

We are looking for new members from Derbyshire for our Umbrella Parent and Carer Voice.

What the Umbrella Voice does:

Parents and carers are at the heart of Umbrella and their views are valued. It has been Umbrella's vision to develop their own Parents/Carers Forum, and forms part of our Business Plan.

The role of the Umbrella Voice:

- * To help Umbrella move forward.
- * To ensure the quality of Umbrella services meets the needs of all families.
- * To advise on service alterations and improvements.
- * Help to identify needs of disabled children, young people and their families to feed back into the strategic direction of Umbrella.
- * To gather parent's views and opinions that may not otherwise be heard to commissioners.
- * Respond to formal or informal consultation undertaken by local and national statutory agencies.
- * To assist with Umbrella's recruitment.

Frequency:

Termly—2 hours per meeting.

If you are interest in volunteering in the group then please contact the Family Support Team for further information. familysupport@umbrella.uk.net / **01332 785658**

Derby City Parents and Carers:

Have your say regarding the consultations below:

<https://www.derby.gov.uk/education-and-learning/derbys-send-local-offer/travel-transport/pre-16-home-to-school-travel-policy-review/>

<https://letstalk.derby.gov.uk/derbys-budget-consultation-2023-24>



**Umbrella Race Night - 29th April - time tbc - At Annie's Place,
Bedford Close, Derby, DE22 3HQ.**

Family Fun Magma Science Centre Trip - 29th May

Carers Day - 5th June - Mickleover Golf Club



Charity Number 1150203



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UMBRELLA ADULT SERVICES

INDE

Saturday INDE group had their first offsite visit of the year when used their travel training experience to catch the bus to Matlock Bath. They firstly enjoyed a lovely walk over the bridge and along the river, taking in the beautiful surroundings. After working up an appetite, the group then enjoyed some nice fish and chips. Of course you cannot go to Matlock without going to the arcades! We then took a walk back to the bus stopped and stopped at the waffle shop whilst we waited. A great day was had by all.



INDE also had an amazing visit from Hubub who delivered an exciting drama work shop. They also delivered a piece on stranger danger and highlighted the dangers associated with adults who we do not know. It was a yummy cottage pie for lunch and muffins for after! INDE had even more drama as they headed off to watch the panto delivered by Feel Alive Hub CIC; 'Spinderella and the Villains Academy'. The INDE group loved the show and seeing some of their talented friends on stage.



INDE have also been enjoying some on site trips. Last week was International Lego day. The group used the Lego to see what exciting things they could build. They even had a Lego themed lunch! After lunch the group took part in some Lego related challenges. What a great month of varied activities.

TEAM



The Daytime Teams have started 2023 with a bang by doing many fun and varied activities throughout the month of January. Friday team have been getting creative with their recycling and had a busy day making birdfeeders out of pop bottles. The group had already used the bottom half of the bottles to make Christmas flower pots and put the tops of the bottles to good use too. Everyone had a go at drilling holes so that string could be threaded through and hung on the trees outside around Annie's. It is lovely to look out the window and watch all the different birds (and some squirrels!) enjoying our young adults creations.

The group have also been keeping active taking part in some fun Yoga sessions. Becki from Wild Minds came to see how much yoga moves everyone could remember from last year. Becki was very impressed and how many moves people could remember and how good the young adults were especially after the Christmas break! The TEAM groups have also been enjoying making some healthy food in the New Year using lots of veggies!



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CHILDRENS TRIPS

There has been no time for January blues on Children's trips, we have been really busy celebrating the New Year!

Although it was a few weeks ago, I couldn't not share a quick throwback to the amazing pictures of our Christmas party. We sang, danced, worked on our skills by helping to make yummy party food and we even had time to make hot chocolate cones to take home, ready for Christmas Eve.

The best part was we had a visit from the big man himself....Yes, you guessed it. Santa came to pay us a visit and we all bought chocolate and amazing presents. It was the best party!



We kicked off the New Year with another amazing party!

We followed a recipe and made sparkly play dough, making different shapes and models out of our dough. Tara was very helpful in the kitchen working on her independent living skills and not only helping prepare the buffet for the group with help from her support worker but also helping with the washing up! Well done Tara!

We have also had fun decorating waffle cones with chocolate, sprinkles. And to make it the best party ever, we even had our own ball pit room, which everyone loved.

This month we have also celebrated Chinese New Year, we made lanterns to celebrate, we have so much fun with crafts, the messier and more glitter the better. For lunch we all worked as a team to make spring rolls. Which was so much fun to do and well as being really yummy.



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Umbrella Family Disco!



Great News

Umbrella are holding the second Family Disco at Annie's Place

We are very lucky and DJ Ace will be organising a fantastic selection music.

The Friday youth club have kindly agreed to volunteer again at this event.

We will be having a small raffle and tuck shop on the night and all monies raised will be going to Umbrella.

We are limited on numbers that can attend and booking is essential

Please do not turn up on the night if you haven't been allocated tickets.

Friday 17th March from 7.00pm – 9.00pm

Tickets are £3.00 per person



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UMBRELLA FAMILY SUPPORT



Male Carers Group

This group met up for a quiz night at the greyhound pub in Derby city on Monday 16 January and by all accounts was a really fun night with a very decent score and apparently the chip butties went down a treat. Feedback is the group would like to attend again and we will arrange this.

There will be no Male Carers group meeting in February due to half term. The next group meeting is on Monday March 20. The group will be meeting at Umbrella House for an information workshop - "Understanding Behaviour which Challenges". On this occasion we will open this group up to everyone especially parents who work during the day and are unable to access this type of event. The workshop is very informative and explains a lot about our children's and young people's behaviours.

The session will start at 7pm sharp and will run for 90 minutes – Refreshments available on arrival. The address is Umbrella House, 64 Birdcage Walk, Mackworth, Post Code is DE22 4JA

PLEASE DROP US A QUICK EMAIL IF YOU ARE INTENDING COMING

familysupport@umbrella.uk.net

Parent and Girls, Boys and Under 5's Group

Girls, boys and Under 5's group had a fantastic time in January participating in activities around the topic 'Winter animals. We made bird feeders, crafts and sensory activities.

Our groups provide lots of learning as well as socialising with our new friends and a chance for all parents and carers to meet others. It is a time for our parents and carers to engage with the children in an environment where there is no judgement. We hope that all our families enjoyed the sessions and we look forward to a fantastic February Groups. If you are interested in attend our groups then please contact the Family Support Team for further information.



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UMBRELLA PARENT/ CARER SUPPORT GROUPS

Our support groups meet throughout the year, 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 9:30 am– 3.30pm Monday – Friday.

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

1st February - Derby City Support Group

10am—12noon

At: Annie's Place, 8 Bedford Close, Derby DE22 3HQ. Follow up session on leisure opportunities in the city. Usual tea/coffee

Gardening Club - 12.30 - 2pm

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

9th February - Amber Valley Support Group

10am—12 noon

The Strutts Building, Derby Road, Belper, DE56 1UU. Relaxation morning with chair yoga, raffle and refreshments . Raffle donations please

8th February- Under 5's group

10am - 12noon

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

[Pre booking for this group](#)

[£2 per session per child.](#)

10th February - Parent and Girls and Parent and Boys Group

6:30pm-7:30pm

At Oxygen Free Jump. - We will be on site to chat and support parents. You will need to book your own slot at this time via their website. Please let us know you are attending so that we can look out for you.

[Booking essential for this group](#)

1st March - Derby City and Gardening Group

8th March- Under 5's Play and Support Session - booking required

9th March - Amber Valley Support Group

10th March - Parent and Girls Group - booking required

20th March - Male Carers - Open to all Parents/carers - Behaviour Workshop - booking required.

24th March- Boys Group - booking required

29th March – Erewash Support Group

5th JUNE - CARERS DAY - MICKLEOVER GOLF CLUB



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UMBRELLA VOLUNTEERS / FUNDRAISING

Our wonderful friend Martyn Bertalan RIP

Umbrella staff and Trustees were saddened to hear of the sudden death of one of our special friends Martyn. Not only was Martyn a special friend he was also a Freemason who volunteered tirelessly to support others. He nominated Umbrella as his chosen charity for 2023 and his family have chosen Umbrella to receive donations in lieu of flowers at his funeral. Thank you to the Bertalan family for their thoughtfulness at this very sad time. Martyn will be sorely missed for his friendship and kindness.

unity

Supporting the causes you care about



You can win up to £25,000 each week! Entering is quick & easy. For just £1 a week per line, we get 50p with the other half being split between prize funds and Unity administration costs. If you haven't already signed up, you can find the link below :

<https://www.unitylottery.co.uk/causes/umbrella/>

A Note from Amazon Smile...



We are writing to let you know that we have made plans to wind down AmazonSmile by February 20, 2023. Until this date, customer purchases made via AmazonSmile will continue to accrue funds for your charity as normal. To help charities like you plan ahead, we will also provide you with a one-time payment equivalent to six months of payments based on what you accrued in 2022 through this program. The timing of this final payment will be approximately 60 to 90 days after February 20, 2023. We hope that this will help minimise the impact that this decision might have.

We will keep supporting thousands of charities across the UK in many ways, and focus on the areas we believe can help create an even greater impact. Our long-term commitment to our communities remains the same: we are determined to help create a better world for our customers, our employees, and the communities we serve across the UK.

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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Sarah Tweats - Information Advice and Family Support Worker.

What are you most passionate about; Supporting and empowering parents and raising awareness and understanding of the female presentation of Autism.

Name 3 things you could not live without; My family and friends, but that goes without saying, so it would be, my cats (I have 5!!), coffee and baking/eating cakes!

What 2 things do you consider yourself to be very good at? Baking cakes and problem solving.

What aspect of your role at Umbrella are you looking forward to most? Supporting parents, as a parent myself I understand how difficult life can be sometimes. Working with a team of wonderful people and families.

Umbrella look forward to working with Sarah and wish her good luck with your new role!

www.umbrella.uk.net

admin@umbrella.uk.net

01332 785658



Derby City Council



LOTTERY FUNDED

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ARTS COUNCIL ENGLAND



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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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