

# Umbrella Derby & Derbyshire Latest News


July 2021




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If you're looking for a staycation or an all inclusive holiday, you should check out Give as You Live, if you visit any listed website via Give as You Live, any purchases are tracked and a percentage of your spend will be donated to Umbrella, at no extra cost to you!

<https://www.giveasyoulive.com/search/stores/travel>

If you're going for the touch of luxury and want planned excursions, all inclusive and nothing to have to think about at various locations around the world *AND* at great value for money, then you should look at Riviera Travel. They offer so many different types of holidays at fantastic locations around the world. What's more, when you quote Umbrella or access the site via our portal below, they will donate 10% of the value of your holiday to Umbrella, at no extra cost to you! <https://www.rivieratravel.co.uk/?sourceid=UMB>



**We have been unable to celebrate our 35<sup>th</sup> anniversary this year due to the pandemic but if everything goes to plan we will enjoy a family fun day in October at our wonderful venue, the Annie Hall Centre. A lot has happened in the last 35 years and we look forward to welcoming friends and family for some fun when it is safe to do so. Our young adults are playing a huge part in organising this day. We hope to share more information in our August bulletin.**



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## INDE

The INDE groups have been very busy this last month. They have enjoyed a variety of themed days including a numeracy theme, National Pizza Week, baking and a woodwork workshop with our very own support worker, Graeme.

The young adults have also been working really hard to get our allotment at Annie's Place up and running and have spent a lot of time planting up some delicious veggies and beautiful flowers. They water them every week and are keeping an eye on how well they are growing.

We used England Tackling Inequalities Fund to buy some new physical activity equipment.. Umbrella purchased some wonderful bikes for Annie's Place and the INDE group were the first to try them out. They had a great time riding around the lovely garden at Annie's and did very well at taking turns. The bikes can be adapted with stabilisers which is great for those individuals that aren't quite as confident riding a two wheeled bike. Thank you to Martha Riggs and her team at Active Partners Trust for making this possible.

## TEAM

The TEAM young adults have also been busy in the garden at Annie's this month planting some beautiful, colourful flowers into pots. Matthew and Cameron enjoyed filling the pots up with compost before popping in the plants and making sure they had enough room to grow. They then gave them a good water. The pots look so pretty and make the main entrance of Annie's look very welcoming. Cameron even helped clean up the mess afterwards by running the Hoover round. Well done Matthew and Cam!



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## Half Term Holiday

The children enjoyed the half term break at Annie's Place. They took part in a photography day where the children had the opportunity to take photographs of whatever they wanted. Here is Max, raring to go with the Ipad in hand.

They also enjoyed a lovely sunny day out at Conkers. Lots of outdoor fun was had including a train ride, the playground and don't forget the ice cream! Here's Jonathan enjoying conkers and Shegey making his way through the tunnel.



## Mad Scientist Day!

The children made fluffy cloud dough and rainbow foam! They really enjoyed the feeling of the cloud dough and said it felt and looked like sand! The children used measuring cups to mould the sand and make mini sandcastles. They also enjoyed mixing the rainbow foam and made lots of different colours. It took a lot of mixing but everyone did really well! Some of the children also created an animated drawing using a whiteboard marker and water. They drew their image onto a bowl and poured water over the image to watch it come to life. The children loved this and thought it was really cool.



## Mario Day!

Our very talented Activity Support Worker Graeme has delivered another amazing Woodwork workshop. The children's trip was a Super Mario themed day and the highlight was making our own Mario go karts. The children showed great resilience putting together the fiddly little pieces. Check out Max and Cody's amazing Mario go karts!



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## Youth Clubs at Annie's Place

What an amazing time the Tuesday and Thursdays Club had at Annie's Place riding the new bikes funded by England Tackling Inequalities Fund.

We currently have places at the Tuesday, Thursdays and both siblings groups

If you would like more information on the groups please contact Nicola Green

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



Look out for the Play & Leisure Service Consultation that will be arriving in your  
in box soon!

We would like to hear your views on the Play & Leisure services, yours and your  
child's experiences, if there are areas we can improve on and what services you  
would like to see.

We will look forward to hearing from you



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## Carer's Week Roundup!

Family Support team celebrated Carers Week with lots of different activities. Everyone had a good time but probably all zoomed out now for a while.

The week started with a meet up at two parks; Markeaton Park and Elvaston Castle. It was a glorious day, the sun was shining and we were so excited to welcome about 40 families. All enjoyed a drink and a slice of cake courtesy of Umbrella. It was so special meeting people face to face again after such a long time.

We had some new guest speakers join our zoom chats and we engaged in different activities. Nigel Vardy, a lovely man and he has many stories to tell, Cara's talk on Crystal wellbeing was emotional and empowering, Kristin's cake decorating and Marie's craft sessions were such fun and very engaging.

Our tea party with Ann on Friday morning brought the week to a close. We were very touched hearing how Umbrella's support is making a difference for families and long may it continue. Congratulations to all our raffle winners and a special thank you to those who donated prizes.

## Planning for the future months

Just as it took us time to find ways of coping during lockdown we should also expect that it will take time to find our way back, and to reconnect with life. Things may not be the same as they were before and it is important to acknowledge that these feelings are reasonable. We should take things at our own pace, but try and challenge ourselves to try something different every day or at least every couple of days. Focus on the present, you can only do your best with what you have today. Remember you are not alone, the family support team are always here for you and together we are stronger.

We are already making plans for our face to face Parent Carer support groups to resume from September. However, we will continue with at least one evening online group. This gives an opportunity for Parents and Carers who may work during the day or for whatever reason would prefer an evening support group.

Kelly has put together a programme of family fun events for the summer holidays and there is definitely something on there for everyone. We look forward to seeing you at some of these events.



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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.***

### **7 July - Parent Carer Support Group at 10am**

Hear about the great work **Derbyshire's Prince's Trust** do and the opportunities available to our young people. It really is worth a listen time afterwards for catching up with friends .

**Online session on Zoom**

### **8 July - Parent Carer Support Group 10am**

**This is an open meeting.**

This meeting will be our last one before summer holidays come and join us with a hot drink and your favourite treat!

**Online session on Zoom**

### **13 July- Walking group at Attenborough at 10:30am**

Meet at Attenborough Nature Centre main car park, 52 Barton Lane, Beeston, NG9 6DY. Please wear a mask unless you are exempt. You are welcome to bring a hot drink with you or buy takeout on site. Email [familysupport@umbrella.uk.net](mailto:familysupport@umbrella.uk.net) to book a place.

### **21 July - Parent Carer Support group 10am**

Kooth&Quell will be joining us to tell us all about their mental health and wellbeing online resource which is completely free and confidential. The resource is available for Young People as well as adults. We had a really good response following the May session.

**Online session on Zoom**

### **7 July - Parent Carer Support Group at 7pm**

**An evening with Julie Fearn Independent Autism Advisor - Moving through education transition.** Time for question & answer afterwards.

**Online session on Zoom**

### **11 July - Male Carers group - Family event this time**

The Vintage Classic Car Show has been cancelled. We shall still meet at Markeaton Park, along by the tennis courts for a family picnic. Car parking charges - cash or download the app. Free if you have a disabled badge.

### **15 July - "Try Something New" 10.30 am**

Do you have a skill you could share with us? or something you feel passionate about and want to share it. Join us this morning and tell us all about it over a cuppa.

**Online session on Zoom**

### **23 July - Walking group at Markeaton Park at 10.30am**

**Places must be booked in advance.** Meet at Mundy Play Centre Car Park, Markeaton Park, Markeaton Lane, DE22 4NH. You are welcome to bring a hot drink with you or buy a takeout on site. Email [familysupport@umbrella.uk.net](mailto:familysupport@umbrella.uk.net) to book a place.



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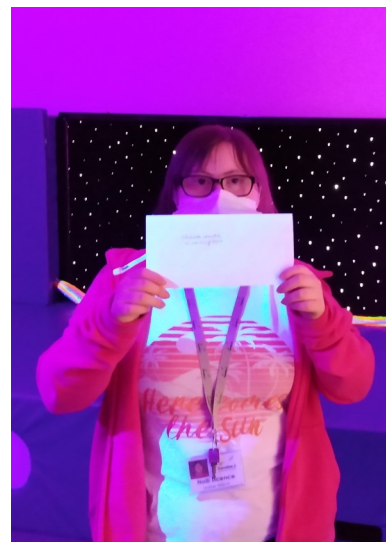
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## UMBRELLA FUNDRAISING AND VOLUNTEERS

When our much loved friend Ellie Morgan passed away recently we were very grateful when her family kindly donated money in her memory to Umbrella. Ellie had made many friends on Umbrella Daybreak and was a student at T2. Ellie's friends also chose to donate to Umbrella in her loving memory. It has taken a while to get together because of the pandemic but we were thrilled when Hollie, her teacher, Amie, and Ellie's Mum, Marion, met at Annie's Place recently. The money will be used towards an electronic whiteboard. We know Ellie would approve.



We've had several winners on the lottery in the 2 years since it started; the biggest prize won being £1,000! Each week someone wins £25,000 and it could be you! By joining the lottery you are helping to support Umbrella as well as being in with a chance of winning one of several weekly prizes. Its just £1 a line and you even set it up by direct debit so you can get on with life without having to remember to get your ticket each week!

For more information and to sign up, check out our lottery information page 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

This month we have seen Global's Side by Side group return to face to face support after over a year of the group running virtually. The group wasted no time in putting their skills to the test that they have developed during their virtual session and have been cooking up some very yum treats. Well done guys!

During the half term holidays we enjoyed another two days of getting creative (and a little bit messy) designing our own canvas prints and making salt dough decorations. The creativity was very impressive!



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