

Newsletter



**Shuttlewood
Clarke
Foundation**



Sensory Garden Update

January 2018

Registered Charity 803525

The new look 'Sensory Garden' has evolved into a magical place at Ulverscroft Grange. The amount of work that has taken place behind the scenes to date has been exceptional! Many thanks go to numerous volunteers who have worked tirelessly to brighten, create and build on top of the site of the old swimming pool that was enjoyed many years ago when Ulverscroft Grange was a family home!

One of the most tasking jobs to date was filling the raised beds with several if not hundreds of wheelbarrows full of soil and compost! My word the volunteers did a fabulous job that day and earned themselves a cuppa or two! I'm sure there were a few aches and pains at the end of the day.

The addition of the raised beds, designed and built by our team of maintenance volunteers out of beautiful solid oak and built to last a lifetime, are an amazing addition to the garden. Raised enough for wheelchair users to take advantage of the sights, smells, textures and tastes that are already blooming in our first bed. It looks wonderful.

More to come in the shape of herb baskets, outdoor instruments, wind chimes and a water feature to enhance and captivate the mind, body and spirit for those that enjoy a different experience when enjoying al fresco dining or enjoying the breathtaking views across Charnwood forest towards Bradgate Park.

A Special thanks to Flash Garden Maintenance and volunteers : Doug, Orest, Barry, Keith, Ben, Josh, Arthur, Todd, Nick and Mick. Please come and take a look on your next visit, we are so looking forward to watching the area flourish and develop over the months and years to come.



WEATHER UPDATES

With the colder weather upon us our website and social media streams will be updated regularly. Please check for the latest information in the event of snowfall in the surrounding areas.

Thank you for your continued support. We look forward to welcoming you in 2018!

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New Layout and Shops - Retail Facelift



New Residents

The Shuttlewood Clarke Foundation is pleased to announce plans to keep a small herd of sika deer within the grounds of Ulverscroft Manor. Our Property Manager, Robert Cooper, has confirmed that the purpose-built deer fencing will be erected in February of this year and, although the finer details are still being finalised, we are hoping to have a small herd on site sometime during the summer season.

We look forward to welcoming our new additions, in the meantime why not get to know more about our new friends with our basic Sika Deer Fact File below?

SIKA DEER FACTFILE

Size: 138 – 180cm

Shoulder height: 70 – 95cm (M) 50 – 90cm (F)

Weight: 40 – 70kg (M) 50 – 90kg (F)

Tail length: 14 – 21cm

Life span: approx. 20 years

Origin: introduced to the UK from the Far East in 1860.

Please check the website for more details coming soon!



Over the Christmas period the SCF charity shops have been reorganised and undergone refurbishment work. As well as our fresh look we have now ceased our e-bay trading so all the best quality items are now displayed in our shops; but we're not stopping there with plans in the pipeline this year to boost promotion of the stable yard court and the possibility of expanding our retail area. The newly opened charity shops now consist of the SCF Clothes Shop, SCF Curios Shop and SCF Book Shop ... watch this space for more exciting news to come later in the year, and please let us know your thoughts on the new layout when the shops officially open on Monday 15th January.

Retail Opening Hours:

Monday – Friday

10.00am – 4.00pm

We are happy to accept clean good quality clothing, shoes and handbags for our clothes shops – good quality household items in full working order and small items of furniture

Focus on:-

Model Railway

The model railway continues with its busy programmes.

Volunteers open the doors on *Wednesdays and Fridays during the day and operate the layout on a reduced basis. Call in and pay them a visit, you will get a warm welcome.

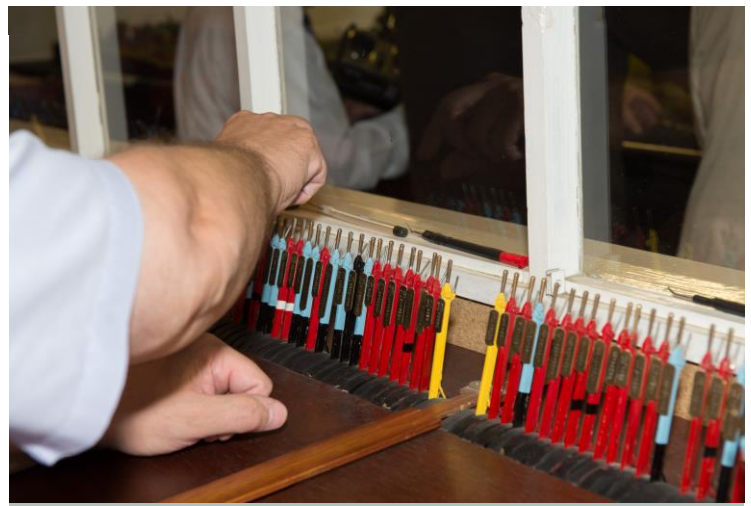
We are fortunate to have more volunteers than ever on our Tuesday night operating evenings. The latest recruits travel from Grantham every Tuesday, to assist so we must be doing something right! The layout which was originally constructed in the early 1980s is still in good condition, the team works very hard to keep the model railway in operation and its appearance is exactly the same as it was the last time David Clarke saw it. The original ethos of its operation remains as a tribute to David, its designer and the founder of our charity.

The latest innovation is loco radio equipment which comes from a new company in Scotland called Protocab. Their Managing Director came to see us recently whilst on holiday in Leicestershire and in his thank you e-mail said "The trip to Ulverscroft has been the highlight of our trip to Leicestershire"

If you wish to see the layout in full operation please book in for one of our Tuesday night visitor evenings. These are held on the third Tuesday of the month. You will be certain of a warm welcome. The evening usually starts with a brief talk on the railway and the person who designed it followed by full operation of the layout which takes some ten operators. Please book in through the office. If you are a member of a club, group or organisation why not consider a group booking. We have hosted many such visits over the years which have been enjoyed by both visitors and volunteers.

The layout has much to offer. You do not have to be a railway enthusiast to enjoy the layout so do come along and see for yourself – Malcolm Freckleton – Trustee

*Open Wednesday's after the February half term



"This is a steam journey that will take you back in time"

"As for the model trains even a non - train lover couldn't help being impressed"



Please call Amanda to book your place on the railway viewing evening:-

Booking essential – 01530 244914

Tuesday 16th January

Tuesday 20th February

Tuesday 20th March



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Improve your Health & Well-being



NHS Choices state 'if exercise were a pill, it would be one of the most cost effective drugs ever invented'

Various exercises can help improve muscle strength, heart health and stamina which can result in higher levels of independence. When we exercise, the brain releases endorphins which gives us the feel good factor. Joining an exercise class is a great way of trying something different, meeting new people and improving your health and wellbeing.

You can find guidelines on NHS CHOICES about exercise for adults and for adults with a disability. If you have any health issues, speak to your doctor or health practitioner about suitable types of exercise.

At the Shuttlewood Clarke Foundation we have a variety of exercise classes for you to choose from. Many of the classes are chair based exercises which can be modified to suit physical/medical conditions.

Seated yoga

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. A regular Yoga practice fosters a balanced state of mind, reduces stress levels and brings harmony into your life.

First & second Thursday of the month. 10.30am £4.00 Activity Centre.



Seated Zoga

Improve strength, flexibility and wellbeing with this fun seated armchair exercise class to music.

Third Thursday of the month. 10.30am £4.00 - Activity Centre

Seated Exercise

A seated armchair exercise class, incorporating resistance bands, Laughter Yoga and Ageless Grace which helps to improve strength, flexibility and wellbeing.

Last Thursday of the month. 10.30am £4.00 Activity Centre



T'ai C'hi

A Chinese exercise system of slow motion movement and breathing. Designed to strengthen and relax, improve balance and coordination, posture and mobility whilst creating a sense of wellbeing and harmony.

Second Tuesday of the month. 10.30am £5.00 Activity Centre



Gentle Yoga Class

Re-energise your body in a gentle way with regular Yoga practice for a balanced state of mind, reducing stress levels and bringing 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.

Third and last Tuesday of the month 10.30am £5.00 Activity Centre.



For more information contact Kathleen or Helen on Telephone 07860 639693 or 01530 244914. A £1.00 discount is available for pre-paid classes (non-refundable).

Christmas Gift collection



A group of residents from Markfield have kindly supported the Foundation for the third year running. Sam Langley of Markfield said 'Sitting at home one day my friend Minoosh had an idea "Let's do something for someone else this Christmas" – I knew a charity that we could help and we decided to collate items for gifts bags to be distributed at the

Foundation's Christmas lunches'. There was an overwhelming response to Sam's initiative and we were able to distribute over 100 gift bags to visitors of the Foundation this festive season. Local businesses were very generous in donating items and a large number of gifts were collected by the tenants of the Haymarket Shopping Centre in Leicester.

We would like to thank everyone that donated gifts, dedicated time and helped wrap the mountain of presents.

Easter family fun at the Foundation

Join us for the family friendly Easter Trail on Tuesday 27th March

Follow the map and find the woodland animals of the Yew Trail!

Join us for enthralling stories from Tom the Tale Teller in the Yurt!

Booking is essential - £3.50 per child

Please call 01530 244914 for more information and to book a place!



Christmas Hamper

For a number of years the retired staff and volunteers coffee club have been donating two luxurious Christmas hampers to raffle over the festive period!

This year we are delighted to confirm that the raffle raised a fabulous

£256

Peter and Wendy Davis winners of the Ulverscroft Grange hamper commented

"We were fortunate enough to win the Christmas hamper and would like to say a big thank you. We shared the contents with family and friends and put about half the contents in a food bank so that others could benefit – Thank you and Happy New Year to you all"

Date for the Diary

Wednesday 25th July

Information and Wellness Event

More information to follow soon

Volunteer Christmas Party

On Wednesday 20th December our Volunteers gathered at Ulverscroft Grange for our annual festive thank you event. We were thrilled so many of our valued volunteers were able to attend.

This year we were very fortunate to have the support of Next who kindly donated the Christmas gifts for the volunteers and gave a generous donation to provide a sumptuous buffet and refreshments for those in attendance. Winners of the quiz and bingo were also treated to prizes supplied by Next. Congratulations to Anne Idle who was the lucky winner of the Champagne Hamper! We hope you enjoyed the contents!

Our next Volunteer recruitment event will take place on **Monday 19th February from 2.00pm – 5.00pm** at Ulverscroft Activity Centre. We would love for you to pop in and learn a little more about the volunteering opportunities that we have to offer. We have a variety of roles available and are currently seeking enthusiastic volunteers to assist Monday – Wednesday at Ulverscroft Manor. Our Manor day visits, provide a welcoming day out in a beautiful country setting with the volunteers on these days assisting the cook and other volunteers in various enjoyable tasks throughout the day.

Other roles include:-

– Hospitality – Outdoor Learning – Grow with Us (allotment volunteers)

NEXT ISSUE

The next newsletter will be published on Friday 13th April 2018

If you would like to receive the newsletter via email then please sign up online at:-

<http://www.shuttlewood-clarke.org/donations/newsletter/>

You will also receive a copy of the Monthly 'what's on guide' detailing all of the events and activities at the Foundation.

Thank you for your continued support



Pat Nichols accepting the champagne hamper on behalf of Anne Idle



Festive refreshments and lots of fun! A fabulous team of dedicated volunteers

next

Fundraising

We are always grateful for any support with our ongoing fundraising efforts. We are delighted to thank the following for their generosity and continued support of the Foundation in 2017.

If you would like to arrange an event to benefit the Foundation we would love to hear from you! We will include details of the event and your fabulous fundraising in the next issue!

A big THANK YOU to the MAYHEM MCC for donating £315 for the Young Onset Dementia Support Group at the Shuttlewood Clarke Foundation. The money was raised at a very successful Halloween party at the Bottom Railway, Shepshed. Your generosity is very much appreciated.

Roxanne and the belly dancing troupe raised a fantastic £223.50 on Friday 1st December at the belly dancing student party. A raffle was held and students danced into the night entertaining their family and friends.

Thank you to the Bottom Railway Shepshed for raising an amazing £179.62 for the Young Onset Dementia support group at the Family fun day and Amy Winehouse tribute.

The Foundation were delighted to attend the Bradgate Rotary Bygone Christmas Fair on Saturday 10th December. Thank you to the fabulous team from Bradgate Rotary that worked so hard to arrange such a fabulous event in support of the Foundation and other local charities!

Have a Go workshops in 2018



Calligraphy

We are delighted to be supported by Charnwood Borough Council in 2018 and are now in receipt of a Community development and engagement grant. We will be providing free one off workshops enabling participants to try something new, gain a new skill and make friends in an inclusive and supportive setting.

Please see below for the following confirmed sessions that have spaces remaining. Places are limited and will be allocated on a first come first served basis. Please book in now to avoid disappointment! More sessions will be promoted throughout the year, including Nordic walking, belly dancing and much more!

If you would like to suggest an activity or session to take place here at the Foundation we are always grateful to receive feedback and ideas from our visitors and supporters. Please contact Helen Baxter on 01530 244914 with your suggestions! We would love to hear from you!

Have a go spring in a Teacup - Monday 19th March - 10.00am - 12 noon
Have a Go Modern Calligraphy – Monday 16th April – 10.00am – 12noon

Places are limited – Book now to avoid disappointment!

Tony the woodcarver, crafts an owl for SCF woodland trail



Rachel Lowe Activities Coordinator caught up with Tony Gardner who has been a tree surgeon for over 50 years. Tony has kindly offered to carve an owl sculpture for our new woodland trail!

Being a tree surgeon over a period of time has proved a very physical role with the lack of modern day machinery. Tony started with a 2 man 6ft bar saw before moving on to hand saws and bow saws. Eventually Leicestershire Council caught up with the times and purchased much need machinery. We joked that Tony's biceps must have been rather impressive back in the day!

Watching Tony craft the owl at the Foundation with such passion was very special to witness. He used a blow torch to add darker shading to his creation which gave the 3D piece more depth and realism.

You could sense his passion for his craft which came about during his tree surgeon days. Tony saw a carved wood sculpture piece and thought 'I'll give that a go' and so his hobby was born!

Singing for Fun and Wellbeing

SCF Sessions

‘In 2017 the Foundation launched a new singing for fun and Wellbeing session.

The benefits of singing have been widely highlighted in the media in recent months and many people are now attending our singing sessions on a regular basis, reaping the health rewards and benefits’

Carl Hodson the session leader follows the principles of the National Voice Practitioners Network which promote the notion that singing is a birth right regardless of musical ability or experience. Natural voice focuses on celebrating the voice rather than training it to a perfection. The Foundation’s singing group focuses on building and accepting through non- judgmental song – welcoming voices, learning by ear making to the sessions accessible to all.

What is Natural Voice?

Many people see themselves as ‘non singers’ because of previous experiences of criticism and judgment. Many are excluded from singing activities because they do not have music-reading skills or trained voices. Our work aims to counteract these experiences and give people confidence in their voices by providing them with a supportive learning environment and a suitable repertoire.

- Workshops, choirs, courses and projects are accessible and inclusive.
- Aim to accommodate mixed levels of experience.
- Avoid technical language and musical jargon.
- Aim to teach songs in a traditional way – mostly by ear.
- Endorse the use of physical and vocal warm-ups to facilitate vocal health, confidence and fun.
- See the voice and singing with others as a fundamental community building activity.
- Respect and acknowledge all sources and songwriters, and take care to set songs in their historical and cultural context.



If you are interested in coming along to the session to have a go your first taster session is FREE of charge.

Sessions run on a termly basis and cost £3.50 per session which is payable at the beginning of each term. Our next sessions take place on Tuesday 16th January, Tuesday 23rd January, Tuesday 30th January, Tuesday 6th

We would be delighted to welcome new members to this fun, friendly social group. If you would like more information regarding the group or the nature of the sessions please call:-

Helen Baxter on 01530 244914.

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Prize Wordsearch

Can you find the Railway themed words in our prize crossword? The winner will receive a £5.00 tearooms voucher.

*Please note words can be found in all directions to include, forward, backwards and diagonally – good luck!

Name.....Email.....

Address.....Telephone.....

Please tick the box if you would like to receive news and updates from the Foundation. ☐

Please return your completed word search to Helen Baxter, Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicestershire, LE67 9QB by Friday 6th April 2018. The winner will be drawn at random on Monday 9th April 2018. Winners will be notified by post.

V	G	S	N	B	E	R	Y	B	V	I	B	W	Y	L
U	L	P	M	O	D	E	L	E	R	B	A	E	B	R
F	O	N	T	R	S	N	W	E	O	D	R	I	P	H
S	C	G	S	B	J	M	L	R	T	X	H	O	M	E
P	O	I	U	D	N	I	N	H	C	K	K	A	I	A
B	M	Y	I	R	O	L	R	D	G	D	E	C	O	N
X	O	H	T	B	G	X	K	Y	A	T	F	H	B	A
O	T	L	M	L	A	N	G	I	S	Y	K	I	T	M
B	I	S	B	I	W	Y	R	G	J	B	N	R	H	L
E	V	C	Q	S	L	E	B	C	D	L	I	O	N	A
R	E	U	S	T	A	T	I	O	N	T	P	S	K	N
I	E	S	I	H	O	B	U	F	F	E	R	U	C	G
F	L	Y	R	P	C	G	I	O	S	D	N	O	A	I
W	S	A	S	W	D	B	N	R	C	D	U	Y	R	S
T	M	L	Q	U	E	L	B	A	T	N	R	U	T	F

Signal

Buffer

Steam

Boiler

Track

Model

Firebox

Turntable

Signalman

Coal Wagon

Station

Locomotive