



Celebrating Our Young People - Dan Bailey

Dan has been a member of Umbrella for about 10 years, first in a County side by side group before moving up to the INDE group when he reached 18. Dan is a great member of the group with his unique humour and commitment to Umbrella. Over the last couple of years Dan has worked hard at becoming more independent, so much so that he now lives in a lovely assisted living house. Dan is responsible for all his cleaning, washing and shopping and is becoming a fine chef.

When the first lockdown happened, Dan felt bored and wanted something to do. It had to do with farming because he comes from a farming background.

He spoke to his carers and O.T to help him find a course online connected to farming. Dan said "I want a course with a mixture of practical and theory. We found the perfect course for me at The University of Edinburgh. I was online 2 hours a day, each week for 2 months."

"The online course was made up of units, these were: Equine, British Wildlife, Dairy, Sheep, Pigs, and Veterinary. I passed every unit!!"

"Later last year my O.T got me in touch with DART college, they do practical outdoor courses, they were able to get me a placement at an Alpaca farm near my house".

"At the farm I muck out the sheep, pigs, goats, donkeys and chickens, then put clean bedding in and then feed them too. I also have to poo pick in the fields!! Sometimes I get to walk the goats, my auntie has just donated a goat to the centre because one of hers died and she didn't want the other one to get lonely"

"I love working there and in the future hope to get a paying job there"



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UMBRELLA ADULT SERVICES

INDE



INDE have enjoyed being back at Annie's Place after the Christmas break and they have started the New Year off with some wonderful activities. The young adults made their own time capsules with goals they would like to achieve in 2021 that they can then look back on them in 2022.

The garden at Annie's place is a very important space for all our young people so to start our involvement and learning we have made lovely bug hotels out of recycled materials to put in our garden.

We learnt about the different types of bugs that could live in these hotels and the types of environment that they like to live in.



TEAM



Our TEAM young adults have also been enjoying their time at Annie's place so far this year. Some of our young adults have started creating scrapbooks so they can remember the year of 2021 and all of the wonderful things they get up to at Umbrella. Others have been enjoying spending time with their friends at Annie's creating crafts, playing games and having a good old sing along!



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Children's Trips

We've kicked off the new year with some exciting trips over at Annie's place. Our first weekend of 2021 saw us continue the snow and winter theme with a Frozen day treat!

Here's the lovely Freya playing a board game and checking out the Frozen characters Anna, Kristoff and Olaf.



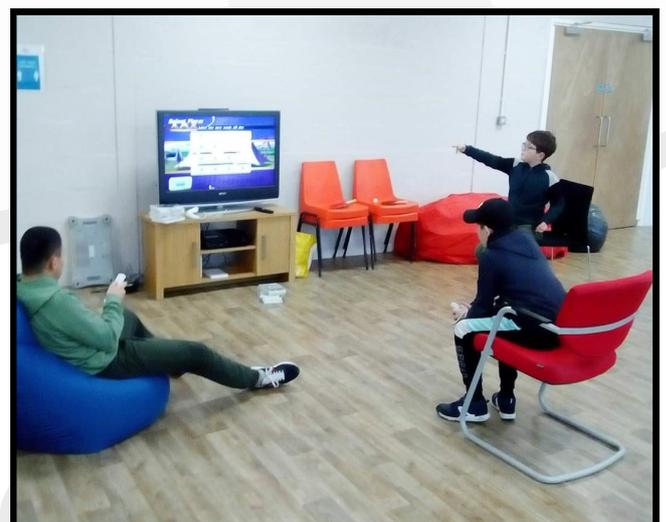
Lazy days in our PJ's!

In the spirit of taking it easy during lockdown the children were invited to wear their Pyjamas on a recent trip to Annie's place. There was time in the sensory room and some movie time, everyone was left feeling nice and chilled!



Wii Tournament

The weather might be a little wet and windy at the moment but there's plenty of fun to be had inside! The children had fun playing Wii games, whizzing around on Mario kart and virtual bowling.



UMBRELLA PLAY AND LEISURE

Tuesday and Thursday Youth Group

Are you aged between 11 and 18?

Do you have a mild to moderate disability and do not receive Short breaks or any other Funding?

Or

Do you have high functioning Autism with no learning needs?

Are you looking for a youth club to join?

The Tuesday and Thursday youth club are looking for new members to join their groups.

Annie's place from 6:30pm-8:30pm.

£6.00 per session.

We are currently offering small face to face groups of 4 young people and 2 staff members

If you would like more information please contact **Nicola Green** on **07540 823895** or

**WE
WANT
YOU!**

Umbrella Youth Forum

Would you like to help shape Umbrella and the services we provide?

Are you aged between 11 and 25?

Would you be interested in joining Umbrella's new youth forum?

This would be a video group to start with and then move to face to face sessions, when safe to meet in larger groups

We would love to hear from you.

If you would like more information please get in touch Nicola.green@umbrella.uk.net



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**No matter your situation,
you are NOT walking alone.**

We would like to give you the most up to date information about our service:

Single Point of Access

We are still working from home and remain on the mobile numbers. The phone lines will be answered between 09:30 and 15:30 Monday—Friday.

Monday and Friday - 07701289703

- Kelly

Tuesday and Wednesday - 07708898998

- Alisha

Thursday - 01332 521229 / 07889214958

- Peter.

Walking Support Groups

In light of the current restrictions, we have decided with a heavy heart that walking groups are to be postponed until further notice.

Facebook Groups

Most of you will be aware of our Facebook support groups. There is currently one Facebook group for each of the support groups we run. However, there is not much interaction on some of these groups so we have decided to reduce the groups to just our Main Parent and Carer Group and our Boys, Girls and Parents Support groups. If you are not on the main Support group then please see link to add yourself to it:

<https://www.facebook.com/groups/519504285415381>

Zoom Support

Our Zoom support groups are available to everyone! Please see the next page with all our Upcoming Events for February. If you need any further information please don't hesitate to get in touch.

We are always here!

Just to reinforce that we are always at the end of the phone or email. So if you need someone just to listen we can help!



Upcoming Umbrella Parent/Carer Online Groups

Our support groups continue to run on Zoom for the time-being alongside our Facebook groups and the messenger service for all which is available from 9.30am-3.30pm Mon– Fri.

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

February 1: Male Carers Group at 7pm

Zoom log in details: ID: 949 3149 5694 Passcode: 423613

February 3: Parents and Carers groups: We have 2 groups for you today

At 10am Safe & Sound Derby are joining for the first hour and then free time to chat

Zoom log in details: ID: 92571705740 Passcode: 160916

At 7pm Universal Services for Carers in Derby City will be with us - you could be missing out on vital support so join us to find out more

Zoom log in details: ID: 98449399845 Passcode: 932810

February 4: Parents and Carers “Mindful Yoga” 7pm to 8pm (New 4 week session)

Following your feedback from our taster yoga sessions we have scheduled 4 new sessions on February 4, 11, 25 and March 4. This will be a mindful yoga session, focusing on conscious breathing, relaxation, and a little meditation. The classes are suitable for all levels and abilities and you do not need to have any previous experience of yoga. Please bring a warm blanket, a cushion and a yoga mat is also recommended. Hope you will join us. No need to book in advance.

February 5: Parents and Girls group at 6pm-pm (Advanced Booking Only)

A quick quiz, scavenger hunt or bingo followed by a craft activity.

Zoom log in details: ID: 715 8943 9679 Passcode: girls

February 11: Parents and Carers group at 10am

Today we are joined by the Safe & Sound Project Derby for the first hour with time for chat.

Zoom log in details: ID: 92994580110 Passcode: 180994

February 18: Family art and craft session with Kelly 11.30am-1.30pm

Zoom log in details: ID: 947 9595 3016 Passcode: 955343

February 19: Parents and Boys group at 10.30am-12.30pm

Zoom log in details: ID 926 0554 7764 Passcode **867869**

February 24: Parents and Carers group at 10am

This is another chance to hear about Safe & Sound Project Derby.

Zoom log in details: ID: 94266753227 Passcode: 056984



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UMBRELLA FUNDRAISING AND SURVEYS

The UK Disability Survey

To help the government with understanding the barriers that disabled people face and what it may need to focus upon to improve the lives of disabled people, they need to hear about your views and know more about your experiences.

This survey will ask about your life experiences either as a disabled person, a carer or parent or as someone who has an interest in disability issues.

The survey will be open until 23 April 2021. Responses received before 13 February 2021 will inform the development of the National Strategy, while those received after this date used to inform its delivery.

To complete the survey please go to: [UK Disability Survey - Disability Unit - Citizen Space](https://www.ecoracing.co/user/page/1312)



This year, as we have been unable to do our usual fundraising activities we thought we would have a go at something a bit different. We are taking part in a virtual balloon race. Each balloon cost £3 and you can be in with a chance of winning £500. You can buy a balloon and support Umbrella here

www.ecoracing.co/user/page/1312

You can even decorate your balloon. The balloons will be launched (virtually) on the 4th April from Jerusalem.

Shop with our partners

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 to take you directly to the sites where you can find our more and sign up easily!



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USEFUL INFORMATION

At Umbrella we pride ourselves on finding information and sites that may be useful to our families at some point.

Covid-19 Vaccine Video

NHS England and NHS Improvement have created a short film which describes what is a vaccine is, how vaccines are made, why you should get a vaccine, whether a vaccine make you ill and how to decide whether to have a vaccine. This is specifically designed for people with a learning disability and autism.

<https://youtu.be/M3Wh23PDnfE>

Fledglings is part of Contact, the charity for families with disabled children. They are a non-profit shop that helps families with disabled children by supplying products and equipment that help with everyday challenges. They have new products this month which include clear panel face coverings which could be useful to our families. Here is the website:

<https://www.fledglings.org.uk/>



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