



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

July 2020

We all can't wait to see you soon!

We have missed you so much but in order to keep everyone safe we are returning to face to face services gradually.

After 6 weeks of preparation, planning and cleaning we are due to recommence many of our face to face services from 1 July. Many of the Activity Support Workers have been furloughed since April and they are returning on a part time basis, this means wherever possible we have tried our best to allocate your child/young adult to their regular worker. Unfortunately Umbrella House is very small and due to social distancing requirements we will only be able to support 2 or 3 children at this base, but don't worry we have secured the sole use of two additional buildings to ensure we can provide as much support as possible. Umbrella House is reserved for children and young adults who require assistance with personal care and who would not cope in a different venue. Many of our children and young adults with mild to moderate level of needs continue to enjoy virtual services including the amazing pizza making activity on page 4. Don't worry though we hope to offer some face to face services for our Global Make Some Noise project and our youth clubs in August.

It is still difficult for us to understand the current situation but for our families Covid 19 has been significantly more challenging and stressful. Although we are not offering face to face family support sessions at the moment we have this in our plans to reintroduce when it is safe to do so.



Our wonderful friends at Industrial Contracting Services are still working extremely hard at Annie's Place. Lack of funds has been our biggest barrier, but I am delighted we have recently received a grant from the Wolfson Foundation to complete the works in Phase 1. We know you will love the centre as much as we do, it is still a work in progress and we have applied for funds for the garden and sensory room which is part of Phase 2. The only thing holding up progress now is the lack of plaster. Kindly 2 friends donated 6 bags to Umbrella, but we still need another 29 bags to complete our work. If anyone can help please e-mail ann.rowlands@umbrella.uk.net.

Although funding will be incredibly tight for the next few years we have taken the difficult decision to cease recycling crisp packets. The income generated from the recycling was significantly reduced and we know "Every Little Helps" but in order to keep the centre scrupulously clean we cannot accept crisp packets currently. If anyone would like to volunteer to take on this job we would love to hear from you.



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



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

What's happening in Children's Services

Resource Boxes



Staff were busy delivering Resource Boxes this month to some of our children. They were so excited to receive them and got stuck straight in to exploring the amazing activities.



Virtual Supports

It is amazing how creative Umbrella staff and children are Getting with support via video links. Here are a few of the children baking together.

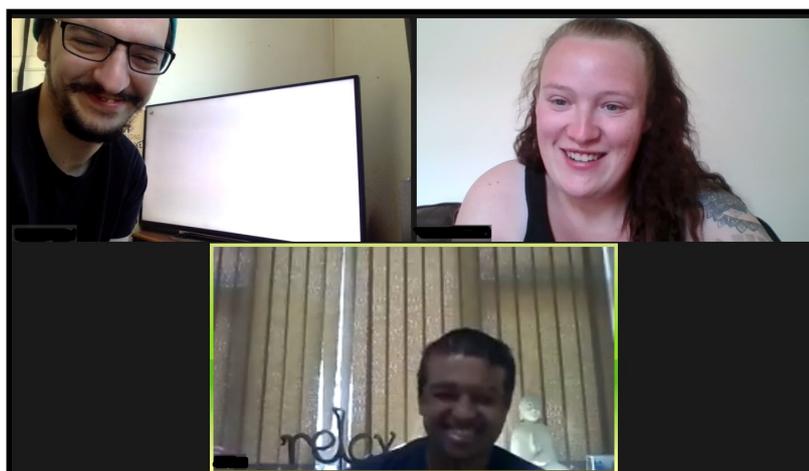


Check out our website www.umbrella.uk.net

What's happening in Adult Services



Our virtual groups have been continuing to grow every week! It has been wonderful to see so many familiar faces from Umbrella come together and take part in some brilliant activities. The INDE group have enjoyed some interactive games such as Outburst, the ABC quiz and even a Disney quiz! Everyone in the group has enjoyed catching up with their friends and sharing all of the fun things they have been up to whilst being at home.



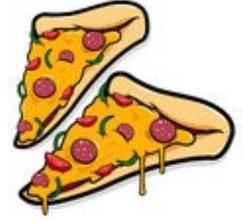
Arjan has also been enjoying his weekly catch ups with Umbrella staff. They have been doing lots of Thomas the Tank activities and games as this always put a smile on his face. He has also demonstrated his kitchen skills by making a fruit salad and is looking forward to doing some baking over the coming weeks.

If you would like more information about our virtual group supports for your young adult, please contact Sarah Jones at sarah.jones@umbrella.uk.net or Danielle Vincent at danielle.vincent@umbrella.uk.net

What's happened in Play and Leisure

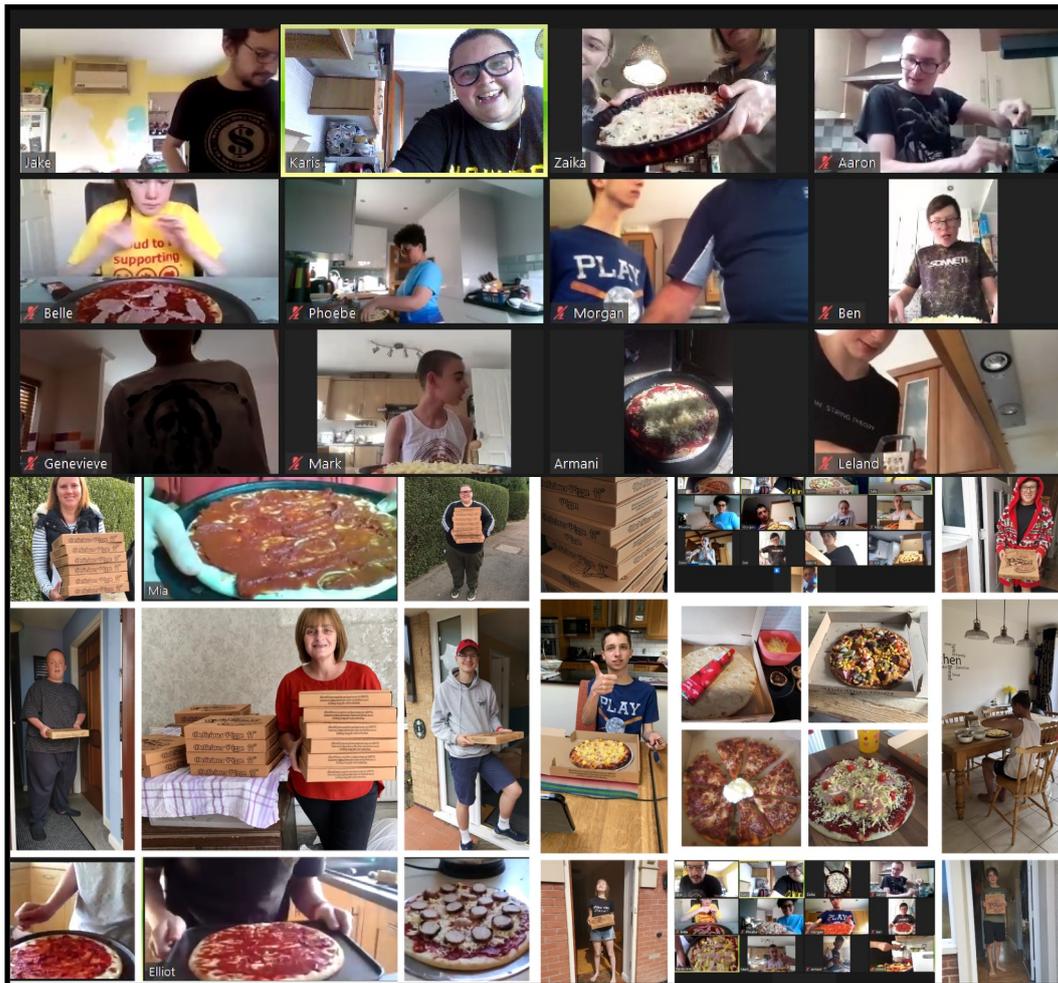


Amazing! Youth Club Pizza Making!



The Play & Leisure Youth Clubs had a great evening when they made pizza together. The young people received a surprise delivery of a pizza box containing the base, tomato puree and cheese!

A big Thank you to Morrison's Supermarket who individually wrapped the pizza bases for the groups activity.



Play & Leisure Youth Clubs

Our virtual groups are growing and more young people are now joining us online
If you would like more information please contact
Nicola.green@umbrella.uk.net



Youth clubs are still being run 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 call Nicola Green Directly on 07540 823895.

Cookery For All

Pizza Puff Pinwheels

Ingredients:

- 375g pack ready rolled puff pastry, thawed if frozen
- 6 tbsp ready made passata or pizza sauce
- 100g wafer thin ham
- 100g mature cheddar, grated
- 1 egg, beaten
- 1 tsp dried oregano or mixed herbs



1. Preheat oven to fan 180C/conventional 200C/gas 6.
2. Unroll the pastry onto a lightly floured surface and roll it out to 40 x 32cm.
3. Spread a layer of sauce over it, leaving a 1cm border around the edges.
4. Arrange the ham evenly on top, then scatter the grated cheese over.
5. Starting at one of the short ends, roll the pastry up as tightly as possible.
6. Chill in the fridge for 10 minutes or so.
7. Take a very sharp knife and cut the roll into 12 equal slices, laying them flat on 2 non-stick baking trays as you go.
8. Brush each pinwheel lightly with beaten egg and sprinkle over the herbs.
9. Bake for 12-15 minutes until puffed and golden.
10. Leave to stand for 5-10 minutes before serving.



Strawberries & Cream Cheesecake

Ingredients:

- 200g buttery biscuits
- 200g cream cheese
- 200ml double cream
- 6 tbsp icing sugar
- 2 tsp vanilla extract
- 500g strawberries, (halved or quartered)

1. Blitz the biscuits to crumbs in a food processor or in a bowl with the end of a rolling pin. Divide the biscuit crumbs between the jars.
2. In a large bowl, whisk the cream cheese, cream, 5 tbsp icing sugar and the vanilla extract until softly whipped.
3. Tip half the strawberries and the remaining sugar into another bowl and crush with a fork to a purée.
4. Ripple the purée through the cream and divide between the jars.
5. Top each cheesecake with remaining strawberries, secure the lids and chill until ready eat.

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 —07889214954

Tuesday, Wednesday 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.

Boys and Girls and Parents Support Group's Resource boxes



Over the last couple of weeks we have been working hard to put together resource boxes for our families that attend our parents, boys and girls groups. Due to not seeing these families for a while and regularly meeting once a month we wanted to bring the fun to them at home. We have received fabulous photos and compliments that we would like to share with you.

Carer's Week 2020

Carers week was a little different this year. We came up with idea to celebrate and share together remotely. Alisha and Karis have created a video using photos of some of our carers. This can be found on the web link below. We also held a raffle which has given prizes to 2 of our Carers in Derby and Derbyshire.

We thank you all for your participation and we hope that next year we will be able to celebrate together.

<https://youtu.be/6Gx0jsHTIWQ>

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.

Fundraising and Volunteering

One of Umbrella's Trustees, Sharon, has made such a difference to us. Sharon's Dad sadly passed away last month and her family kindly donated some of his furniture to Umbrella. As funding for Annie's Place is very tight she decided to raise funds in memory of her Dad by having her hair clipped! She raised an incredible amount of money - over £1300! Her Dad would be very proud, we know we are.



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/>

Looking for a way to help Umbrella without spending extra money?

If you shop online or have taken to shopping online in recent times, you can raise money for Umbrella by shopping with our partners. Amazon Smile is the same as Amazon except your purchases are tracked and they donate a percentage of the amount to your chosen charity. Give As You Live are a starting point for accessing many well known shops and again, purchases are tracked and a percentage donated to your chosen charity. Signing up is easy, you can either Google the names or click on the images below if you are reading this electronically.

amazonsmile
You shop. Amazon gives.



Give as you Live®

PayPal
Giving Fund

RIVIERA
TRAVEL

Useful Online Resources

Useful websites for resources at home found on www.gov.uk website:

This list of SEND resources has been developed with a focus on accessibility and inclusivity. The vast majority of the resources on this list are suitable for both parents and teachers to use in supporting the home learning of children and young people with SEND.

Brain Parade: <http://www.brainparade.com/products/see-touch-learn-free/>

Description: a visual instruction app, including flash cards and picture-choosing games, for children with autism and special needs.

HelpKidzLearn: <https://www.helpkidzlearn.com/>

Description: a collection of games and resources designed for a range of educational needs and stages. It includes provision for school closure.

Sensory App House Ltd: <https://www.sensoryapphouse.com/>

Description: a range of apps are available for pupils with Profound and Multiple Learning Difficulties (PMLD) or Severe Learning Difficulties (SLD). All are interactive.

Visuals2Go: <https://www.visuals2go.com/>

Description: an all-in-one app created to support people with communication and learning difficulties. For verbal and non-verbal learners.

Active Learn Primary: <https://www.activelearnprimary.co.uk/>

Description: the Rapid Reading and Rapid Phonics programmes focus on accelerating progress in reading skills for pupils with dyslexia and with low levels of literacy.

Anna Freud National Centre for Children and Families: <https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

Description: a downloadable guide to supporting the mental health and wellbeing of pupils and students during periods of disruption.

Charles Dickens Primary: <http://www.charlesdickens.southwark.sch.uk/>

Description: the Jenny Wren Virtual School SEN Hub offers daily lessons for pupils focusing on Makaton and a daily activity to complete with a parent or teacher.

Inclusive Teach: <https://inclusiveteach.com/free-printable-sen-teaching-resources/>

Description: downloadable and printable accessible teaching resources for parents and teachers to support pupils with a range of SEND needs.

Priory Woods School:

<http://www.priorywoods.middlesbrough.sch.uk/page/?title=Resources&pid=3>

Description: resources from an award-winning, innovative school, rated by Ofsted as outstanding and put together by SEND teachers for parents and teachers.

SEN Teacher: <https://www.senteacher.org/>

Description: downloadable and printable resources that can be adapted to suit the needs of pupils. Resources are aimed at a range of abilities.

Speech and Language Kids: <https://www.speechandlanguagekids.com/free-speech-language-resources/>

Description: an extensive range of education and therapy resources for parents and teachers of children with speech and language problems. A podcast is also available on iTunes for verbal and non-verbal children.

Speech Link Multimedia Ltd: <https://speechandlanguage.info/parents>

Description: a parent portal with links to downloadable resources, activities and games developed by a team of speech and language therapists and software engineers.

The Autism Page: <https://www.theautismpage.com/>

Description: online support and information aimed at supporting parents with young autistic children. Information and ideas to support the implementation of autism specific teaching methods.

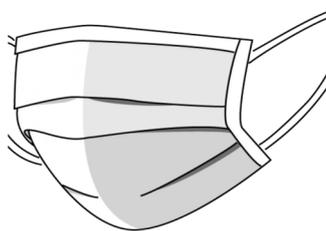


Monthly Festivals and Awareness Days

National Picnic Month
 Plastic Free July
 30th July - Eid-al-Adah (festival at the end of the Hajj pilgrimage)
 30th July - National Friendship Day



Useful Information



New rules in England require face coverings to be worn on all public transport or when visiting a health service. Some people are exempt from this, including people with disabilities. There are cards that you can carry with you to show that you are exempt. We can e-mail them to anyone who would like to be able to print a copy. Just drop us an e-mail at: family.support@umbrella.uk.net

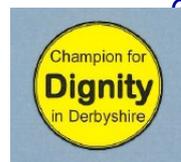
Health Watch Derby have created a survey to gather the people of Derbyshire's experiences and choices of health and social care services during the Covid-19 pandemic. This is a short anonymous survey and the results will be shared with providers and organisations within the health and social care sector to improve understanding, learning and development. The survey can be completed every time someone has a new / different experience of using a health and social care service within Derbyshire. The survey is on the link: <https://www.smartsurvey.co.uk/s/KPFNXG/> For our Parents and carers with school age children living in Derbyshire. Derbyshire parent carer voice are conducting a survey on behalf of Derbyshire County Council and would like your views on the proposed return to school and your concerns about this for your children. Please follow this link for more information: <https://derbyshireparentforums.co.uk/consultations/>

Umbrella Information Office

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



Charity Number 1150203



Umbrella
 Umbrella House
 64 Birdcage Walk
 Mackworth
 Derby
 DE22 4LD



Derby City Council



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