

What's On March

Registered Charity 803525



**Shuttlewood
Clarke
Foundation**

Session	Venue	Time	Cost	Book
Monday 2 nd March				
Men's Day at Ulverscroft Manor A game of dominoes, a game of Kurling, Skittles, Boccia or just a chat while enjoying the camaraderie of this monthly social group including a 2 course home cooked meal. Numbers are limited so please contact Kathleen on 07860 639693	UM	10.30am – 3.00pm	£7.50 Don.	✓
Tuesday 3 rd March				
Chapter Chats Book Club Join our social book group, a welcoming group for people of all ages who enjoy reading. We would love to welcome new members! Please drop in to our next meeting to learn a little more!	UM	10.00am – 11.30am	FREE	
Singing for Fun and Wellbeing 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!	UAC	1.00pm – 3.00pm	£3.50	✓
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UM	1.30pm – 2.30pm	FREE	✓
Scoliosis Support Group Our new support group will be launching today - meeting on every first Wednesday of the Month at Ulverscroft Grange. All are welcome including those living with a diagnosis of scoliosis and their family friends and supporters! For more information please contact Charlotte Dodd on 01530 244914 or email hello@shuttlewood-clarke.org	UG	6.00pm – 8.00pm		
Thursday 5 th March				
Health and Wellbeing Support Thursdays Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available. Optional activities include: <ul style="list-style-type: none"> • Seated Yoga with Paula Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. - 10.30am - £4.00 - Activity Centre • Relaxation with Paula Take the opportunity to improve your sense of wellbeing and inner calm. Enjoy learning mindfulness, meditation and breathing techniques to relax your body and calm your mind. - 12noon, £4.00 – Manor • MS Drop In Support Group - 1.30pm-3.30pm – MS support group 	UM	10.00am – 3.30pm	FREE	

<p>meeting in the Activity Centre</p> <ul style="list-style-type: none"> • Crochet Chat A social group for all levels of crocheters where you can learn from others, or share your knowledge. Do you need help with reading patterns or support and inspiration to either start a new project or complete all those unfinished ones – Please call Kathleen on 07860 639693 - Booking essential - 10.00am – 12noon – Manor - FREE • SCF Doodlers and crafts & jigsaws- 10.30am – Manor <p>Technical Support with volunteer Mark – 1.00pm– 2.00pm - Mobile phone, tablet, iPad and computer advice session Mark will work with you to fix any problem with your mobile phone, tablet, iPad, desktop computer or laptop. – Booking essential – Please call the office on 01530 244914</p> <ul style="list-style-type: none"> • Chiropractic 1 / Reflexology. 				
<p>Meditation in the Yurt Enjoy gentle meditation and relaxation with Betty Dawkins in the Yurt</p>	Yurt	11.00am – 12noon	£5.00	√
Friday 6 th March				
<p>Stepping Stones – Drop in for a chat – You may also like to attend the optional workshop</p> <p>Negative thinking styles – Shelley Smith Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression.</p> <p>10am – 10.30am (tea and talk) 10.30am – 11.30am (workshop & activity) 11.30am – 12.00pm (tea & talk) 12.00pm - Social time & refreshments available to purchase</p> <p>Workshop - £3.00 pre booked and prepaid - £4.00 payable on the day – If places are available - Booking essential to secure you place - Please call Kathleen on 07860 639693 for more information.</p>	UM	10.00am – 1.00pm	FREE	
<p>Sewing Machine Workshop Please call Kathleen on 07860 639693 for more information. Booking essential. – CLASS FULL</p>	UAC	10.00am – 3.00pm	£15.00	√
Monday 9 th March				
<p>Coffee Pot Club A social group that meet at Ulverscroft Grange, you are also welcome to bring your knitting, games, books or crafts to the group. Refreshments available to purchase in the tearooms.</p>	UG	10.00am – 12noon	FREE	
<p>Music Therapy - For people in the community with a disability, mental health or dementia Music therapy sessions, by Chiltern Music Therapy, provide opportunities for exploring a range of instruments, singing and engaging in different activities which can help to maintain motor skills including balance and coordination whilst stimulating many different areas of the brain to</p>	UAC	10.00am – 11.30am	Don £3.00	

support attention, memory, focus, decision-making skills and reducing anxiety. Please call Jessica Turner on 07714 072828 for bookings and more information.				
Afternoon Art Inspirations An afternoon of art where members can support, inspire, share ideas and have the opportunity to take up an art challenge. Contact Kathleen on 07860 639693 for details.	UAC	1.00pm – 3.00pm	Don.	
Tuesday 10th March				
Tai Chi A Chinese exercise system of slow motion, movement and breathing. Designed to strengthen and relax, improve balance and coordination, posture and mobility while creating a sense of general wellbeing and harmony!	UAC	10.30am – 11.30am	£5.00	√
Singing for Fun and Wellbeing 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!	UAC	1.00pm – 3.00pm	£3.50	√
Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential	UM	1.30pm – 2.30pm	FREE	√
Model Railway open Evening Our amazing model railway was the brain child of our founder the late David Clarke. Construction of the railway was started in 1977. It was designed from the outset to be a technical exercise in the operation of points and signals based upon the Great Western Railway of the 1930's. LIMITED SPACES – Booking Essential – 01530 244914	UG	7.30pm – 9.30pm	Don.	√
Thursday 12th March				
Health and Wellbeing Support Thursdays Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available. Optional activities include: • Seated Yoga with Lorna Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. - 10.30am - £4.00- Activity Centre • Relaxation with Lorna 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 - 12noon, £4.00 – Manor Technical Support with volunteer Mark – 1.00pm– 2.00pm - Mobile	UM	10.00am – 3.30pm	FREE	

<p>phone, tablet, I pad and computer advice session Mark will work with you to fix any problem with your mobile phone, tablet, IPad, desktop computer or laptop. – Booking essential – Please call the office on 01530 244914</p> <p>•Pulmonary Fibrosis support group 1.30pm-3.30pm - UAC Have you or someone you care for been diagnosed with pulmonary fibrosis? Would you like to meet and talk to others in the ‘same boat?’ For More information telephone 07588 169494</p> <p>•SCF Doodlers and crafts & jigsaws - 10.30am – Manor</p> <p>•Chiropody 2 / Reflexology.</p>				
Friday 13th March				
<p>Design and Create A Group for textile enthusiasts who meet each month to share ideas and have fun with designing & creating. Telephone Kathleen 07860 639693</p>	UAC	12.30pm – 3.00pm	£5.00	√
Monday 16th March				
<p>Creative Writing Try your hand at Creative Writing in a comfortable and relaxed setting! For bookings and more information please call Jess on 07714 072828</p>	UAC	10.00am – 12noon	£5.00	√
Tuesday 17th March				
<p>Gentle Yoga Class This class provides you with a wonderful opportunity to stretch and re-energize 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, breath-work, relaxation and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided</p>	UAC	10.30am – 11.30am	£5.00	√
<p>Singing for Fun and Wellbeing 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!</p>	UAC	1.00pm – 3.00pm	£3.50	√
<p>Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential</p>	UM	1.30pm – 2.30pm	FREE	√
Wednesday 18th March				
<p>Pulmonary Fibrosis Support Group Presentation by Dr. Steve Wimpress - Telephone 07588 169494</p>	UAC	1.30pm – 3.30pm		
Thursday 19th March				
<p>Health and Wellbeing Support Thursdays Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available. Optional activities include:</p> <p>• Seated Pilates class with Liz</p>	UM	10.00am – 3.30pm	FREE	

<p>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 – 10.30am - £4.00 – Activity Centre</p> <ul style="list-style-type: none"> • Relaxation / Meditation with Sharron An opportunity for you to experience and learn from many different techniques, Mindfulness, breath work, visualisation and Mind & Body Calm, to enable both your body and mind to take a well-deserved break. Highly effective at reducing stress levels and anxiety, calming down a restless mind and helping with pain management - 12noon, £5.00– Activity Centre • Lipoedema Support Group Come and have a coffee and chat with Lipoedema friends in the beautiful house and gardens of Ulverscroft Manor – 10.30am – 12.30pm – For more information contact Kathleen 07860 639693 • Fibromyalgia Friends Together – Manor Come along and have a coffee and a chat with fibromyalgia friends in the beautiful house and gardens of Ulverscroft Manor – Chat and support from 12noon – 2.30pm. <p>For more information call - 0116 298 8007 (Monday to Friday 12noon – 4.00pm)</p> <ul style="list-style-type: none"> • Dementia Support Group – for behaviours that challenge A social group for people under 75 years of age living with dementia with behaviours that challenge, together with their partners, friends or carers to enjoy today. Support, chat and laugh together. We aim to offer individually tailored activities to enable people to benefit from the sessions. For more information please call Kathleen on 07860 639693 – 1.30pm – 3.00pm – Activity Centre <p>Technical Support with volunteer Mark – 12noon– 1.00pm - Mobile phone, tablet, iPad and computer advice session Mark will work with you to fix any problem with your mobile phone, tablet, iPad, desktop computer or laptop. – Booking essential – Please call the office on 01530 244914</p> <ul style="list-style-type: none"> • SCF Doodlers and crafts and jigsaws 10.30am – Manor 				
<p>Meditation in the Yurt Enjoy gentle meditation and relaxation with Betty Dawkins in the Yurt.</p>	Yurt	11.00am – 12noon	£5.00	√
Friday 20 th March				
<p>Stepping Stones – Drop in for a chat – You may also like to attend the optional workshop</p> <p>Practicing kindness and self-compassion – Kate Jackson Our mental health recovery group explores strategies and coping</p>	UM	10.00am – 1.00pm	FREE	

<p>mechanisms to help you on your journey to recovery from anxiety and depression.</p> <p>10am – 10.30am (tea and talk) 10.30am – 11.30am (workshop & activity) 11.30am – 12.00pm (tea & talk) 12.00pm - Social time & refreshments available to purchase</p> <p>Workshop - £3.00 pre booked and prepaid - £4.00 payable on the day – If places are available - Booking essential to secure you place - Please call Kathleen on 07860 639693 for more information.</p>				
Tuesday 24th March				
<p>Singing for Fun and Wellbeing 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!</p>	UAC	1.00pm – 3.00pm	£3.50	√
<p>Health and Wellbeing Guided Walk Our knowledgeable volunteer will guide you on a relaxing, informative walk. Enjoy the changing landscape. Booking essential</p>	UM	1.30pm – 2.30pm	FREE	√
Thursday 26th March				
<p>Health and Wellbeing Support Thursdays Come and drop in to this social group for all people with a disability or illness, and their carers, for support in a welcoming inclusive setting. Refreshments available.</p> <p>Optional activities include:</p> <ul style="list-style-type: none"> • Seated Exercise class with Suky Improve strength, flexibility and wellbeing with this fun seated armchair exercise class incorporating music and resistance band. You will also learn the Ageless Grace techniques, which exercise both body and brain. 10.30am £4.00 - Activity Centre • Mindfulness with Emma Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. Simple techniques and activities which help you to: improve your wellbeing, reduce anxiety, manage your feelings, calm your mind to spend more time in the present - 12noon to 1pm - £5.00 - Activity Centre • SCF Doodlers and crafts and jigsaws - 10.30am - Manor • Pernicious Anaemia support group – 10.00am – 12noon – Manor Group Cancelled Pernicious Anaemia Society – 10.00am – 12noon – Manor Support group for Pernicious Anaemia Society members. For more information contact the group leader - leics@pasoc.org.uk • Young onset dementia support group – 1.30am – 3.30pm – Activity Centre A social group for people under 70 years of age, with Young Onset Dementia, their partners, friends or Carers to enjoy Today. Support, Chat & 				

Laugh Together. Activities include Kurling, Skittles, Boccia, Quoits. Please call Kathleen on 07860 639693 for more details.				
Friday 27th March				
Monthly Art Group Learn the techniques and skills required to enjoy watercolour painting - Class full	UAC	10.30am – 12.30pm	£5.00	
Monthly Craft Club Bring your craft project and enjoy this social, supportive, inclusive and friendly group (including tea and biscuits. Telephone Kathleen Wass on 07860 639693	UM	10.30am -2.00pm	£3.00	
Monthly Crochet Club For improvers and experience crocheters. Telephone Kathleen Wass on 07860 639693	UM	10.30am – 2.00pm	£3.00	
Monday 30th March				
Music Therapy - For people in the community with a disability, mental health or dementia Music therapy sessions, by Chiltern Music Therapy, provide opportunities for exploring a range of instruments, singing and engaging in different activities which can help to maintain motor skills including balance and coordination whilst stimulating many different areas of the brain to support attention, memory, focus, decision-making skills and reducing anxiety. Please call Jessica Turner on 07714 072828 for bookings and more information.	UAC	10.00am – 11.30am	Don £3.00	
Tuesday 31 st March				
Gentle Yoga Class This class provides you with a wonderful opportunity to stretch and re-energize 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, breath-work, relaxation and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided	UAC	10.30am – 11.30am	£5.00	√
Singing for Fun and Wellbeing 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!	UAC	1.00pm – 3.00pm	£3.50	√



01530 244914 Email hello@shuttlewood-clarke.org

www.shuttlewood-clarke.org



Ulverscroft Manor, Priory Lane, Ulverscroft, Leicester.



Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicester.



Ulverscroft Activity Centre, Ulverscroft Manor, Priory

Lipoedema Support Group

'Come and have a coffee and a chat with Lipoedema friends
in the beautiful house and gardens of Ulverscroft Manor'

10.30am

on the third Thursday of each Month

Ulverscroft Manor, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH

Just off Junction 22 of the M1 near Markfield.

For more information please contact
Kathleen Wass on 07860 639693



**Shuttlewood
Clarke
Foundation**

Registered Charity 803525

Ulverscroft Activity Centre,
Priory Lane, Ulverscroft, Leic,
LE67 9PH



**Shuttlewood
Clarke
Foundation**

Singing is not technical it is fun!
You can sing too!



Singing for Fun and Wellbeing

1.00pm - 3.00pm

Tuesdays in term time

£3.50

**Our
Shuttlewood
Singers
meet
every
Tuesday
in
term
time!
Remember
your
first
taster
session
is
free!**

