



## Nordic Walking – Ulverscroft Manor

Every Monday XX 13th 20th 27th April  
10am to 11am - Push the pace Nordic Walking with Penny - £3.00 **13th APRIL 10.30 - 11.30**  
11am to Noon - Shuttlewood Ramblers - Free

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 (this class is not suitable for beginners).

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

Thursday 10.00 am Activity Centre & Zoom 2nd XX 16th 23rd 30th  
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.

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

Second Thursday of the month 9th April  
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.

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

Every Tuesday 7th 14th 21st 28th April  
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.

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

Third and last Friday at Ulverscroft Manor 10.00am £4.00  
Friday 17th & 24th April Tips and strategies to manage insomnia Participants may book one day only

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/>

**Sound Bath\* with Rhi – 11.45am - Activity Centre - £4.00\***

Every third Thursday

Cancelled this month

Each session will start with gentle seated stretches to release tension from the body. We will explore pranayama (breathwork), soothing the nervous system and quietening the mind chatter. Immerse yourself in a Sound Bath, where waves of sound and vibration will cleanse your energy and facilitate release.

**Chi Kung /Gentle Standing Yoga\* with Paula – 10.00am – Activity Centre - £5.00\***

Every Second Tuesday –

14th April

Chi Kung/Gentle Standing Yoga

This class will be a lovely mix of both Gentle Standing Yoga and Chi Kung. Moving slowly, mindfully with the breath.

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

Every first, third and last Tuesday –

7th

XX

21st

28th

April

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\* - £4.00\***

Every second Thursday - 10 am Activity Centre

**9th April**

Monday - Zoom only - 9.15am 13th, 20th & 27th

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](https://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 and non-transferable.*



## **SUPPORT**

### **Lipoedema Support Group – 1.00pm - Ulverscroft Manor**

**Every Third Thursday - 16th April**

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

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

**Every Third Monday 20th April**

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

### **Young Onset Dementia Support Group – 1.30pm – Activity Centre**

**Every Last Thursday - 30th April**

A social group for people under 70 years of age with Young Onset Dementia, along with their partners, friends, or carers. This group offers opportunities to enjoy activities, chat and gain support. Rebecca Cooper, a mental health occupational therapist, also supports this group. Please call Kathleen 07860 639693 for more information.

Please call Ulverscroft Manor on 01530 245860 or 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. Food & drinks is available to people attending classes and support groups, this facility is not open to the general public. For more information please call Kathleen 07860 639693.

### **Independent support groups**

**Pulmonary Fibrosis Support Group - telephone 07588 169494.**

1.30pm – 3.30pm - Activity Centre

Every Second Thursday of the month

**Fibromyalgia Friends Together have moved to new premises**

For more information call 0116 298 8007