

Newsletter



**Shuttlewood
Clarke
Foundation**

An evening of song



Summer 2018

Registered Charity 803525

Our singing for fun and wellbeing group was in fine voice on Tuesday 19th June at the friends and family concert. The audience arrived on a glorious evening to enjoy the first performance from our flourishing singers! It was an amazing turnout and the attendees were thrilled with the diverse selection of songs.

Under the leadership of Carl Hodson, a national voice practitioner the inclusive and welcoming group has thrived. Established in February 2017 the group has gone from strength to strength, with members forging friendships and enjoying the many benefits that singing in a group can bring. Carl has proved to be a popular and inspirational leader and his encouragement and enthusiasm are endless. Carl has been teaching for many years and leads a number of groups across Leicestershire.

During the interval attendees were invited to suggest a name for the singers! We will be announcing the new singing group name shortly!

The group meet on a Tuesday from 1.00pm - 3.00pm in term time at the Activity Centre - new members will be made most welcome. The first taster session is free, so if you have a passion for singing, music, wellbeing and song - come along and meet this dynamic and friendly group! All ages and abilities are encouraged and previous singing experience is not necessary as all songs are learnt by ear. We hope that the group will perform again very soon! • Helen Baxter – Activities Coordinator

Our **summer** newsletter is here

After a cold and very wet start to the year the weather has improved 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!

Please sign up to receive the newsletter by email or download the next edition online!



A day on the River with friends

On Friday 11th May the Young Onset Dementia group took a canal boat trip from Loughborough to Mountsorrel aboard the Peter Le Marchant vessel "Symphony". A 65ft boat with expert crew members, 16 guests and 3 volunteers we were due to set off down the River Soar headed to Mountsorrel.

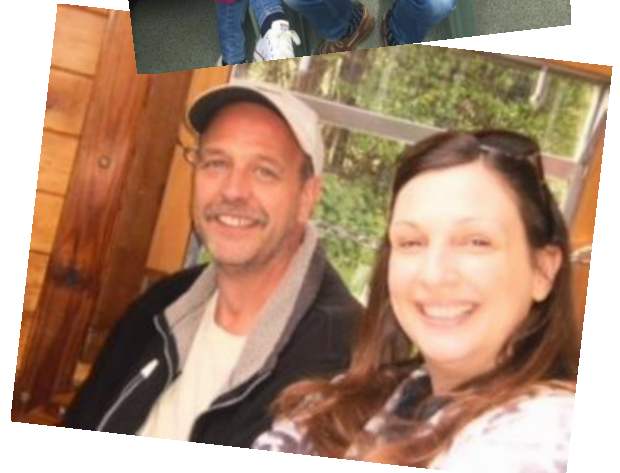
We were warmly welcomed at the canal side moorings at Beeches Road and with Helen waving us bon voyage at the quayside, we were treated to spectacular scenery, lovely bird song, and the sights and sounds of nature that remind us that it truly is a "wonderful world" we live in. We saw swans with cygnets, ducks, horses and cattle on the bankside, traversed through locks had a short history lesson, a lovely cup of tea all whilst being serenaded by Roy on his trusty guitar.

When we reached the Waterside Inn at Mountsorrel we had lunch that had been lovingly prepared by staff at the Manor and were able to have a drink and walk along the canal bank. On our way back we again took in the scenery looking longingly at some of the waterside properties which were particularly appealing in the sunshine and being entertained once more by Roy, who was gracious enough to take requests, all whilst enjoying scones and tea!

This was a really lovely way to spend 5 hours, the time just flew and to be honest I could have stayed a little longer. Details of the Peter Le Marchant Trust can be found at www.peterlemarchanttrust.co.uk it's worth a look.

Thanks very much to Kathleen for arranging the trip and thanks also to the members of the group for their excellent company.

● Mary Hill – Volunteer



Volunteering Spotlight

Volunteers are not paid, not because they are worthless, but because they are priceless!



Volunteers Week is celebrated between 1st and 7th June every year. It is a week in which the UK celebrates volunteers and says thank you to them for the contribution that they make. The week also raises awareness about the benefits becoming a volunteer and the diverse volunteering roles that are available.

As well as helping others, Volunteering has been shown to have a positive impact on the lives of those who volunteer, assisting volunteers in gaining new skills and boosting self-esteem.

Whether you give a morning a year, a day a month or an hour a week, we appreciate any time that you give to support the running of the Shuttlewood Clarke Foundation, as you know, without you it simply would not be possible to open.

If you are interested in Volunteering with us please do get in touch, we would love to welcome you to our dedicated team of volunteers.

Thank you to all those that were able to attend the volunteer high tea on Friday 18th May - a wonderful occasion and our opportunity to thank you for all of your support over that last few months . We delighted in serving an afternoon tea, accompanied by rhubarb and gin cocktails. Thank you to Ann Duggan and Rob for the fabulous entertainment – an afternoon filled with Jazz, folk and song!

● Rachel Lowe - Volunteer Coordinator



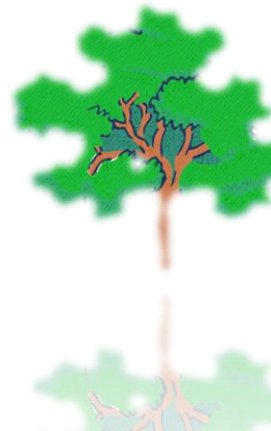
Focus on:- Yew Trail outdoor classroom

Yew Trail classroom

‘Coalville schools visit for the third year!’

On Tuesday 1st May 2018, the year one classes from the Coalville Collaborative of Schools were welcomed for the third year by the Shuttlewood Clarke Foundation at Ulverscroft Manor for a fabulous day of outdoor activities. These included: shelter building, minibeast hunting, map reading, tree identification and natural crafts. The Coalville Collaborative of Schools is a group of 6 Primary schools in the Coalville area: Warren Hills Primary, All Saints C of E, New Swannington, Whitwick St John the Baptist CE, Swannington C of E, Thringstone and Hugglescote. Each year the Collaborative organise a special event for each year group. This year, we were very lucky with the weather, and the sun shone all day! The children had a brilliant time making new memories and friendships with their peers from other schools; whilst learning new skills.

● Laura Canning – Teacher - Coalville collaborative schools



Information and Wellness Event

Wednesday 25th July

The Shuttlewood Clarke Foundation invites you to attend an informative support and wellbeing event on Wednesday 25th July from 10.00am – 3.00pm at Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH

The event will involve a number of local and nationwide organisation's, providing information to anyone that may be in need of support or advice. *Light refreshments will be available for a small charge, admission is on a drop in basis and entry is FREE!* Attend the event and you will be entered in to our **FREE PRIZE** draw to win an afternoon tea for two people at Ulverscroft Grange. We look forward to seeing you there!

• Helen Baxter – Activities Coordinator



**Shuttlewood
Clarke
Foundation**



**West Leicestershire
Clinical Commissioning Group**

On June 14th Health & Wellbeing Support Thursday welcomed Rebekah Lord, NHS Dietitian, for a very informative presentation on how eating a healthy well balanced diet can offer numerous health benefits that keep you both physically and mentally well.

Rebekah introduced us to the Eatwell guide, which shows the various food groups and how much we should eat from each group, so that we aim for a well-balanced diet. Eating at least 5 portions of vegetables a day can help reduce the risk of high blood pressure, obesity, heart disease and some cancers. Vegetables can be fresh, frozen or tinned and, we discussed portion sizes such as 2 broccoli florets, medium banana, 7 strawberries, 3 heaped tablespoons of peas. Fibre gives us energy. It makes us feel fuller, while helping to reduce constipation and cholesterol but it is also really important to drink plenty of fluids, at least 6 to 8 glasses a day. We also discussed the benefits and portion size of protein and dairy products. How fatty and sugary food can contribute to diabetes, coronary heart disease and high cholesterol and therefore should be limited to occasional treats only.

Rebekah advised us that there is no magic solution to losing weight. If it sounds too good to be true it probably is. Detox diets that claim to clear the toxic waste from our bodies in order to stay healthy are nonsense. If we are trying to lose weight it is better to aim to lose one pound a week. This is sustainable, whereas people who follow a restrictive eating pattern can lose weight very quickly and then regain the weight when coming off the diet.

After the presentation, we had the opportunity to ask questions and discuss our own personal experiences of diet and health. We decided that using a smaller plate was an excellent tip when aiming to lose that sustainable one pound a week!

Many thanks to Rebekah and the Leicestershire Nutrition and Dietetic Service for this very Informative presentation. Visit their website for general dietary information plus diet and lifestyle information for a range of common clinical conditions. www.lnds.nhs.uk

- Kathleen Wass – Support Services Manager



Fundraising



The rain didn't spoil the world tai chi and qigong event on Saturday 28th April. Over thirty people braved the weather and came together at 10.00am 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. We were so lucky to have the marquee as a dry space to enjoy this ancient art. Thank you to those of you that came outside for the photograph and for your generous donations totaling £65.50!

Thank you also to Stephanie Padbury who has been teaching tai chi for 23 years and practicing for 33. 'Stephanie said 'It was a fantastic turnout, especially considering the British weather, we had lots of positive feedback from all attendance. Thank you to all of those that came together to experience this annual global event'

We hope that you may wish to join us in 2019 – details to follow later in the year!

● Helen Baxter – Activities Coordinator

We are always grateful for any support with our ongoing fundraising efforts. We are delighted to thank all of our supporters 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!



We are very grateful for the continued support of Next. We attended the Next Easter Market event in May with a raffle kindly arranged by Next - in support of the Foundation!

The staff at Head office were very generous and the raffle raised a superb **£1,4000** for the Foundation! Thank you for your amazing support!

next

Charity of the Year presentation

**Bradgate
Rotary**



On Friday 29th June - Stuart Gill, trustee of Shuttlewood Clarke Foundation accepted a cheque for £1,500.00 on behalf of the Foundation from the Rotary Club of Bradgate at their annual presentation evening at Ulverscroft Grange.

Attendees of the presentation evening enjoyed games on the lawn and delighted in viewing the fabulous model railway. The superb weather allowed for some fantastic views across the Charnwood Forest and beyond as drinks and refreshments were enjoyed on the terrace!

● Helen Baxter – Activities Coordinator



*Thank you to
Bradgate
Rotary for all
of their hard
work
fundraising
for the
Foundation!
Bradgate
Rotary would
like to thank
Janet Hall,
Jennifer
Neale, Stuart
Gill, Malcolm
Freckleton
and all of the
fantastic
railway
volunteers for
all of their
help during
the evening!*

Can you help?

We are grateful of sponsorship and support from a variety of businesses and organisations! Do you have links with a business in the local area? Does your organisation have a charities champion or a charity of the year? If so we would love to hear from you! Fundraising is integral to enabling the charity to continue its fabulous work in the local area and beyond. If you can help.... ??? We'd be delighted to hear from you!

Work placements

Stephenson College
Excellence and innovation in learning



CONGRATULATIONS AND THANK YOU TO OUR WORK PLACEMENT
VOLUNTEERS FROM STEPHENSON COLLEGE THIS ACADEMIC YEAR!



Katie Bailiss and Joshua Osborn
have contributed hugely to our
tearooms and ground
maintenance team this last
academic year and we wish them
well in wherever their future
takes them.

Katie presented the staff and
volunteers with a beautiful lemon
drizzle cake as a thank you for
having her! It was gorgeous and
only crumbs were left as
evidence!

**- Thank you and good luck
from all the staff and
volunteers at Shuttlewood
Clarke Foundation-**

Both were presented with a
Volunteer Development Award
from the Foundation in praise of
their outstanding contribution to
voluntary work. Two team players
that brought positivity, gained
courage and developed
outstanding confidence and
shone brightly towards the end of
their placements, they will be
very missed by all of our staff.

• Rachel Lowe - Volunteer
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 28th September 2018. The winner will be drawn at random on Monday 1st October 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
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H	S	R	E	A	S	U	R	P	E	F	S	I	B
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FRIENDSHIP – WELLNESS – MINDFULNESS – YOGA – MEDITATE –SINGING –SUPPORT – EDUCATION -
CRAFT – FUN - RELAXATION