



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

April 2020



**Coronavirus:
urgent update**

As many of you will know, it was with sadness and a heavy heart that Umbrella made the decision to stop all front line services from Monday 23rd March 2020 to protect families, staff and volunteers during this difficult period. Although front line work with our families continued with the use of wonderful technology like zoom, whatsapp and house party, we have now had to make even tougher decisions.

To ensure Umbrella can maintain financial stability we have taken the decision to furlough many of our staff temporarily. Play and Leisure will continue to run youth clubs remotely and family support are continuing groups in the same way, as well as offering support on the phones and through facebook groups (details inside). Although your regular one to one support may have ceased, we still have some friendly staff working who can offer support to the children/young people at Umbrella.

If your service at Umbrella has been affected, a member of our team will have been in touch with you. We will remain in contact with our families and although both our offices are closed, many staff are still working from home. We will continue to send out our bulletin as a method of keeping you updated of our position and with information that may be of help to you during these difficult times.

We have a dedicated support line for families, further details are inside and can be found on the Family support page of our website www.umbrella.uk.net and also on our Facebook page.

We would like to take this opportunity to thank all our families, staff and volunteers who have been very supportive and have come together beautifully to help us all get through these uncertain times. We are privileged to be part of this family and wish you all good health.



[@UmbrellaDerby](https://twitter.com/UmbrellaDerby)



[Umbrella Derby and Derbyshire](https://www.facebook.com/UmbrellaDerbyandDerbyshire)

What's happening in Children's Services

Trips and Play schemes

When they can, the children really enjoy getting out and about with their friends on trips. The highlight last month was our trip to Elvaston Castle where they had the chance to have fun while learning some new skills. Despite some rain during the day, the children (and staff) loved having a go at some Forest School activities, led by Umbrella's very own Forest School Leader, Rachel.



One to One Supports

Tara enjoys coming to Umbrella Trips and Play Schemes as well as being supported each week at home. She has loved getting to know her one to one support worker and exploring toys and games together. Tara is developing so much confidence and independence through these sessions.

Here Tara was so pleased with herself for concentrating and completing a number puzzle and an animal matching game with her support worker; well done Tara! 😊



Check out our website www.umbrella.uk.net

What's happening in Adult Services



Last month, the Saturday INDE group were busy putting their creative, teamwork and culinary skills to the test.

They started the month off by celebrating Holi, the festival of colour. The young adults worked together to make a couple of very tasty curries using a rainbow of fresh Ingredients, followed by colourful fruit salad.

For their creative activity, the group used fluorescent powder paint and threw it at the paper to make some amazing and unique patterns. What a great idea to make some bright and colourful art work.



Towards the end of the month, the young adult's focused their attention on their wonderful care givers.

The group spent the day making their own flower arrangements and cards for their Mothers, carers, and other special ladies in their lives. Everyone was impressed at how beautiful the final products looked.



What's happened in Play and Leisure

Umbrella Siblings Group



In March, the Siblings Group had a fantastic time when they all went to Paradise Island to play Adventure Golf.

This group is open to children aged 8-11 years who have a sibling with a disability



If you would like more information about this group please contact Nicola Green on 01332 521229 or email Nicola.green@umbrella.uk.net

Thursdays Youth Club

The Thursdays decided to turn their hand to cake decorating and had a lovely evening icing some cakes. As you can see, they did a great job and they tasted fantastic too!



Umbrella Youth Clubs

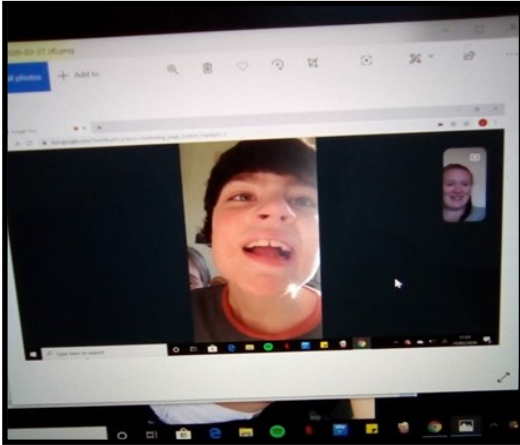
We have places at the following groups
Tuesday, Thursday and Friday Youth Clubs
Siblings Groups, 8-11 years and Siblings Group for 11-17 years
For More information about the groups contact
Nicola Green on 01332 521229 or email Nicola.green@umbrella.uk.net



Youth clubs are still being ran with the use of technology so please do get in touch if you would like to attend. We will do our best to accommodate families. Please use the contact details on the family support pages

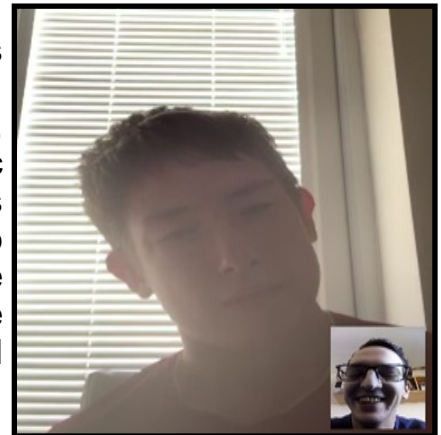
How we have been supporting families remotely!

Times at Umbrella have been quite different compared to the norm recently but our team of staff, both frontline and office, have continued to do their utmost to resume their jobs and provide the best support we can in the situation. We have adapted the way in which we support our young people in order to keep everyone as safe as possible, but still remain in contact with faces they usually see so regularly. We are so fortunate to have access to technology that allows us to make the most of our time together and it feels so positive to continue to be proactive in finding ways to help in any way possible.



Peter enjoyed a lovely video call from Lyndsay. Peter tested Lyndsay on her maths skills, while he was doing his homework for school, and he found it very funny to see how much she struggled with fractions! In these times, video calls like these can be so important for everyone's wellbeing. So, get on the phone and call someone!

Dominic's video call with Jacob shows that there is always time for some friendly fun. As you can see, Dominic wasn't too impressed by Jacob and his jokes, but he really did appreciate the call. Like Peter, Dominic is getting his schoolwork done at home. This includes working on his social skills. Dominic called Jacob himself, and the two are looking forward to more phone calls. Its great to see how Dominic and others are working hard to continue to develop useful life and personal skills, whilst not at school.



Arjan and his family have been able to spend a lot more time together in the last couple of weeks and are all so happy to be doing so. They have continued to send his support worker, Tracy, pictures, as well as video calling her. It is so lovely for Tracey to see how well Arjan is adjusting to this situation. Arjan is really missing Umbrella, but its great for us to see what a superstar he is!

Check out our website www.umbrella.uk.net

What's happening in Information, Advice and Family

Parent/Carer Support Groups:

Due to postponing all our groups we have created Facebook Pages which will have a Family Support Worker allocated during the time of the normal Support Group Hours. Please see below information about the different groups.

Derby City (Morning Group) First Wednesday of the Month

<https://www.facebook.com/groups/2962720243811638/>

10am to 12 noon.

Derby City (Afternoon Group) First Wednesday of the Month

<https://www.facebook.com/groups/198330544802522/>

12:30pm –2:30pm

Support Through Arts 3rd Thursday of the Month

<https://www.facebook.com/groups/2405836889708275/>

11.30am to 1.30pm

Amber Valley Second Thursday of the Month

<https://www.facebook.com/groups/193718375386874/>

10am to 12noon

Erewash Last Wednesday of the Month

<https://www.facebook.com/groups/2472927736290870/>

10am to 12pm

Male Carers Group First Monday of the Month

<https://www.facebook.com/groups/142417743832326/>

6pm to 7.30pm

Parent and Boys Group Once a month on a Friday

<https://www.facebook.com/groups/2634215780140995/>

6pm to 8pm

Parent and Girls Group Once a month on a Friday

<https://www.facebook.com/groups/262578301425967/>

6pm to 8pm

UMBRELLA SUPPORT GROUPS

We offer a warm friendly welcome at our support groups, a time to be yourself in a safe and confidential environment.

Please ensure that you adhere to the ethos of the groups at all times.

#Information, Advice and Family Support Continued

Where can I find support for myself?

Umbrella are now operating different phone lines due to the RMC office being closed for the time being. Please call the following numbers:

Monday and Wednesday—07889214954

Tuesday and Thursday—07708898998

Friday—07701289703

Parents/ Carers can call us between 9.30am-3.30pm, a member of the Family support team will be happy to listen or answer any questions you may have. You can also email familysupport@umbrella.uk.net and someone will get back to you as soon as they can.

We have set up internet based support as well, please follow the link below www.facebook.com/groups/519504285415381/

Please see our support group page for a link to individual support groups.

Long Eaton Group—There was “standing room” only at this group. Thank you Julie for sharing your art work and encouraging our carers to have a go at painting their own greeting card to take home.

We also had a visit from Derbyshire County Council asking some brief questions for their Short Breaks consultation which is about to go live.

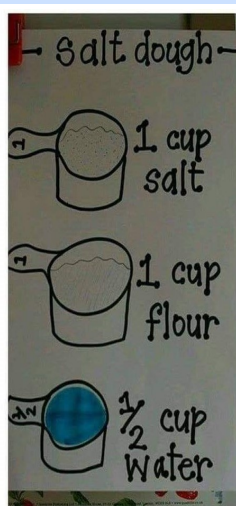
It was lovely to see so many Parents and Carers.



At March Parent and Girls group we had a science theme. Everyone thoroughly enjoyed making volcano lemons, splatter patterns, optical illusions and straw rockets. We especially enjoyed testing the rockets to see how high we could get them to fly. Mums and Dads really enjoyed a cup of tea and a chat as well as engaging with their children with the activities. Such great Fun! We look forward to seeing you all very soon.

Home Activities for families

Easy Sensory Activities to try at home



What's happening in Fundraising / Volunteering

We have had the great news that Umbrella are being supported by one of the teams at DHL at the Bombardier transport site in Derby as their charity of the year.

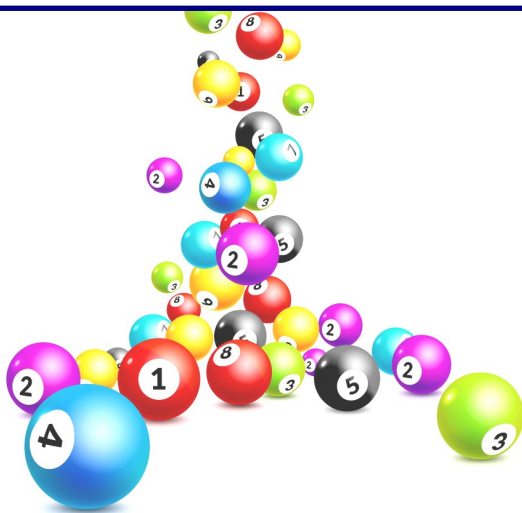
They will be hosting events throughout the year and recently held a St Patricks Day mystery box raffle and raised £79! Thank you everyone!



To All Our Volunteers,

Michelle has set up a Facebook Support Group. If you would like to join to keep in touch with other volunteers and share ideas, please search for Umbrella volunteers in Group Pages. This page will be temporarily unmanned from mid-April.

Big Thank you to the Tetsudo Clubs around the Midlands who raised £250 for Umbrella. They held a raffle and the families of all the teachers and students from various clubs attended and contributed. Kristin went along to meet the group and learn about what they do. Thank you all!



In it to win it!

A brilliant way to help raise money for Umbrella and also be in with a chance of winning something for yourself is to join the Umbrella Lottery!

For just £1 a week per line, you can win up to £25,000 each week and entering is really quick & easy (it takes less than two minutes!) If you haven't already signed up, you can find out how on the link below

<https://www.unitylottery.co.uk/causes/umbrella/>



If you're taking safe delivery of items with the use of online shopping, you could help us raise much needed funds by shopping through our partners. It doesn't cost you anything as the organising donate a percentage of your shopping t us!

amazonsmile
You shop. Amazon gives.



Give as you Live®

PayPal
Giving Fund

RIVIERA
TRAVEL



Activities Accessible at Home.

Please contact organisations directly for more information.

P.E at home with Joe Wicks

Every morning at 9am he will be going LIVE on his YouTube channel with a 30 minute workout class for kids of all ages... teenagers and adults you can get involved too. Have fun and inspire each other. Interact, connect and laugh along.

<https://www.youtube.com/user/thebodycoach1>

Smiling Mind

Short audio sessions to help with mindfulness

<http://app.smilingmind.com.au>

Elevenes with The World of David Walliams

Everyday at 11am you can listen to one of David Walliams' Worlds Worst Children stories, so sit down, take a break and enjoy 20mins of pure fun!

www.worldofdavidwalliams.com

The Maths Factor—Carol Vorderman

Maths Factor Free for everyone while schools are closed. For children ages 4-12years. Full of videos, games and lots of practice questions.

www.themathsfactor.com

Virtual Aquarium Visit

Virtual tours available daily at 11am live question and answers.

www.neaq.org/visit/athome-events-and-actiities

Twinkl

Activities for all age groups with a free membership for 30 days.

www.twinkl.co.uk

Cosmic Kids

Yoga activities for all ages.

<https://www.youtube.com/user/CosmicKidsYoga>

Widget Online

Symbol users will have free unrestricted access to widgets and already made materials for 30 days. This is useful for your PEC's, Communication Boards and visual timetables.

www.widgetonline.com

Science with Maddie Moate

Maddie and Greg will be doing live videos every day at 11am about science and nature.

www.youtube.com/user/maddiemoate

Sensory/messy play ideas

- www.learning4kids.net/list-of-sensory-play-ideas/
- www.lemonlimeadventures.com/12-sensory-play-ideas-to-encourage-hands-on-learning/

Other information



HUGE Announcement for Derby City Parents and Carers needing help and support during the COVID-19

Here at Parent Carers Together CIC, we endeavour to keep SEND family needs at the heart of our community. As we enter uncertain times, we want Derby City parent carers to know we are in this 'TOGETHER'. We are passionate about having those conversations, to rethink support and maximise help. Looking out for each other and sticking together will be what pulls us through the challenges that lay ahead.

So here we are, delighted to be able to offer 500, 6-month subscriptions in the superb online specialist SEND training and support membership website – 'The Operation Diversity Academy.'

Please head over to www.parentcarerstogether.com. To register your interest in a place and we will get right back to you.

Umbrella are excited to be invited along to the Service User Involvement Group at Derby University which will support learning disability nursing students. The event was scheduled for the 29th April however this has now been postponed. We will update you when we know when this will be happening.

Young adults over the age of 18 can get involved in many different volunteering opportunities alongside the lecturers and students. Umbrella are hoping to work with the university by exploring their volunteering opportunities and supporting young adults who would like to take part in this fantastic opportunity. It's a great chance to develop skills and if you would be interested in attending but want more information, please drop Joanne Skellern a message j.skellern@derby.ac.uk. Rhian from Umbrella will be going along to the event. If you currently access Umbrella Adults Services and would like to go along with Rhian to get more information, please contact her on rhianb@Umbrella.uk.net

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
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Derby City Council

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Email: admin@umbrella.uk.net
Telephone: 01332 785658



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