



### Umbrella are off to Butlin's

We are very pleased to announce that Umbrella are finally heading to Butlin's on Saturday 25<sup>th</sup> June 2022. This trip was postponed due to the pandemic.

This is a family trip open to all immediate family members. Depending on funding, we may possibly be able to offer limited places to Children and adults who receive 1-1 support and other Umbrella Services.

Look out for full details coming soon from Nicola Green

#### Important information

- Unfortunately we are still experiencing problems with some of our emails, which we cannot resolve at the moment. Please check your junk box regularly.
- The Bulletin will now be sent out every first Monday of the month.



Charity Number 1150203



Umbrella Derby  
and Derbyshire

@UmbrellaDerby

PLEASE  
CONSIDER  
MAKING A SINGLE  
OR MONTHLY  
DONATION AT  
[UMBRELLA.UK.NET](http://UMBRELLA.UK.NET)



# UMBRELLA ADULT SERVICES

## TEAM

Last week, the Friday group had a visit from Custard, a beautiful Shetland Pony from Twinkle Toes. The young adults really enjoyed meeting Custard and were able to groom and pet him, as well as make him look glamorous by adding flowers to his hair. Even though it was a bit chilly outside, the young adults spent as much time as possible with Custard and were asking his owner lots of questions about him such as “where does he live” and “what does he eat”. Some of the young adults even got to give Custard a snack of raw vegetables which he loved.

The young adults also celebrated World Braille Day and made their own pencil cases with their names written in Braille. Matthew and Jordan were very proud of theirs as you can see. Zahora helped to make the group’s pudding which was apple crumble and Harry built a fantastic train track all by himself.



## INDE

The INDE group enjoyed a Tai Chi session last week and it was so lovely to see all of the young adults getting involved and giving it a try. Firstly, they warmed up by using different calming, relaxing movements. The group then went on to putting all those moves together into a dance using sticks. The young adults also learned how fans were traditionally used as protection by women in China.

At the beginning of the month, the INDE group visited Sharpe’s Pottery Museum in Swadlincote and found out all about the history of the toilet (which was very interesting!) They saw how toilets were designed and how they have changed over the years.



Charity Number 1150203



Umbrella Derby  
and Derbyshire

@UmbrellaDerby

## Bye to Joy Howell

The lovely Joy Howell left children's Services at the beginning of January 2022. She will be missed by both staff and families. Here's a throwback picture to our cosmic yoga trip during February half term 2021 and Joy's attempt at a tree yoga pose! Gurvinder and Jenny are currently overseeing the children's project until a replacement member of staff is recruited.



## CHILDREN'S TRIPS

We started 2022 off with a bang, with lots little New Year parties and a trip to clip and climb over the holidays. Weekends are also off to a flying start with a visit from Al the music man and bowling in Alfreton.

## ONES TO ONES

Meet Charlie, he has been doing work experience during his 1:1 support sessions at clip and climb. He has been learning the ropes literally.... Learning how to tie knots and how the belay systems works. He is getting really good at interacting and assisting customers. But most importantly of all Charlie is making friends and loves being part of the clip and climb team. He looks forward to his supports when he can put on his clip and climb sweater and get to work.



Charity Number 1150203



Umbrella Derby and Derbyshire

@UmbrellaDerby

## Umbrella Family Christmas Party

It was lovely to be back at Rolls Royce for our Traditional Family Party. Santa was very busy this year and gave out a massive 103 gifts to the children and adults that visited him!

Santa led the Conga around the dance floor but this soon changed to the whole room! There was some incredible dancing with prizes for the best dancing.

A big **THANK YOU** to all families for supporting Umbrella's fundraising stalls! We managed to raise over £600 on the day that will go towards the cost of the Christmas Party!



### To join our Youth Clubs!

We have places available at the following groups

#### Long Eaton Youth Club

Open to young people aged 11 to 18 years with a mild to moderate disability who live in Derbyshire County. The group is held fortnightly at Sawley Community Centre and out in the community. The group meet at on Saturday mornings 10am until 1.00pm and subs cost £6.00 per session

#### Hilton Youth Club

Open to young people aged 11 to 18 years with a mild to moderate disability who live in Derbyshire County. The group is held fortnightly at Hilton Village Hall and out in the community. The group meet on Saturday afternoons at 2.00pm – 4.30pm and subs cost £6.00 per session.



Charity Number 1150203



Umbrella Derby  
and Derbyshire

@UmbrellaDerby

# UMBRELLA FAMILY SUPPORT



## NEW ARTS FOR CREATIVE WELLBEING SESSIONS



### BEGINNING IN MARCH

We are excited to be working alongside Inspirative Arts Derby and be in a position to offer you a Free course of 6 x 2hr wellbeing sessions. The sessions will be run by qualified Arts for Health and Wellbeing Specialists who use art, music, dance, drama, relaxation and mindfulness techniques.

Each session will be stand alone, in that if you can only attend one session then you will still benefit, but we will also develop themes which can run between sessions. Sessions will use a variety of art forms (art, music, movement, drama, creative writing etc) to give you maximum opportunity to express yourselves, but they will be "low skill, high impact", meaning you won't need any prior experience or skill in the art form to be able to participate. These sessions are person-centred. This means that the programme will evolve and be tailored to the specific needs and preferences of the participants. The Wellbeing Specialists will be led by what you respond to best, and feel most comfortable doing.

The sessions will be specifically planned around the NHS 5 ways to wellbeing, focusing on the beneficial experience of being creative within a group rather than focusing on producing high quality art.

The sessions will run from Inspirative Arts premises - **31 Charwood Street, Derby DE1 2GU**. There is a **free car park** available which can be accessed via Melbourne Road.

The sessions will run on **Monday mornings 10am - 12noon**

**The dates are February 28 March 14 and 28, April 25, May 9 and 23**

Adhering to current Covid guidance the numbers attending the sessions will be limited to 14. If you are interested in attending you will need to email

**[Alisha.mcguinness@umbrella.uk.net](mailto:Alisha.mcguinness@umbrella.uk.net)** as soon as possible. Priority will be given to those who can attend all 6 sessions. Remaining spaces will be advertised individually. If you have any questions please call **Alisha - 07708898998** or at the office **01332 785658**.



Charity Number 1150203



Umbrella Derby  
and Derbyshire

@UmbrellaDerby

# Umbrella Parent/Carer Support Groups

Our support groups meet face to face throughout the month, term time only. We also have one Zoom meeting at the end of the month as well as our Facebook groups. We have our Single Point of Access phone number - 01332 785658 and Facebook messenger service which is available currently from 10:00am– 2:00pm Monday – Friday.

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

## **2nd February - Derby City Group**

**At:10am– 12pm - Annie's Place, Bedford Close, Derby, DE22 8HQ** - Short talk on Sudbury Country House for children. Time to catch up with friends or to raise any questions or concerns. Be lovely to see you all again - new members are most welcome.

## **11th February - Parent and Girls Group**

**At:6- 8pm** Annie's Place, 8 Bedford Close, Derby DE22 8HQ. This evenings session will be Valentines Day and baking.

**[Pre booking essential for this group](#)**

## **28th February - Parent Carer Support Group on Zoom**

**At:7pm** - Safe and Sound charity will join us for part of the evening with a presentation on Healthy and Unhealthy Relationships -body positivity and sense of self, gender and sexual identity. Many Parents and Carers have concerns on this topic and keeping their young people safe whilst being in a relationship. Very informative session.

**[Please contact Alisha for Log in details](#)**

## **7th February- Male Carers Group**

**At: 6:45pm - Bowling night**

Tenpin bowling, Foresters Leisure Park, Derby DE23 8AG

**[Please contact Alisha to book your space.](#)**

## **13th February - Amber Valley Support Group**

**At:10am** - The Strutts Building, Derby Road, Belper, DE56 1UU. - Anna Selby is a mum who set up home from home care - hear her perspective on options after education. Don't forget £1 for the raffle. Raffle donations welcome.

## **Upcoming:**

**Carers Week - Our Carers Day celebration is on Friday 10 June. Further details will be available very soon.**

For further information about all our support groups please contact the Family Support Team.

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



Charity Number 1150203



Umbrella Derby and Derbyshire

@UmbrellaDerby

PLEASE CONSIDER MAKING A SINGLE OR MONTHLY DONATION AT [UMBRELLA.UK.NET](http://UMBRELLA.UK.NET)



# UMBRELLA FUNDRAISING AND VOLUNTEERS

## STRICTLY

In December Motorpoint donated 2 tickets to Strictly Come Dancing Live Tour at Nottingham Arena. They were won through our text raffle by Jo Hawes. She was very excited when we called to give her the news and said she will be going along with her daughter Katy and they would brush up their dance skills ready to enjoy the show! We hope you have a great time girls!



## A great BIG Thank you to Tesco and especially Mindy our Tesco Community Champion

Just before Christmas Tesco allowed us to carry out a bucket collection in store to raise money and awareness for the great work that we do at Umbrella, we're so happy and grateful to Tesco for this which raised a fantastic £153. We are also delighted to announce that we were the winners of the Tesco Bags of Help scheme which awarded us the top prize of a £1500, WOW! The awareness this also raises in the community is invaluable to Umbrella, Thank you Tesco and your amazing customers.

## A Huge thank you to the local amateur dramatics organisation The Duchess Players.

At the end of last year we were selected as their Charity of Choice in which they supported us throughout their Christmas panto production of Beauty and the Beast, raising a whopping total of £1359. Absolutely amazing – thank you to all at The Duchess Players.

It is only through support like this we raise the money to run our range of clubs and activities for children with disabilities as well as our siblings groups throughout Derby City and Southern Derbyshire.



Hello my name is Paul Tideswell and I am the new Volunteer coordinator here at Umbrella. I am looking forward to meeting with you all in the near future. I am hope to grow and support the existing volunteer base here at Umbrella to be able to offer volunteers to all the wonderful projects. This is my goal and I am looking forward to the challenge. My email is [paul.tideswell@umbrella.uk.net](mailto:paul.tideswell@umbrella.uk.net) so please let me know how I can help you and if you have any questions about volunteering.

## 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®



PLEASE CONSIDER MAKING A SINGLE OR MONTHLY DONATION AT [UMBRELLA.UK.NET](http://UMBRELLA.UK.NET)



Charity Number 1150203



Umbrella Derby and Derbyshire

@UmbrellaDerby

# Useful Information

Umbrella have been asked to advertise a Ramp with hand rails and an adult changing bed free of charge. Please pictures below. If you are interested in these or know someone who would be then please contact the Family Support Team.

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

01332 785658



Think food  
Think support  
Think change

The **Derby Food 4 Thought Alliance** supports people in Derby who are experiencing food poverty, through food provision, signposting, education and advice.



### Need support?

If you need assistance call **01332 640000 option 5** - we can provide you with a range of support including an emergency food package.

### Want to donate?

We rely on donations of food and money from businesses and individuals. To donate email:

[irina.shaw@communityactionderby.org.uk](mailto:irina.shaw@communityactionderby.org.uk)

### Interested in volunteering?

We're always looking for volunteers to help with all kinds of tasks.

For more information email:

[irina.shaw@communityactionderby.org.uk](mailto:irina.shaw@communityactionderby.org.uk)



The Derby Food 4 Thought Alliance is supported by Community Action Derby and proud to be part of The Derby Community Hub - a multi-sector partnership that includes Derby City Council.

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

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

01332 785658



Supported using public funding by  
**ARTS COUNCIL ENGLAND**



**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



Charity Number 1150203



Umbrella Derby  
and Derbyshire

@UmbrellaDerby