



The New Family Support Early Intervention Project!

In the second week of October Umbrella's Family Support Team are launching their early intervention service. This has been in the planning stages for some time, but due to staffing we haven't been able to get this up and running as we had hoped to. We are excited to say that now is the time for us to do that!

The service is for families who have a recent diagnosis (within the last year) of any disability or neurodiversity or who are on a waiting list for assessments or where their children are undergoing assessments currently. It will provide support to those families as they navigate the early days of diagnosis or assessments.

The service will provide 8 weeks of intensive support to families which will be built around their needs. The support will be in the form of home visits, telephone calls, e-mails, support to attend meetings, support to attend support groups and carers events, family fun events or workshops. This support will be reviewed at the half way stage and if further help is needed can be extended to 12 weeks. We hope that by supporting people with the correct information and advice at the earliest stages of their journey with their children we can have a real impact on outcomes for those families, leading to healthier and happier parents/carers.

This service will be accessed by a referral to the family support team. These referrals will come from families themselves, health professionals schools, social care, CAMHS, nurseries and childminders to name a few. The early intervention will be delivered by Kelly and Karin two of our existing family support workers who are both highly skilled and passionate about their support of families.

If you have any questions or would like any further information please do not hesitate to contact Hannah on 01332 785658 or by emailing hannahh@umbrella.uk.net



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UMBRELLA ADULT SERVICES

INDE

The INDE group have been enjoying loads of fun activities during the month of September both on and offsite. The Saturday INDE group hopped on the bus and took a trip to Ashbourne where they enjoyed a fun filled day painting some lovely pots at the Sticky Fingers paint a pot café. After painting their amazing creations, the group enjoyed a nice relaxing picnic in the park before catching the bus back to derby.

Wednesday INDE have also been very busy and have taken on a new enterprise. The group have been working really hard to make 100 lavender bags with labels to sell. We were very lucky to have lots of lavender donated to us to allow the group to make these lovely gifts which are going to be sold and the money generated will be donated to Umbrella. Good work!

Saturday INDE had a lovely day in Nottingham on the canals. Everyone listened carefully to the instructions on how to open and close the locks and had a go at it themselves. They also had a go at steering the boat with Charlie even learning how to moor the boat. Great work from everyone at INDE, well done!

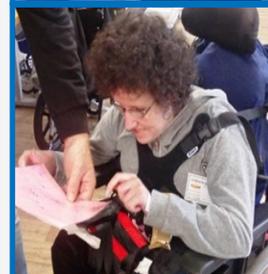


TEAM

Our daytime TEAM's have also had a very busy month with some young adults putting on their volunteering badge and helping the groups run smoothly.

Gretta became the Thursday volunteer for the day and was really helpful in her new role. First on the agenda was the drinks list, she took the list round to the young adults and staff and recorded what everyone wanted and then headed to the kitchen to make everyone's drinks. After making everyone's drinks and enjoying a well-earned drink and biscuit herself, Greta helped make a delicious lunch of lemon chicken and a tropical fruit salad for dessert. It was then time to fill the bird feeders up, what a busy day! Thank you Greta for all your wonderful help!

The day time teams have been up to a huge variety of activities this month. The Tuesday TEAM met up in the City Centre to enjoy a nice drink before heading to Moorways for a swim in the teaching pool. The group enjoyed a nice relaxing swim and had loads of fun and worked up an appetite. They enjoyed some lunch in the café before heading back to town. The Wednesday TEAM had some fun getting to know themselves and each other by doing some amazing self-portraits and some all about me quizzes. The Thursday group have been getting their chef's hat on and made a healthy vegetable soup using nine different vegetables including our huge pumpkins grown in the allotment! The Friday team have had a visit from Wild Minds Yoga and have been amazing at trying something new.



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CHILDRENS TRIPS

Summer was so much fun, we had so many adventures.

We had fun exploring the farm, racing around on go karts and watching the sheep race – our favourite was Bar-is Johnson! We used our skills to wait patiently and pick how we wanted our faces painting.

We went to Elvaston castle and had an ice-cream and a great game of football as a team.

Our friend at Jumping Clay came to help us make seahorse magnets

We had lots of theme days at Annie's Place including our very popular beach day and we spent a lot of time outside on the bikes in the sun.

It was sad when summer came to an end, but we are looking forward to the spooky Halloween week in the October holidays.



ONE TO ONES

After Jaxon's short stay in hospital, he really enjoyed a couple of hours out with his support worker Tracy, doing one of his favourite things, Boat watching at the marina. Jaxon likes to take pictures with his iPad of the boats to show his mum. Jaxon is feeling happier now that the "sun has stopped being so hot".



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UMBRELLA PLAY AND LEISURE



Umbrella Family Disco

Umbrella are really looking forward to holding their first family disco at Annie's place

The Disco is on Friday 11th November from 7pm-9.00pm

Tickets cost £2.00 per person

The disco is open to all ages

For more information please contact Nicola.green@umbrella.uk.net



Great news

The Umbrella Family Christmas Party is booked for Saturday 3rd December

The Part will be held at Rolls Royce the Pavilion, Moor Lane, Derby DE24 9HY

Tickets cost £5.00 per person

There will be a disco, a visit to see Santa and a hot buffet + Raffle, Tombola and other fund raising activities for you to enjoy.

For more information or to book tickets

Please contact Nicola.green@Umbrella.uk.net



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UMBRELLA FAMILY SUPPORT SUMMER ROUNDUP

Derby City Group

Lovely to be back with our Parent and Carer groups again in September our city support group enjoyed a very interesting presentation on cyber crime prevention. For those of you reading this newsletter and thinking I wish I could access information then do join us on Monday evening October 17 at Annie's Place for an opportunity to hear this presentation again from Derbyshire Constabulary its non-technical but very educational about keeping you safe online from the various scams that are around.

Blooming Great Start for the Parent Carer Gardening Club!

Yes folks, the new Parent Carer Gardening Club got off to a great start in September.

After a good look round the community garden, we settled down with a cuppa and started potting on some winter bedding plants and baby lavender bushes. Everyone took a tray full home.

We sowed sweet peas ready for next year and some winter salad that will grow in the poly tunnel.

Next time, we are planting bulbs containers, for spring flowering.

When: Wednesday October 5th 12:30 – 2pm Book in with Family Support if you want to join us!

Ring: 01332 785658 or email: familysupport@umbrella.uk.net



Derbyshire Groups

We do listen and appreciate your feedback from support groups – we know how important and precious your time out from caring is and we try to facilitate different activities within reason. We arranged for both Amber Valley group and Erewash group to meet offsite in September.



Amber Valley group enjoyed a woodland stroll at Belper Nature Reserve Park. Afterwards we had a coffee and scones in the nearby café – it was delicious - attendance was low but we had a really nice time out from daily chores. A new mum joined us which was exciting and she went away with lots of information on various groups and activities happening at Umbrella which will benefit both herself and her daughter who currently does not access any support.



Erewash group well! The plan was to play golf on the Adventure Golf Course – not many people turned up so we opted for coffee first then decided to go on the driving range and do some target practice - well hitting some golf balls as far as we could really...we did have a good laugh, group agreed we will go back again.



Male Carers

Our Male Carers group did enjoy their evening at the Adventure Golf course and they persuaded me to join them in game – thank you guys for being so patient. We had a new dad come along which is really good – he said it was lovely to be out away from things that are happening at home for a little while.



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UMBRELLA PARENT/ CARER SUPPORT GROUPS

Our support groups meet throughout the month, term time only. We also have Facebook groups that you are welcome to join if you are a member. 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.

5th October - Derby City Support Group

10am—12noon

At: Annie's Place, 8 Bedford Close, Derby DE22 8HQ . Tea & Coffee on arrival - Today we are joined by

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Gardening Club - 12.30 - 2pm

will meet directly after City Parents group at Annie's Place. The group will help with a range of gardening tasks in our community garden plus an activity to take home.

13th October - Belper Support Group

10am - 12noon

At: Strutts Building Derby Road, Belper, DE56 1UU .

We will be joined by Cyber Protect Officer Derbyshire Police who will be running a non-technical awareness session on using the internet and email safely, protecting online accounts, and also common scams and frauds .

21st October - Parent and Boys Group

6pm-8pm

At: Annie's Place, 8 Bedford Close, DE22 8HQ

This evenings theme "Junk Science" making junk musical instruments

£6 Per Session

Booking essential for this group

12th October - Under 5's group

10am - 12noon

At: Umbrella House, 64 Birdcage Walk, Mackworth, DE22 4LD

Session theme is "Underwater"

Pre booking for this group

£2 per session per child.

14th October - Parent & Girls Group

6pm - 8pm

This is an OFFSITE session at Oxygen

Booking is essential for this Group

For further information please contact Familysupport@umbrella.uk.net

17th September - Male Carer's

7-9pm

At: Annie's Place, 8 Bedford Close, Derby DE22 8HQ - Derbyshire Constabulary will deliver a non technical awareness session on safely using the internet and emails. Also how to protect your online accounts, and awareness of commons scams and frauds of which there are many. This is a really useful and information session. Refreshments available.

THIS SESSION IS OPEN TO EVERYONE - ESPECIALLY PARENTS AND CARERS WHO CANNOT ACCESS OUR INFORMATION GROUPS IN THE DAYTIME



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UMBRELLA FAMILY FUN EVENT AT MOUNT COOK

Join us for an adventure at Mount Cook, Wirksworth.

Land Karts & Low Ropes & Mini Zip
and yummy lunch for everyone.

On: Tuesday 25th October 2022

Time: 10am – 2pm

At: Mount Cook Education Centre, Porter Lane,
Middleton-by-Wirksworth, Matlock, Derbyshire, DE4 4LS

Cost: £15.00 activities and lunch
(children, young people and adults)

£5.00 for adults only wanting lunch.

Please let us know any dietary requirements.

This event is being part subsidised by Umbrella.

All bookings and payments must be made by 14th October

Call 01332 785658 or email familysupport@umbrella.uk.net



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UMBRELLA VOLUNTEERS

CAN YOU HELP?

October half term will be upon us soon. We are starting to put plans together to cover our Adults and Children's services. There will be volunteering opportunities across the whole week.

Children's will be 3 days in the week and both days at the weekend and Adults as always will be all 7 days from the 24th to the 30th of October.

Could you please contact Paul ASAP if you are able to volunteer any days whether it is 1 day or more during the Week commencing Monday the 24th October.

Any support you can offer will be greatly appreciated as this means we can offer our activities to more of our service users. paul.tideswell@umbrella.uk.net



On Saturday Annie's place had 3 visitors, Kate, Emily and Charlotte. Charlotte's son comes to Umbrella Childrens service, Charlotte had rung Umbrella and asked if they needed anything for Annie's Garden. Umbrella said yes, we would like a mud kitchen please, so they went away and bought not just one but two! All of the Saturday INDE group helped assemble both the kitchens with Lauran making cups of tea for the visitors.

Thank you so much, the children will love playing with them and have hours of fun.

BY Mia Rostron INDE

Wednesday evening INDE group were invited to volunteer at Umbrella's A G M at The Annie Hall Centre. The young adults were very pleased to be asked and wore their volunteer badges with pride. They set up the hall ready with chairs and made sure that there was a programme on each chair, they welcomed everyone into the building, showed them where to sign in and served drinks. After the A G M a few of the INDE group showed the visitors around Annie's including the wonderful woodland area and allotment. Well done INDE you were all amazing!!



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 RACE NIGHT

It's back! Umbrella Derby and Derbyshire are hosting another Race Night!

Come and join this fantastic, fun event to raise money for this incredible charity!

Saturday 22nd October 2022

The Annie Hall Centre

8 Bedford Place

Derby

DE22 3HQ

7 pm to 10.30 pm

Racing starts 7:30 pm

Tickets £10 from

Umbrella or

<https://www.ticketsource.co.uk/whats-on/derby/the-annie-hall-centre>

Licensed
Bar

Cash only event.
Remember to bring cash
for your bets!

Includes :
Bangers and Mash
supper.
Please let us know of
dietary needs.

Please contact Diane Minshall at Umbrella for details by emailing
dianem@umbrella.uk.net or telephoning 01332 521229

www.umbrella.uk.net

admin@umbrella.uk.net

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