



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

May 2020

We hope you and your family are keeping well and safe during these challenging times. On 22 March we took the decision to suspend our frontline services, we did this with a heavy heart because we know how difficult this would be for families. However in order to keep families, staff and volunteers safe we had no choice. We contacted all our families and whilst some chose not to engage in any virtual services at that time they welcomed the regular contact. Times have changed and we are now in our second lockdown and families are benefitting from more virtual support opportunities. We are already offering virtual choir and youth club sessions through our Children in Need funding, as well as a fabulous family support service, further information and contact details can be found later in the bulletin.

Virtual Services for Council Funded Projects including Short Breaks and Adult Services are expanding

The responses we have received from adults, children and families accessing virtual sessions has been overwhelmingly positive. Based on the success of these we are currently exploring extra ways we can bring a service to you and have taken the decision to set up more virtual supports for our children and young adults. Support will take place in the form of groups or 1:1's, depending on the children and young adult's individual interests and needs; and will include some amazing interactive activities, whilst providing an opportunity for everyone to see and catch up with their friends and support workers. Although it is not like having your usual face to face service, we feel this will go towards offering some level of support for our wonderful and much missed friends who currently access a funded service through short breaks or personal budgets. We will also put in place support for families who do not have access to a computer or the internet.

As yet, we do not have the finer details ironed out but if you have any questions, would like more information or this is something your young person would be interested please do not hesitate to get in touch with us using the below contact information:

Sarah (Adult Services Coordinator) – 07716 639477
Sarah.jones@umbrella.uk.net

Joy Howell (Childrens Services Coordinator) – 07753 455571
Joy.howell@umbrella.uk.net

All of Umbrella's staff are working from home, if they don't answer please leave a message and they will get back in touch with you as soon as possible.



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



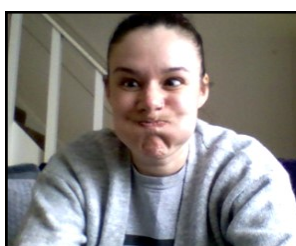
[Umbrella Derby and Derbyshire](https://www.facebook.com/UmbrellaDerbyandDerbyshire)

What's happening in Children's Services

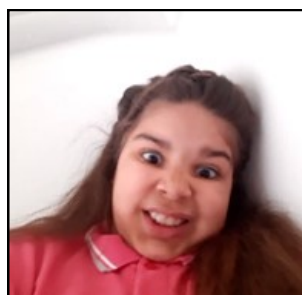
One to One Supports



Although there are only a few staff working on children's services, we are doing our best to keep as many children and families supported and entertained in different and creative ways. Some activities include silly face competitions, colouring together on Zoom and the children sharing their favourite stories.



There have also been lots of encouraging stories of children trying new foods and helping out with cooking at home.



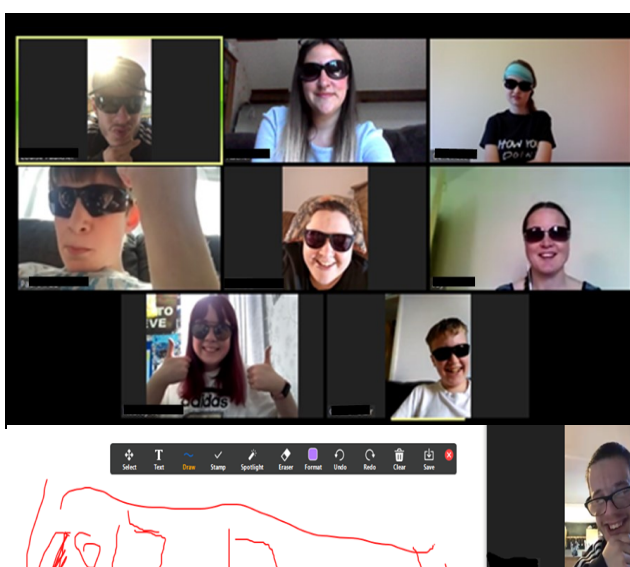
We miss you all and can't wait until we can see you again soon.

Group Support Sessions

It is amazing how skilled Umbrella staff and children have become using Zoom for group sessions over the last month!

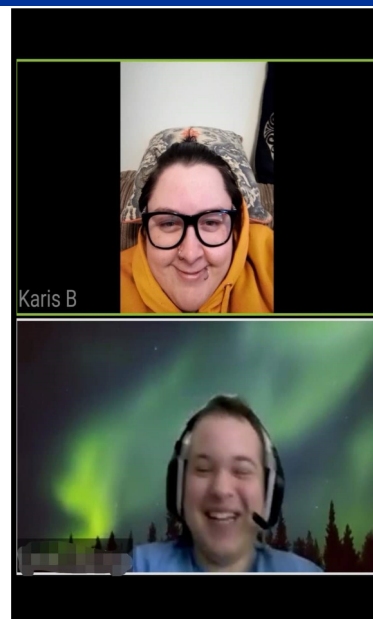
As the children have been missing school and Umbrella, they have loved the chance to catch up with their Umbrella friends and support workers, have some fun and play some games. Pictionary, quizzes and scavenger hunts around the house are just a few examples of what they have been doing.

It has been so encouraging for the children, families and staff alike to see so many smiles during these sessions.

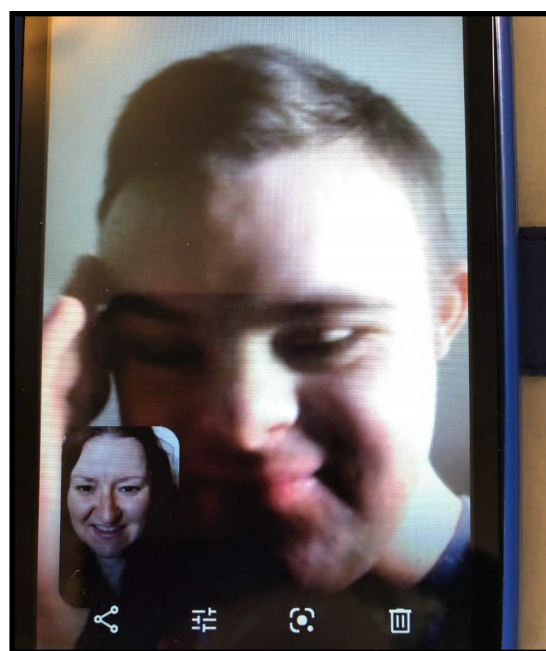


Check out our website www.umbrella.uk.net

What's happening in Adult Services

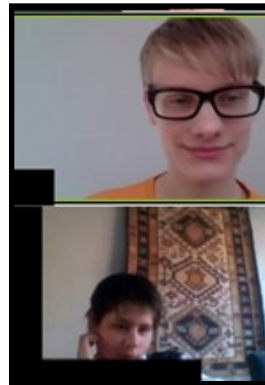


During these difficult and confusing times, it has been so lovely to have contact with a lot of our lovely young adults at Umbrella through apps like Zoom and WhatsApp. Some of our staff have made regular video calls with a lot of the young people allowing them to keep in touch and see those familiar faces. We have also received photos and videos from families of the young adults keeping busy at home during isolation. It has been very uplifting to see the smiles on the young adult's faces when they receive a call and we are looking forward to seeing you all again when we are back at Umbrella.



What's happened in Play and Leisure

Tuesday & Thursdays Youth Club



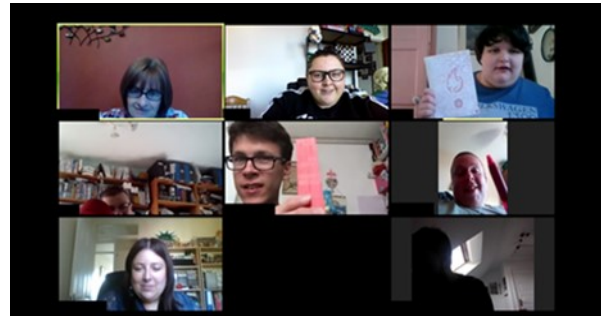
Pictionary was the name of the game for the Tuesday and Thursdays youth club. We had some great pictures drawn by the young people.

Friday Youth Club

The Umbrella Friday Youth Club had a fantastic time on Friday Evening. The group enjoyed a great general knowledge quiz. Lots of fun and games planned for the coming weeks

If you would like more information on these virtual groups
Please contact Nicola Green

Nicola.green@umbrella.uk.net or 07540823895



Raindrops Choir is meeting twice a week on Mondays and Wednesdays at 6.00 pm- 7.00 pm via Zoom for more information contact nicola.green@umbrella.uk.net 07540823895

The Umbrella Raindrops have been working so hard at the virtual sessions and have made a video that they would like to share with you. Please follow the link below to watch the video and share the link with your family and friends.

<https://youtu.be/URiwlCLMrxY>



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 or Nicola Green Directly on 07540 823895.

How we have been supporting families remotely!



Sun Awareness Week
4th—10th May 2020

FUN FACT!
UV rays are strongest and most harmful during midday. So, don't forget to put on your sun-screen!

Paper Plate Sun Hat

What you will need:

- 1 x paper plate
- 1 x paper bowl plate
- Glue
- Glitters, coloured pens, sequins, paint
- Ribbon or sting.



1. Cut out a hole in the plate
 2. Glue along the bottom of the plate
 3. Place bowl upside down onto the glued edge and put two holes in the sides for the ribbon or string
 4. Secure your ribbon or string and cut to fit.
 5. Decorate your hat as bright and colourful as you can
- If you have completed this please send us pictures to our email address
famillysupport@umbrella.uk.net.

Check out our website www.umbrella.uk.net

What's happening in Information, Advice and Family Support

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.

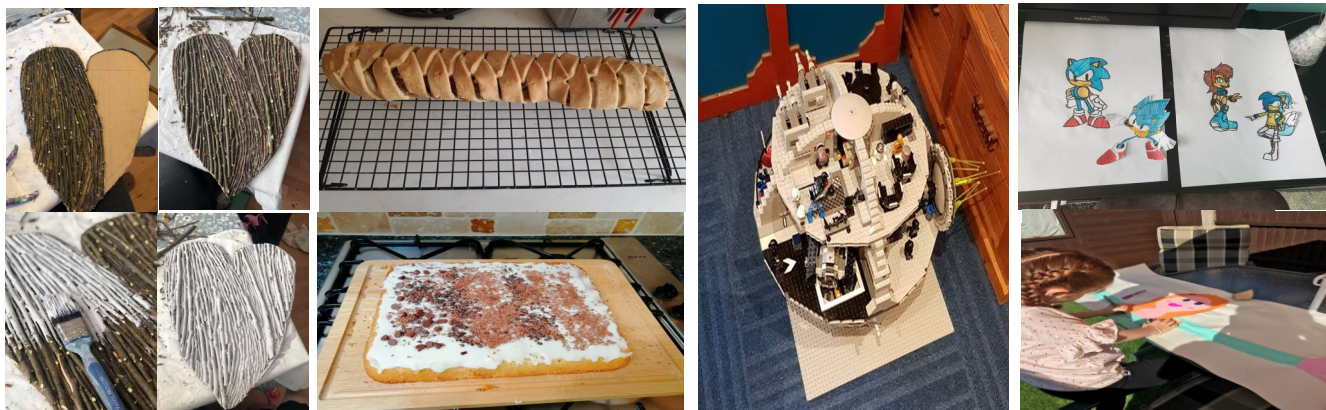
We have set up internet based support as well, please follow the link below www.facebook.com/groups/519504285415381/

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

We also have the instant messenger on Facebook that you can message. This will be monitored throughout the SPA hours 9:30am—3:30pm.

Online Family Support!

A massive thank you to our families who have been sending us wonderful photos of all the activities that you have been doing over the last couple of weeks. Here are a few we would like to share with you. We love to see what you are up to so please keep sending them to us!



Family Friendly recipes

cake in a mug

35g plain flour
2 tbsp cocoa powder
1/4 tsp baking powder
2 tbsp granulated sugar
pinch salt
60ml milk
2 tbsp vegetable oil
1 tbsp nutella or mini chocolate chips



mix dry ingredients in the biggest mug you have (sports direct ones are great)

mix in wet ingredients till theres no lumps

drop the nutella/chocolate drops on top in the middle

put in microwave on high for 70sec

Cheesecake

250g digestive biscuits
100g melted butter
1/2 tsp vanilla extract
600g full fat soft cheese
100g icing sugar
284ml pot of double cream



crush digestive till its crumbs.

mix with melted butter then firmly press into a greased cake tin. chill in fridge for 1hr

mix cheese, vanilla and icing sugar until smooth then spoon mixture over biscuit base.

leave to set in fridge overnight.

you can mix this up easily by using different flavours in place of the vanilla (lemon, lime, strawberry), using chocolate digestives, adding fresh fruit or adding some cocoa powder.

Easy Fork Biscuits



100g butter softened
50g caster sugar
150g self raising flour

Line a baking Tray and preheat oven to 180°

Mix your butter and sugar in a bowl until well combined and fluffy.

Add the flour and keep mixing gently until well combined!

mix together with your hands.

Roll walnut sized pieces and place on your baking tray fill a cup with cold water, dip a fork into the water and then gently press down on each ball of biscuit dough.

Bake in the oven for 12-15 Mins or until golden brown.

Pop onto a wire rack to cool.

Information, Advice and Family Support Continued

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.

What's happening in Fundraising / Volunteering



The last year

Thank you to everyone who donated to Umbrella throughout the last year. We had lots of wonderful supporters who raised a staggering £52,641 which goes towards some of our groups, equipment, toys, subsidies for trips and more. We wouldn't be able to do what we do without this so we are thankful to everyone who helped and for every penny raised.

Donations come to us from a variety of sources including: Riviera, online shopping, corporate sponsorship, sports clubs, friends of Umbrella, donations in memory, the lottery, schools, sponsored events and so much more.

This year, with the uncertainty of the economic climate, we will need to work harder than ever to reach our £55,000 target but there is a way you can help us without having to spend anything! If you are taking safe delivery of items with the use of online shopping, you could help raise much needed funds by shopping through our partners. It doesn't cost you anything as the organisations donate a percentage of your shopping directly to us at no extra cost to you!

Amazon Smile is the same as Amazon except they donate to charities — easy peasy! More information or [Sign up here](#)

Give as you Live house a variety of well known shops and again, donate depending on sale values. More information or [Sign up here](#)

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/>

amazonsmile
You shop. Amazon gives.



Give as you Live®

PayPal
Giving Fund

RIVIERA
T R A V E L



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>

Geography with Steve Backshall—9:30 am every Wednesday

From habitats to holotypes, parasites to pademelons, BBC presenter Steve Backshall will bring wildlife into your lounge – mess-free. Each Wednesday he'll host a live classroom across his social channels.

www.youtube.com/c/SteveBackshallOfficial

Music with Nick Cope

Performing music for children and families as seen on cbeebies.

<https://www.youtube.com/channel/UCHswhfkDAHDSsJBHew8sOUg>

Science with Brain Cox

Scientist Brian Cox will be joined by comedian Robin Ince to front The Stay at Home Show on YouTube. On each episode (airing almost daily) they'll be joined by guests including Josie Long and Reece Shearsmith for a special science-based Q&A session.

<https://cosmicshambles.com/stayathome/upcoming-schedule>

Stories with Julia Donaldson

The writer of The Gruffalo is launching a new Facebook series, featuring a live book reading (or song), followed by an art tutorial by illustrators Axel Scheffler, Rebecca Cobb, Lydia Monks, David Roberts and Nick Sharratt. New episodes will be broadcast live from her home at 4pm each Thursday.

<https://www.facebook.com/watch/OfficialGruffalo/>

Story Massage Therapy

Online story and massage techniques you can do with your children.

<https://www.facebook.com/StoryMassageProgramme/>

Soundabout

Join Soundabout's Facebook page every Tuesday and Saturday at 2pm for Soundabout Live! Fun, interactive music sessions for people of all ages with PMLD and SLD.

<https://www.soundabout.org.uk/> <https://www.facebook.com/SoundaboutUK/>

Jungle Jo

Learn about different types of creatures and also activities to keep your children busy. Daily postings on her Facebook page.

<https://www.facebook.com/junglejouk/>

Other information



During this time it is important to ensure that children are safe online. As parents and carers it is not always so easy to do so however we do understand and teach our children about what is right and wrong when it comes to being online. To help support you in this we have the following advice and guides that you could follow.

Think You Know have released activity packs for different ages please follow the link to gain access to this.

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

National online safety have also got a large amount of guides that are available for different games and apps that your children may use. Please use the link below:

<https://nationalonlinesafety.com/guides>

MENCAP as have a guide for parents for internet safety for children with disabilities.

<https://www.mencap.org.uk/sites/default/files/2016-11/Internet-Safety-web-2016.pdf>

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



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