

Spring 2019

Newsletter

Registered Charity 803525



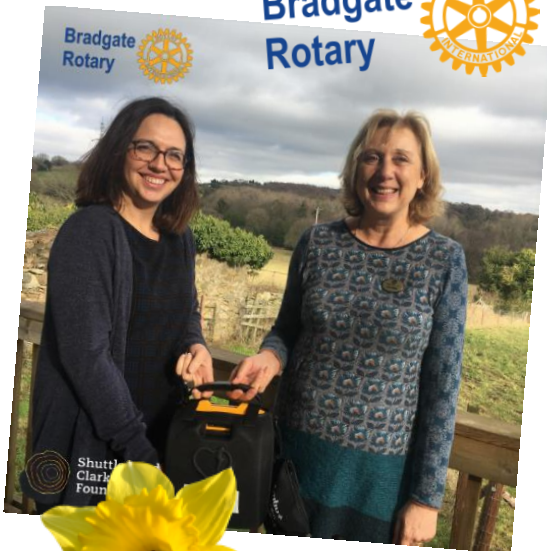
**Shuttlewood
Clarke
Foundation**



Gallagher

Insurance | Risk Management | Consulting

**Bradgate
Rotary**



‘Lifesaving fundraising for defibrillators

We were thrilled to have been nominated as charity of the year in 2018 by Bradgate Rotary Club and Arthur J Gallagher Insurance. We are delighted that the monies raised have now been used to install invaluable equipment at the Grange Community Support and Wellbeing Centre and Ulverscroft Manor properties.

Louise Moore Principal Manager said “We are so grateful to Bradgate Rotary and Arthur J Gallagher for their generous fundraising for the Foundation. We are delighted to have purchased important lifesaving equipment for the Foundation’s Ulverscroft Grange and Manor properties’ She added ‘To help someone who is in cardiac arrest effectively, a defibrillator needs to be found as quickly as possible to give someone the best chance of survival – the new defibrillators are essential to this and we wish to convey our thanks to everyone for supporting the fundraising efforts to make the purchase of defibrillators possible’

We are looking forward to a memorable year, which will see the Foundation celebrate its thirtieth anniversary! We hope that you share our pride and enthusiasm for this special occasion and we look forward to celebrating our thirty year milestone with our supporters, volunteers, groups and friends!

Our Vision

Our vision is for anyone with an illness or disability, the elderly and young people to have the opportunity to get the most out of their lives

A place to make friends

A place to learn

A place to get help

A place to feel better

A place to have fun

Our Ethos

Doing something different - we provide variety throughout everything we do, introducing our visitors to stimulating activities and enabling them to develop new life skills through education and participation.

Looking forward - through the activities and services we provide, we give many people something to look forward to which can be an incredibly positive influence on their lives. Looking forward is also key to the educational services we deliver, which help to equip and prepare young people for the future.

Freedom to belong - we are inclusive and make it easy for people to find a sense of belonging through an open community where they will find a common bond with others. This also opens doors to new activities, helpful services, friendships and opportunities to learn.

At home, away from home - we provide a change of environment and different surroundings that are designed to inspire and energise our visitors but in which they feel immediately at home and entirely comfortable.

Wellbeing at the weekend

We are expanding our supportive and inclusive ethos from Saturday 6th April as the Foundation launches weekend opening at Ulverscroft Grange Community Support and Wellbeing Centre.

We wish to convey a warm weekend welcome to our supporters, service users and volunteers. We hope our Saturday opening will allow us to build on our supportive services and open up new opportunities for people to enjoy and participate in all that the Foundation has to offer. You are invited to explore our accessible Yew Trail, discover the natural environment of our woodland pathways and drop in to the tearooms for refreshments or lunch overlooking the Charnwood Forest! A perfect wellbeing boost for the weekend!



New Shop

For a number of months members of our dedicated volunteering team have been revamping a disused unit in the Courtyard area at Ulverscroft Grange. Doug and Orest generously volunteered their skills and expertise into totally transforming a dark storage area into a bright and inviting new retail unit. The shop will stock a range of quality items of larger furniture and household goods*. We are happy to accept pre loved items of furniture and we are grateful for your continued supply of donations which raise essential funds for the Foundation.

*Please note any soft furnishings such as chairs must have the fire resistant flame retardant labels attached.



Don't forget the charity shops are now open Monday – Saturday from 10.00am – 4.00pm – as well as Bank Holidays!



Our new Discovery Den was also painted and given a fresh new look!
I can't make out who's who in this photograph! Can you?

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

#timetotalk

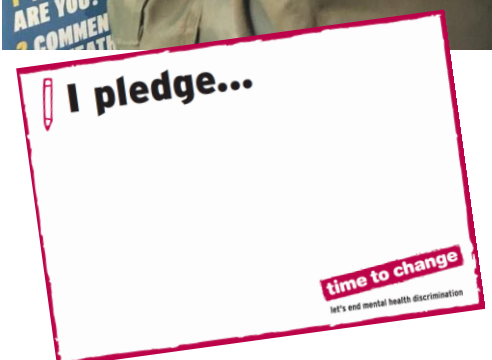
time to change
time to talk day
07/02/19
let's end mental health discrimination

'Time to Talk Day

Ulverscroft Grange hosted a tea, talk and pledge wall on Thursday 7th February at Ulverscroft Grange Community Support and Wellbeing Centre as part of a nation-wide push to get people talking more openly about mental health. Time to Talk Day is an annual event organised by Time to Change - encouraging communities to provide a platform to talk, to listen and to change lives.

We were delighted to take part in time to talk day as mental health is a topic that we should all feel able to talk about. Time to Talk Day aimed to start the conversation - whether that be talking on a walk, listening over a cuppa, helping a friend or offering a smile of encouragement - showing you care can mean such a lot. It was encouraging to engage with so many people. Enjoying tea and biscuits and making conversation reinforces the notion that you don't have to be a mental health expert to help - It's not about fixing things; listening and being there - these small and meaningful actions can make such a big difference.

Attendees pinned messages of support to a community pledge wall and read through information and resources supplied by Time to Change. For more information please visit the website www.time-to-change.org.uk • Helen Baxter
– Activities Coordinator



**1 IN 4 EXPERIENCING
A MENTAL HEALTH PROBLEM**
**1 SHARE TO SHOW
YOUR SUPPORT**
1000S OF PEOPLE REACHED

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

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Volunteer Spotlight

With the support of a great many individuals, local groups and organisations the Shuttlewood Clarke Foundation's Grow with Us project at Ulverscroft Grange is flourishing. This fantastic project has transformed an old vegetable garden into a thriving community allotment. The long term aim of the project is to establish and nurture community links, increase skills and knowledge and create a positive and enjoyable learning environment.

Read more about the project [here!](#)

‘I have been volunteering on the project for the past eighteen months.

Whilst I know a reasonable amount about gardening, I rely on the knowledge and input of fellow volunteers Keith and Paul who are experienced and knowledgeable gardeners. The allotment is a lovely area in which to work, consisting of a large area of plots, six raised beds, fruit orchard and a fabulous greenhouse. Forest Way School have recently joined us on a Tuesday and on a Friday the volunteers assist a number of individuals and support workers in tending their own areas. The feeling of wellbeing after a morning's work is tremendous and it is marvellous to see the skills and confidences of the learners develop as the season progresses. Everyone leaves at the end of the day with a smile!’ • Geoff Holland –SCF Volunteer

If you would like to find out more about the project and the availability of the plots please call Rachel Lowe on 01530 244914 • Helen Baxter – Activities Coordinator



Best Maintained Footpath 2018

On Monday 25th March Louise Moore Principal Manager accepted a certificate from the Leicestershire and Rutland Ramblers Association.

Members voted that Woodland Walk between the Grange and Manor properties as the best maintained pathway in 2018. The Foundation was delighted to welcome the Chairman Martin James and President Peter Williams to the Grange for the presentation. The Ramblers is a charity whose core work is in safeguarding the places people want to go walking, campaigning to improve the path network and encouraging people to use them — from gentle strolls to challenging hikes, whether in towns or countryside.

Martin James said "The Ramblers are keen to encourage landowners to develop and manage access for walkers and this award is one way in which this is done. The judging panel were impressed with the development of the link from the Grange at Ulverscroft to its other property at The Manor and with the way it has been opened to the public, the quality of the walking surface and the provision of seating from which to enjoy splendid views of the Ulverscroft Valley."

We are delighted that our pathways are being enjoyed by so many people. The views across Charnwood Forest are glorious and I'm sure you'll agree the daffodil display in 2019 has been stunning! • Helen Baxter – Activities Coordinator



Shuttlewood Clarke Foundation

Discovery Den

Resources and Retreat



The Yew Trail woodland is an inspirational environment where children of all ages and abilities can explore, enjoy and experience the natural world through practical involvement!

Our NEW Discovery Den at Ulverscroft Activity Centre will host Nature Trailer shelter building packs, Yew trail sheets, maps, information and more!

Open Monday – Saturday – 10.00am – 4.00pm

Our field walk trail at Ulverscroft Grange will have Nature Trailer packs available from Monday 8th April! We look forward to welcoming you and your Nature Trailers to the Foundation soon!

Discovery Den

Feedback

'I loved the nature trail and collecting pine cones'

10th April



Its time to break the silence around mental health

Stepping Stones

Stepping stones

We are delighted to be working in partnership with Shelley Smith and Kate Jackson to provide comprehensive workshops supporting people on their recovery journey from anxiety and depression. Shelley Smith said 'It is an honour to be a part of the Stepping Stones project and myself and Kate are very much looking forward to providing ongoing support in such a beautiful holistic setting. Whether it be through bereavement, difficult times, disability, illness, caring for others or through feeling like you have no-one to talk to, this wonderful, friendly support group can be a lifeline in regaining a sense of purpose and happiness, along with the start of something new and enjoyable. Please do join us for a chat and cuppa on the upcoming dates'.

Please be advised the drop in Stepping Stones session is free with the optional workshops charged at £3.00 per person pre booked and pre-paid. Payment on the day is £4.00 per session if spaces are available.

Please drop in for more information or call Kathleen Wass on 07860 639693

<u>May 3rd</u>	The Importance of good Self-Care	Shelley Smith
<u>May 17th</u>	Mindfulness (Introduction to principles and meditation)	Kate Jackson
<u>June 7th</u>	Mindful eating	Kate Jackson
<u>June 21st</u>	Bereavement & Loss	Shelley Smith
<u>July 5th</u>	5 ways to Well-being	Shelley Smith
<u>July 19th</u>	Nutrition	TBC
<u>August 2nd</u>	Self-Esteem & Confidence	Shelley Smith
<u>August 16th</u>	Getting better sleep (without medication)	Kate Jackson

• Helen Baxter – Activities Coordinator

Chairman's' Reception

Volunteers from across Leicestershire were recognised on Saturday 26th January by the Chairman of the county council for their work to help others in their communities.

Ozzy O'Shea, the 44th chairman of Leicestershire county council, asked a number of community groups and organisations to nominate their outstanding volunteers to receive an invitation to his Reception at Beaumanor Hall. We were delighted to enter all our volunteers into a ballot and Geoff Holland, Margaret Fieldhouse, Sue Petty and Alan Ayris represented the Foundation and joined other attendees from Age UK, Samaritans and Hospice Hope to name a few.

Speaking on his decision Mr O'Shea said, "I wanted to use my role as Chairman and this annual event to recognise and personally thank the volunteers of Leicestershire. These people dedicate their own time and resources to make their communities better and help those in need. It has been my pleasure to welcome everyone to Beaumanor Hall and I have thoroughly enjoyed meeting them all and learning about the organisations they work for.

Geoff Holland has been volunteering at the Foundation for five and a half years - assisting on the Grow with Us community allotment project and educational visits to the Yew Trail Outdoor Classroom.



Geoff said "I was delighted to be chosen as one of our representatives at this thoroughly enjoyable occasion held at such a beautiful venue. It made you realise the sterling work done by so many volunteers across the county and it was nice to be appreciated in such a generous and warm-hearted way. I didn't need to eat for the rest of the day!"

● Helen Baxter – Activities Coordinator

Interested in joining our enthusiastic and dedicated volunteering team?

Rachel Lowe – Volunteer Coordinator is available Monday, Wednesday and Thursday to answer all of your questions regarding the opportunities that we have to offer – Please call 01530 244914

Can you find the spring 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 28^h June 2019. The winner will be drawn at random on Monday 1st July 2019. Winners will be notified by post.

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

DAFFODIL – SPRING – TULIP – BLOSSOM – BIRDSONG – SHOWERS – PLANTING –
LAWNMOWER – FLOWER – SUN – DAISY – BULB