

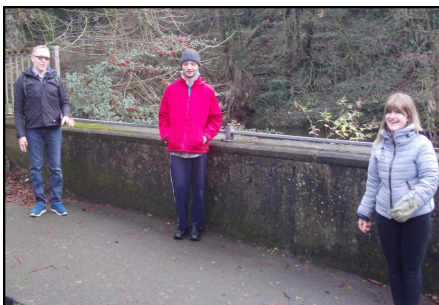
Working to improve the quality of life for disabled children, young people and their families in Derby City and Southern Derbyshire

January 2020



2020 has been a very challenging year for all of us. We are so pleased that we have been able to return to providing face to face services to our wonderful Children and young adults. Even in such a difficult time we have had some fantastic things to celebrate especially the opening of Annie's Place. We are so proud of our children and young people and their families who have adapted to Umbrella delivering services differently and its been a joy to hear our Raindrops choir who have continued to make us smile delivering songs throughout the year!

We hope that this bulletin will show you the happiness and joy our service brought to our Children, young adults and families and also the hard work and dedication of our staff team through out the year.



THANK YOU!

We would just like to say a massive thank you for everyone who has continued to support us throughout the last year! Thank you for all the kind donations for Annie's place and the on-going fundraising taking place. Thank you also to all of our volunteers who have contributed to all of our services last year.



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



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

What's happening in Children's Services



Throughout December all the children were able to participate in many activities, inside and out.

At Annie's place we were able to do lots of arts and crafts including decorating gingerbread men and making slime in Christmas themed colours. We are hoping that these skills will be very handy over the Christmas period!

We had a fantastic Toy Story day which included watching the film and getting in the Christmas mood!

Our outdoor activities were brilliant. We went on the Elf trail at Markeaton Park. All the children and staff had a fantastic time! We look forward to having lots of adventures this year!



The first weekend in December a couple of our children, Halima and Ibby took a lovely wintery trip to Matlock bath. They had lots of fun looking at the beautiful views of the river followed by chips for lunch, Halima particularly enjoyed looking at all the different types of dogs that were out for walks with their owners.



Our new sensory room was a big hit in December! It is a fantastic area for our children to relax after a busy session.



Morgan and Karis paid a festive visit to Bretby garden centre to look at the decorations and see the baby reindeers. Morgan wore his festive elf jumper and enjoyed listening to the Christmas music they had playing, they were definitely in the Christmas spirit when they left.

Check out our website www.umbrella.uk.net

What's happening in Adult Services



Throughout December the INDE groups have been really busy creating and learning skills to take home.

We have been decorating Christmas cakes and crafting different Christmas decorations.

We have really enjoyed settling into Annie's Place and we think these pictures show how much our young people have enjoyed the festive season there.



Check out our website www.umbrella.uk.net

What's happening in Play and Leisure



When Santa Came to Visit Annie's Place!



December was a little bit different, as we couldn't do our Usual Christmas Party. However it was so nice for Santa to come and visit some of our families.

There was opportunity for our young people to meet Santa and also have a cup of tea and cake if they wished.

It was so lovely to be able to gain some normality and see the happiness in the faces of the young peoples. It was also lovely for some of our families to come and see Annie's place as they hadn't been there before.

We hope you enjoyed the visits as much as we enjoyed seeing you all.

Happy New Year to all of you.



Siblings Group 11-17 years: Have you got a brother or sister with a disability? We are looking for new members to join the siblings group.

Tuesday Youth Club: We have places at the Tuesday youth club. This group is for young people aged 12 to 18 years with a mild to moderate disability.

Thursdays youth club : We have places available at the Thursdays club This group is for young people aged 12 to 18 years with High Functioning Autism.

Raindrops Choir : We are looking for children and young people that would like to join the Umbrella Raindrops Choir. The Choir is for young people aged 8 years and over. Come along and enjoy the fun!

If you would like more information on any of the groups listed above or are interested in your child attending, please get in touch with Nicola Green:
Nicola.green@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:

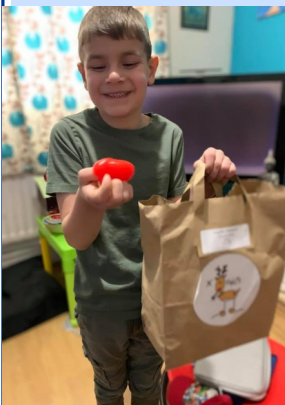
Monday - 07701289703 - Kelly

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.

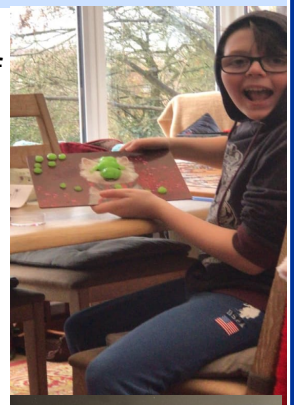
December Highlights!



Family Support were out and about at the beginning of December delivering packs to some of our families!

For regular attendees of our girls and boys group they received some resources to enjoy throughout

December. Volunteers also put together some packs for our carers who regularly attend support groups. We had some fantastic feedback. It was a pleasure to see some of the families and we cant wait to see more of you this year!



Christmas Support Groups of Zoom!

We are very grateful to Marie Hegharty who provided us with our crafty Christmas Zoom support groups! We hope that everyone enjoyed them. We would like to share all the fantastic pictures of things that were made.

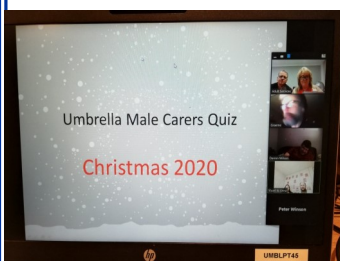


Male Carers Quiz night!

Thank you Graeme Smith, our quiz master who put together a brilliant quiz for our dads group in December. I must say I was a bit scared when he initially said there were 70 rounds, thankfully he was joking. It was a shame we did not have more dads join us but for those who did, it was a fun evening. Congratulations to Darren our winner and thank you to everyone who took part. Our next group meeting is on the 4th January where one of our male trustees will join us for a chat and answer any questions you may have about Umbrella.

For the majority of families on our database we only have contact emails for mum's or grandma's or female carers. This is the email address that we use on all correspondence and so we are uncertain if information regarding

our male carers group is getting to them. To help us rectify this and enable us to reach more male carers, would you be so kind as to send us an email contact for the male carer in your family (with their permission of course) so that we can reach as many as we can. Many thanks.....Alisha.



Information, Advice and Family Support Continued

Parent and Carers walking groups.



The family support team are excited to announce we have Risk Assessed two short walks which allows us to meet up with you face to face again.

The numbers are limited to 6 per group (5 Parents and 1 Family Support worker).

On: 12th January meet at Attenborough Nature Reserve, 52 Barton Lane, Beeston, Nottingham NG9 6DY.

At: 10.30am

On: Friday 22nd January meet at Markeaton Park, Mundy Play Centre Car Park

At: 10.30am

Places must be booked, and are limited to 6 per session. We kindly ask that attendees wear masks at all times when in the group.

You can book **by calling: 07708898998** or emailing the familysupport@umbrella.uk.net



Wellbeing Course

January could be a challenging time for many of our families. We would like to offer our wellbeing course which could be useful to learn skills to help with the winter blues. It will be a time of relaxation and mindfulness for all.

If you would like more information please drop us an email.

familysupport@umbrella.uk.net

Global Make Some Noise

If you are interested in accessing this project aimed at children with mild to moderate disabilities, 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.



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. Please note, transport cannot be provided by Umbrella.

Check out our website www.umbrella.uk.net

Information, Advice and Family Support Continued

Parent/Carer Support Groups

Due to postponing all our face to face groups we have created Facebook and Zoom Groups. Facebook Groups are continuous throughout the week and instant messenger is available from 9:30am-3:30pm during the working week.

We are holding online Support groups on Zoom on the dates below we will have guest speakers who will be joining us too. Please see chart for log in details. If you require further information please get in touch with our family support team.

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.

Derby City (Morning Group) https://www.facebook.com/groups/2962720243811638/ Zoom: 1st Wednesday in the Month Time: 10:00 pm to 12.00 pm		Derby City (Afternoon Group) https://www.facebook.com/groups/198330544802522/ Zoom: 1st Wednesday in the Month Time: 12.30 pm to 14.30 pm	
6th Jan	How to handle tantrums – Amanda Seyderhelm	6th Jan	Chair yoga with Laurie
ID Password	917 8140 5067 478237	ID Password	932 5157 7556 725856
Support through Arts (Booking is required) https://www.facebook.com/groups/2405836889708275/ Zoom: 3rd Thursday in the Month Time: 11.00am to 12.00pm		Amber Valley https://www.facebook.com/groups/193718375386874/ Zoom: 2nd Thursday in the Month Time: 10am to 12 noon	
21st Jan	3D Art	14th Jan	Chair Yoga with Laurie
ID Password	992 2732 4461 658635	ID Password	946 0940 0868 846662
Erewash https://www.facebook.com/groups/2472927736290870/ Zoom: Last Wednesday in the Month Time: 10am to 12 noon		Male Carers Zoom: 1st Monday in the Month Time: From 7:00pm	
27th Jan	Chair Yoga with Laurie	4th Jan	Open Meeting
ID Password	970 6876 9420 181324	ID Password	937 6182 0273 099646

Parent and Boys Group

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

Parent and Girls Group

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

Fundraising and Volunteering

CONGRATULATIONS TO OUR WINNERS!



Our Christmas Raffle

In December our Christmas Raffle raised £816! We are so grateful for everyone who bought a ticket and all the companies and friends who contributed to prizes. Congratulations to all our winners. We hope that you enjoy them!

Our 3 main winners were :

1st Prize Bungee Jump experience from Buyagift.com – Jones

2nd Prize Thornton's Chocolate hamper - Wilson

3rd Prize £25 cash – Gibson



Sam and Alex are very happy their mum Sarah won this wonderful Thornton's Chocolate Hamper in the Umbrella Christmas raffle.

On Monday the 14th December our Trustee Wayne Cook took part in Brave to Shave! Due to the impact on fundraising, because we have not been able to run our normal Christmas events, Wayne raised £8000 by braving the shave. We are absolutely ecstatic! This will make a huge difference to our Services. Thank you so much to Wayne for being so brave and also to everyone who supported by donating! Woolley hats welcome!!



Looking for a New Years Resolution?

Why not chose to give back and support Umbrella for the year? An easy way to do this is the lottery!

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 via this link.

<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.



Give as you Live®



Other Information



The Disabled children's Partnership have had a brilliant response to the two surveys they have run on the impact of the pandemic on disabled children and their families. They thank you again to everyone who has taken part and are extremely grateful.

They are planning further research in the new year. To support this, they are asking **parent carers with disabled children under 25 in England** to join an exclusive panel and take part in three to five short surveys between January and April 2021. Being a panel member will give you a stronger voice with government and help the Disabled Children's Partnership influence the levels of support for disabled children in the future. It will only take about half an hour every month.

The panel will be hosted for the Disabled Children's Partnership by Contact. To join please use link below:

<https://action.contact.org.uk/page/72514/subscribe/1>



DCA are proud to launch their new project – The Young Carers GP Project: 'Are you Young Carer aware?'

NHS England are funding DCA to work with GP surgeries across Derbyshire to help them to identify and support young carers in their communities.

DCA want to make GP surgeries accessible to Young Carers and help these children to feel valued in their caring role.

For more information please visit: <https://www.derbyshirecarers.co.uk/young-carers-gp-project>

Or email youngcarers@derbyshirecarers.co.uk

Umbrella Information Office

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

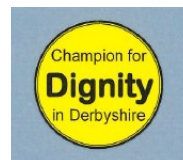
Telephone 01332 785658



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