

Book online with BookWhen - bookwhen.com/shuttlewoodclarke

Please call Ulverscroft Manor 01530 245860 or 07860 639639 for further information.

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

Advance payments for classes are non-refundable and non transferable. XX = no class



SUPPORT

Lipoedema Support Group – 1.00pm - Ulverscroft Manor

Every Third Thursday - 16th July

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 July

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 July

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.

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 - leicspfsg@gmail.com

1.30pm – 3.30pm - Activity Centre

Every Second Thursday of the month