



**Hamelin Trust**

*Supporting individuals with disabilities*



# U Matter 2

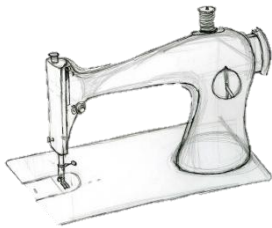
**Helping extraordinary people achieve the ordinary**

A free service to support Carers in:

Basildon, Brentwood, Rochford,  
Chelmsford and Castle Point.

We provide Carers groups that include:

- Daytime, evening and Weekend Clubs for socialising/pleasure and up skilling such as: Rambling, Furniture repair/upholstery, IT skills/Sewing/Pilates/Drama
- Regular and various day time sessions/events which may include: Baking, Flower-arranging, Art Exhibitions, Fashion shows.
- Support at home to allow you to have some "Me time" or assistance with practical tasks



For more information: [lianeiles@hamelintrust.org.uk](mailto:lianeiles@hamelintrust.org.uk)  
[www.hamelintrust.org.uk](http://www.hamelintrust.org.uk) 01277 653889

Twitter-@hamelintrust Facebook-Hamelintrust

**Registered Charity No: 1004432**