



Hamelin Trust

Supporting individuals with disabilities & their carers



CALLING ALL CARERS!-U Matter 2

May, June, July & August 2017

More Dates AND Activities being announced shortly!

NEW ACTIVITY ADDED FOR MALE CARERS

All activities **FREE** of charge for Carers in

Castlepoint/Basildon/Brentwood/Chelmsford and Rochford.

If you would like us to put on an activity that you don't see listed here please get in touch with us and we will do our best to arrange the type of activities that carers tell us they want.

Dates and venues below may be subject to change so please ensure you phone and book your place with Liane on 01277 653889 option 8 or email on lianeiles@hamelintrust.org.uk.

If you would like any more information about the activities we offer please contact Liane

U Matter 2 timetable

May, June, July & August 2017

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Location</u>
<p>NEW! Starting Monday 15th May *TERM TIME ONLY* YOGA sessions in Galleywood May: 15th, 22nd, 29th Jun: 5th, 12th, 19th, 26th Jul: 3rd, 10th, 17th, 24th, 31st Aug: 7th, 14th, 21st, 28th</p>	1-2pm weekly	<p>A new Yoga session for carers in the Chelmsford area.</p> <p>Please bring water and a mat if you have one. (We do have some mats we can provide). Clients may bring a guest to the sessions. There is a small charge of £5 per session for a guest. Carers are still FREE</p>	<p>Galleywood Heritage Centre The Common (off Margaretting Road) Galleywood Chelmsford Essex CM2 8TR</p> <p>Large hall – entrance at right hand side</p>
<p>Wednesday May: 24th Jun: 21st Jul: 19th Aug: 2nd, 23rd</p>	4.30pm 5.30pm 6.30pm	<p>Holistic Therapy with Paddi Chavda. To book a session please call Paddi on 07942 919630 or email her on (chavdapalu@gmail.com)</p>	<p>Hamelin Trust 19 Radford Crescent Billericay CM12 0DU</p>
<p>Thursdays NEW 11 WEEK SESSION COMMENCING 2nd March 2017 IT Skills – Develop/improve your knowledge:</p>	1-3pm weekly	<p>Come and develop your IT skills. Eleven weekly drop-in sessions on internet shopping/online banking etc</p>	<p>RRAVS Computer Café The Salvation Army 146-148 High Street Rayleigh SS6 7BU</p> <p>01268 771752</p>
<p>Friday May: 5th, 12th, 19th, 26th Jun: 2nd, 9th, 16th, 23rd, 30th July: 7th, 14th, 21st, 28th Aug: 4th, 11th, 18th, 25th</p>	1-2pm weekly	<p>Zumba Classes with Yuko. A gentle and low impact exercise with a relaxation time at the end of each class.</p>	<p>Behind Trinity Church at Trinity Hall, Rayleigh Parish Centre Rectory Garth Rayleigh SS6 8BB</p>
<p>Friday May: 5th, 12th, 19th, 26th Jun: 2nd, 9th, 16th, 23rd, 30th July: 7th, 14th, 21st, 28th Aug: 4th, 11th, 18th, 25th</p>	1:30-2.30pm weekly	<p>Yoga with Denise Carmichael</p>	<p>Hamelin Trust 19 Radford Crescent Billericay CM12 0DU</p>
<p>Friday May 12th June 2nd</p>	From 9.30am	<p>*Pamper Sessions with Carolyn Howard Carolyn.howard@tesco.net *See footnote*</p>	<p>20 Oakley Avenue Rayleigh SS6 9TE 0776 5521818</p>
<p>Personal Beauty Treatments at Beautology</p>	Times to suit client	<p>*Book a time and date to suit you for a beauty treatment With Hayley and her team</p>	<p>Hayley Green Beautology Beauty Salon 106a High Street Billericay CM12 9BY TEL: 01277 622355/07972214673</p>

<u>Date</u>	<u>Time</u>	<u>Activity</u>	<u>Location</u>
Personal beauty treatments with Beauty and The Buddha	Times to suit client	*Book a time and date to suit you for a beauty treatment with Sharon Marshall at Beauty & The Buddha	Beauty and The Buddha The Haybarn Studio Unit 12a Lubards Farm Hullbridge Road Rayleigh SS6 9QG Beautyandthebuddha@icloud.com 07432 608795
Personal Beauty Treatments with Jacqueline Murphy	Times to suit client	*Book a time and date to suit you for a beauty treatment with Jacqueline.	Jacqueline Murphy Chelmsford Make-up 35 Downham Road Ramsden Heath CM1 1PU Jackie4tea@hotmail.com 01268 710054/0790 3535998
Personal Beauty Treatments with Louise Searles at Phoenix Holistic Beauty	Times to suit client	*Book a time and date to suit you for a beauty treatment with Louise.	First Floor David John Salon 163 Moulsham Street Chelmsford CM2 0LD 01245 290290 07813 068560 louise@louisesearles.co.uk
<u>NEW!</u> Mondays & Thursdays Calling all Male Carers Men's Shed This is a non-profit Organisation that was started in Australia and offers tools and equipment that you would find in a well stocked garden shed.	10am – 1pm Mondays and Thursdays 10am - 1pm fortnightly on Sundays	If you are male and interested in learning wood and metal work or if you want to share your knowledge/passion with other carers then this may be for you. Come and swop stories, projects and skills or ask for help. It's 'a place to share time and skills'. There is an annual membership fee and £2 a session which UM2 would pay for any male carers.	Megacentre Brook Industrial Estate 7 Brook Road Rayleigh SS6 7UT www.rayleighshed.org www.menssheds.org.uk

*Please note that personal beauty treatments are limited to a total of 4 sessions per carer. These sessions can only be taken once in any calendar month. Once you have used up your quota of four free sessions, you are entitled to pay for any additional beauty/holistic treatments with the therapist at a reduced rate. Holistic Therapy with Paddi on Wednesdays and Sundays at our Central Office is not on a limited basis and is available to all carers throughout the year.

We really hope that you will be able to take part in some of these activities and look forward to meeting you

Watch this space as we will be adding more dates and activities throughout the year.