



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

June 2018 Bulletin

STOP! I have a learning disability

Umbrella has been sent information from Healthwatch about the "STOP! I have a learning disability campaign" that as parents and carers you may be interested in. Patient

Health and Social Care watchdog Healthwatch Derbyshire has teamed up with the County's Good Health Group to better support individuals with learning disabilities.

healthwatch
Derbyshire

Healthwatch Derbyshire and the Good Health Group - part of Derbyshire County's Learning Disability Partnership Board - have developed a poster entitled – STOP – I have a learning disability. It will be distributed to people with learning disabilities to take to appointments and displayed in GPs, dentists and hospitals across the County. The poster includes prompts for practitioners and patients to agree non-verbal signals if they are in pain, want to ask a question or need further support at the beginning of treatment or a consultation. The poster production followed a recent Healthwatch Derbyshire report detailing the views and experiences of people with learning disabilities and their carers when accessing health services. They found a particular issue highlighted was the need for better communication and understanding when patients need a procedure, such as dental treatment, to stop.

The poster can be downloaded at <https://healthwatchderbyshire.co.uk/2018/01/stop-i-learning-disability/>

Attention!



URGENT

Please look out in your inboxes and junk folders for our email as we are contacting our families regarding how we communicate and to obtain consents in line with the General Data Protection Regulations which came into force on 25th May 2018.

Without your consent we won't be able to send you information about our groups and activities that we think you will want to attend and this could be the last bulletin you receive! We also need the consent for members of Umbrella to enable us to continue with our communication methods regarding the service you receive so it really is important. Emails may have already landed and we will send a reminder but the sooner you respond, the sooner we can get our records up to date.



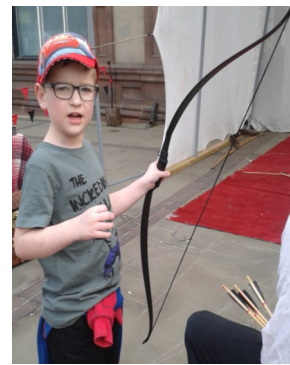
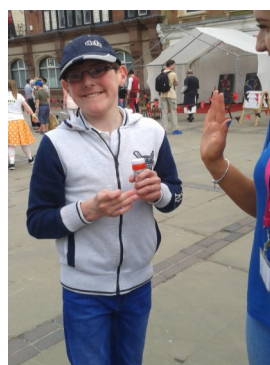
What's happening in Umbrella Children's Services

St George's Day

The children visited Derby's Cathedral Quarter to celebrate St George's Day. There were lots of fun activities to take part in such as May pole dancing and archery.

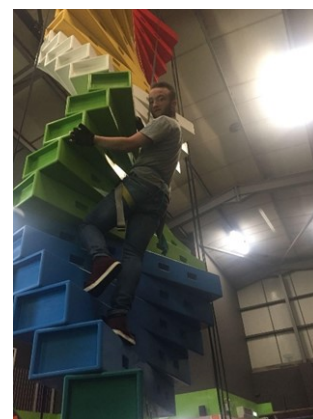
The children really enjoyed seeing a dragon up close and personal. We were all excited watching the knights sword fighting!

Everyone had a lovely time soaking up the sun and celebrating St George!



Tom by his support worker Karis

Tom has come so far over the last few years, he has smashed every target set for him by his support worker Karis. He is now independently ordering and pay for his own items. Tom regularly travels on the bus, walks to town and accesses services such as the hair dressers without support. His confidence has grown and he happily tries all activities such as, bowling, climbing, roller skating and playing pool. Tom won the 14+ Ben Butler Award for his increased independence this year.

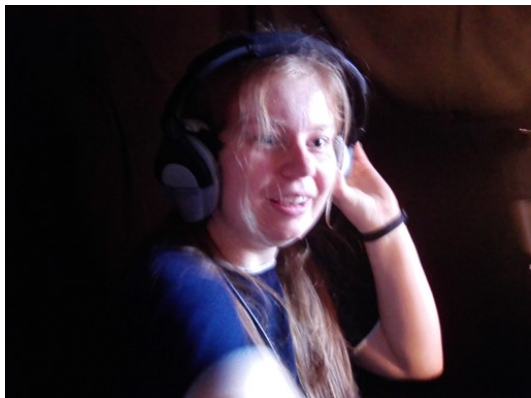


Recently he conquered a huge milestone which Karis and his Mum are very proud of, when out for a carvery Tom tried a vegetable for the first time (probably just to get Karis to stop pestering him). The cauliflower cheese wasn't as bad as he imagined but we don't think he will be trying it again any time soon. As Tom is turning 18 this month his time with his 1:1 worker on Children's Services has come to an end. Karis is extremely proud of the independently confident young man he has become.

Check out our website www.umbrella.uk.net

What's happening in Umbrella Young Adult Services

INDE



The Inde group visited Baby People in Derby where they took part in a recording session. The group learned how to use the Garage Band app with lots of different instrumental sounds to build a backing track. The young adults then took turns to record a vocal track in a recording booth. Both tracks were put onto a CD for them to take home, they had an amazing time.



Monday 11th June 2018 Wellbeing day for Parents and Carers

To celebrate Carers Week, Umbrella are holding a Special Wellbeing Event at The Folly, Mackworth (this is what use to be the old Mackworth Hotel, just along from Markeaton Island on A52) for all our parents and carers, from 09:30 –2:30.

We have therapists and crafters, you can relax, learn a new skill, or sit and have a chat. An opportunity to talk to other parents/carers, and the Family Support team.



Remember taking time to look after yourself, is essential to enable you to continue to look after your children and young people.

Day cost: £15.00 and includes a delicious lunch, refreshments, tea, coffee and pastries and all activities. We still have spaces available but you must book so call 01332 785658.

CALM & RELAX

Check out our Tweets @UmbrellaDerby

What's happening in Play and Leisure

Fantastic News! Umbrella are going to Cleethorpes



Umbrella are organising a Family Trip to Cleethorpes

There are lots of things to do in Cleethorpes; a day on the beach; a return trip on The Cleethorpes Coast Light Railway; splashing about in the waves or zooming down the flumes in the leisure centre pool or visiting the animals in The Jungle Zoo.

There is something for everyone!

The trip will be on Saturday 15th September

Leaving Derby at 8.30am and returning into Derby around 8.30pm
(Departure point to be confirmed)

Tickets are for immediate family members only and cost £10 per person.

Places are limited and allocated on a first come first served basis.

Please Note:

Priority will be given to families that have not previously attended Umbrella Family Trips

Booster seats can be used on coach seats but not rear facing baby seats.

Babies /young children are unable to travel on parent/carers knees on the coach

For families and children/young adults up to the age of 30 years

Please do not send payment until you have received confirmation from Umbrella that you have been allocated seats on the trip.

To book places on the trip please contact Nicola Green on 01332 521229 or email Nicola.green@umbrella.uk.net

Date for your Diary.

Umbrella Family Christmas Party

The Umbrella Family Christmas Party is being held on

Saturday 8th December
Rolls Royce Pavilion
Moor Lane
Derby.

Look out for more information later in the year!



What's happening in Information, Advice and Family Support

UMBRELLA PARENT/CARERS SUPPORT GROUPS

Each month, Umbrella Family Support Team run Parent Carer Support Groups. These are open to parents and carers of children with any special educational needs and/or disability. Simply turn up at the venue on the dates listed below. These groups are separated out into areas, you choose whichever groups you wish to attend. We hope to see you for a cuppa and a chat soon.

DERBY CITY Broadway Baptist Church, 166 Broadway , Derby DE21 1BP Time: 10am to 12 noon. **6th June, Well being Walk, meet at 10am Darley Fields Chester Green, DE1 3SA.** *Future dates: 4th July, Sam Watts, Lighthouse. **Change of venue for this month only**—Haven House Carers Retreat.*

DERBYCITY 2 at "Haven House Carer's Retreat", 31 Charnwood Street, Derby DE1 2GU. Time 1pm to 3pm **6th June, Open meeting.** *Future dates: 4th July Sam Watts, Lighthouse.*

EREWASH GROUP The Adult Education Centre, 173 Derby Road, Long Eaton NG10 4LL **27th June, Action for Children/Talk Time/Space for You (Erewash only project).** *Future dates: 8th July, Open meeting.*

SOUTH DERBYSHIRE GROUP Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH Time 11am to 1pm. **13th June, Online Safety Derbyshire Police.** *Future dates: 11th July Open meeting.*

AMBER VALLEY GROUP Strutts Building, Derby Road, Belper DE56 1UU. Time 10am to 12 noon. **14th June Online Safety Derbyshire Police.** *Future dates: 12th July.*

MALE CARERS GROUP The Farm House Pub, Mackworth, 6pm to 7:30pm **4th June Pizza Night.** *Future dates: 2nd July Online Safety Derbyshire Police.*

EVENING GROUP Hilton Village Hall, Peacroft Lane, Hilton, DE65 5GH, Time 7pm to 8:30pm, **18th June, Open meeting** *Future dates: 16th July Derbyshire Young Carers.*

UMBRELLA SUPPORT GROUPS MEET TERM TIME ONLY.

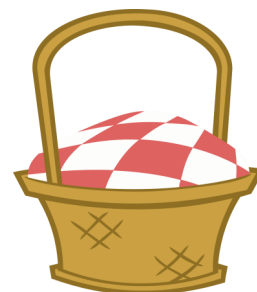
We offer a warm friendly welcome at our support groups, a time to be yourself in a safe and confidential environment. Telephone **01332 785658** for more information

Family Fun this Summer.

We have some fabulous sessions this summer for the whole family, if you haven't been to one of our events, give it a try, they are lots of fun.

28th July at Shipley Park we are holding a free family picnic, come along whatever the weather (we have indoor space just in case) with your picnic and have some fun in the park .

14th August Tribal Drumming and picnic at Rosliston Forestry Centre, cost £5.00 per child/young person 10:45– 12:30, we will go outside for a picnic after the drumming session weather permitting.



What's happening in Fundraising and Volunteers

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.

Volunteers

Here is our fantastic volunteer Laura. She attended the Derby County Football Match on Tuesday 24th April, this was a celebration event held by Southern Derbyshire CVS.



As a thank you for all of her contributions to Umbrella she received a trophy on the pitch and meal at The Yard. As an avid football fan this was a truly wonderful recognition!

Thank you Laura for all your hard work!

If you are interested in volunteering please contact Michelle Brown, Volunteer Coordinator who works Tuesday and Friday call her on 01332 521229 Ext 211 or email michelleb@umbrella.uk.net

MAKING A DIFFERENCE

What a varied time for our fundraising! Our Harry Potter quiz raised over £300. The hall was

transformed into Hogwarts and we had witches and wizards galore taking part. Thank you to Irwin Mitchell who donated a prize of an owl handling experience and Thorntons who gave us chocolate coins for us to sell through Gringotts. Everyone had a fun evening.

A loyal supporter who is moving house donated some items which were sold at car boot sales which brought us a welcome £50.

Thank you to VOICE union who raised funds for us at their staff development day and donated £41.50.

Thank you to everyone who voted for us at the checkouts in Tescos recently. Their Bags for Life scheme has given us £4000 towards refurbishment of the sensory room.

There are so many ways to raise funds to help children and young people. Let us know if you have an idea and we'll give you any support you need.



The White Swan are busy planning their annual fundraiser for Umbrella again this year for the August bank holiday. We are lucky to have their support and look forward to seeing everyone over the weekend

amazonsmile
You shop. Amazon gives.

If you shop on Amazon, try signing in through the link below. It's the same thing except with Amazon smile, they donate a percentage of your purchase price at no extra cost to Umbrella!

[https://
smile.amazon.co.uk/](https://smile.amazon.co.uk/)



Give as you Live®

Give as you Live is a portal to a world of everyday shops. The only difference is, if you sign up, they donate a percentage of your shopping bill to your chosen charity at no extra cost to you! Sign up here:

[https://
www.giveasyoulive.com/](https://www.giveasyoulive.com/)

RIVIERA
T R A V E L

If you are looking to book a holiday, be sure to check out Riviera. If you quote Umbrella Derby and Derbyshire when booking, they will give a 10% agency fee to Umbrella a no extra cost to you! You need to book online or by phone .



Upcoming events, in and around Derbyshire

Please contact organisations directly for more information.

1st June Cook, Eat Play with Sporting Communities, 11:30am– 2:30pm. Free event come along and make a healthy meal, as well as take part in family play, at Chaddesden Park Sports pavilion, Main Drive, derby DE21 6LA. Contact david@sportingcommunitiescic.org—07841026335 www.sportingcommunitiescic.org

5th June Derby West Indian Community, Carnival Costume workshop, Derby West Indian Community Centre, Carrington Street, Derby, DE1 2ND, 10am-4pm. Call 01332 371529 for more information and further dates in June and July.

11th June All Dance Workshops 10am- 11.30am Come along to All Dance, an accessible creative movement group for disabled adults. The Old Post Centre, The High Street, Newhall, Swadlincote, DE11 0HX. Venue includes disabled access and parking. Assistance with transport can be arranged on request. *Future dates 11, 18 and 25 June and 2, 9 and 16 July.* **Contact Clare Limb at c.limb@deda.uk.com or on 01332 370911 for more information.**

11th June Wellbeing Day, The Folly, Mackworth 09:30-2:30 See page 5 for details.

12th June Lea Green dedicated SEN soft play session for Children 10am to 12pm and Adults 1pm-3pm. A fun and inclusive activity involving a ball pool, wavy slides and sensory area. Session will run from 1pm to 3pm £4.00 per person per session call 01629 534561 to book.

14th June Coping and Support workshop with Umbrella and Contact 10-12 Venue TBA.

18th - 24th June is Learning Disability Week.

20th June EHC plans: Challenging Decision in relation to EHC plans – exploring the most effective ways of challenging decisions you disagree with in relation to EHC plans and annual reviews, and looking at how each section of the EHC plan can be challenged and enforced. Free to attend please email westmids.office@contact.org.uk

25th June Stroll and Roll walks with walking for health, 11am to 1pm Meet at Hulme end Car park for an easy stroll along the Manifold Trail For more information and to book your place contact: Tom Whittaker on: 01246 599999 or 07736 822 305

3rd July Lea Green dedicated SEN soft play session for Children 10am to 12pm and Adults 1pm-3pm. A fun and inclusive activity involving a ball pool, wavy slides and sensory area. Session will run from 1pm to 3pm £4.00 per person per session call 01629 534561 to book.

5th July Making decisions for your adult child: the Law. Free workshop is for parents/ carers of children with disabilities or additional needs growing up to adulthood.

10:30am-12.30pm. Broadway Baptist Church, 166 Broadway, Derby, DE22 1BP. Assessing capacity, Best interest decisions, Making professionals listen; The workshop will explore the Mental Capacity Act 2005. To book your free place westmids.office@contact.org.uk Or contact 0121 274 0437.

28th July Family Fun Picnic, Shipley Park 10:30-2:30. See page 5 for details

14th August Family Fun Tribal Drumming and Picnic at Rosliston Forestry Centre. See page 5 for details

23rd September Spectrum Festival at Lea Green Centre. An autism friendly festival, providing a fun and safe environment for people to enjoy a range of activities as well as helping to raise awareness for Autism and offer opportunities for support. There will be lots to get involved with across our 25 acre site including: outdoor activities, soft play, sensory area, live entertainment, a silent disco, workshops plus lots more!

Register your interest in attending by contacting PeaksGO directly by emailing david@peaksgo.com

Other information



Scropton Riding for the Disabled

A Derbyshire based riding and driving centre. Providing therapeutic, developmental horse riding and driving lessons for disabled participants. Lessons run 6 days per week, 50 weeks per year for a wide range of abilities and

experience, from beginner to sports level. As the weather improves during Spring their diary quickly starts to fill up again, but they are always keen to reach out to new people and groups wanting to join them to ensure everyone has chance to try out horse activities. Please contact them directly for more information

enquiries@scroptonequestrian.co.uk or call them on 01283 812753 (this number is only manned between 10am and 3pm daily) Web: www.scropton.com



Hubbub are hosting a practical day of devised integrated physical theatre on Friday 22 June at Déda exploring the 'Space in Between' learning disabled and non-disabled performance and sharing what they've discovered to date from their LaunchPad actor training program The event will be held at Déda from 10am - 6pm on Friday 22 June, tickets are £25.00

including lunch and are available from Eventbrite here: <http://bit.ly/2JqPLQu>

Beach Party Friday 13th July 7pm-10pm, £10.00

Join Hubbub for their annual Beach Party Club Night.

Come along and enjoy new performances from the company, interactive games in the café, surprise acts and scorchin' summer tunes from the DJ's to dance the night away. Everyone is welcome, especially those with moderate learning difficulties and their friends and families. Dressing up in beach gear is encouraged.

This is proving to be a highlight of the Hubbub year, so get your tickets early and join them for buckets of fun! www.hubbubtheatre.org | 01332 742 587

Umbrella Information Office

The Ronnie MacKeith Child Development Centre
Royal Derby Hospital
Uttoxeter Road
Derby DE22 3NE



Umbrella

Umbrella House
64 Birdcage Walk
Mackworth
Derby
DE22 4LD

Website: www.umbrella.uk.net

Email: familysupport@umbrella.uk.net

Telephone: 01332 785658



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