

May



**Shuttlewood
Clarke
Foundation**

What's On Guide

Ulverscroft Manor & Activity Centre – Priory Lane, Ulverscroft, Leicestershire, LE67 9PH

For more information call Ulverscroft Manor on 01530 245860

bookwhen.com/shuttlewoodclarke

ART - Fun with Art with Steve Bird – 1.00 pm - Activity Centre - £5.00

1 May

Find your inner artistic ability while having fun with art. This class is suitable for artists and beginners.

Book Club – 11.30 am – Ulverscroft Manor - Free

1 May

Join our monthly book group meeting in the comfort of Ulverscroft Manor. Chat about what you are currently reading, recommend future reads and swap your books with others.

Craft Club - 10.30 am – Activity Centre - £3.00 (payable on the day)

Every Last Friday – 30 May

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits).

Mindfulness– with Emma - 11.30 am - Ulverscroft Manor - £4.00*

Every Third and Last Thursday - 15 May and 29 May

Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. Learn simple techniques and activities which help you to improve your well-being, reduce anxiety and stress, manage your feelings, calm your mind, spend more time in the present.

Nordic Walking with Amanda – Ulverscroft Manor - £3.00

Every Monday - 12 May

10 am to 11 am - Push the pace Nordic Forest Walking

11.15 am to 12.15 pm - Gentle Nordic Walking

Tones the upper and lower body at the same time - uses 90% of the skeletal muscle, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints, great for the heart and lungs, ideal for neck, shoulder, and back problems. Sessions are approximately one hour (10am class is not suitable for beginners).

PILATES - Seated Pilates* with Liz – Activity Centre & Zoom - £4.00*

Monday 9.15 am Zoom only – 12 May 19 May

Thursday 10.00 am Activity Centre & Zoom 1 May 15 May 22 May 29 May

Chair-based 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.

Shuttlewood Singers* – with Caroline – 1.00 pm – 3.00 pm Activity Centre. £4.50

Every Tuesday 6 May 13 May 20 May 27 May

Sing your cares away! Spend a couple of hours exercising your vocal cords and joining others in song, friendship, and tea! You don't need to have any singing experience to be able to join. You'll learn about how to make the best sound, how to look after your voice and even how to sing in harmony all while having fun.

Relaxation with Lorna – 11.30 am - Ulverscroft Manor - £4.00*

Second Thursday of the month 8 May

Breathing is the most basic function of the human body, where breathing not only fuels the body with oxygen, it can also clear the mind and help strengthen muscles. Take the opportunity to improve your sense of well-being and inner calm with mindfulness, meditation and breathing techniques to relax your body and calm your mind.

Stepping Stones for ANXIETY & DEPRESSION* *Pre-booking is essential to secure a place*

Every First and Third Friday at Ulverscroft Manor 10.00 am £4.00

2 May

Loss and bereavement

16 May

Reflexology to support better wellbeing

Each session includes a 60-minute workshop around a variety of mental health and well-being topics that offer people practical guidance, strategies and support.

If you require more specialist or 1:1 support, please explore LLR Joy:

<https://services.thejoyapp.com/>

Tai Chi / Chi Kung* with Stephanie – 10.30 am – Activity Centre - £5.00*

Every Second Tuesday –

13 May

A Chinese exercise system of slow motion, movement and breathing. Designed to strengthen and relax, improve balance and co-ordination, posture and mobility while creating a sense of general well-being and harmony.

Yoga – Gentle Yoga* (with Paula) – 10.00 am – Activity Centre - £5.00*

Every first, third and last Tuesday –

6 May

20 May

27 May

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 well-being and become stronger both physically and mentally.

Yoga – Seated Yoga* - 10.00 am - Activity Centre - £4.00*

Every second Thursday -

8 May

Chair-based yoga uses gentle movements that focus on strength, flexibility, breathing and relaxation while helping to develop and nurture a greater sense of well-being.

Book online with BookWhen - bookwhen.com/shuttlewoodclarke

Please call Ulverscroft Manor 01530 245860 for more information.

** A £1 discount is applied when classes are pre-booked and prepaid.*

Advance payments for classes are non-refundable.



SUPPORT GROUPS

Lipoedema Support Group – 1.00 pm - Activity Centre

Every Third Thursday - 15 May

Come and have a coffee and chat with Lipoedema friends. For more information contact Kathleen 07860 639693

MS Drop-in Support Group - 1.30 pm - 3.00 pm – Ulverscroft Manor

Every Third Monday 19 May

MS support group meeting at Ulverscroft Manor. For more information, please contact Kathleen on 07860 639693.

Young Onset Dementia Support Group – 1.30 pm – Activity Centre

Every Last Thursday - 29 May

A social group for people under 70 years of age, with Young Onset Dementia and their partners, friends, or carers. To enjoy activities, chat and gain support. Activities include kurling, skittles, boccia, quoits. Please call Kathleen 07860 639693 for more information.

The Shuttlewood Clarke Foundation offers the opportunity to socialise, have fun and re-energise your body and mind with well-being classes, interest groups and support groups. Situated in the Charnwood Forest, Ulverscroft Manor is an inviting and homely place set in beautiful, tranquil grounds. A table can be booked at the nearby Ulverscroft Grange Tearoom by calling them directly on 01530 249484 or via www.shuttlewood-clarke.org/ulverscroft-grange/tea-rooms/

Please call Ulverscroft Manor on 01530 245860 or 07860 639693 for more information.

Ulverscroft Manor & grounds CLOSED MONDAY 5th MAY & MONDAY 26th May