



## You can be part of some fantastic fun Fundraising this month!

### Join the new all new activity around Derby, Beat the street!

Beat the Street is a community physical activity initiative, funded by Sport England and Derby City Council that is turning Derby into a giant game this spring. People can earn points and win prizes by visiting over 200 Beat Boxes/card sensors that will have been installed on street furniture around the city.

The way this works is that individuals who may not want to play for a school or community group can opt to play for one of the three charities. The charity that comes first on the leader board at the end of the 6 week competition will win £250, second place will win £150 and third place will win a £100 donation.

Umbrella is one of the charities who will benefit from this exciting new game!

### The Easter Balloon Race

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](http://www.ecoracing.co/user/page/1312)

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



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Umbrella Derby  
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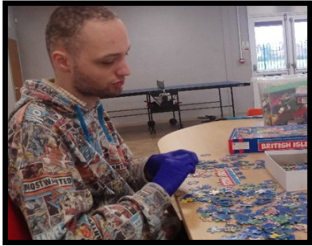
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OR MONTHLY  
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# UMBRELLA ADULT SERVICES

We are delighted to announce we will be increasing our groups sizes from the 29th March!



## INDE

This month, the Saturday INDE groups explored how to make their own jigsaws. They had a go at putting shop bought ones together and looked at how they connected and followed the patterns as the pieces joined. They then made a template of what they wanted on their own jigsaws, checking that the picture they had drawn would fit onto the template. Then they copied the picture onto a blank jigsaw and coloured it in. A lot of thought and imagination went into all the different designs.

## TEAM

This month, Hububb kindly invited some of our young adults to take part in a virtual craft workshop on Zoom. Matthew joined in from Annie's Place and enjoyed making some Thomas themed bunting. He used his favourite colours and followed instructions from the Hububb team. As you can see, he was very pleased with his bunting.



## Cameron

Cameron also enjoyed some craft sessions this month and made this very impressive aquarium with his worker Lynsey. He decorated each of the fish as well as the aquarium itself and made it very colourful! He then enjoyed trying to slide his cd's in each of the creatures to see how many he could hit.



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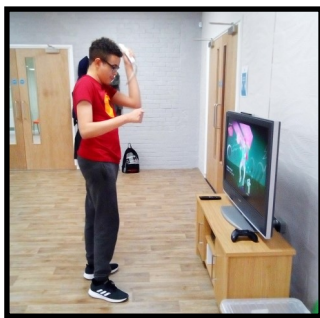
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## The Great Outdoors

The children have shown a lot of resilience and despite the bitterly cold weather they have braved the great outdoors and found adventure on their doorsteps with the help of their 1:1 support workers. Beautiful winter walks and playtime in the park have provided much needed fresh air in the latest lockdown.

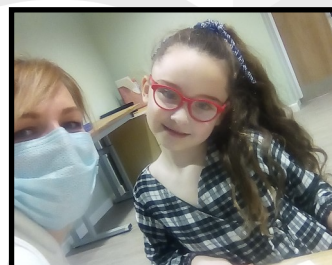


## Trips @ Annie's Place

The children have been busy celebrating Chinese new year, bird watching, playing table tennis, Wii Just Dance and enjoying sensory play at Annie's Place. Take a look at these pictures .....haven't they been busy!!

## Remember smile and have fun!

Lockdown 3 has been tough on everyone and staying positive has been really challenging. Our support workers have done a great job of keeping things light and positive with the children. Am sure you will agree there are big smiles behind those face masks.



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## UMBRELLA PLAY AND LEISURE

Would you like to have a pen pal?  
Make friends with someone by letter?  
Sharing what you have been doing, looking  
forward to receiving a letter?

We are looking for children and adults of all ages  
who would like to make new friends



The Tuesday youth club is looking for new  
members to join their groups.

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

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

£6.00 per session.

Do you enjoy singing?  
Would you like to join the Umbrella  
Raindrops Choir?

The Choir is on Zoom on Monday  
evenings from 18:00pm-19:00pm

We have lots of fun, singing songs, and  
making new friends

Why not come and join us?



If you are interested in any of these activities  
then please get in contact with Niicola Green  
- [nicola.green@umbrella.uk.net](mailto:nicola.green@umbrella.uk.net)



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# UMBRELLA FAMILY SUPPORT



## Male Carers - Pasta making

A big thank you to our wonderful volunteer Sergio and his wife Irma for their demonstration on pasta making. It was agreed that once the pandemic is over and we have the privilege of meeting face to face again we will invite Sergio back to lead a cooking session and then to sit and enjoy eating our food together. Next time we will include various sauces to accompany the pasta."

## Parents and Girls Zoom Group

The girls had great fun designing their own paper blowers as well as indoor scavenger hunt and spot the difference! Parents/Carers got chance for a quick chat and catch up too!

## Craft Session with Marie

We had 11 families attend during the evening with the two crafts a big hit, "Wellbeing Tree" and "Soothing Box"

*"I never would have sat down for 2 hours to do this and I have actually really enjoyed the session"*

*"I love doing crafts and having the encouragement to concentrate on one topic was good for me"*

*"Phoenix particularly liked sharing the symbol for Chinese New Year 2021"*

*"I shall add to my soothing box, its going to be a safe place for special things",*

*"I had a lovely couple of hours chilling, great ideas from Marie, she is so inspiring Thank you"*

**World Autism Awareness Week is back from 29 March to 4 April 2021 - [www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week](http://www.autism.org.uk/get-involved/raise-money/world-autism-awareness-week).**

**Derbyshire Fire & Rescue Service** are committed to working with professionals who support vulnerable adults and children. We therefore welcome referrals for safe and well checks from any professional who has concerns about an occupier or property where fire risk is a concern. **South Area Office [01332 777 850](tel:01332777850)** Email: [SouthAreaAdmin@derbys-fire.gov.uk](mailto:SouthAreaAdmin@derbys-fire.gov.uk)



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# Umbrella Parent/Carer Support Groups

Our support groups continue to run on Zoom for the time-being and we also have Facebook groups for each group as well as the messenger service for all which is available from 9.30am-3.30pm Monday– Friday.

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

## **March 1: Male Carers Group at 7pm**

Family quiz evening. We welcome the whole family to join us for this event.

### **Zoom details**

**ID 96295951637**

**Passcode: 882510**

## **March 3: Parents and Carers support group: We have 2 groups for you today**

At **10am** Chair Yoga with Laurie on Zoom. No previous yoga experience required.

**Zoom details ID 92277155303 Passcode: 099895**

At **7pm** Open meeting. This is your time to chat and meet other Umbrella parents and carers. Share your worries or concerns. The group will run for 2 hours

**Zoom details ID: 978 5954 4166 Passcode: 019680**

## **March 4: “Mindful Yoga” 7pm to 8pm**

Another mindful yoga session, focusing on conscious breathing, relaxation, and light meditation. The classes are suitable for all levels and abilities and you do not need any previous experience of yoga. Please have a warm blanket, cushion and a yoga mat if you’ve got one with you. It is recommended you do not eat a big meal for up to 2 hours prior to the session

### **Zoom details:**

**ID 91673406454 Passcode: 712964**

## **6th March: Family Fun Event with Paul from Magical Mayhem!**

A fully interactive magic show with Makaton signing throughout. To book your place email:

**[familysupport@umbrella.uk.net](mailto:familysupport@umbrella.uk.net)**

**Time: 10:30-11:30am**

**Cost:£2 per family**

## **11th March Parents and Cares support group at 10am-12noon**

We are pleased that Amanda Seyderhelm, a certified play therapist has agreed to attend this session offering ideas and support with “Helping to Handle Anxiety & Outbursts in children and young people”.

## **18th March : Family art and craft session 11.30am-1.30pm**

Spring is the theme for this craft session with Marie Hegarty.

**Zoom details:ID: 96897475322  
Passcode: 772433**



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# UMBRELLA FUNDRAISING AND VOLUNTEERS

We would like to recognise and send our thanks to Findern and Friends WI for their generous donation of £250.

Also to Freeths for their £744.78 donation towards some new tables for The Annie Hall Project.

Huge thanks to our wonderful friends at The White Swan Littleover, for their incredible donation of £700, your generosity and kindness never ceases to amaze us.

Thank you to Watergo Farm for their generous donation of £275.43 from recycling Christmas trees.



## The Annie Hall Project

Its official...we are 'Annie's Place' and we have the signs to prove it! Umbrella would like to say a big "thank you" to Shane Jones and Johnsons of Nantwich for designing and fitting the new signs at Annie's. We are so pleased with them and we are sure you will agree they look fabulous on our new building.

## 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!



Give as you Live®



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# UMBRELLA'S MAKE SOME NOISE PROJECT

During the February Half term holiday the children and young people on the Global project were able to get together and enjoy lots of fun activities. This included making Daffodils to put in our windows as you can see from the pictures the children created some beautiful flowers which will hopefully bring smiles to peoples faces as they pass the windows on their walks, they sure brought a smile to our faces.



The children and young people also got green fingered and planted their own cactus, decorating the pots they were planted in. The challenge is now to see who can get theirs to grow the tallest! They also got creative decorating mugs for yummy hot chocolates!



To finish the week we enjoyed a virtual magic show with Magic Roman. The children and young people enjoyed learning how to perform magic but don't ask them how they do it, they have taken the secret magic oath!



[www.umbrella.uk.net](http://www.umbrella.uk.net)

[admin@umbrella.uk.net](mailto:admin@umbrella.uk.net)

01332 785658



**Umbrella House**  
64 Birdcage Walk,  
Mackworth, Derby,  
DE22 4LD

**Umbrella information Office**  
The Ronnie Mackeith Child  
Development Centre,  
Derby Royal Hospital,  
Uttoxeter Road DE22 3NDE

**The Annie Hall Centre**  
8 Bedford Close ,  
Derby,  
DE22 3HQ



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