



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

October 2020



As a small charity, you may appreciate that fundraising has been very difficult for us since the start of the pandemic. With families not able to take part in events, pubs not able to open and everyone watching their purse strings, our annual target has taken a real hit and we aren't even at 10% of our annual target after 6 months of the financial year.

Our target is to raise £55,000 every year so we have a long way to go, and would love any help you can give!

The funds raised through the generosity of the public are put towards the running of some of our services, equipment, toys, trips and more. Now that we are resuming services and are providing more groups to cater for the smaller sizes, we are starting to feel the pinch. We are working behind the scenes planning new ways to drum up support including an online raffle, quizzes and calendar sales but in the meantime, can you help boost us closer to our target? We have set up a text giving account and would appreciate donations of any size. You can text as a one off or sign up to a monthly donation, all with one easy text! You could also involve the family with some other fundraising. See page 9 for more!

If you would like to make a one off donation to Umbrella you can text donations using the details below

Text UMBRELLA 3 to 70085 to donate £3
Text UMBRELLA 5 to 70085 to donate £5
Text UMBRELLA 10 to 70085 to donate £10

If you would like to make an automatic monthly donation to Umbrella:

Text UMBRELLAMORE 3 to donate £3 a month
Text UMBRELLAMORE 5 to donate £5 a month
Text UMBRELLAMORE 10 to donate £10 a month

Texts cost the donation amount plus 2 standard messages



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



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

What's happening in Children's Services



Children's services support some very creative children who love to explore and use different materials to express themselves.

Hours of fun was had building different marble runs, taking care that the balls didn't get stuck, or the structure didn't fall down.



Building and Creating



We are prepared to get a little messy and use paints to create some beautiful art work.



We may have a future Lego engineer as one young man designed an amazing house. There are all sorts of modern features in it, including a wheelchair with lots of technology.



We have an exciting opportunity at Umbrella for someone to join our children's services team working as an assistant to the coordinator within the project. We are looking for someone who is outgoing and enjoys making a difference to the lives of others.

Role: Coordinator Assistant in Children's Services

Hours: 26 hours per week to include some evenings and weekend working.

Salary: Starting Scale 18: £9.40 (within band 18-21 rising to £10.41)

For more information and application forms, visit www.umbrella.uk.net/vacancies
Closing date is 18th October at 11.59 pm

Check out our website www.umbrella.uk.net

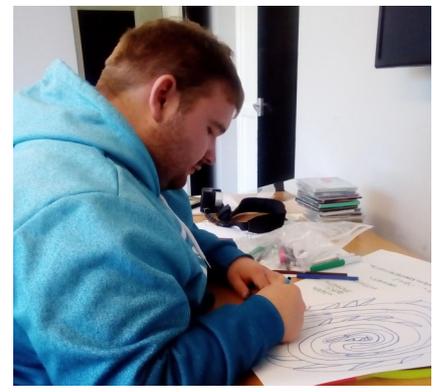
What's happening in Adult Services

The young adults have been continuing to enjoy their 1:1 supports at Umbrella. This month, everyone has been getting very creative...

Arjan joined in with the Lark in the Park Festival (from the comfort of Umbrella House) which is held every year by Arboretum Friends. This year the festival was held virtually but there were lots of opportunities for our young people to get involved with some of the activities. Arjan designed his own hot air balloon and coloured it beautifully.

Hamish has also been showing off his artistic skills and designed his own sea monster. He drew the sea monster very well and added lots of details including a stripy pattern. He was very proud of his creation.

Matthew loves Thomas the Tank Engine so his support worker thought of a lovely activity where Matthew could not only recycle some old cardboard tubes but also make his very own Thomas train to take home. Matthew painted the individual tubes and stuck them together, with the help of his support worker, in the shape of a train. He then added a face with some googly eyes and as you can see, was very happy with his creation.



The INDE group also expressed their creative skills with a visit to Paint a Pot at Markeaton Park. Paint a Pot were very accommodating and set up some socially distanced tables outside for the group. The young adults chose an item that they would like to paint and used some lovely colours for their designs. It was a beautiful sunny day too so they also enjoyed a walk around the park and a quick stop off at the play area.



Check out our website www.umbrella.uk.net

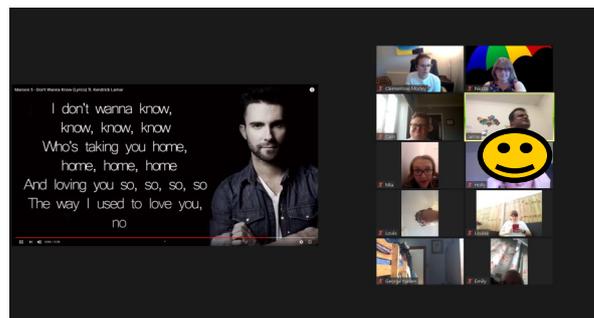
What's happening in Play and Leisure



Tuesday Youth Club Let's Go Fly a Kite!



The youth club had a great time on Darley Park making kites. It was extremely warm and no breeze but all enjoyed trying to get them in the air!



Raindrops Choir Umbrella



The Raindrops Choir are back together on Zoom after their summer break. What a fantastic session they had. If you are interested in joining the Raindrops please get in touch.

Friday Youth Club

The Friday youth club baked mug cakes together on Zoom. Holly made a wonderful white Chocolate Chip one and it was Gorgeouss!



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.

Global Make Some Noise– Childrens Activities

Although the weather was a little unkind to us in the last few weeks of the summer holidays we were still able to enjoy a number of activities.

Our under 11's group turned their hand to gardening. They got creative decorating their pots and then planted bulbs ready for the spring!



Whilst our older group took part in a nature trail around Darley park followed by a picnic and a spot of rock painting in the sunshine.



We also enjoyed a few rounds of mini golf at Markeaton Park.



If you are interested in accessing this project, please call our Single Point of Access on the mobile numbers provided on the Family Support page or Email: familysupport@umbrella.uk.net and ask for a referral to Becky Morrison.

We are unable to provide transport. The service will be tailored towards children with mild/moderate disabilities.

An, All About Me Form is required to be completed, to identify if the support is suitable for the child or young person and if we can meet the individuals identified needs.

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 continue operating different phone lines due to the RMC office being closed:

Monday - 07701289703 - Kelly
Tuesday, Wednesday and Thursday - 07708898998 - Alisha
Friday - 07701289703 - Kelly

Parents/ Carers can call 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 on Facebook which can be accessed on this link www.facebook.com/groups/519504285415381/ and includes instant messenger which will be monitored between 9:30am—3:30pm Monday-Friday.

Dads group seeking new members!!

Our Umbrella Dads are just as important as our Mums. Our dads group would really like to invite new dads to join. Exchanging stories and listening to other dads who are in a similar position could be fascinating and help get rid of the isolation and loneliness that dads might feel just like our mums do sometimes. What have you got to loose?.

We welcome all your ideas for fun things to do and engage with. Its not about sitting in a room talking. Lets go to the pub have a chat over a pint. Lets go walking together, lets go bowling together once we are allowed to again.

In the meantime lets hear from all our DADS.

Thank you to Darren, Stuart and Adrian for sharing your stories:



Hi, my name is Darren and I'm a mechanical design engineer by day, and many things besides the rest of the time; I'm a husband to Laura, and Dad to George (12 years) and Florence (10 years), Mr. Fix-it, taxi driver, peace maker, referee and everybody's financier! When I get a spare moment?? - doesn't happen very often! I'm interested in hifi, listening to an eclectic mix of music, photography, and general tinkering with electronics, IT and all things mechanical in my home workshop. Because of George I'm also a Beaver Scout Leader. Being a dad to George and Florence is both rewarding and challenging. Florence is going to be a prima ballerina, apparently - she is completely dance-mad. George is just George, he doesn't know what he is going to be, he loves Warhammer, Sea Scouts and rugby. George has his own challenges - additional needs- we don't know exactly yet what these are as we are currently waiting to get a diagnosis. But his challenges soon become our challenges when his behaviour is driven by his frustrations because things in his world aren't right!

I was introduced to the dads group about a year ago, thanks to Adrian (fellow scout-er). I didn't attend all of the meetings before lockdown, because life just didn't allow it. But now that the meeting is a little later, and on zoom it is more accessible. Personally I think that group is great, a bunch of chaps with insight into what it is like to live with the daily challenges that additional needs kids bring. I have not been aware that my parenting is being judged, and the meeting allows me to reclaim my identity for a short time, to be me.....Darren, not dad, taxi driver, Mr. Fix-it and all the other stuff, just Darren.

Information, Advice and Family Support Continued



I'm Stuart, step dad to two teenage girls Steph & Amy and husband to Anna. I work full time. When I have some free time to myself. I enjoy getting out and about taking photos with my camera. Looking forward to getting back out once Covid has subsided. I also enjoy rock music, real ale, cooking and travelling around the UK. With Dorset and North Yorkshire Moors being firm favourites. Recently joined the dads group as a member as life with two teenage girls with extra needs is quite challenging.

Chatting to the other dads in the group makes you realise that you're not alone and there are others that are going through and dealing with the same issues.

I'm Adrian, Linda and I have had TJ in our lives for 11 years now, he came to us just as he turned seven. While a bright and capable boy in many ways, and very quickly an irreplaceable part of our family not having any other children, he has had a number of struggles, and especially with his schooling. Although our adoption training had warned us that there would be bumps in the road, at times it has seemed like there is no road at all.

We have, however had a lot of help over the years from different sources. We have tried many things, been on a variety of short courses, and also met many people including other families along the way. TJ is now approaching 18 and he is a wonderful young man, but it is still unclear what employment he will find, or whether he will be able to live independently long-term.

We have only got to know about Umbrella in the last five years but it is an invaluable organisation which has given us guidance and suggestions on a wide range of things. I have found the Men's Group at the Farmhouse to be both a brief respite from home and a busy job (in my case on the railway), a way of meeting other men in similar or more challenging situations. Activities have ranged from difficult subjects like wills to 'letting your hair down' making spaghetti, not to mention occasional pizza meals. It is reassuring to know that help is out there, and is continuing in the present situation via Zoom etc.

Men are often focused on their work, this is of course often true for women too but they have a greater tendency to share their experiences and concerns. An appropriate balance between work and family life needs to be found and I strongly suggest fathers should give the men's group a try. Adrian

what's on

Monthly Festivals and Awareness Days

- National Cholesterol Month is an entire month
- ADHD (Attention Deficit Hyperactivity Disorder) Month
 - Breast Cancer Awareness month
- Be a Soberhero and go 31 days without alcohol this October say no to the booze and yes to raising money for people living with cancer
 - 1st October 2020 sees the return of International Coffee Day
 - 1st October is the annual kick-off of Vegetarian Awareness Month.
- This year's National Poetry Day will take place on Thursday 1st October 2020.
 - Unblocktober is the world's first awareness month to improve the health of our drains, sewers, watercourses and seas – driven completely by the public.



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.

. Please see below information about the different groups.

Derby City (Morning Group)

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

Derby City (Afternoon Group)

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

Support Through Arts

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

Amber Valley

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

Erewash

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

Parent and Boys Group

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

Parent and Girls Group

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

Male Carers Group

Zoom call group: On 12th October at 8pm

ID: 97563891684 Passcode 859229

Please contact Family Support for further details if required.

Zoom Meetings

We are scheduling Zoom meetings for many of our Support Groups. If you are unable to access Facebook but would like to join these meetings please send us an email at familysupport@umbrella.uk.net and we will send you all the details about how to join. Here are the next scheduled meetings:

City Afternoon

7th October

7:30pm

ID: 93774119087

Passcode:545882

Erewash group

14th October

7:30pm

ID:96406171385

Passcode: 389570

City Morning

15th October

11am

ID: 92175520158

Passcode:367467

Amber Valley

20th October

7:30pm

ID:93201834485

Passcode:929373

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

PUMPKIN CARVING COMPETITION!

Categories:

Children up to age 11

Children age 12—17

Young people 18—30

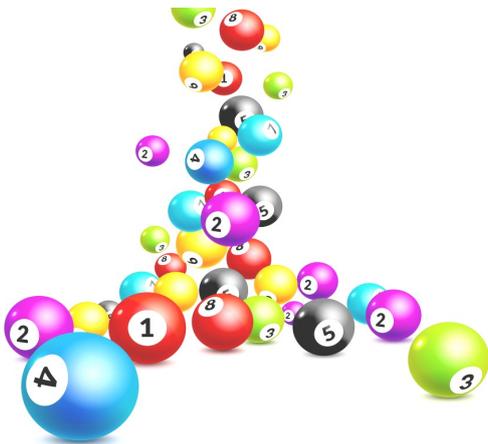
Competition opens 26th October and closes 1st November

Carve it, paint it , decorate it! Win prizes!

Entries cost £2 which is paid by Texting PUMPKIN to 70450
(text cost £2 plus 2 standard messages)

Then email pictures of your finished pumpkin to fundraising@umbrella.uk.net with the following information:
Name, Age, category, contact phone confirmation of payment.
(Details will be deleted after competition closes).

More details <https://umbrella.uk.net/news-and-events/>



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. 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
T R A V E L

Other Information



Sortified

We want to know about what has happened to your day care and short breaks because of COVID-19, and what this means for you?

We also want to know how you have been involved with any changes to your service, and if they have been good or bad?

There are lots of ways for people to get involved and have their say. You can:

- Complete a survey
- Send us a message, video, or audio clip
- Connect via social media
- Join us for a virtual drop-in session

To find out more go to www.sortified.com/day-opportunities

Umbrella would like to invite you to our Annual General Meeting.

**On: Wednesday 11th November 2020
At: 7pm**

This year our AGM will be online. We would love to see you - please let us know you can join us by calling the office on: **01332 521229 or email: **dianem@umbrella.uk.net** or registering directly with the Zoom meeting. Please see meeting information and access passcode below.**

Join Zoom Meeting
<https://zoom.us/j/95038311377>

Meeting ID: 950 3831 1377
Passcode: 910300

Agenda, minutes, accounts and our annual report will be forwarded prior to the meeting.

Umbrella Information Office

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

Telephone 01332 785658



Charity Number 1150203

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