



Hamelin Trust

Supporting individuals with disabilities



CALLING ALL CARERS!-U Matter 2

Current Timetable 2015

More Dates AND Activities being announced shortly!

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 07967189442 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

July

| <u>Date</u> | <u>Time</u> | <u>Activity</u> | <u>Information</u> |
|--------------------------------|----------------|--|---|
| Saturday 4th | Meet at 11:30 | Family Rambling | <ul style="list-style-type: none"> Hanningfield Reservoir Meet at the Fishing Lodge, Giffords Lane, CM3 8HX Hours walk followed by lunch and a chat. Either purchase lunch at the café or bring your own picnic |
| Monday 6th | 2pm-4pm | Yoga/Mindfulness Taster Session | Tesco Community Room (1st Floor), Mayflower Industrial Park Basildon off of the A127 London bound |
| Thursday 23rd | 9:15am-10:15am | "Take a dip" | Hamelin Trust Hydrotherapy Pool, Sutton Bridge Farm, Sutton Road, Rochford, Essex, SS4 1XS |
| Monday 27th | 12-2pm | Sewing Course (8 weeks) | Hamelin Trust's Sew Much Fun 19 Radford Crescent Billericay CM12 0DU |
| Weekday Evening date t.b.c. | 7pm- 9pm | Sewing Course: 8 weeks Beginners to Advanced | Hamelin Trust's Hub 19 Radford Crescent Billericay CM12 0DU |

August

| <u>Date</u> | <u>Time</u> | <u>Activity</u> | <u>Information</u> |
|---------------|-------------------------|---------------------------------|---|
| Thursday 6th | 10am-12pm or 2pm-4pm | IT skills 6 week course | Location either in Rayleigh Venue TBA or at Hamelin Trust's Hub 19 Radford Crescent, Billericay CM12 0DU. |
| Monday 10th | 2pm-4pm | Yoga/Mindfulness Taster Session | Tesco Community Room (1st Floor), Mayflower Industrial Park Basildon off of the A127 London bound |
| Saturday 14th | 11:30am till 1:30pm | Family Ramble and refreshments | Venue Lake Meadows Park off of Radford Crescent Billericay Meet at the entrance off of car park by café. Great opportunity for retail therapy and to pop into our charity shop/hub after the walk as it is just around the corner! |

| September | | | |
|---------------|------------------------|-----------------------------------|--|
| <u>Date</u> | <u>Time</u> | <u>Activity</u> | <u>Information</u> |
| Friday 4th | 12:30-1:30 | Pilates | Hamelin Trust 19 Radford Crescent Billericay CM12 0DU |
| Monday 7th | 2pm-4pm | Yoga/Mindfulness | Tesco Community Room (1st Floor), Mayflower Industrial Park Basildon off of the A127 London bound |
| Saturday 12th | 11:30am till 1:30pm | Family Ramble and refreshments | Venue TBC |

| October | | | |
|---------------|------------------------|-----------------------------------|--|
| <u>Date</u> | <u>Time</u> | <u>Activity</u> | <u>Information</u> |
| Monday 7th | 2pm-4pm | Yoga/Mindfulness | Tesco Community Room (1st Floor), Mayflower Industrial Park Basildon off of the A127 London bound |
| Saturday 10th | 11:30am till 1:30pm | Family Ramble and refreshments | Venue TBC |

| November & December | | | |
|---------------------------------------|---------------------|-----------------------------------|--------------------|
| <u>Date</u> | <u>Time</u> | <u>Activity</u> | <u>Information</u> |
| Saturday 14 th November | 11:30am till 1:30pm | Family Ramble and refreshments | Venue TBC |
| Saturday 12 th December | 11:30am till 1:30pm | Family Ramble and refreshments | Venue TBC |

**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.**