



Umbrella Disco

Wow what a night!

We were absolutely thrilled to organise our first disco for Umbrella families at Annie's Place. It has been a while since we held a disco but now we have our wonderful centre we plan to make the disco a regular event in the Umbrella calendar.

Our children and young people really know how to have a great time the dance floor was full all night and the dancing was amazing. All young people need is the opportunity to have fun and now we have the use of Annie's Place this will be the first of many new opportunities.

Thanks to our wonderful volunteers from Friday Youth Club who were fabulous, they took the responsibility for welcoming families, selling raffle tickets and the running of the tuck shop. Not only were they amazing volunteers they raised over £200, which will be used to offer further support to children and young people with disabilities. Huge thanks to everyone who donated prizes and refreshments for the disco. We are so lucky to have so many wonderful friends who help us so much and give their time freely to make our events successful.

Our resident DJ Ashley, aka DJ ACE provided excellent music which ensured the dance floor was full all night.

Everyone at Umbrella wishes you a
very Merry Christmas and Happy New



Charity Number 1150203



Umbrella Derby
and Derbyshire

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UMBRELLA ADULT SERVICES

INDE

This Month the INDE group have been busy as always. They have been to one of their favourite crazy golf places for a few games of golf before having a look at the Christmas lights and enjoying something delicious from the food court. The Saturday INDE group had a wonderful trip to Derby Playhouse to watch Shrek the Musical, the group really enjoyed seeing the hulking green ogre in person and a great day was had by all.

The group had another great Saturday when they had a go on the Ecclesbourne Steam train. The group first met in Derby and put some travel training to good use by first getting the bus to Duffield and then taking a short walk to the train station where they caught the steam train to Wirksworth on Derbyshire's longest heritage railway. They had a delicious lunch in Wirksworth before hopping on the train back to Duffield. Another fun filled day! The Wednesday INDE group also carried on their Enterprise scheme by having an evening of colourful tie dye. They made some wonderful tie dye bags and socks which they will sell. They also got into the Christmas spirit and did a spot of Christmas crafts too!



TEAM

Umbrella TEAM adults have been busy again this month. They had an amazing time at oxygen, trying out all the trampolines which was great exercise. After working up an appetite they indulged in a delicious meal at Franky and Benny's.

The Thursday TEAM also had a visit from a new adorable Therapy dog named Meg. Meg was so soft to touch and Junaid loved stroking her! We were particularly proud of Greta who was nervous around dogs when she first started at Umbrella and now she has gained so much confidence and even let Meg sit on her knee! Great work Greta! The group had some visitors from a group called 'Make me Smile' who definitely made all of our young adults smile! They came dressed as super heroes and Disney characters and played games, sang lots of songs and everyone had a great time.

Of course, the young adults couldn't miss out on some Halloween fun at the end of last month! They picked some of their home grown pumpkins from their allotment and carved some spooky designs into them. The young adults did an excellent job decorating Annie's Place—it was very spooky.

The young adults also enjoyed various Bonfire themed activities such as painting some amazing firework pictures, making classic bonfire food; hot dogs and jacket potatoes. Sophie's delicious bonfire toffee sponge desert was a real winner.



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CHILDRENS TRIPS

November has been such a fun month for trips, at the weekends we did baking as part of Paddington bear, playing with snowmen and we celebrated national nacho day!! We crunched nachos, ate nachos and played with nachos.

We took a trip out to clip and climb which was great fun, we all had so much fun, racing to the top of the climbing walls

October seems a long time ago now, but over the October half term, we had not 1, not 2, but 3 Halloween parties! We danced the day away to some spooky sounds and Halloween classics, and used our skills to make our own Halloween buffet lunches. Violet made some great ghost bananas for us all to share. We also made chocolate



ONE TO ONES



Morgan visited Annie's place during his 1:1 session to carve a spooky pumpkin... Which he decided to name Steve! He did a great job scooping out all the insides of the pumpkin even though he wasn't sure about the texture. He then designed and carved a scary face for Steve! After pumpkin carving Morgan worked on his independent life skills by cooking honey and lemon chicken for his tea, with ingredients that he got from the supermarket.



Recently Ibbby turned 13! And his birthday happened to fall on the day of his weekly support session. It was lovely to celebrate with him and his sister Halima...we had a little party and a game of pass the parcel.



UMBRELLA PLAY AND LEISURE

Umbrella had a fantastic time at Moorways Sports and Leisure Centre. Umbrella were offered a free session to attend the new SEN soft play sessions. All that attended had a wonderful time. SEN soft play Sessions are available please contact Moorways for further information of pricing and times.



#WEARESEN & UMBRELLA'S
Christmas Fair
10TH DECEMBER 2022 11AM - 3PM
UMBRELLA MACKWORTH 64 BIRDCAGE WALK, DERBY DE22 4LD

Teddy Tombola
Tombola
Toy stall
Tea, Coffee, Hot Chocolate, Cake
Live music
Santas grotto

Accessible space with hoist changing facilities

Come down and see us as we join forces to create a space of festive fun and celebration! All funds raised will be split between the two organisations and will go on to support SEN throughout Derbyshire.

#WeAreSEN "Here to support SEN"
UMBRELLA embracing abilities
HB

hubbug theatre company
BREWHOUSE INCLUSIVE CLUB NIGHT
the brewhouse arts centre & cafe bar

Disco suitable for disabled young people & adults ages 14+ and their friends, families and carers. Dress in your festive outfits and party with the Hubbug DJs.

TUESDAY 13TH DECEMBER 2022
7PM TO 9PM
£5 PER PERSON,
PARENT/CARERS FREE
DRESS CODE: FESTIVE SPARKLE

Advance ticket purchase recommended
Brewhouse Box Office 01283 508100
www.brewhouse.co.uk
Inclusive Club Nights 2023
23 March / 6 July / 7 December

Brewhouse Arts Centre
Union Street
Burton upon Trent DE14 1AA



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UMBRELLA FAMILY SUPPORT



The Umbrella Boys' Club Band

In November the Boys Club made amazing junk musical instruments. Rain sticks and harmonicas were the favourites but Tyler freestyled and made his own tuneable guitar! Parents joined the boys to play Loopin' Louie, our November game ; I'm not sure who was more competitive but we had a chill-out colouring table ready to calm people down. The boys voted for a Christmas Movie Night for our December 16th session. So we will be showing Arthur Christmas, starting at 6pm, with hotdogs, pizza, popcorn and ice cream. We will have a few quiet craft activities in the background as well for anyone who likes to keep busy. There are a couple of spaces still available if you are interested. To book email: familysupport@umbrella.uk.net

Boys Club will be back in 27th January with a Birds and Animals in Winter theme.



We welcomed Alan to our Male Carers group in November. We thank him for having the courage to come along. We appreciate it is not the easiest thing to do, coming into a room and joining a group, but honestly at Umbrella we are very welcoming of new people to any of our groups. We are all together for a reason, we all care for, look after and support children

and young people with any additional need registered at Umbrella. We hope our support groups provide a sense of well-being, greater empathy for each other and reduces stress and anxiety, improves mental health and helps you cope better – its a safe place for you to share, listen and feel valued. If you have concerns after you have been to one of our groups please get in touch and we will try to resolve any issue.

For December our Erewash and Amber Valley groups are meeting offsite for a Christmas lunch – see the programme for full details.

Derby City group will meet on site but this group is fully booked now
Wishing all our Support Groups a very Happy Christmas!

Christmas Shutdown - Office Closure.

The Family Support team will not be working over the Christmas period.

From Friday the 23rd December - Tuesday the 3rd of January.

Please email Familysupport@umbrella.uk.net and will get back to you as soon as we can on our return to work.



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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.

<p><u>7th December - Derby City Support Group & Gardening Club - 10am - 2pm</u></p> <p>At: Annie's Place, 8 Bedford Close, Derby DE22 8HQ . Christmas themed event</p> <p>FULLY BOOKED</p>	<p><u>14th December - Under 5's group</u></p> <p><u>10am - 12noon</u></p> <p>At: Umbrella House, 64 Birdcage Walk, Mackworth, DE22 4LD</p> <p>Sensory Christmas Theme</p> <p><u>Pre booking for this group</u></p> <p><u>£2 per session per child.</u></p>
<p><u>8th December - Belper Support Group</u></p> <p><u>Christmas lunch at 12noon</u></p> <p>Christmas lunch at Cookhouse Pub Butterley Park, Ripley DE5 3QP</p> <p><u>Booking is essential</u></p>	<p><u>14th December - Erewash group</u></p> <p><u>11.30 - 1.30pm</u></p> <p><u>Christmas activity and lunch</u></p> <p>@Wonky Teapot</p> <p>5 Station Road, Long Eaton</p> <p><u>Booking is essential for this activity.</u></p>
<p><u>9th December - Parent & Girls Group</u></p> <p><u>6pm - 8pm</u></p> <p>At: Annie's Place, 8 Bedford Close, Derby DE22 8HQ</p> <p><u>£6 per session</u></p> <p>FULLY BOOKED</p>	<p><u>16th December - Parent and Boys Group</u></p> <p><u>6pm-8pm</u></p> <p>At: Annie's Place, 8 Bedford Close, DE22 8HQ</p> <p><u>£6 Per Session</u></p> <p><u>Booking essential for this group</u></p>

9th January - Parent and Girls Group - booking required

12th January - Amber Valley Support Group

16th January - Male Carers Group

14th January - Under 5's Play and Support Session - booking required

16th January - Parent and Boys Group - booking required

25th January - Erewash Support Group



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UMBRELLA VOLUNTEERS / FUNDRAISING

Rotarians winter Visit



The Rotarians kindly offered to come to Umbrella house in early November to give the play area at the back a good clean. They cleared away all the leaves, bagged them up and binned them. They also cleaned up all the planting areas and hosed down all the outdoor equipment to make the whole area look fresh and tidy.

We would like to thank them for their visit and all the other visits and work they did in 2022.



Enjoy an evening of Christmas carols and songs with Duffield Singers on Wednesday December 14th at 7.30 at St Alkmund's Church Duffield. Admission free, retiring collection, proceeds to Umbrella, a local charity which benefits children and young people.

Umbrella would like to say A huge Thank You to Dale Bryan, her family members, Dale's team, and Derby University Students. Dale and her Team, have been collecting gifts over the past year and invited Umbrella collect gifts for the Children and adults attending the Umbrella Family party in December.

We were overwhelmed by the choice and your generosity. Thank you again



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®



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USEFUL INFORMATION



www.communityactionderby.org.uk/crisis-support/help-with-the-cost-of-living

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-health/keeping-warm-in-winter/warm-spaces/warm-spaces>

<https://www.derby.gov.uk/news/2022/november/residents-encouraged-to-visit-warm-spaces-this-winter/>

"It's alright to ask for help"

SAMARITANS

116 123

<https://helpforhouseholds.campaign.gov.uk/>

<https://contact.org.uk/help-for-families/information-advice-services/cost-of-living-advice/>

www.umbrella.uk.net

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



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