



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

September 2018

Umbrella Support Groups.

Supporting families is at the heart of Umbrella, we know that parents and carers work tirelessly to support their children and young people and we want to support you to do so. Belonging to groups is important for your health. Our support groups offer a confidential and safe environment for you to be yourself. Umbrella has seven active support groups across Southern Derbyshire and Derby City. You are welcome to attend any support group that is convenient to you; this may not be the one in your area. Our support groups are open to any parents or carers with a child or young person diagnosed or undiagnosed with additional needs or disability, your child DOES NOT NEED A DIAGNOSIS before you can attend our groups.

Our groups generally meet for two hours. A member of the Family Support Team will be there to welcome you with a cuppa. Groups have a mixture of invited speakers who offer a short presentation with an opportunity for questions and open meetings, which allow you time to chat and get to know others in the group. You are welcome to bring children along, unfortunately we do not offer a crèche you must be responsible for them at all times. Our groups are drop in so if you need to leave early, we will be happy to pass relevant information onto you.

Every month we list all our groups, the venues, where we meet; the time and the invited guest speaker, in this newsletter see *page 5 for details*. Speakers planned for this term are: Universal Credit Service, Safe and Sound: Presentation on Child Sexual Exploitation, Yoga/relaxation and Derbyshire Young Carers.

December is our Christmas lunch month so if you have a recommendation for somewhere nice to eat we'd love to hear it. If you would prefer the opportunity to meet for an evening meal then let us know and we will arrange this. (I cannot believe I am talking about Christmas already, well its only 133 days away!)



Back by popular demand: Kevin Murphy will be attending our Evening Support Group on the 15th October at Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH and sharing his experience of his sons journey into Adulthood. Many people have asked for this presentation so pop the date into your diary now.

DATE FOR DIARY: Friday 9th November shopping trip to Meadow Hall, Sheffield. An opportunity to Christmas Shop and enjoy lunch with friends. Please book your place on the bus asap.

What's happening in Umbrella Children's Services

Long Eaton Youth Club

Umbrella are really pleased to have some funding from Morrison's to be able to run a monthly youth club in Long Eaton.

Who is it for: 11 – 18 year olds who have mild to moderate disabilities and are not currently receiving any funded support from elsewhere.

When: 1st Saturday of every month; 11.00am – 4.00pm.

Where: Long Eaton Youth Centre, 173 Derby Road, NG10 4LL.

What happens: This is a great opportunity for the young people to make new friendships as they play sports and games, take part in crafts and make lunch together.

How to Join: Please contact Joy Howell on 01332 521 229 to get more information and register.



The Tramway Museum 1940s Event.

In children's services we are always out and about with the children to see different places, one of our favourite trips is to The Tramway Museum in Crich. This Summer, we managed to coincide the trip with one of their best annual events, The 1940's Weekend.

The children were able to learn all about World War I and the vehicles that were used in the 1940s. They also got to ride on some classic trams, that are not part of the regular daily services running at the museum, the children were delighted.

We took a tram to the woodland walk, where we spotted lots of wooden tree carvings on our walk back to the playground. The playground was lots of fun. There was 1940s singing and dancing to watch. The children had a fantastic day.



Check out our website www.umbrella.uk.net

What's happening in Umbrella Young Adult Services

INDE

This month some of the INDE group got to meet students from Nottingham Chartered Accountant Student Society (NCASS). The students have been fundraising for Umbrella, and the INDE group got to say a big thank you to them, and accept the donation on behalf of Umbrella.

INDE enjoyed meeting NCASS and talking to them about Umbrella services.



TEAM

The Thursday TEAM group decided that they wanted to do some fundraising of their own this month. They settled on a car wash day here at Umbrella House.

The group designed posters to advertise the event and encouraged office staff to have their cars washed in exchange for a donation to Umbrella.

As you can see, they did a smashing job and the cars looked fantastic by the end of the day. Well done guys.



Check out our Tweets [@UmbrellaDerby](https://twitter.com/UmbrellaDerby)

What's happening in Play and Leisure

Last chance to book tickets for the Umbrella Cleethorpes Trip!

seaside★

Umbrella are organising a family trip to Cleethorpes. Come and enjoy a great day out at Cleethorpes! **Saturday 15th September.**

Tickets are for immediate family members only and cost £10 per person (this covers the coach cost only)

The trip will be leaving from Derby Arena, Pride Park Derby



If you would like to book seat or would like more information please contact Nicola Green on 01332 521229 or email

Nicola.green@umbrella.uk.net

Wow Umbrella Raindrops; What a Show !



The Umbrella Raindrops invited along their family and friends to watch them perform the songs they had been singing this term. What a performance they all gave!

A Big Thank You To Ruth Discua who conducts the Umbrella Raindrops

The Raindrops Choir will be starting back on the Saturday 8th September

If you are interested in joining the Raindrops Choir or would like more information please contact Nicola Green on 01332 521229 or email Nicola.green@umbrella.uk.net

Derwent Stories free events

Over the summer, Gordon MacLellan from Creeping Toad has been working with Derwentwise and Stone and Water on a series of drop in events aimed at Umbrella members (and friends!)

These events are all outside and mix art and storytelling with exploring and finding out about the world around us

Details of all the events can be found at the *Stone and Water* and *Creeping Toad* facebook pages or at the Stone and Water blog:

<https://stoneandwaterblog.wordpress.com/>



The next events:

- Sunday 16th September: Altitude Festival, Wirksworth: making puppets inspired by rocks and fossils
- Saturday 22nd September: autumn art and stories in Lea Woods (meet at High Peak Junction car park)
- Friday 2nd November: Mills, canals and creatures: a day of big drawings at Cromford Mills as part of the Discovery days programme

All these events are free (some places there might be a charge for car parking). Materials are provided and no booking needed. Check on each day for timing of activities

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.

DERBY CITY Broadway Baptist Church, 166 Broadway , Derby DE21 1BP Time: 10am to 12 noon. **12th September, Universal Credits** Future dates: 3rd October, Safe and Sound presentation. 7th November, Chair Yoga. 5th December, Christmas lunch TBA.

DERBYCITY 2 at "Haven House Carer's Retreat", 31 Charnwood Street, Derby DE1 2GU. Time 12:30pm to 2:30pm. **12th September, Universal Credits.** Future dates: 3rd October, Safe and Sound presentation. 7th November, Chair Yoga. 5th December, Lunch TBA.

EREWASH GROUP The Adult Education Centre, 173 Derby Road, Long Eaton NG10 4LL. **26th September, Safe and Sound presentation.** Future dates: 24th October, Cream Tea TBA. 28th November, Erewash Learning Disability Partnership board. 19th December, Lunch.

SOUTH DERBYSHIRE GROUP Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH Time 11am to 1pm. **12th September, Chair Yoga.** Future dates: 10th October, Safe and Sound presentation. 14th November, Open meeting. 12th December, Lunch TBA.

AMBER VALLEY GROUP Strutts Building, Derby Road, Belper DE56 1UU. Time 10am to 12 noon. **13th September, Safe and Sound presentation.** Future dates: 11th October, 90 minutes Yoga. 15th November, Open meeting. 13th December, Christmas lunch TBA.

MALE CARERS GROUP The Farm House Pub, Mackworth, 6pm to 7. **10th September, Online Safety Derbyshire Police.** Future dates: 1st October, Derbyshire Young Carers. 5th November, Open meeting. 3rd December, Christmas meal.

EVENING GROUP Hilton Village Hall, Peacroft Lane, Hilton, DE65 5GH, Time 7pm to 8:30pm. **17th September, Safe and Sound presentation.** Future dates: 15th October, Preparing for Adulthood. 19th November, Derbyshire Young Carers. 17th December, Christmas meal.

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.

Umbrella Voice needs you:

Parents and carers are at the heart of Umbrella and your views are valued. Umbrella Voice is our own Parents/Carers Forum; first formed in 2014. It is a diverse group of parents and carers from the Derbyshire areas covered by Umbrella services. We meet once a term usually on a Monday morning. Umbrella are looking for two representatives from the Erewash and Southern Derbyshire area. Travel expense reimbursed and refreshments are available at the meeting. You will help:

- * Umbrella move forward.
- * Ensure the quality of Umbrella services meets the needs of all families.
- * Advise on service alterations and improvements.
- * Assist with Umbrella's recruitment.

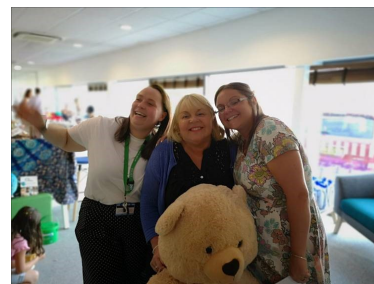
Contact Alisha McGuinness for more details on 01332 785658 or email familysupport@umbrella.uk.net

What's happening in Fundraising and Volunteers

Once again we have 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.

Thank you to DHU Healthcare who held a BIG7T Craft Fayre in July as part of the NHS 70th Anniversary celebrations. They chose to donate the funds raised to Umbrella and Michelle went along to meet them at the fantastic event.

The total raised was a whopping £900.68. Thank you to everyone!



A big **THANKYOU** to Alan Jones from AJ Floorcraft and Coatings for becoming a sponsor of Umbrella. With over 28 years of experience, AJ Floorcraft provide, floorings, decorating and coatings across the East Midlands ranging from traditional products to something totally unique. To find out more you can visit them at <http://www.ajfloorcraft.co.uk/>. We're very grateful to Alan and his team for helping us to continue our work.

Don't forget to tune your radios into Capital FM or Smooth Radio (East Midlands); We are delighted to be selected as the local charity for Global's Make Some Noise. You will hear clips from our families and staff over the coming months on these stations so keep listening. The money raised will be used to set up a holiday playscheme from 2019 for young people with Mild/Moderate levels of needs. We are delighted to have been chosen and we will certainly be making some noise about the partnership!



Cancelled

We are sorry to let you know that the Disney Quiz has been cancelled. The quiz will be rearranged for the new year, so keep a look out for the new date.

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/>



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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/>

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.

4th September 'Stroll and Roll' meet at Whitworth Park for an easy stroll around the park and cycle trails. 11am to 1pm (see above on 7th August for booking details).

14th September Free SEND Reforms workshop delivered by Contact for Parent Carer Together 10am-12noon. Bramblebrook Community Centre, Stockbrook Street, Derby, DE22 3WH (free onsite parking) Please book by emailing admin@parentcarerstogether.com

18th September 'Stroll and roll' Meet at Hassop Station for an easy stroll along the Monsal Trail. 11am to 1pm (see above on 7th August for booking details).

20th September Activity day for people with a disability at Derby Arena, Sitting Volleyball, Basketball, Cultural arts and crafts, stalls with information about health and sports. 11am to 2:30pm, please contact the Arena for more information Email derbyarena@derby.gov.uk or Telephone 01332 640011

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; including: outdoor activities, soft play, sensory area,. Register your interest in attending by contacting PeaksGO directly by emailing david@peaksgo.com. **Umbrella will be there, pop into the marketplace tent and say hello.**

29th September Minecon Earth party at The Quad, Market Place, Derby. See the biggest Minecraft event of the year on the big screen in the only UK venue. Filmed live and beamed across the world. It will be around 90 minutes long, packed with juicy Minecraft info. Not to be missed. Suitable for all ages. (Under 12's must be accompanied by an adult.) Tickets £5.00 for screening only, Workshops are available during the day please contact the Quad for Details or look at their website <https://www.derbyquad.co.uk/events/minecon-earth-live.aspx>

1st October Umbrella Sensory Workshop for parents and carers. Hilton Village Hall, Peacroft Lane, Hilton, DE 65 5GH Please book using this link: <https://www.eventbrite.com/e/understanding-sensory-processing-tickets-49128251924>

6th October Umbrella Family Fun Bat Walk at Carsington Reservoir 7:30pm start £4.00 per child/young person. Call Family Support on 01332 785658 for more information and to book.

11th October Umbrella Marketplace event , lots of different organisations with information on how they can help you. Broadway Baptist Church, 166 Broadway, Derby, 10am –2pm, Drop in let us know if you are coming using this link: <https://www.eventbrite.co.uk/e/umbrella-market-place-tickets-49377874552>

29th October - 3rd November Designasaur Workshop, at Markeaton Park craft village community room. A make, play and take, puppet making, story creating workshop with Babbling Vagabonds, you will make puppets to take away and stories to share in this 1 hour fun workshop.

30th October Umbrella Family Fun Wild Carsington at Carsington Reservoir, we there will be pond dipping and camp fire , as well as activities in the woodland 10am to 12noon £4.00 per child/young person, call family support for more information and to book 01332 785658.

6th November Umbrella Parents and Carers only free health and wellbeing arts sessions every Tuesday for five weeks 10:30am to 12:30pm, with Lifewitharts, call Family Support to book places are limited to 15.

8th November Umbrella Managing behaviour workshop for parents and carers. Strutts Centre, Derby Road, Belper, DE56 1UU. 10am– 12:30pm.

10th November Umbrella Family Fun Forest Schools at Carsington Reservoir 10am to 11:30 am. Children and young people £4.00. Call book 01332 785658.

Other information

The Living Well with a Long Term Condition (LWLTC) Programme.

The **FREE** six-week programme is delivered one day a week for 2.5 hours. It aims to support patients with a long- term health or medical condition deal with pain, fatigue, stress and depression, as well as provide a forum to meet with others and share experiences. Topics covered include healthy eating, relaxation, appropriate physical exercise, pacing yourself, and communicating with friends, family and health professionals. The course is also available and has proved to be beneficial for carers of someone with a long term condition.

The next courses start in September across Derbyshire; for further information or to reserve a space please contact Karen

at kzigram@citizensadviceSouthDerbyshireandCity.org or Tel: 01283 210107

TOGS– Children's clothing bank

TOGS is a charity run by Anthea Peters, that provides 0-16 year olds with clothes, shoes, bedding, toys and equipment. They have been running for five years and do not have a criteria for families to access them.

Based upstairs at 119 Osmaston Road, opposite Osmaston Road Baptist Church.

TOGS is open Tuesday 1pm-3pm and Friday 10am-12.30pm.

Check out their Facebook page <https://www.facebook.com/TOGS.childrensclothes/>

Quieter shopping times did you know?



MORRISONS

We have recently had information from Morrisons who have introduced quieter shopping times at their stores nationally. Quieter store times are running from 9am to 10am every Saturday morning. **What does this mean?** lights will be dimmed, instore radio music and tannoy announcements will be switched off, cages of stock will not be worked on to shelves, checkout and self checkout beeps will be set to a minimal sound level, shopping

trolley and basket replenishment will be kept to a minimal. Check out where your local store is at <https://my.morrisons.com/storefinder/>

Umbrella Information Office

The Ronnie MacKeith Child Development Centre
Royal Derby Hospital
Uttoxeter Road



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