

# Newsletter 2019



We were thrilled to be nominated as a supported charity in the Waitrose community matters scheme.

Louise Moore Principal Manager was delighted to accept a cheque for £328.00 on behalf of the Foundation from Jo Fagan, at the Mountsorrel branch of Waitrose – Your generosity is appreciated.

Visitors last year were charmed by the festive and magical ambiance of the Foundation's properties, made possible by the generous donation of stunning Christmas decorations from Next. Our younger visitors were especially taken with our giant penguin 'Percy'...as you can see everyone enjoyed having their photo taken with him! Our volunteers were also very appreciative of the Thank you gifts – generously donated by Next – A fabulous way to round off a wonderful year!

• Helen Baxter – Activities Coordinator

## Welcome

The winter edition of our quarterly newsletter is here! The cold snap has arrived and we are delighted to have reopened all properties after the festive break.

On a daily basis our website is updated with all the latest news and events here at the Foundation. In the event of adverse weather conditions in the local area please check the website and social media for up to date information regarding the status of our sessions and activities.

[www.shuttlewood-clarke.org](http://www.shuttlewood-clarke.org)

Thank you for your continued support!



**However you do it, make a conversation about mental health.**

**#timetotalk**

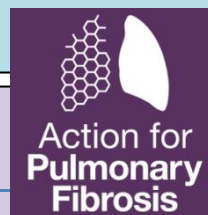


## Community pledge wall

The Foundation will be hosting a drop in event on Thursday 7th February from 10.00am – 12noon at Ulverscroft Grange as part of a nation-wide push to get people talking more openly about mental health for one day. Time to Talk Day is organised by Time to Change, the campaign to change how we all think and act about mental health problems. Led by charities Mind and Rethink Mental Illness Time to Talk Day aims to get as many people as possible talking about mental health and this year, There are lots of different ways to have a conversation about mental health. Whether that is talking on a walk, or listening over a cuppa, conversations can make a big difference.

Shuttlewood Clarke Foundation will join thousands of other groups, organisations, schools and members of the public, who will all be having conversations about mental health on Time to Talk Day. 1 in 4 of us will experience a mental health problem in any given year, but many of us are too afraid to talk about it. Starting a conversation about mental health might seem daunting but simply sending a text, checking in on a friend or sharing something on social media can break the ice. We are taking part in Time to Talk Day because mental health is a topic that we should all feel able to talk about. Having these all important conversations can make a big difference to so many people. The more we talk - the more lives we can change. Drop in for a cup of tea, a chat and pin a message of support to our community pledge wall – We look forward to seeing you there!

## Idiopathic Pulmonary Fibrosis



Idiopathic Pulmonary Fibrosis is a condition in which the lungs become scarred and breathing becomes increasingly difficult, it usually affects people around 70-75 but may affect others. Many of the people diagnosed with this condition are told they have between 1 to 5 years to live depending on the severity. Many of those diagnosed, after trying to get their head around what they've been told, go home to discuss their condition with their family. It is estimated that 6000 people are diagnosed with Pulmonary Fibrosis (PF) every year in the UK, as there are so few diagnosed, there is not the support systems in place.

The Pulmonary Fibrosis support group based at the Foundation meets once on month at Ulverscroft Activity Centre from 1.30pm to 3.30pm – For more information please call Kathleen Wass on 07860 639693 • Kathleen Wass – Support Services Manager



# Volunteer Thank you!

Christmas is the season of giving of course and so it was a pleasure to honour our volunteers with a party of all parties to show our appreciation for their valuable service. Gifts can be grand or simple and once again we were overwhelmed to be able to present our 134 volunteers with fabulous donated gift sets of from Next! We cannot thank them enough for their generosity and for also providing numerous raffle prizes for our volunteers. Duvets, pictures, candles, bedding, Christmas gifts, chocolates, homewares galore, the list goes on!

Not only were we privileged to give such wonderful gifts but a local singing duo also provided the most captivating entertainment for our deserved audience. Lisa Duby and her partner Roger entertained with music from the West End, Big Band, Abba and Christmas favourites. Lisa's experience in West End Shows such as Phantom wowed with her angelic voice and certainly did not disappoint! As the drinks flowed our magnificent cooks from our Manor house unveiled their homemade delights of a buffet style Afternoon Tea of which was praised and enjoyed with hardly a crumb left to be seen.

The joyous occasion would not be a volunteer party at Shuttlewood Clarke without our prized bingo main event, eyes down and the room fell into a very serious state!

Wine for the winners, and then most unexpectedly, spontaneous dancing began as Lisa and Roger entertained yet again! Volunteers who had never even met each other were having the most wonderful fun and laughter together. Nearly 80 out of 134 had been able to attend, a record for sure. The staff served the volunteers - to show how very, very appreciated they really are. Without them you see Shuttlewood Clarke would not exist as you know it on such a grand scale. To all volunteers from all departments and no matter how much or how little time you give each and every month, we thank you!

● Rachel Lowe – Volunteer Coordinator



# next



**Ulverscroft  
Manor**

Shuttlewood  
Clarke  
Foundation



# Ulverscroft Manor day visit

Registered Charity 803525

Lisa Manley Local Area coordinator for Coalville has been working closely with the Foundation to form a monthly membership for community day visits. This is now running with the first visit in January 2019.

*‘If you are interested in becoming a member and attending on a monthly basis then please contact Amanda on 01530 244914’*

Our diary is now open all year round for group bookings for day visits to the Manor. The days are very popular and dates book up extremely quickly. All dates for 2019 have now been filled – dates for 2020 are now available – Please call now to avoid disappointment! • **Amanda Parsons**– Venue Manager

## ‘Festive and Fabulous- Shuttlewood Singers delight at Beaumanor Hall’



Shuttlewood Singers delighted attendees at the Beaumanor Hall winter fair on Sunday 9<sup>th</sup> December. The singing group established by Shuttlewood Clarke Foundation in 2017 attended with other local vocal groups and choirs. The enthusiastic group were in fine voice entertaining visitors at the foot of the grand staircase. Our Shuttlewood singers, under the encouraging guidance of Carl Hodson had worked exceptionally hard preparing a repertoire of fabulous festive carols and songs. It was a wonderful experience for all of the members who performed in such a magnificent setting. Our singing for fun and wellbeing group meet every Tuesday in term time from 1.00pm – 3.00pm at Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH – Reconvening in the new year on Tuesday 15<sup>th</sup> January 2019 – We welcome new members to this inclusive and friendly group and your first taster session is free - come along and have a go!’. The singing group is part of a network of community choirs that run across the country led by members of the Natural Voice Practitioners Network (NVPN). • **Helen Baxter** – Activities Coordinator



# Our unique charity has so much to offer!

Support | Friendship | Wellbeing | Education

Are you interested in learning about the work and history of the Foundation?

We welcome the opportunity to tell you more!!



**Shuttlewood  
Clarke  
Foundation**

Registered Charity 803525

We are always delighted to talk to your organisation or group about the work of the Foundation. On Tuesday 8<sup>th</sup> January I received a warm welcome from the members of the Winstanley Ladies Club in Braunstone – It was lovely to meet such an interesting group and receive a generous donation of £50.00! We do hope that the ladies will arrange a visit to the Foundation very soon.



On Monday 14<sup>th</sup> January I attended the monthly meeting of the Shepshed Rotary Club to present to the group regarding the history and work of the Foundation. The friendly and welcoming Rotarians meet in the evening at the Charnwood Golf Club in Woodhouse Eaves – a lovely drive across the forest! I received a very warm welcome from the members and was interested in learning about our Founder David Clarke's involvement with the Shepshed Rotary. I enjoyed chatting with everyone regarding the valuable contributions of our unique charity. The group were interested in arranging a visit and were especially keen to see the railway! We look forward to welcoming them very soon!



*The railway is usually operated for visitors on the third Tuesday evening of each month. Pre-booking is essential – Please call Amanda on 01530 244914 for more information or to book your place!*



# Chapter Chats

Our Chapter Chats book group will reach its fourth anniversary this year and its 45th meet up at the forthcoming session in February. Over the years the group has read a diverse selection of novels and attendees have enjoyed sharing readings and personal experiences with other members of the group. Chapter chats have come a long way since the first meeting in the conservatory at the Grange on Tuesday 7th April back in 2015. Since then 45 different books have been read, over 400 cups of tea sipped and a number of new members welcomed.

Sue Goult a member of the group said “since joining this group from its first meeting - I have found my reading interests have widened, blossomed, and grown in areas I had not thought of reading before. I did like reading historical novels, but only from the Victorian periods up to the modern day. Now I have found myself reading a wider selection, like books about the War of the Roses, the dissolution of the Monasteries and others. I have also reread some books by authors I had read at school, and University like Thomas Hardy, Charles Dickens, and lots of poetry by various authors from Matthew Arnold to modern writers like Mike Harding, Gervais Phinn, and Pam Ayres. The friendship, and willingness to share what other people like, and dislike about modern books, and the ability to see other people’s points of view, linked with everyone having an equal say in what we read next is really enjoyable. I look forward to the meetings, and get upset if I cannot attend, due to illness or circumstances.” • Helen Baxter – Activities Coordinator

*Chapter Chats meet at 10.00am on the first Tuesday of the month at Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH*



*We read Julie Cohen’s novel Falling in October and sent her a photograph via twitter! She kindly took the time to reply!*



Julie Cohen    
@julie\_cohen

12m ago

@ShuttlewoodC Hey that is fantastic! It makes me so happy to know that readers of different ages can enjoy my novels.



0



0



Our welcoming and friendly book group meets once a month!

Support | Friendship | Wellbeing | Education Registered Charity 803525

# Chapter Chats

2019

5th February  
5th March  
2nd April  
7th May  
4th June  
2nd July  
6th August  
1st October  
5th November  
3rd December

10.00am - 11.30am

‘Share your love of books’

‘make new friends’

‘learn something new!’

‘Supporting the elderly, adults with disabilities and young people through wellbeing activities, outdoor education and inspiring support services’

Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leic, LE67 9PH

Please call Helen Baxter on 01530 244914 for details



*Chapter Chats meet at 10.00am on the first Tuesday of the month at Ulverscroft Activity Centre, Priory Lane, Ulverscroft,*





## Afternoon Tea with Santa

The festive afternoon tea with Santa once again proved exceptionally popular this year. Santa visited the tearooms on Monday 10<sup>th</sup> and Monday 17<sup>th</sup> December, delighting the children and visitors here at the Foundation. We are so fortunate that Santa has dedicated so much time and enthusiasm to making such magical memories for the children that attend our festive themed events. We would like to express our thanks and gratitude to Bob Shephard, who liaises with the elves to make this happen every year! Your support and enthusiasm is appreciated!

● Helen Baxter – Activities Coordinator



## Retired staff and volunteers

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 £447.00. Thank you to all of the members that donated items! Thank you also to our amazing supporters for contributing to the fundraising by buying a raffle ticket!



## Monthly Raffle

In 2019 every month we are raffling an afternoon tea for 2 people at Ulverscroft Grange! – Tickets cost £1.00 and can be purchased from Ulverscroft Manor!





# Charity Shops

Our Charity Shops have undergone a transformation over the closure period – Our volunteers have sorted and displayed our bespoke and desirable items in unique and interesting ways.

*‘Please drop in to browse a fantastic selection of homeware, clothing, household items and fashion accessories’*

We are always grateful to receive donations of pre loved quality items which we can use to restock our shelves and raise funds for the Foundation. Our donation drop off point has relocated to the container adjacent to the Railway room. We thank you for your continued support whilst making these changes.

The Foundation has exciting plans to launch an additional shop later on this year! Watch this space for more details...coming soon!

• Helen Baxter – Activities Coordinator

We are looking for volunteers to provide support to our busy charity shops. There are a wide variety of volunteer roles:-

- Donation/Sort room Volunteer
  - Customer Service
  - Book Volunteer
- Visual Merchandising Volunteer

You'll be joining a fun, friendly team

If you are interested in this opportunity then please contact Rachel Lowe for more details on Tel: 01530 244914

- References needed



## Three for Two on all Books

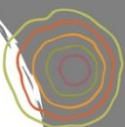


**Shuttlewood  
Clarke  
Foundation**  
Registered Charity 803525



## £1.50 each 4 cards for £5.00

Supporting Shuttlewood Clarke  
Foundation - Cards by Patricia Hardy



**Shuttlewood  
Clarke  
Foundation**  
Registered Charity 803525



# Volunteer Spotlight

Support | Friendship | Wellbeing | Education

Our amazing volunteers support the core activities of the Foundation!



**Shuttlewood  
Clarke  
Foundation**

Registered Charity 803525

*'From being in a dark anxious place nine months ago and not being able to see a way forward I discovered the Foundation'*

After attending a mindfulness class and having lunch at the Grange my Local Area coordinator suggested I could try some volunteering. I was not too keen for a start and felt quite anxious about it – with some gentle words of encouragement I decided to give it a try – this is when my life started to change and some sunshine returned.

Ulverscroft Grange is a very special place for me. From being in a place where nothing interested me and struggling to get out of bed in the morning – I felt like my clock had started to tick again.

Everyone at the Foundation was so friendly, supportive and caring. I've learnt that it's okay to not be alright all of the time and day by day, with little steps, my confidence has increased and I am back on the road to recovery.

I have been invited to Glenfield hospital to talk to student mental health nurses and Doctors about my recovery journey – This has been immensely rewarding as my experiences are now helping other people!

Thank you to everyone at the Grange – You put me together again! • Alan Ayris – Tearoom volunteer

[Read all of Alan's story online – Alan's Story](#)



Join our wonderful volunteering team and help us to help others!

Over 100 dedicated volunteers support the core activities of the Foundation

Can you offer some time, weekly, fortnightly or monthly?

Please call 01530 244914 or email [rachel@shuttlewood-clarke.org](mailto:rachel@shuttlewood-clarke.org)

Support | Friendship | Wellbeing | Education  
Registered Charity 803525



Can you find the charity shop 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 29<sup>th</sup> March 2019. The winner will be drawn at random on Monday 1<sup>st</sup> April 2019. Winners will be notified by post.

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

-GALLERY - STABLE YARD - CLOTHING - CARDS - HOMEWARE - VASE - SHOES - DRESS - GLASSWARE - PHOTOFRAME - ANTIQUE - CRAFT - TABLE - ART- LINEN - PRELOVED – MUG -