

# Helen's Trust

<b>Group/Organisation Address:</b>	Helen's Trust, Unit 2, Granby Road, Bakewell, Derbyshire
<b>Email:</b>	online message email
<b>Website:</b>	<a href="http://www.helenstrust.org.uk">www.helenstrust.org.uk</a>
<b>Postcode:</b>	DE45 1ES
<b>Telephone Number:</b>	01629 812759
<b>Access Times:</b>	
<b>Extra Information:</b>	Helen's trust ethos is that everyone should have the opportunity and choice to die in the familiar surroundings of home, if that is their wish. In many cases a family member takes on the role of main carer and can become tired or feel isolated. Helen's Trust can support them by providing night sits and day sits in the home. This gives a few free hours for them to have a rest or enjoy an activity which they have been missing and a good nights sleep safe in the knowledge that their loved one is being cared for in their own home.
<b>Type of Services:</b>	Voluntary Support Group
<b>Type of Condition or Health Subject:</b>	Health & Wellbeing
<b>Date Created:</b>	15/09/2017
<b>Review Date:</b>	16/07/2018

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