

Umbrella Derby & Derbyshire Latest News

May 2022



This month we would like to show our appreciation of the continued support we receive at Umbrella.



We are jumping for joy as we have been chosen as one of Bam Boom Cloud's charities for 2022/23. We are delighted to work with such an inspirational organisation and their wonderful team. We thank you for donating some wonderful resources to us already. The Young Adults above are modelling our lovely t-shirts for us!



We were delighted when the local Freemasons group used Annie's Place to host their quiz night and they kindly donated a cheque to Umbrella for £200 at the end of the evening. We are so happy organisations and the local community are enjoying the use of Annie's Place, although we are privileged to lease the centre, we are delighted the community are finally able to enjoy the newly refurbished centre.



Huge thanks to The Rotary Club of Derby who raised £3000 for Umbrella from their Santa Sleigh Run and Sale of Christmas trees

Another huge thank you to the John Horseman trust, for its grant to support our youth clubs across Derby City & Southern Derbyshire. Coming out of Covid, our clubs are very busy, offering a safe & supported environment for our young people to meet, make & support friendships along with having fun.



Lastly we would like to say thank you for all our Easter Egg donations. It was a joy to see such happy faces that received them.



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UMBRELLA ADULT SERVICES

TEAM

This month, the young adults have been getting up to all sorts over the Easter Break and have been enjoying lots of fun activities on and offsite! The Friday team enjoyed a fun and action packed day at Markeaton Park, first having fun on the swings and climbing the spider web then the group went to paint a pot and got creative with their pot designs before going for a lovely pub grub lunch.

The team have also been having fun making their own kites with bits and bobs from the craft box. They had lots of fun taking them outside to fly and they were all successful and flew amazingly, Great work!

Now that Spring has sprung, the group have started to go out planting in the allotment. This month the team have planted lots of different Mint plants, some strawberries in the poly tunnel, and some raspberry canes. We can't wait for all our yummy treats to grow.

The Monday group have also been busy making seed bombs with lots of different wild flowers in them to promote some biodiversity within our lovely allotment.



INDE



This Month our INDE group has also been on some amazing trips. Saturday INDE had a great day at Mercia Marina, they went on a river cruise along the canals to Willington with a stop off at the Mad Hatter's café for a cuppa. The weather played sun rain and snow but the group didn't mind, they just sat back and chilled!!

Wednesday Evening INDE group had an egg-cellent evening, they had a hula hoop challenge followed by an egg hunt in the allotment. Then they made some scrumptious crispy chocolate nests with eggs in them and to finish the evening off bingo with chocolate eggs as prizes of course. Here is the group proudly showing their egg nests!

The INDE groups have also been putting in some hard work into the allotment. They spent some time ensuring the weeds were kept at bay, and making sure the allotment was nice and tidy. They also planted some potatoes, pumpkins and rhubarb which we can't wait to grow and make some tasty dinners at Annie's. The group moved our lovely cherry tree and planted some sunflowers too.



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CHILDRENS TRIPS

Easter holidays are here. Spring has sprung and we have been finding Easter eggs and bunnies at Umbrella House. It was a busy fortnight with 2 offsite and 4 onsite trips and the usual weekend trips! We love baking, crafts, getting out in the garden and most importantly eating chocolate!



ONE TO ONES

Recently, Halima reached new heights, she conquered her nerves and reached the top of 3 different walls at clip and climb! This is a challenge she has been working on for a few weeks now and her workers Karis and Lyndsay were so so proud of her. Well done Halima you are a superstar! And a special big thanks to clip and climb staff Dom and Abbie who were so supportive and encouraging, helping Halima get all the way to top and rewarding her with lots of high fives for being super brave!



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Round the World Challenge Walking group



The Walking group had a fantastic time on Sunday as they took part in the Darley Abbey Circular Walk.

It was lovely walking by the river and listening to the birds, then to the café for an ice cream!

The walking group have been together for a year and have taken part in an amazing **670 hours exercise!**

If you are interested in joining us please get in touch with Nicola.green@umbrella.uk.net

Fabulous Friday's!

We currently have places at the Friday youth club

This is a fortnightly group for young people aged 16 to 30 years who do not access other services.

The group is held at Annie's place and out in the community

What the group members say about the group!

The people are awesome; the activities are varied and accessible.

I have tried so many new things; pizza making and a lollipops catapult from plasticine.

Being Around People, socialising doing something that improves my mood!



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CARERS WEEK is an annual campaign to raise awareness of the challenges carers face and recognises the contribution you all make in caring for your loved ones. This years theme is to make Caring Visible and Valued.

The Family Support team invite you to celebrate carers week with us at Mickleover Golf Club, Uttoxeter Road, Mickleover, Derby DE3 9AD - free parking onsite

Date: Friday 10 June Time: 9.30am to 3pm

Itinerary for the day:

9.30am - Tea and Coffee on arrival

9.45am - Word of welcome from Hannah Horsewell

10.00am - Power of Positive thinking with Julian Hall from Calm People

11.00am - Creative therapy focusing on the power of affirmations.

12 - 1.15pm - LUNCH BREAK - lunch provided

1.30 - 2.30pm - Arts & Crafts OR Flower arranging

Free raffle throughout the day

The cost of this event is £15.00 per person.

For further information or to book your place

Please email: familysupport@umbrella.uk.net or call 01332 785658

Allow yourself
to transform
as many times
as you need
to be fully
happy and free

- jung pueblo
#livewithmeaning



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Umbrella Parent/Carer Support Groups

Our support groups meet throughout the month, term time only. We will continue with our evening Zoom meeting until June. We also have facebook groups. Our Single Point of Access phone number is - 01332 785658 and Facebook messenger service which is available from 10:00am– 3.00pm Monday – Friday. ***We offer a warm friendly welcome at our support groups, a time to be yourself in a safe and confidential environment.***

4th May - Derby City Support Group

At: 10am - 12 noon - meet at Annie's Place, 8 Bedford Close, Derby DE22 3HQ - we have a chocolate magic workshop for you today.

9th May - Male Carers Support Group

At: 7pm - 8.30pm Meet at Erewash IBC Grange Park, off Station Road, Long Eaton NH10 2EE. £4.50 pp

12 May - Belper Support Group

At 10am—12noon

For this month the group will meet at Annie's Place, 8 Bedford Close, Derby DE22 3HQ -
NO MEETING IN STRUTTS THIS MONTH

6th May - Parent & Girls Group

Two sessions 5 –6pm & 6.30pm—8pm

Annie's Place, 8 Bedford Close, Derby DE22 3HQ. This evenings session will be Jubilee Preparations.

Booking is essential for these Groups

£6 per session per child

25th May - Erewash Support Group

At: 10am - 12noon

Meet at New Sawley Methodist Church, 214 Tamworth Road, Long Eaton NG10 3GU.

Pathological Demand Avoidance session with Fleur Roseblade.

27th May—Parent and Boys Group

At 5-7pm - Markeaton Park, Mundy Play Centre Derby.

We will be meeting at the pirate ship. **Booking is essential for this group.**

1st June - Family Fun Movie Night

Encanto! - Hot dogs and Snacks will be included.

4:30pm - 6:30pm

Annie's Place, Bedford Close, Derby, DE22 3HQ

£3 per child

Booking is essential for this activity.



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USEFUL INFORMATION



Derbyshire Neighbourhood Watch are delighted to announce the launch of a children's colouring competition for the Queen's Jubilee. Details can be found via the link below.

They are looking forward to lots of entries and will make sure as many as possible are displayed locally for everyone to enjoy.

www.derbyshireneighbourhoodwatch.co.uk/jubilee-competition

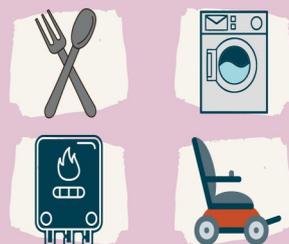


Contact - Information about their Listening Ear Service from them.

Parent carers are telling us about giving up food and heating just to keep their disabled child's equipment turned on - a choice nobody should have to make. That's why we offer all parent carers a free support line from Monday to Saturday. Whether you need financial advice for your family or just want some help navigating these difficult times, our Listening Ear is here. contact.org.uk/help-for-families/listening-ear/

Cost of living crisis:

Free phone support service for families with disabled children



www.contact.org.uk/listening-ear

Ambitious about autism

Ambitious about Autism has launched the UK's first online platform for autistic young people – please find further details at <https://ambitious-youth-network.ambitiousaboutautism.org.uk/page/ambitious-youth-network>

This will offer autistic young people aged 16 to 25 a safe and moderated online space to help them understand their autistic identity and reduce isolation and loneliness that many feel. Young people will be able to take part in peer support sessions, share experiences and find volunteering, work experience and employment opportunities. There will also be opportunities for them to work together and campaign for change.

Get creative at QClub Minis! This creative session is for preschool children with autism, disabilities and additional support needs and their parents. No formal diagnosis required, just drop-in. When: Every Tuesday 10.00am-12noon Where: The Quad, Market Place, Cathedral Quarter, Derby, DE1 3AS. For more information: creativewellbeing@derbyquad.co.uk

Children and young people aged 5-18 years old, with additional support needs.

QClub is aimed at children on the autistic spectrum, children with additional support needs or who are socially excluded, have disabilities, are young carers, looked after or bereaved children.

QClub experiment with art and digital technologies in a creative arts context and work with different artists throughout the year to learn new skills.

Supported activities are run on a Thursday evening throughout term time, with monthly family sessions and regular family film screenings.

For further information email creativewellbeing@derbyquad.co.uk



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UMBRELLA FUNDRAISING AND VOLUNTEERS



We are looking for a wonderful volunteer for our Derby City parent carer group which runs on the 1st Wednesday of the month from 10am till 12 noon at Annie's place. We are looking for availability from 9.45am until 12.15pm to help us provide support to the group.

The group is term time only.

We are also looking for a couple of volunteers for our parent and girls support group as well as our parent and boys support group.

The girls group runs the first Friday evening of the month and boys group the 3rd Friday of the month term time only.

Both groups run 6pm till 8pm at Annie's Place, we would like the volunteer to help set up and clean away.

Our volunteers are a huge help to our groups providing help with the fun activities we deliver to our supports, we love energetic, positive and fun loving individuals with a natural caring nature.

TITLE

We are also tentatively looking to add a new group to our rota. Nothing confirmed yet but we will be looking for a couple of volunteers to work in the allotment at Annie's place with a small group of parents. This group will hopefully run after our City support group on the 1st Wednesday of the month and will be for 1-1.5 hours. We would love a confident green fingered gardener or two to come to this group and work with our parents.

If you are interested in Volunteering at one of these groups then please contact:

Paul Tideswell - paul.tideswell@umbrella.uk.net

Thank you for your continued support.

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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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What are you most passionate about?

One thing I am really passionate about is Football, Women's football in particular because it is such a marginalised sport in England. I believe it is important to empower women and girls and make it as accessible as possible to everyone.

What are 3 things you could not live without?

Hummus, my Inhaler and beer!

Name 2 things you consider yourself to be very good at

I would say I am good at goalkeeping for my football team, Pride Park Ladies but I am always learning and looking for new ways to improve. I am also good at planning and completing hikes in and around the Peak District (with a few country pubs incorporated at the end of course).

What aspect of your role at Umbrella are you looking forward to most?

I am really looking forward to learning more about the organisation and how it works. I am also keen to get to know the staff and Umbrella service users a lot more and personalising my work accordingly. I am also exploring the idea of possibly working front line at some point in the future which will be an exciting new challenge as it would be something completely new to me! I will have so many wonderful role models to help me.

www.umbrella.uk.net

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Supported using public funding by
ARTS COUNCIL ENGLAND



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

The Annie Hall Centre
8 Bedford Close ,
Derby,
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