

Newsletter



**Shuttlewood
Clarke
Foundation**



Spring 2018

Registered Charity 803525

The Foundation appoints new Principal Manager

The Foundation is delighted to announce that Louise Moore accepted the position of Principal Manager on 15th January this year. Louise has been employed at the Foundation for 10 years and during this time has gained experience in most departments. We all look forward to working with Louise and seeing what fresh ideas she can bring to the Foundation. Read below to learn a little more about Louise and her plans for the future.

“First and foremost I would like to thank you all for your kindness and support during my first few months as Principal Manager. The Shuttlewood Clarke Foundation is a truly unique and wonderful charity, which I am personally very passionate about and which I hope to be able to sympathetically develop and build up going forward. David’s original vision and ethos will remain firmly at the heart of what we do, however with the support and dedication of our exceptional staff and volunteer team I hope to be able to move the Foundation forward and firmly secure its future as a well-known and respected charity.

My initial goals for the charity are to make improvements to the facilities we have, both sites and their associated properties are in need of a little TLC and I intend to make improvements here in the immediate future.

Our **spring** newsletter is finally here!

The weather is starting to improve and we are looking forward to another exciting year here at the Foundation!

Please keep up to date with all our latest news and events by visiting the website:-

www.shuttlewood-clarke.org

Thank you for your continued support!



At the Grange I would like to see further improvements to the charity shops and tearooms, I have appointed a new Cook in charge at the Grange who is due to start at the end of April, I look forward to welcoming her to our team and to finding out what new ideas she has to offer.

In addition to this I would like to improve how the Foundation is promoted and marketed, I intend to build on relationships with other local charities and organisations, libraries and parish councils. In 2019 the Foundation will be celebrating its 30th anniversary, an occasion which I believe should be marked and promoted; ideas and plans are currently being discussed but I would always welcome any suggestions.

I am on site everyday (Mon, Tues, Fri 9.00am – 4.30pm, Weds & Thurs 10.00am – 1.00pm) and I hope that as I slowly start to cross off some of my to-do list I will have the opportunity to meet with every one of you; staff, volunteer, visitor or supporter. At the moment there doesn't seem to be enough hours in the day, but I am very aware that everyone reading this newsletter plays a crucial part in the running of the Foundation, I will always make time to answer any questions or queries you may have. If I'm not available please leave a message in the office and I will arrange a suitable time to meet with you.

I believe we face a challenging but very exciting time ahead and I look forward to a great year in 2018!

• Louise Moore – Principal Manager



Louise Moore Principal Manager of the Foundation said 'Shuttlewood Clarke Foundation is a truly unique and wonderful charity'

'In 2019 the Foundation will be celebrating its 30th Anniversary; an occasion which I feel should be marked and promoted'



Lottery



Our monthly lottery renewal date is fast approaching. If you are a member of the lottery then please look out for your renewal letter which will be arriving soon. If you would like to join our fundraising lottery it couldn't be simpler! For just £1.00 per month – (£12.00 per number per year) you will be allocated a unique lottery number. This number will remain yours for as long as you keep playing. You can purchase additional numbers if you wish. On the 28th day of the month the lucky winners will be selected at random and cheques will be issued accordingly. You must be aged 16 years or over to enter. This lottery is licensed by Charnwood borough council; registration number 127. For more information please call Helen Baxter on 01530 244914 – Thank you and good luck!

Volunteering Spotlight

“Two of our long serving volunteers Len and Sandy have not just found a passion for volunteering over the years but a fondness for travel together as companions”

Friends for 40 years, Len and Sandy have volunteered so much of their time consistently and with dedication and humour here at Shuttlewood Clarke Foundation.

Len was a friend of our founder David Clarke 20 years before the Charity was born. Both men were members of the Freight Transport Association. Len had retired from the group but one day, by chance in Markfield newsagents, David told Len all about his Charity dream and asked Len to come along and take a look. Len could see the amazing potential and jumped on board!

Len started volunteering 27 years ago, assisting with pot washing, veg prepping, meat carving or serving, Len was there from the beginning and witnessed this team of dedicated volunteers begin to grow.

Sandy and Len had kept in touch over the years even when both became widowed one Christmas Len invited Sandy to a Fair at Shuttlewood Clarke and Sandy immediately agreed to help and volunteer in any way she could.

Both keen swimmers (at least 40 lengths I am told) but also both with a love of travel and holidays, Len and Sandy decided to become travel companions and have over the last 13 years , travelled together 44 times across Europe and they wouldn't have it any other way!

A highlight for them both was back in 2011 when the County Sheriff asked for a nominee from the Shuttlewood Clarke Foundation to attend The Royal Garden Party at Buckingham Palace. Len was nominated rightfully so and attended with Mrs Northage as his plus one! Both experienced a wonderful day with the Queen and Prince Philip and they were delighted with the grounds and amazing tea party laid on for the grand occasion.

Len will be celebrating his 94th year at the end of April and along with Sandy has had a wonderful 'retirement' of travel, days out, volunteering and companionship.

They are the most wonderful and interesting couple. Please drop in to say hello when visiting our stable yard book shop, you will be greeted with the warmest of welcomes. Thank you both for your continued support and loyalty!

● Rachel Lowe - Volunteer Coordinator



**Shuttlewood
Clarke
Foundation**

Yew Trail outdoor classroom

‘An inspirational learning environment’



The Yew Trail is a network of paths in the two areas of mixed woodland at the Foundation's Manor property. The eastern area has some wetland and is quite different in character to the western area. The paths are waymarked and there are maps at frequent intervals; in addition they are available at the Grange. Information boards are to be found along the paths which are great for those wanting to learn about the trees in particular. The paths are maintained in as natural a state as possible, the only hard surfaced ones being to the yurt and around the pond.

This is done to enhance the experience of young visitors.

The site is established as an outdoor classroom, and we have many schools which come along to undertake a wide range of activities. We are a member of the Council for Learning Outside the Classroom organisation. There is no substitute for experiencing nature directly, and this is accomplished in a variety of ways: minibeast hunts, pond dipping, sensory trails, bird hide, tree trails. Great fun is to be had from shelter building, walking around the woods with maps, undertaking natural crafts, taking part in woodland games. All of the activities are linked to the National Curriculum. We usually have three activity slots of fifty minutes each during a visit. Everything is provided for a visiting school, including a leader for each of the groups into which the school is divided. A list of activities can be found on our website, but if a school has a particular emphasis, we can tailor the activity accordingly.

When the woods aren't being used by schools, the paths are open for visitors generally. During the school holidays, we intend to provide a number of self-led activities, including trails of various sorts and shelter building on two days of the week.

Parking is available at the Manor itself or at the Grange (there is a linking path to the Manor).

Refreshments can be enjoyed at the Grange tearoom. Exercise and refreshments - a great combination! • Martin Booth – Chair of Trustees



New Support Group –First meetup!!



Symptoms of lipoedema can include the following-

- Excess weight on your legs
- Small waist, large hips or thighs
- Heaviness and discomfort of the legs
- Lower body bruising easily
- Family members who are of a similar shape.
- You can lose weight from your upper body but not your lower
- Your excess weight does not include your feet and hands

There has been little research in to the condition and there has been some uncertainty about the treatments available and the effectiveness of the relief that they offer.

For more information or to find ways of getting support and advice please visit the Lipoedema UK website – or drop in to the Monthly meet up at Ulverscroft Manor!

On Thursday 19th April our new monthly support group for people living with Lipoedema met for the first time at Ulverscroft Manor. Lipoedema is a long term chronic and often misdiagnosed condition, which affects predominately women.

Vicky Passmore who attends wellbeing classes at the Foundation has been living with the condition for a number of years. She expressed the need for more awareness of the condition and was the catalyst behind the formation of the group. Vicky said: 'I have been looking forward to the first meetup and getting to know other people who are living with lipoedema. It has been a wonderful opportunity to share experiences and coping strategies, as well as helping each other learn more about the condition and helpful therapies and treatment' –The monthly meeting will be hosted at the Foundation in association with Lipoedema UK - The next meeting will take place at 10.30am on Thursday 17th May at Ulverscroft Manor, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH - For more information please call Helen Baxter 01530 244914

- Helen Baxter – Activities Coordinator

www.lipoedema.co.uk

Attendees of the first meeting

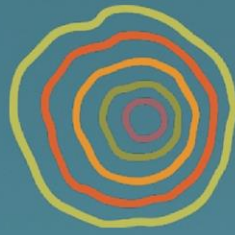
L-R – Vicky Passmore, Claire Blount, Tess Sanderson (Lipoedema UK) Jo-Ann Mander, Kathleen Wass (SCF) Helen Baxter (SCF)

**Are You Pear
Shaped?
You May Have
Lipoedema...**



World Tai Chi and Qigong Day

ONE WORLD
ONE BREATH



**Shuttlewood
Clarke
Foundation**

Saturday 28th April
10.00am - 12noon

**World Tai Chi
and Qigong day**

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

One world – one breath – World Tai Chi and Qigong day at Shuttlewood Clarke Foundation

The Foundation will be joining hundreds of other places worldwide to celebrate World Tai Chi & Qigong Day on Saturday 28th April 2018. People will be gathering in parks everywhere to move and breathe together in the practice of Tai Chi. This ancient Chinese art form uses slow-motion, graceful movements to promote health and well-being.

The event will take place on the Manor Lawn, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH (or in the marquee if it rains) on Saturday 28th April from 10.00am to 12noon . The event is free and suitable for ALL the family and will include demonstrations and short classes suitable for all ages and abilities, any donations to Shuttlewood Clarke Foundation will be very welcomed.

Stephanie Padbury facilitates monthly tai chi sessions at the Activity Centre on the second Tuesday of the Month. Stephanie confirmed that 'Everyone is invited from tai chi teachers to those with no experience at all who just wish to be part of a global event'; For more information please telephone Helen Baxter on 01530 244914 / email helen@shuttlewood-clarke.org or Stephanie Padbury on 01509 218043

Interested in joining our monthly tai chi class? Our sessions run on a the second Tuesday of the month from 10.30am – 11.30 am at Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH – Booking is essential £4.00 per session prepaid - £5.00 payable on the day. • Helen Baxter – Activities Coordinator

Fundraising



THE UNIVERSITY OF THE THIRD AGE



www.farmsunday.org



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 2018.

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!

I was delighted to attend the West Leicestershire U3A meetup on Wednesday 17th January and accept a generous donation of £110.00 – It was lovely to meet with all the members of your lively group. Thank you to all of the members and Roger and Lynn for the very warm welcome. I was thrilled to recognize my favourite teacher from High school who taught my English classes 29 years ago!

Once again a huge thank you to Little Markfield Farm and to everyone that supported the Open Farm Sunday in June 2017. We thank you for your generosity and the donation of £300.00 from last year's event. It is always a pleasure to attend and we look forward to another fabulous event on Sunday 10th June 2018. We hope to see you there!



We were warmly welcomed to the Next headquarters on Thursday 14th March. The Easter Market event hosted a variety of craft stalls, which were visited throughout the day by the Next staff. It was lovely to have the opportunity to meet with so many people.

Thank you for to Bernie and Andrea and for arranging a fabulous raffle in support of SCF!

● Helen Baxter – Activities Coordinator

Looking for an exciting outdoor activity for half term? Bring the children to the Yew trail and build a shelter in the woods using natural materials! The self-led sessions take place at Ulverscroft Manor, Priory Lane, Ulverscroft, LE67 9PH

No need to book - Instruction packs are available from Ulverscroft Grange tearooms.

Please ensure that the packs are returned to the tearooms at the end of the session!

Yew Trail - Half term fun!



Wednesday 30th May and Friday 1st of June

10.30am – 11.30am – 12.30pm – 1.30pm

‘NEW’ Knitting tuition at Craft Club

Our monthly craft club meets on the last Friday of the month at Ulverscroft Manor, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH – from 10.30am – 2.00pm. From June onwards we are delighted to announce the introduction of knitting tuition from 10.30am – 12.30pm. All knitting materials will be provided and our volunteer craft tutors will be on hand to guide you through the basic methods and knitting techniques. For follow up help why not drop in to one of our other sessions – Coffee Pot Club – (Second Monday of the month at the tearooms 10 -12) Support Thursday’s (Every Thursday at the Manor 10-3*) for knitting advice and support from other group members and volunteers. For more information please call Kathleen Wass on 07860 639693*

**subject to attendees and volunteer availability*

● Helen Baxter – Activities Coordinator



Craft Club

10.30am – 2.00pm

Last Friday of the Month

£3.00 per session to include tea and biscuits

Have a go Workshops

Our have a go workshops have proved extremely popular. Attendees had great fun creating a pendant and tea light holder in the glass fusing session. Pretty floral centre pieces were crafted in the spring in a teacup activity. Both sessions were certainly colourful, which was a welcomed sight the cold and wet weather! Our calligraphy session on 16th April was very informative, the wonderful feedback included;

‘I really enjoyed this; I hope that you can run similar sessions in the future’

‘A brilliant course – I learned a lot and gained confidence in my own ability’

The opportunity to ‘have a go’ has been made possible thanks to a community engagement grant from Charnwood Borough Council....We are delighted to announce the dates of our next FREE sessions!

Pilates

Monday 21st May -- 1.30pm – 3.30pm – Join us for an introduction to Pilates. The session will begin with an informative presentation –exploring the benefits of pilates and the ways in which regular sessions may improve muscle tone, posture, balance and joint mobility. The presentation will be followed by the opportunity to try out the wellbeing activity and enjoy a cup of tea and cake in a welcoming inclusive setting.

Nordic Walking

Friday 22nd June – 10.00am – 12noon

Join us for an introduction to Nordic Walking. The session will begin with 45 minutes of instruction followed by a one hour walk in the beautiful surroundings of Ulverscroft Manor.

Booking for sessions is essential. Places are allocated on a first come first served basis. Please call Helen Baxter on 01530 244914 to book your place. • Helen Baxter – Activities Coordinator



Prize Wordsearch

Can you find the health and wellbeing themed words in our prize wordsearch? Many of the sessions take place here at the Foundation, providing health benefits to those taking part in the activities. 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 July 2018. The winner will be drawn at random on Monday 9th July 2018. Winners will be notified by post.

F	V	U	S	D	S	T	I	H	N	B	O	M	S
R	N	O	I	T	A	X	A	L	E	R	T	R	U
I	R	G	Z	R	M	P	L	T	C	R	F	G	L
E	N	T	I	N	K	S	A	H	O	H	A	N	J
N	W	C	U	A	M	T	H	P	L	K	R	I	O
D	B	F	O	N	I	Y	P	I	O	T	C	G	B
S	W	E	H	D	S	U	T	W	A	R	O	N	I
H	S	R	E	A	S	U	R	P	E	F	S	I	B
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W	E	I	A	W	X	B	W	I	T	H	T	N	B
A	U	G	T	S	R	S	S	E	N	L	L	E	W
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CRAFT MINDFULNESS MEDITATE SINGING YOGA RELAXATION
WELLNESS FRIENDSHIP SUPPORT YURT EDUCATION ART
KNIT