



Working to improve the quality of life for disabled children, young people and their families in Derby City and Southern Derbyshire

May 2017 Bulletin



Breadsall Priory SPA Days

Thursday 23rd February will be remembered for "Storm Doris" but for the 22 Umbrella Parent/ Carers who attended the Spa Day at Breadsall Priory, Doris was soon forgotten about. On arrival we were made to feel very welcome with plenty of Tea/Coffee and biscuits as parent/ carers signed in and chose their lunch. We soon got talking to friends, some we had not seen since last year's spa day.

As the morning progressed it was lovely watching everyone taking some time-out for themselves and enjoying the hot bubbly jacuzzi, a gentle swim and for the more energetic of us having a workout in the gym. The 45 minute Yoga class went down a treat and the instructor was just amazing.

Lunch was served at 1pm. As the day was so popular we ran another Spa day at Breadsall on 23rd March; We have had some great feedback :-

- Loved the yoga class 'it was the icing on the cake when it came to helping me let go of all my worries and anxieties'
- Helped sort a problem I had
- Chilled atmosphere, great facilities
- Nice relaxing day to chat and have lunch with friends
- Lovely relaxing environment with just a short demand for activity
- Lovely meeting new parents
- Well run and lovely Umbrella Staff.



If you didn't make the SPA day in February/March or you really enjoyed it and would like to do it again, keep an eyes out for another SPA date later in the year.

What's happening at Umbrella

Umbrella are holding Family Fun Bowling Event this May Half Term holiday. With hire of the whole bowling alley, it is time to brush up on those bowling skills, how many strikes can you get! Great fun for the whole family.

On: Friday 2nd June 2017, Bowling starts at 11am until 12noon, meet from 10:45

At: MFA Bowling Ilkeston, Derby Road, Ilkeston, DE7 5FH.

Cost: Umbrella are subsidising some of the cost of this activity. We are asking for a contribution of £4.00 **per person** to cover the bowling hire, exclusively to Umbrella families. Call 01332 785658 to book



Children's Services

Last month, Umbrella had a special visit from Nikki Fenwick. Nikki runs an African drum workshop called Tribal Vibes and she was kind enough to bring some of her drums along.

The children learned some simple rhythms and played along together to create a song. It got very loud but as you can see....they thoroughly enjoyed the experience!



Young Adults INDE Project



The INDE group have been very busy this month getting our garden ready for the summer and all of the barbecues we hope to have!

With the help of our volunteer, Sergio, the group have built some planters and planted some bright and colourful flowers making our garden look "blooming" beautiful!

Birmingham Shopping Trip for City Parents and Carers Wednesday 5th July to book call 01332 785658 or email familysupport@umbrella.uk.net

We will be spending some time in Birmingham shopping for those special outfits for the summer season, do you have a Wedding, Holiday or Eid celebrations coming up? We will be leaving Derby City at 09:30am and returning to Derby for 3pm. You must book as spaces are limited to 15. The cost of this trip to be confirmed.



Check out Umbrellas New Website www.umbrella.uk.net

What's happening at Umbrella

Arts and Craft Project



Would you like to take part in a fantastic New art project?

Victoria Brown local Derbyshire Artist (<http://www.victoriabrownart.com>) is looking for children, parents and carers to join her in with her new display.

The focus of this new project will be on Flower Fairies and Sprites, Victoria plans to deliver art sessions initially looking at the illustrations of Cicely Mary Barker responding creatively with

drawing, painting, working with clay and making flower fairies and sprites from natural materials.

The art you will be designing will then be part of an exhibition that Victoria will exhibit at the Royal Horticultural Show at Tatton Park in July.

If you would like to take part can you please let Nicola know as soon as possible



STAUNTON HAROLD SAILABILITY

Friday 26th May 2017 6.00pm until dusk

There is a charge of £3.50 per session for each child/young adult

There will be a BBQ on this evening and all monies raised going to The Staunton Harold Sailability Trust.

Booking is essential for the session; so please do not turn up on the evening!

Places are available for the June, July August and September sessions.

Payment must be made by cheque before the session takes place, once your place has been confirmed.



A New Ladies only Introduction to Martial Arts

The Long Eaton Tae Kwon - do club are introducing a new ladies only group. A Fantastic way to keep fit and have fun.

The first session will be on Thursday 18th May

The classes will be from 7pm- 8pm and will cost £25.00 for the five classes

The group will be held in Long Eaton @ The Long Eaton Tae kwon-do club, Above Shots Wine Bar 10-12 Gibb Street, Long Eaton, NG10 1EE.

Free parking is available near the venue. (Due to the location of the club, the group is unable to accommodate wheelchair users at this venue. The club do teach at another venue which is more accessible and details are available on request)

Thursday 18th May Thursday 1st June Thursday 22nd June Thursday 6th and 20th July.

For more information on any of the events on this page please contact Nicola Green on 01332 521229 or email nicola.green@umbrella.uk.net

What's happening at Umbrella

Teaching doctors through real experience

Neil Watkins, who volunteers for Derbyshire Healthcare's children and adolescent mental health services (CAMHS), co-leads an annual training session for GP trainees as part of the Vocational Training Scheme for doctors who wish to pursue a career in General Practice. Neil is also an Umbrella Voice member, providing Umbrella with important parent/carer feedback and direction. As a father and full-time carer, Neil brings an intimate viewpoint to the session about the challenges disabled children, young people and their families can encounter when accessing health services and support.



Real and highly relevant experiences, gained from Neil's research of Derby and Derbyshire's GP surgeries, assists the learning of aspiring doctors' by challenging their understanding of the needs of children with complex conditions and encourages them to reflect on how improvements can be made to their own practice. Neil attends the Umbrella City support group, and each year asks for Parent/Carer feedback back from Umbrella members on their GP experiences.

Speaking about the award-winners' achievements, Mark Powell, Acting Chief Operating Officer for Derbyshire Healthcare NHS Foundation Trust, said: "I'm delighted that the team at the Psychiatry Teaching Unit and Neil Watkins have been announced as joint-winners of this sought-after Excellence in Education Award, as their approaches exemplifies all that is best about modern healthcare. Umbrella are very proud of Neil's achievements and his well deserved award.

When there's a Will.....

Wills can be a very sensitive issue but are something we should all consider to ensure that our assets pass in accordance with our wishes.

After making sure your family and loved ones are cared for, you could consider leaving a gift to Umbrella in your Will. It is a wonderful gesture and a lasting way to help us continue with our work.

Umbrella strives to raise £55,000 each year from public donations and although there are lots of ways you can help, leaving a gift in your Will means that you can support the longevity of Umbrella's good work. If this is something you wish to do, please tell your solicitor our registered Charity Number 1150203 to ensure that the donation goes to the right place

Where do I get a Will?

Regardless of whether you are making a charitable donation in your Will, we strongly recommend that you see a solicitor regulated by the Law Society to ensure that it is written in accordance with current law and is a valid, legally binding document.

Contact a local law firm rather than a Will Writer or online Will provider.

Cancer Research offer a free Will writing scheme for over 55's and have partnered with solicitors across the UK to offer the best service. There is no obligation to leave a donation and you can find more information about the scheme on their website here:

<http://www.cancerresearchuk.org/support-us/donate/leave-a-legacy-gift-in-your-will/>

Information, Advice and Family Support

Family Fun Art and Craft Session in South Derbyshire

On Wednesday 31st May 2017 the Family Support team will be holding a Family Fun Art and Craft Session at Hilton Village Hall, Peacroft Lane, Hilton, DE56 5GH From 10am - 12noon, Cost £3.00 per child/young person. Call 01332 785658 or email familysupport@umbrella.uk.net to book your place.



Carers Week 12th - 16th June 2017

As carers week is just round the corner, we are holding some extra carers events to give you a little time for yourselves, you are welcome at any events even if its not in your usually support group area. Please let us know which sessions you want to attend as places are limited to 18 at each:

Wednesday 14th, Hilton Village Hall, 11am - 1pm, Relaxation and Mindfulness with Abbie, followed by cake, tea and coffee. (free event)

Wednesday 14th, The White Swan Pub, Littleover, 12noon - 2pm, a lovely pub lunch and a great chance to catch up. (you will be responsible for purchasing you own lunch)

Thursday 15th, Denby Pottery, Denby, a light lunch and chance to look around some lovely shops. (you will be responsible for lunch and shop purchases!)

Call 01332 785658 or email familysupport@umbrella.uk.net for more details.

UMBRELLA PARENT/CARERS SUPPORT GROUPS SPRING PROGRAMME 2017

DERBY CITY Trinity Baptist Church, Green Lane, Derby DE1 1RZ. Time: 10am to 12 noon **Wednesday 3rd May** Relaxation tips and Mindfulness with Abbi 7th June Open Meeting 5th July Birmingham shopping trip

Derby CITY at "Haven House Carer's Retreat", 31 Charnwood Street, Derby DE1 2GU. Time 1pm to 3pm. **Wednesday 3rd May** Relaxation tips and Mindfulness , 7th June Open Meeting 5th July Birmingham shopping trip

EREWASH GROUP The Adult Education Centre, 173 Derby Road, Long Eaton NG10 4LL **28th June** Umbrella Independent Support 19th July Open meeting

SOUTH DERBYSHIRE GROUP Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH Time 11 am to 1pm **10th May** Derbyshire Information, Advice and Support Service. 14th June Relaxation and Mindfulness with Abbi, 12th July Open meeting

AMBER VALLEY GROUP Strutts Building, Derby Road, Belper DE56 1UU. Time 10am to 12 noon **11th May** Chair yoga and relaxation with Bek (bring a cushion/blanket) . 8th June Derbyshire Information and Advice Service, 13th July Contact a Family

UMBRELLA SUPPORT GROUPS MEET TERM TIME ONLY.
We offer a warm friendly welcome at our support groups, a time to be yourself in a safe and confidential environment.
Telephone **01332 785658** for more information



Fundraising

We have once again had some wonderful support from the community and though we wish we could share them all, we only have room for a few. Thank you to everyone who supports Umbrella.

David had a fantastic time at Donington Race track watching Paul from Lind Speed race his MGZR. Paul had kindly donated two tickets to watch Car No 77 race around the track.



"It was a really good day, I enjoyed it very much. Paul was really nice to meet up with, he was very chatty, giving lots of info about the car and the race day. He told me this was his first race in 16 years, and that he was raising money for Umbrella, an autism charity and also a dementia charity."

Paul raised £99.52 and match funded this to donate £200 to Umbrella! Thank you Paul!



Sean from Blue Arrow recruitment collected and donated an amazing 134 Easter Eggs for the children and young adults at Umbrella.

The eggs were given to the children at the play schemes at Umbrella House, the Youth clubs, Team and INDE Groups.

A Very Big Thank you to Sean at Blue Arrow for thinking of us

Upcoming Fundraising Events.....



Fundraising
FASHION SHOW
& Shopping Event

**Tuesday 20th June 2017 at
7:30pm**

Our Lady of Lourdes Parish Centre
36 Uttoxeter Road,
Mickleover, Derby
DE3 9GE

Tickets £5 sold in support of Umbrella

Charity Quiz Night for Umbrella Friday 19th May 2017

The Jubilee Club
155 Chaddesden Lane, Derbyshire, Derby, Derby DE21 6LJ
Doors open at 7.30pm for prompt start at 8.00pm

£3 each. For tickets, contact Nicola Green on 01332 521229



Please contact organisations directly for more information.

2nd May Inclusive Community Training workshop, Alfreton, 1.00pm and 4.00pm. The training will help improve your skills and confidence in delivering sports and physical activity based activities to people with a disability. The workshop is for individuals who support disabled people of all ages within their community including parents. To book onto the workshop [click on this link.](#)

2nd May Sunshine Group at Mackworth and Morley Childrens Centre, 9:30am - 11am. Information drop in sessions for Parents/Carers who have Children with additional needs or are waiting to be assessed by the Paediatrician. Children welcome

9th May NAS Derby and Derbyshire Branch AGM, Including Speaker on Girls with Autism, 7pm -9pm, the Farmhouse Mackworth.

11th May Sight Support Youth Club, Aye up me Duck banners and craft stalls for more details contact 01332 292 262 Email: enquiries@sightsupportderbyshire.org.uk

14th May YesFest will be at Lea Green, Derbyshire. Fun for the whole family, within the lovely grounds of Lea Green, High ropes, music and entertainment.

15th May Fundraising Fashion Show for Umbrella, at Ripley Police Headquarters, tickets £5 .

16th May Free parents event, better understanding, better support, for parents/carers of children with Autism and Complex Needs, 10am - 3pm Leicester Tigers Football club, Leicester, www.hesleygroup.co.uk/content/leicester-parents-2017

17th May Erewash Mental Health Innovation Project Information Event, 1:30pm - 4pm Erewash Voluntary Action, Granville Street, Long Eaton, find out what groups are available in Erewash.

18th May Komplex Kidz (KITE team lead) Parent/Carer support group. 10am to 12 noon. Nottingham Road Fire Station, Community Room, Chaddesden, Derby, DE21 6PF. Planned speaker TBA

18th May My Family Our Needs Transition Conference and Exhibition 9:30 am-4.15pm, Holiday Inn Birmingham Airport. Covering EHCPs, Employment, and Navigating transition. See website for tickets details www.myfamilyourneeds.co.uk

20th May Tegans Butterflies Messy Play and Craft Session 10:30 - 12:30 Fleet Arts, Belper.

25th May Sight Support Youth Club, Oxygen Bounce for more details contact 01332 292 262 Email: enquiries@sightsupportderbyshire.org.uk

25th May Long Eaton Tae Kwon do Club **New Early Sessions Start Session 1** will start at 5:45pm until 6:45pm **Session 2** will start at 7:00pm until 8:00pm. You must book and places are limited to 10

19th May Contact A Family Sleep workshop At Etwall Childrens Centre, Etwall, 9:45am-12 noon contact Sue Gillott for more details 07805880438

30th May Free Creative Drop-in workshop, Spiral Arts, Making Concertina Creatures 1pm-3pm, Grove Lodge, Arboretum Park , Derby, DE23 8EL. All ages.

15th June Komplex Kidz (KITE team lead) Parent/Carer support group.

10am to 12 noon. Nottingham Road Fire Station, Community Room, Chaddesden,

15 June BSL Interpreted performance of Romeo and Juliet , Oddsocks are delighted to be breathing new life into Shakespeare's Romeo and Juliet by giving it a musical Mods & Rockets twist! At Markeaton Park; outdoor theatre

Other information



Free Celebration Party giveaway

Please nominate a deserving child to win their own party.

A deserving child could be a child who has overcome an illness and spent lots of time in hospital or the child is the carer for their parents.

Email info@escapeplay.co.uk your nomination including details of the child's name and why you feel they deserve to be nominated and your contact details. Closing date 25th June 2017 Call 0115 938 6206 for more details

Empowering Citizens and Patients to Participate - Free Course.

Tuesday 23rd May 2017 1pm - 4pm (Registration & lunch 12:30pm)

Venue NSPCC National Training Centre, 3 Gilmour Close, Beaumont Leys, Leicester LE4 1EZ.

Half day session to support patients and citizens to develop their understanding of the health system and increase confidence to be more actively and effectively involved in healthcare service and decision-making.

Places are limited so to book contact Katie Swinburn, Patient and public involvement officer, Phone: 0115 74 84216 Email: katie.swinburn@nottingham.ac.uk



Come and Join us for a Free Gardening Programme

Are you looking to improve your wellbeing, Would you like to learn how to plant, sow, grow and harvest your own vegetables.

Meet new people and build skills and confidence for employability. Travel expenses and refreshments provide.

At: Normanton Park, Derby

Contact: greenthyme@live.co.uk or call 07941158133



Please note that all the views expressed in the Umbrella Bulletin are not necessarily Umbrella

Umbrella Information Office

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