

Activity/Events Schedule October 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
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: <ul style="list-style-type: none"> • Seated Yoga (1030hrs, £3.50) • Relaxation (1200hrs, £3.50) 	Thursday 1st October	1000 - 1500hrs	Manor	Free
Meditation in the Yurt 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 1st October	1100 - 1200hrs	Yurt	£5.00
Discussion Group 'Is Good News No News' Join our conversation with a purpose, for all ages and abilities.	Friday 2nd October	10.00 - 11.30hrs	Grange	£1.00

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 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. T Topic of the day ' Hobbies' Optional activities include arts, crafts & sensory walks	Monday 5th October	1400 - 15.30hrs	Grange	Free
Chapter Chats Book Club Join our social book group, a welcoming group for people of all ages who enjoy reading. Book for discussion is Mrs Dalloway by Virginia Wolfe	Tuesday 6 ^h October	1000 - 1130hrs	Grange	Free
Health and Wellbeing Guided Walk 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 6th October	1330 - 1430hrs	Grange	Free
Zumba Gold (Seated) A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 7th Oct.	1000 - 1100hrs	Grange	£3.50

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Coffee Pot Club A social group, bring your crafting projects or come along and chat with new friends.	Monday 12th Oct.	1000 - 1200hrs	Grange	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 ' Favourite Chocolates & Sweets' Optional activities include arts, crafts & sensory walks	Monday 12th Oct.	1400 - 1600hrs	Grange	Free
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 13th October	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 14th October	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. Fibromyalgia friends meeting as part of this day) Optional activities include: <ul style="list-style-type: none"> Seated Zoga (1030hrs, £3.50) Mind Calm (1200hrs, £3.50) 	Thursday 15th October	1030 - 1500hrs	Manor	Free
Meditation in the Yurt 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 15th October	1100 - 1200hrs	Yurt	£5.00

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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 ' Toys & Games' Optional activities include arts, crafts & sensory walks	Monday 19th October	1400 - 1600hrs	Grange	Free
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 20th October	1330 - 1430hrs	Grange	Free
Zumba Gold (Seated) A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 21st October	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: <ul style="list-style-type: none"> Seated Yoga (1030hrs, £3.50) Relaxation(1200hrs, £3.50) 	Thursday 22nd October	10.00 - 1500hrs	Manor	Free

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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. Join us for Tea & Cake at Ulverscroft Manor	Monday 26th October	1400 - 15.30hrs	Manor	Free
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing walk.	Tuesday 27th Oct	1330 - 1430hrs	Grange	Free
Zumba Gold (Seated) A low impact, fun workout to music, seated or standing, overlooking our beautiful views at Ulverscroft Grange.	Wednesday 28th Oct	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. Also MS Support Group meeting as part of this day. Optional activities include: <ul style="list-style-type: none"> Seated Zoga (1030hrs, £3.50) Laughter Therapy (1200hrs, £3.50) 	Thursday 29th Oct.	1030 - 1500hrs	Manor	Free

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Meditation in the Yurt 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 29th October	1100 - 1200hrs	Yurt	£5.00
join us for a Cheese & Wine Evening whilst browsing a selection Quality pre loved ladies / men's fashions and accessories.	Thursday 29th October	1800 - 2100hrs	Grange	Free
Monthly Craft Club Bring your craft project and learn new crafting skills in a supportive, inclusive and friendly group: <ul style="list-style-type: none"> • Morning Group, 1000 - 1200hrs, £2.50 including tea and biscuits • Afternoon Group, 1300 - 1500hrs, £2.50 including tea and biscuits 	Friday 30th October	1000hrs & 1300hrs	Manor	£2.50
Monthly Art Group <ul style="list-style-type: none"> • 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 30th October	1000 - 1200hrs	Manor	£5.00

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Monthly Men's Group and Dominoes 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"> • Morning Group, 1000 - 1200hrs £2.50 including tea and biscuits • Afternoon Group, 1300 - 1500hrs, £2.50 including tea and biscuits 	Friday 30th October	1000 & 1300hrs	Manor	£2.50
Games Club This new social group will meet to enjoy a variety of card and board games.	Friday 25th Sept	1300 - 1500hrs	Manor	£2.50

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

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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