

“One Person, Caring for another represents life’s  
greatest value” -Jim Rhon



## Carers Week 2021

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. This year Carers week runs from the 7th - 13th June.

We are very excited to announce that this year we will be celebrating Carers Week a little bit differently. We will be having a week of activities for all our Carers to join as well as a free raffle to enter!

We are very limited in the amount of in person support we can currently offer, so most of the activities will be online, we hope that you will be able to take the time to join us and celebrate You and all of our other wonderful carers.

Here is a list of activities that we will be holding during the week.

- Drop in face to face sessions at both Markeaton Park and Elvaston Castle.
- Male Carers - Pizza and a Pint
- Inspirational Speaker
- Art Session - Wellness Bags
- Relaxation and Meditation
- Cake decoration demonstration
- Carers Online Tea Party
- Free Entry Raffle

Further details of times and days will be released soon. We would love to see you and hope you will join us throughout the week.



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# UMBRELLA ADULT SERVICES

## TEAM

This month, Umbrella have been taking part in the Beat the Streets campaign and some of our young adults have enjoyed getting out and about and earning points for our wonderful charity! Ignacio and his support workers tried to find as many swipe machines as they could, walking over 10,000 steps! Well done Ignacio, you have helped earn a lot of points for us.

Ravi has also been enjoying the great outdoors with his support worker this month. They went to the local park where they go to enjoy the sunshine as well as all of the wonderful activities within the park. As you can see by Ravi's smile, he particularly likes the swings!



Harry has recently moved across from children's services to adult's services and has taken to it like a duck to water! He enjoyed his first couple of sessions at Annie's and kept busy with the Thomas train set. Harry loved watching the trains go round the track and thought it was hilarious when the trains collided. He also liked the animals and transport vehicles.



## INDE

Erin and Katy have been busy at Annie's this month. They went for a walk around Rykneld park which is right on the doorstep of Annie's and they discovered all the things that the park has to offer. They made a list of things that they could find such as daffodils, swings, slides and benches. They then headed back inside to design their own ideal park using some of the things they had seen. Katy said she likes to sit on the bench and chat whilst Erin wanted to play sports like basketball and football.



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## Easter Trips 2021

It was an Egg-tastic 2 weeks on children's trips. We kicked it off with an Easter themed day, followed by lots of spring activities. Lots of fun was had by all. It was exciting to get out into the community with a trip to the park. The children loved playing on the swings, feeding the ducks and even climbing a tree! Thankfully, the weather was on our side.



## Pet Therapy

The children were recently really fortunate to have a visit from Millie the therapy dog. She was a real hit and children were given the opportunity to stroke her and walk her round the local park. They continued the theme in the afternoon, baking some paw print cupcakes.

## One to One Support

David usually spends his support sessions at the gym. Unfortunately due to COVID this hasn't been possible. Instead, David has been keeping active by taking part in beat the streets; planning his route & scanning his card have helped to make exercising fun and engaging.



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## UMBRELLA PLAY AND LEISURE

There is a fantastic challenge happening to increase physical activity in a fun, exciting way.....The Round the World Challenge!

This challenge is open to young people over the age of 16 years old with a learning disability, there is no upper age limit

The challenge is to travel around the world virtually, the number of hour's exercise you do takes you further around the world.

There are 3 routes you can take:

**UK Route – 20 hours**

**European Route – 40 hours**

**World Route – 100**



Each person can decide which route they would like to do- you can start on the UK route then move up to the other two routes if you like.

**I am looking for young people who would like to take part in a weekly walking group, to see how far we can travel (virtually) around the world.**

**The group would meet once a week on a local parks for a walk – this is great opportunity to meet new friends- and enjoy some fresh air, as we travel around the world.**

If this is something you would be interested in please get in touch with Nicola Green:

[Nicola.green@umbrella.uk.net](mailto:Nicola.green@umbrella.uk.net) or call 07540 823895 for more information

**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](mailto:Nicola.green@umbrella.uk.net).



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# UMBRELLA FAMILY SUPPORT



## Family Support Monthly Roundup!

### Girls and Boys Group

We had a brilliant time at both Boys and Girls Group. We were making bracelets and keyrings! Both groups enjoyed a quiz and scavenger hunt with lots of laughter and fun!

### Try something New

This month we had Hannah our Lead Family Support worker doing a crochet workshop. It was a giggle but the foundation skills were learnt. We hope to run this again as a face to face workshop.

### Walking Groups

Our new walking groups started this month. Thank you to everyone who joined us. We loved being able to see some of our families face to face. We look forward to next months groups.

### Useful information:

There is an exciting opportunity for children with medical needs or currently undergoing treatment to participate in a virtual/blended camp called Camp in the Cloud.

<https://www.otw.org.uk/camp-in-the-cloud/>

**SAFE & SOUND**<sup>7</sup>  
Transforming young lives



SAFE & SOUND RUN AN ONLINE CHAT FORUM ON TUESDAYS BETWEEN 11 AM AND 1 PM FOR THOSE WHO WOULD LIKE ADVICE OR INFORMATION ABOUT CHILDREN AT RISK OF EXPLOITATION, PARTICULARLY THOSE WITH SPECIAL EDUCATIONAL NEEDS.

YOU CAN TALK TO THEM BY CLICKING THE "CHAT WITH US" BUTTON IN THE BOTTOM RIGHT-HAND CORNER OF THE SAFE & SOUND WEBSITE.



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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.***

### **May 5th - Parent & Carers Support Groups**

**10am** - This morning we will be joined by **Richard from Kooth & Quell** -telling us all about this mental health and wellbeing resource.

**7pm** - **Josh from Derbyshire's Prince's Trust Team** will join us for a short while to talk about opportunities available for our young people. The rest of the time is yours to chat.

**Both sessions are on Zoom**

### **May 6th -Yoga session with Laurie**

The online session starts at 7pm (please join us 5 minutes earlier if you can).

### **May 10th - Male Carers Group at 7pm on Zoom**

“Safe and Sound” short presentation on internet safety for our young people.

**May 11th - Walking group** - 5 Parents plus 1 support worker.

**Places must be booked in advance.**

We will meet at the Attenborough Nature Centre main car park, 52 Barton Lane, Beeston, NG9 6DY **at 10.30am**. It will be lovely to meet again face to face and have a catch up. You are welcome to bring a hot drink with you or buy takeout on site.

**May 13th - Parent and Carers group at 10am - Zoom session**

Another chance to hear about the opportunities Derbyshire's Prince's Trust offer for young people - 15 minute presentation. Free time to chat afterwards.

**May 28th - Walking group** - 5 Parents plus 1 support worker.

**Places must be booked in advance**

We will meet at Mundy Play Centre Car Park, Markeaton Park, Markeaton Lane, DE22 4NH **at 10.30am**. It will be lovely to meet up again face to face out in the fresh air. Lets hope the weather is kind to us. You are welcome to bring a hot drink with you or buy a takeout on site.

**May 20th - “Try Something New”**

**Wellbeing Online session with Heather Thompson from Body Shop**

We all love a little pampering but most of us struggle to find the time. Book yourself some me time this morning and join us.

**May 26th - Parent & Carers support group at 10am**

This is an open meeting at the moment. Everyone welcome to join for some general chat and information sharing over a nice hot drink and maybe cake!



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# UMBRELLA FUNDRAISING AND VOLUNTEERS

## Captain Tom 100

The Captain Tom Foundation are inviting the nation to take part in the #CaptainTom100 challenge from Friday 30th April to Monday 3rd May—the weekend that would have been his 101st birthday!

You are invited to do anything 100 times and try and raise money for charity in the process. You can find out more here <https://captaintom.org/captain-tom-100>



A few people have already signed up to the challenge for Umbrella so if its too late to plan something for yourself, you could sponsor someone else:

Sophie is doing a sponsored silence for 100 minutes and is aiming to raise £100 <https://uk.virginmoneygiving.com/KristinClark1>

Kelly is going to be walking 100km in one weekend with her friend and has a target of £250 <https://uk.virginmoneygiving.com/KellyNoble4>

George is going to draw 100 pictures and has a target of £100 <https://uk.virginmoneygiving.com/georgeNaden>

Hannah and Alisha are going to be doing 100 random acts of kindness over the weekend and are aiming to raise £100 <https://uk.virginmoneygiving.com/HannahandAlisha>

## Umbrella Lottery

This is a great way to help raise funds fro Umbrella and even better that you could win up to £25,000 each week! Find out more here <https://umbrella.uk.net/how-you-can-help/lottery/>

## 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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# UMBRELLA'S MAKE SOME NOISE PROJECT

## Easter Holiday Activities on Global Make Some Noise

During the Easter Holidays the children and young people who access the Global Make Some Noise enjoyed lots of activities from a Lego challenge day to getting creative designing t-shirts and Easter Crafts.

There was also a chance to head to Markeaton Park and enjoy an ice cream. On the way we stopped off to collect points for Beat The Streets. The children also decorated stones and have hidden them in Markeaton Park as part of the Beat the Streets challenge, we wonder if you can find them, I am sure you will agree we found some good hiding spots!

The young people also put their fine motor skills and concentration to the test with Hama Beading. The designs and skills are amazing, well done guys!

Once again thank you to Mackworth Estate Community Association for use of their community hall.



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