'</b> Join our conversation with a purpose, for all ages and abilities.	Friday 14 <sup>th</sup> August	1000 – 1130hrs	Grange	£1.00
<b>Shuttlewood Clarke Monthly Film Club</b> The launch of our brand new film club. Come and see 'THE IMITATION GAME' Certificate: 12	Friday 14 <sup>th</sup> August	1330 – 1500	Manor	£1.00

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<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partners agencies.</p>	Monday 17 <sup>th</sup> August	1000 – 1200hrs	Grange	Free
<p><b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.</p>	Monday 17 <sup>th</sup> August	1400 – 1600hrs	Grange	£3.00 per couple
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.</p>	Tuesday 18 <sup>th</sup> August	1330 – 1430hrs	Grange	Free
<p><b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.</p>	Wednesday 19 <sup>th</sup> August	1000 – 1100hrs	Grange	£3.50
<p><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. <b>(Fibromyalgia friends meeting as part of this day)</b> Optional activities include:</p> <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 details)</li> </ul>	Thursday 20 <sup>th</sup> August	1030 – 1500hrs	Manor	Free

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<p><b>Mediation in the Yurt</b> Enjoy gentle meditation and relaxation in our unique forest setting. Our Yurt provides the ideal environment to relax your mind, body and soul. All ages and abilities.</p>	Thursday 20 <sup>th</sup> August	1100 – 1200hrs	Yurt	£5.00
<p><b>Information and Support</b> An opportunity to speak to one of our staff members and hear more about opportunities at the Foundation or from our partners agencies.</p>	Monday 24 <sup>th</sup> August	1000 – 1200hrs	Grange	Free
<p><b>Guided Sensory Dementia Walk</b> Our Guided Sensory Dementia Walk in the beautiful grounds at Ulverscroft Grange, a gentle walk followed by a cup of tea in our café.</p>	Monday 24 <sup>th</sup> August	1400 – 1600hrs	Grange	£3.00 per couple
<p><b>Health and Wellbeing Guided Walk</b> Our knowledgeable volunteer will guide you on a relaxing walk.</p>	Tuesday 25 <sup>th</sup> August	1330 – 1430hrs	Grange	Free
<p><b>Zumba Gold (Seated)</b> A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.</p>	Wednesday 26 <sup>th</sup> August	1000 – 1100hrs	Grange	£3.50
<p><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:</p> <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 details)</li> </ul>	Thursday 27 <sup>th</sup> August	1030 – 1500hrs	Manor	Free

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<b>Discussion Group 'Local landmarks'</b> Join our conversation with a purpose, for all ages and abilities.	Friday 28 <sup>th</sup> August	1000 – 1130hrs	Grange	£1.00
<b>Monthly Craft Club</b> Bring your craft project and learn new crafting skills in a supportive, inclusive and friendly group: <ul style="list-style-type: none"> <li>• Morning Group, 1000 - 1200hrs, £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 28 <sup>th</sup> August	1100hrs & 1300hrs	Manor	£2.50
<b>Monthly Art Group</b> <ul style="list-style-type: none"> <li>• Come and join our Watercolour tutor and learn the techniques and skills required to enjoy this beautiful style of art, and then practice monthly with new friends</li> </ul>	Friday 28 <sup>th</sup> August	1000 – 1200hrs	Manor	£5.00
<b>Monthly Men's Group and Dominoes</b> A social group to discuss shared interests in good company. Enjoy a cup of tea and biscuits or perhaps try your hand at dominoes or boccia: <ul style="list-style-type: none"> <li>• Morning Group, 1000 – 1200hrs £2.50 including tea and biscuits</li> <li>• Afternoon Group, 1300 – 1500hrs, £2.50 including tea and biscuits</li> </ul>	Friday 28 <sup>th</sup> August	1000 – 1300hrs	Manor	£2.50

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

Please note that MS Support Group and Fibromyalgia Friends now meet as part of our new weekly Health and Wellbeing Thursdays, please see above for dates and details.

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