



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

October 2018

Umbrella Derby and Derbyshire

*would like to invite you to their
Annual General Meeting*

on Wednesday 14th November 2018 at 7pm
at

Mackworth Youth and Community Centre,
120 Prince Charles Avenue, Mackworth,
Derby DE22 4FN

The Umbrella Raindrops Choir will be entertaining us and light refreshments will be available.



Agenda, minutes, accounts and our annual report will be available on the evening



SEN Provider Marketplace 10am-2pm, 11th October 2018 **Broadway Baptist Church, 166 Broadway, Derby, DE22 1BP**



Come along and meet local service providers at this free event. Representatives from Umbrella children's, adult and family support services will be there to answer your questions. You are welcome to drop in throughout the day. Refreshments will be available. Free parking onsite. If you need to bring your children, they are welcome. please note you will be responsible for supervising them. We have over 40 different providers for Derby City and Derbyshire, including support with education, sensory toys and Post 16 support.

For more information call 01332 785658.
We look forward to seeing you on the day.

What's happening in Umbrella Services

Umbrella family trip to Cleethorpes

On Saturday 15th September fourteen Umbrella families enjoyed a wonderful day in Cleethorpes.

This year the family trip was subsidised with a donation in loving memory of Dave McLachlan who sadly passed away in 2017. Dave and his family had made lovely memories on previous Umbrella family days and his wife, Helen, thought it would be nice to use the donation for a trip to the seaside.



Helen requested an Umbrella family trip to Cleethorpes as this was one of Dave's favourite holiday destinations and the family have very fond memories of going there together.

The Umbrella families that attended; many had never visited Cleethorpes before; all agreed it was a fantastic place to visit! The weather was sunny; Great fish and chips and lots to do! A lovely place to make some family memories and have some fun.

Helen and her family

The families said:

L said "We all thoroughly enjoyed ourselves and J and I have come home more relaxed than we have been in quite a while.

We are definitely up for more of these sort of trips in the future."

A said "We had a great day. Such a treat to go out for a day and not have to get stressed about driving. We were both shattered though! It must have been the early start, fresh air and long day"

Thank you Helen and Family for an amazing day.



Jack's Beautiful Sandcastles

Join Umbrella for Afternoon Tea

Spend a peaceful few hours in great company at Umbrella's parent/carers afternoon tea. We will be treated to tea/coffee, a selection of sandwiches and cakes as well as fresh scones. Take some time out for yourself before the half term holiday, catch up with old friends or meet some new, it will be great fun.

On: Wednesday 24th October

From: 12noon to 2pm

At: Bennetts, Derby Road, Long Eaton

Cost: £12.95.

Please let us know any dietary requirements when booking. You must book and pay by 10th October. Call 01332 785658



Check out our website www.umbrella.uk.net

What's happening in Umbrella Services

Childrens

Summer holiday fun!!

The children loved the sunshine this summer and went on some wonderful days out...as you can see by the smiles on their faces.

We enjoyed visits to Nottingham beach, Matlock Bath, bowling, West Park Lesiure centre, Chaddesden park fun day, cycling at Markeaton Park and many more.



Adult Services Summer Adventures!

The young adults have had a wonderful summer at Umbrella. They took part in lots of fun activities including a Tribal Vibes drumming session, a visit to Bounce Revolution, Lost City adventure golf, Butterley Steam Trains and lots more. This summer we welcomed some new faces on the young adult's project and friendships were soon made. It was lovely seeing everyone enjoying time together visiting lots of different places.



Check out our Tweets @UmbrellaDerby

What's happening in Play and Leisure



Circus Starr is coming to Derby!

Umbrella will be receiving tickets soon for the amazing Circus Starr Show!

This year the Circus Starr are at a new location the Bass Recreation Ground, Meadow Lane, Derby, DE1 2BH. There will be two shows 2.00 and 5.00pm on Saturday 10th November 2018. Full details coming soon on how to apply for tickets.

Umbrella Family Christmas Party

The Umbrella Family Christmas Party for disabled children, young adults and their immediate families.

On Saturday 8th December at The Rolls Royce Pavilion; Moor Lane, Derby. From 1.00pm until 4.00pm. We will be having a disco and hot buffet; as well as the opportunity to meet Santa (children and young adults will receive a gift). The Ben Butler Awards are presented to the winners and this year we will be presenting the New Dan Richardson Award for over 18 year olds.

There will be fundraising stalls, that you may wish to take part in Tombola; Name The Dog; Teddy Tombola and a bottle stall. You will also have the opportunity to buy Umbrella raffle tickets. All monies raised from these activities will be going to Umbrella.



Tickets are £5.00 per person and booking is essential

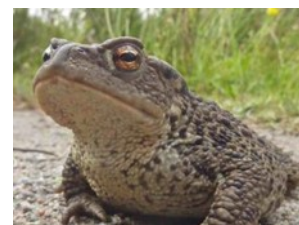
Please contact alanap@umbrella.uk.net or nicola.green@umbrella.uk.net for a booking form

Umbrella is subsidising this event with monies from donations.

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:

- 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

Autism Hour

Almost 8,000 shops and businesses are hosting their own Autism Hour in the week from 6-13 October. Major high street names including The Entertainer, Sainsbury's, Argos, Schuh, Pets at Home and Home Bargains have already signed up. Check out the interactive map on the website to see which shops in Derbyshire are participating. Participating shops and businesses are turning down music and other noise, dimming the lights and sharing information about autism with their employees.

<https://www.autism.org.uk/get-involved/tmi/autism-hour.aspx>

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. **3rd October, Safe and Sound presentation.** *Future dates: 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. **3rd October, Safe and Sound presentation.** *Future dates: 7th November, Chair Yoga. 5th December, Lunch TBA.*

EREWASH GROUP The Adult Education Centre, 173 Derby Road, Long Eaton NG10 4LL. **24th October, Cream Tea, Bennett's, Derby Road, Long Eaton meet at 12noon.** *Future dates: 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. **10th October, Safe and Sound presentation.** *Future dates: 14th November, Open meeting. 12th December, Lunch TBA.*

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

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

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

****New** GIRS AND PARENTS/CARERS GROUP.** *Umbrella House, 64 Birdcage Walk, Mackworth, Derby, DE22 4LD. 6pm –8pm Friday 5th October, Planning, Crafts and Chat. Future dates: 2nd November, Umbrella House, 7th December, offsite TBA, 11th January, 8th February. This groups is for parents/carers to bring their girl with Autism along also.*

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.

New group- Girls and parents/carers support group.



Earlier in the year we ran a workshop for parents and carers with Girls with Autism, following this parents/carers suggested a social activity for the girls to meet with parents to share experiences. We ran this session in July and it was really successful, with both the girls and parents/carers finding it useful.

We have secured a space to run the session again until February, if the sessions still prove successful they will continue. Our first meeting will be on **Friday 5th October** at Umbrella House. There will be plenty of fun, games, crafts and refreshments. For more information or to book please contact Fiona on 01332 785658 or email familysupport@umbrella.uk.net. Booking is essential as spaces are limited.

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 NCS!

Over the summer, Umbrella has been extremely lucky to be supported by National Citizen Service (NCS) teams. The program works with 15-17 year olds; embarking on challenges to make their mark on local communities, build life skills and encourage friendships.



Each team has completed some exciting events to fundraise for Umbrella, including a boxathon, bucket collection, sponsored stay awake and raffles, to name but a few!

A huge amount of money has been raised. From the proceeds the NCS teams have managed to purchase garden plants, craft resources, football tickets, cinema vouchers, adventure golf vouchers and much more!

We would like to give a HUGE thank you to everyone that supported NCS and gave so generously. We also send an extra special thanks directly to the teams who worked so hard!

Global Make Some Noise (Capital and Smooth Radio stations) have chosen Umbrella as their local charity to benefit from their fundraising events for 2018.

The main Global Make Some Noise fundraising day is on Friday 5 October—please listen out for our young people on air. We will use the grant to set up play schemes and youth clubs for children and young people with moderate needs.

We enjoyed a wonderful day last week when we visited the Capital and Smooth radio stations in Nottingham. We received a huge warm welcome from presenters and support staff and our young people had a wonderful time in Dino, Pete and Tyles's (Capital) recording studio and also Gareth Evans's (Smooth) recording studio. This has to be one of the best activities we have enjoyed EVER!



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<https://smile.amazon.co.uk/>



Upcoming events, in and around Derbyshire

Please contact organisations directly for more information.

3rd October Independent Living Action Group, 11am—12:30pm, Happivale Club, Tamworth Road, Long Eaton, NG10 3JS. Action group open to families who want to improve the life of individuals with learning disabilities who are living in supported and independent living.

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.

9th October Free workshop by Contact on Making Decisions for Your Adult Child: The Law. 10.30am-12.30pm. Long Eaton Hub, 1 Union Street, Long Eaton, Nottingham, NG10 1HH. To book, please email westmids.office@contact.org.uk.

9th October National Autistic Society topic evening 7pm to 8pm. The Farmhouse, Mackworth, DE22 4LY. This months topic is autism in women and girls.

9th October Tegan's Butterflies in paradise, Tuesday parent support group Derwent Primary School, St Mark's Road, Chaddesden, Derby, DE21 6AL. 10.00 – 11.30am. Free to attend, Free Refreshments Further Information Contact Rachel 07722608586

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>

16th October. Free workshop with Simpson Solicitors, Planning for the future Wills and Trusts . 10:30am -12:30pm. Right Legal Group, Simpson Solicitors, 16 Stanier Way, Wyvern Business Park, Derby, DE21 6BF. To book a place on this workshop, please email westmids.office@contact.org.uk or call 0121 274 0437

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. See www.derbylive.co.uk for more details.

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

2nd November Derwentwise and Creeping Toad Event for Umbrella Members. Mills, Canals and Creatures. A day of big drawings at Cromford mills, Cromford as part of the Discovery days programme, with Creeping Toad. Free of charge, no need to book just turn up on the day.

4th November. Free Wheelchair Skills Workshop. 10am – 3pm. Northampton High School, Newport Pagnell Road, Hardingstone, Northampton, NN4 6UU. To reserve a place email training@gokidsgo.org.uk Or telephone 01482 887163

6th November Umbrella Parents and Carers only free 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. No art skills required.

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.

26th November Umbrella Introduction to Language and Communication. Libby Hill an Speech and Language Therapist will be joining us to provide a workshop that looks at language and communication. St Johns Church Hall, Canal Street, Long Eaton NG10 4GA 10am to 12.00noon.

Other information

Moving on from caring

Derby Adult Learning Service are delighted to be leading a new programme of education, work experience and support to help carers and parents achieve their goals in learning, work and life.

What is the programme?

This flexible programme will support you to learn new skills, gain qualifications and get valuable experience that will help you to take the next step in work and life. It's been developed with carers and parents in mind, ensuring you can learn at times and locations that suit you.

Who is this programme for?

If you are a carer (caring for a child, friend or relative), you are eligible for the programme. This flexible project is open to anyone who cares for others and includes; a flexible learning package; work experience; access to free IT and laptops; and 1:1 mentoring to help carers achieve their goals.

**If you would like to find out how we can help you contact
simon.edwards2@derby.gov.uk or call 01332 643912**

Tegan's Butterflies in Paradise.

Run by Rachel and Mel, there are several activities you can access each month.

- Support group for parents/carers and children takes place once a month at Derwent Primary School, St Mark's Road, Chaddesden, Derby, DE21 6AL. 10.00-11.30am.
- Messy play sessions one Saturday a month at Fleet Arts, The Fleet, Belper, Derbyshire, DE56 1NU. 10.30 am-12.30pm.
- New soft play session at Freddy's Play Kingdom, 50 Nottingham Road, Spondon, DE21 7NL. Next session is 23rd October 2018. 10:15 onwards. Free entry.

For more information on any of these sessions contact Rachel 07722608586 or Mel 07947333232.



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