

Newsletter

On Saturday 15th June the Foundation commemorated its' 30 year anniversary.

Supporters and volunteers gathered at 10.30am at Ulverscroft Grange to enjoy anniversary cake and witness a tree dedication ceremony. Principal Manager Louise Moore and retired volunteer Barbara Moore spoke of the charities valuable and respected contribution to the people of Leicestershire since the charity was formed in 1989.

Barbara Moore shared the vision of the charity's founder David Clarke and his eagerness to help and support local people living with an illness or disability. David passed away in 2002 and is remembered by many for his kindness, generosity and spirit of goodness.

Louise Moore Principal Manager speaking of David Clarke said 'I hope that he would be proud of what we have achieved in his name and of the plans we have for the future. She added 'David once wrote: -"There can be no doubt that love, kindness and happiness go hand in hand. Promote one and the others will follow as surely as day follows night. There is so much that we can do to make life more rewarding for so many, but there is always a little extra we can and must do!"

Louise's speech concluded with an expression of gratitude and thanks to the staff and volunteers, past and present for their dedication and support over the past three decades.

Following the formal speeches and tree dedication a time capsule containing photographs, film, letters and memories, was buried beneath the oak. Please take the time to visit the tree – it will be there to welcome our visitors to the Grange – just as David Clarke always did.

●Helen Baxter – Activities Coordinator



**30th Anniversary
Time Capsule
Tree Planting**



**Barbara Moore
and Louise Moore
made speeches**



Thank you for your support!





Anniversary cake was enjoyed



Memories were shared!



‘I would personally like to thank everyone that attended the commemorations on Saturday 15th June. It was so wonderful to see so many of you whom have contributed time, energy, enthusiasm and commitment over the past 30 years! Thank you!’

● Louise Moore– Principal Manager

30th Anniversary



**Shuttlewood
Clarke
Foundation**

Saturday 15th June

Free school holiday activities!

The school holidays are nearly upon us. If you are hoping to get the children out and about over the holiday period the Foundation has some intriguing hands on activities to offer!

Our Discovery Den at Ulverscroft Activity Centre will be open Monday – Saturday – Try your hand at shelter building or discover the wonderful woodland of the yew trail.

Ulverscroft Grange will once again have nature trailer packs available. Explore the field trail and learn some interesting facts about the wildlife you may find in Ulverscroft.

Our treasure hunt packs will be available from mid-July. Follow the clues to locations around the Grange and fill in the answer sheet! There are some interesting and intriguing finds! All participants posting their answer sheet will be entered in to a prize draw to win some bounty!

Arrrrrrrrrrrrr!

We look forward to welcoming you!



Treasure Hunt

Ulverscroft Grange
Shuttlewood Clarke Foundation

Use your imagination and find some interesting and unusual items in our treasure hunt!

The winner will be announced on Friday 30th August and contacted by telephone!

A poster for a treasure hunt. It features a large red 'X' over an illustration of a treasure chest filled with gold coins. The text 'Treasure Hunt' is at the top, followed by 'Ulverscroft Grange' and 'Shuttlewood Clarke Foundation'. A speech bubble says 'Use your imagination and find some interesting and unusual items in our treasure hunt!'. At the bottom, it says 'The winner will be announced on Friday 30th August and contacted by telephone!'.

Yew Trail

Shuttlewood Clarke Foundation
Registered Charity 803525

Spot the tree

Discovery Den

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

Resources and Retreat

Nature trailer activity packs available now in the Discovery Den!

Shelter Building

Colouring Sheets

An inspirational environment where children of all ages and abilities can explore, enjoy and experience the natural world through practical involvement

A poster for the Discovery Den. It features a green background with a fox and a hedgehog. The text 'Discovery Den' is prominent, followed by the address 'Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH'. Below this is 'Resources and Retreat' and 'Nature trailer activity packs available now in the Discovery Den!'. There are also sections for 'Shelter Building' and 'Colouring Sheets', and a central text block: 'An inspirational environment where children of all ages and abilities can explore, enjoy and experience the natural world through practical involvement'.

Open farm Sunday

On Sunday 9th June the Foundation attended the Little Markfield farm Open Farm Sunday. We have been invited by Brenda Featherstone and her farming family to attend this fantastic community event for a number of years and always delight in accepting a donation from the proceeds of the day towards our ongoing work. Open farm Sunday is managed by LEAF (Linking Environment and Farming), and is one of the farming industry's biggest success stories. Since the first Open Farm Sunday in 2006, over 1600 farmers across the UK have opened their gates and welcomed 2.2 million people onto their farm for one Sunday each year. The events across the country provide a fantastic opportunity for everyone, young and old, to discover at first-hand what it means to be a farmer and the fabulous work they do producing our food, enhancing the countryside and all the goods and services farmers provide. It is always a pleasure to see so many familiar faces and to talk to the local community about the Foundation! The event has grown in recent years and there is always something new and interesting to see! Next year Open Farm Sunday will be held on Sunday 7th June! We do hope to see you all again! Thank you for your continued support.



New Dementia support group is launched!

Dementia describes different brain disorders that trigger a loss of brain function. These conditions are all usually progressive and eventually severe.

Alzheimer's disease is the most common type of dementia, affecting 62 per cent of those diagnosed.

Other types of dementia include; vascular dementia affecting 17 per cent of those diagnosed, mixed dementia affecting 10 per cent of those diagnosed.

Symptoms of dementia include memory loss, confusion and problems with speech and understanding. Dementia is a terminal condition.

Changes in behaviour can be one of the most difficult aspects of living with dementia, both for the person with the condition and those around them.

In May this year the Foundation launched a new dementia support group for behaviours that challenge. The group will meet on the third Thursday of the month - 1.30pm-3.00pm at Ulverscroft Activity Centre. Challenging behaviours usually happen when a person is feeling confused or distressed and trying to make sense of what is happening around them. The new social group is for people under 75 years of age living with dementia with behaviours that challenge, together with their partners, friends or carers. For more information regarding the sessions please telephone Kathleen Wass on 07860 639693 for details.

●Helen Baxter – Activities Coordinator



**THIRD THURSDAY
OF THE MONTH**
1.30pm to 3.00pm

DEMENTIA SUPPORT GROUP

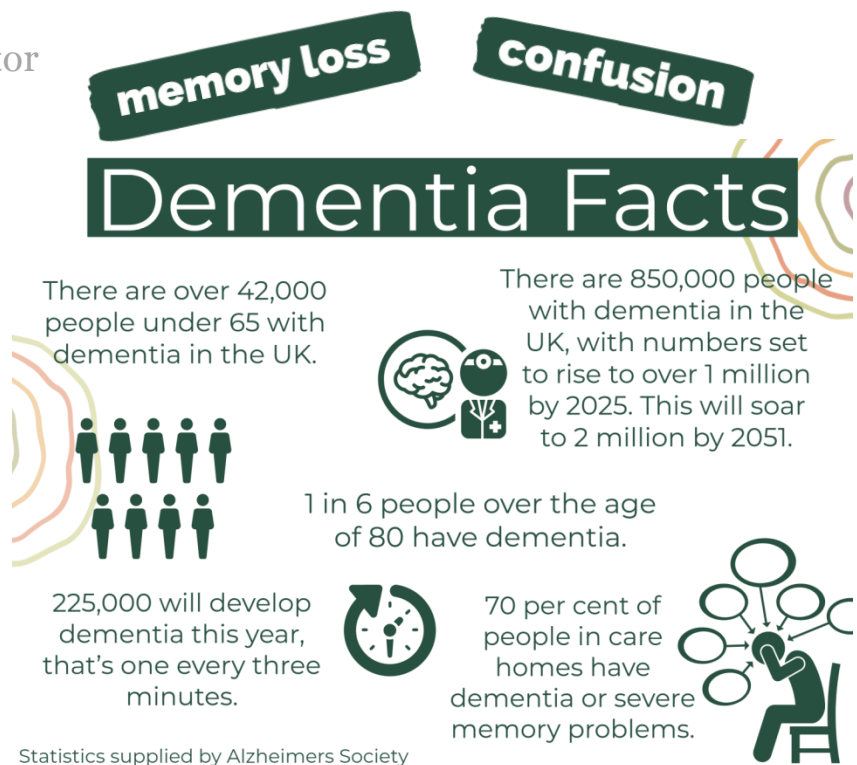
For behaviours that challenge

For more information please call Kathleen on 07860 639693

A social group for people under 75 years of age living with dementia and behaviours that challenge, together with partners, friends or carers to enjoy today!

 Shuttlewood Clarke Foundation

Ulverscroft Activity Centre, Priory Lane, Ulverscroft, Leicestershire, LE67 9PH
Registered Charity 803525



memory loss **confusion**

Dementia Facts

There are over 42,000 people under 65 with dementia in the UK.

There are 850,000 people with dementia in the UK, with numbers set to rise to over 1 million by 2025. This will soar to 2 million by 2051.

1 in 6 people over the age of 80 have dementia.

225,000 will develop dementia this year, that's one every three minutes.

70 per cent of people in care homes have dementia or severe memory problems.

Statistics supplied by Alzheimers Society

Alzheimer's disease is the most common type of dementia, affecting 62 per cent of those diagnosed.

Volunteer Thank you! Afternoon Tea

Aloha! On Friday 21st June our valued volunteers attended a Hawaiian themed afternoon tea at the Activity Centre.

Attendees were welcomed with a refreshing tropical drink and a floral garland called a lei. Volunteer Coordinator Rachel Lowe entertained the volunteers in her usual flamboyant style.

The guests then enjoyed a fabulous buffet of sandwiches and home baked scones and cakes. Take look at some of the photographs! I'm sure you'll agree the volunteers (and staff!) look wonderful!



In Hawaiian culture a wreath of flowers or lei is often presented upon arriving or leaving as a symbol of affection

Stephenson College

On Thursday 4th July Rachel Lowe volunteer coordinator at the Foundation attended the Stephenson College pathways to independence and employment graduation ceremony

Rachel said 'I felt very proud to represent the Foundation at the graduation event. Thank you to all of the staff and volunteers for all of your support, time and encouragement with the students from Stephenson College. We were spoken very highly of during the presentations and thanked numerous times! We do hope that we are able to welcome another group of students next year!' The students gained new skills, and gained in confidence during their time here. We would like to thank all of the students for their hard work and commitment and wish them all the best for their future endeavours! •Helen Baxter – Activities Coordinator

**Gaining
in confidence**

**Learning new
skills**

**We
are so
grateful
to the
students
for all
of their
hard
work!**



Stephenson College
Excellence and innovation in learning





Clue 5 of 6

A leading publisher of large print books

Route to an amusing highland town

Line one meets Hermione, minus the abbreviation for the Crown in legal cases

Your clue wants to do some gardening



Deer park news

On a windy day in mid-June, after a tentative few steps from the transporter the Sika deer at Ulverscroft manor were joined by some new friends from Bouverie Lodge in Melton Mowbray. We are delighted to say that the deer have settled in to their new home overlooking the forest. They are very inquisitive and have enjoyed exploring their fabulous new surroundings. Our deer enclosure is located behind the manor lawn – you are very welcome to drop in and say hello to our new residents!

Cottage garden

Our grow with us and gardening volunteers work exceptionally hard all year round to ensure that our beautiful grounds look tidy and inviting - enabling our visitors to enjoy the tranquil and stunning surroundings of the Foundation's properties. Our cottage garden bed at the Grange is blooming and looked simply gorgeous on Friday 5th July in the sunshine and gentle breeze! Wildflower gardens provide lots of things that insects need: food in the form of leaves, nectar and pollen, also shelter and places to breed. In return, insects pollinate the wildflowers, enabling them to develop seeds and spread to grow in other places.

Keith Henson and Geoff Holland accompanied me on Sunday 28th July as we were visited by BBC radio Leicester's Sunday morning show Clueless! A Clue was hidden in a cloche on the Grow with us project - the perfect place as the weather was extremely wet! It was a wonderful opportunity to inform BBC listeners about the project and the work of the Foundation – Could you work out the location of Ulverscroft Grange from the clue? ● [Helen Baxter – Activities](#)





Yew Trail

Yew Trail Outdoor Classroom

As the current school term comes to a close we reflect on the success of our Yew Trail outdoor classroom.

We have been fortunate to welcome thirteen primary schools since January with 530 children taking part in a number of educational outdoor learning activities. We receive some delightful feedback from the schools and are always so thrilled that the children (and teachers!) thoroughly enjoy their day spent with us!

Please see below some of the fabulous feedback that we have received so far this year!

●Helen Baxter – Activities Coordinator



**Knowledgeable volunteers!
Lots of learning exploration opportunities**

Lovely grounds, good resources, helpful and friendly volunteers, extension activities available

excellent activity for the children to explore problem solving and team building skills



Good links to the National Curriculum, amazing grounds for the children to explore

Quality Badge awarded by





Shuttlewood
Clarke
Foundation

TEAROOM WALKS
CHARITY SHOPS

Now OPEN Mon - Sat
10.00am - 4.00pm

The Grange! A weekend wellbeing destination!

The Grange Tea Rooms is a real community hub where groups, individuals, carers, couples and families can meet and enjoy company in beautiful, friendly surroundings. The house, conservatory and wonderful views provide a haven in which to relax and improve your sense of mental wellbeing. Manned by our friendly team of dedicated staff and volunteers, this haven of peace and tranquillity welcomes all to drop in. Our field walks are also dog friendly with benches and picnic areas at various locations!

The Grange tearooms and charity shops are now open **Monday to Saturday** from 10.00am-4.00pm. The tea room is the perfect place to unwind and is fully wheelchair accessible. Daily specials are served between 12 noon and 2.00pm with last hot food orders from the table menu taken up until 2.00pm - tea and coffee and sandwiches served until 3.00pm. Groups wishing to plan ahead may book visits in advance and we will reserve tables for them. For bookings and enquiries please contact the tearooms team on 01530 249484

Our charity shops stock a diverse range of top quality pre loved donated ladies, gents and childrenswear and accessories. Our Stable yard shops stock a wide selection of homewares, books and small items of quality furniture all at great prices!



We now are stockists of Lilac Cottage Jams! A local family run business which uses locally sourced produce to create a delicious selection of homemade jams and chutneys!



Can you find the summer 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 18th October 2019. The winner will be drawn at random on Monday 21st
October 2019. Winners will be notified by post.

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

SUMMER	CAMPING	FIREWOOD	BBQ	SIZZLING	BEACH
PARASOL	SWIMMING	OCEAN	AIRPORT	LUGGAGE	SUNSHINE