

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!

Licensed
(cash only)
Bar

Tickets £10 from Umbrella or from [Ticketsouce.co.uk](https://www.ticketsouce.co.uk). (Search Umbrella)

Saturday 29th April 2023

The Annie Hall Centre

8 Bedford Place

Derby

DE22 3HQ

7 pm to 10.30 pm

Racing starts 7,30 pm

Includes
bangers and mash supper.
Please let us know of dietary needs.



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



Tickets from [ticketsouce.co.uk](https://www.ticketsouce.co.uk) (search Umbrella Derby)

Or contact Diane Minshall at Umbrella for details by emailing

dianem@umbrella.uk.net or telephoning 01332 521229 ext 210.



PLEASE CONSIDER MAKING A SINGLE OR MONTHLY DONATION AT [UMBRELLA.UK.NET](https://www.umbrella.uk.net)



UMBRELLA ADULT SERVICES

INDE

The INDE group have also had an action packed month. Saturday INDE caught the Tram and went to the War Hammer Centre in Nottingham. The group found it really interesting and loved painting the little models and learning how to play the different games. A great day was had by all and many of the group said they would love to go back.

The Wednesday night group had a fun trip to roller world. They got their wheels on and skated the night away. After working up quite the appetite, they then headed to KFC for some dinner and a chat. Carlos looks like he's a natural!

On Saturday INDE one of the INDE group bought in his 00-gauge model railway in to show everyone. Nick set it up for the group who really enjoyed learning how to work the engines and how to control the speed that the trains run at.

Saturday INDE had another fun trip out seeing their friends perform The Drum at Deda dance. The group had a lovely day and all said how well their friends performed.



TEAM



The adult daytime groups have had another month packed with fun and creative activities. The Wednesday TEAM had a day of celebrating the Punjabi culture by giving Bhangra dancing a go. Katy arrived an amazing outfit ready to show off her moves; she was a natural! Well done to the whole group who all gave the dancing a go and with great success.

Pancake Day was this month so the Thursday TEAM had a pancake flipping competition. They all had a pancake and had a go at flipping them as many times as they could. We had a few escape the pan but all in all the group did an amazing job with Greta winning the competition by a mile. Good job Greta! Of course, they needed a well-deserved pancake snack after all that flipping.

As always, we have done lots of baking this month. The Friday TEAM have been trying to make as many recipes as they can with just three ingredients. Harry made some delicious flapjacks whilst the rest of the group were out. They were ready for when everyone got back to enjoy after their lunch, they were delicious!



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CHILDRENS TRIPS

The children took part in a woodwork session with the lovely Graeme for National Puzzle week, they enjoyed making their own jigsaw puzzles to take home. We had some time left over after so Graeme also showed some of the children how to do some origami. Which was really interesting.

Some of the children enjoyed creating an obstacle course in the garden and we practised our numbers using chalk on the floor.

Half term week was busy with activities first was Pancake Day. We all had fun making and eating pancakes, with lots of different toppings. Most the children loved chocolate spread on theirs. What is your favourite topping?

Last month's ball pit idea was such a hit we decided to do it all over again!

Later in the week we had Dr Seuss day, we watched Horton hears a who and made some cool hats, we even had enough time left over for a quick game on the switch. But we were having so much fun we forgot to take photos!



ONE TO ONES

Last week was Tara's birthday, She had a lovely time celebrating with her friends Josh and Matthew and their support workers Paula, Karis and Jordan. They had a birthday buffet, a game of pass the parcel and lots of singing and dancing! Happy Birthday Tara.



UMBRELLA PLAY AND LEISURE

Friday Youth Club

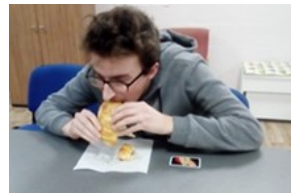
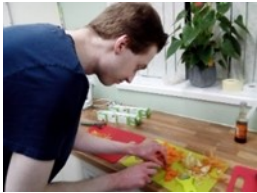
The Friday Youth club had a fantastic time making and eating their pastry treats as they recreated some of Gregg's yummy treats

Cornish Pasties, Cheese and Bean slices were on the menu

Followed by a game of Uno while the treats baked.

We currently have places available at the Friday youth club

This group is for young people aged 16 – 30 years who do not receive any other services.



Carsington Sailing Club offers the opportunity for children (aged 8+) and young people along with their parent / carer to experience sailing through a Sailability taster session.

These sessions occur on Wednesdays and Saturdays between 10am and 4pm.

To arrange a free session please phone Sailability at Carsington Sailing Club 01629 540609 and one of the team will get back to you.



Moorways Sports village and waterpark

Dates for your Diary Sunday 5th March 9.00-10.30

SEN Water Park Session Exclusive for children and adults with SEN and/or disabilities to enjoy the Water Park. Siblings are welcome to attend.

Carers attend FREE

Wednesday 8th March 17.30-19.00 Autism Friendly Water Park Session Siblings are welcome to attend. Carers attend FREE



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UMBRELLA PLAY AND LEISURE



Umbrella are very lucky to have received a limited number of free tickets for the Circus Starr Show

Venue: Markeaton Park, Derby DE22 4AA

(Car park parking charges apply)

Date Friday 28th April

Show times: Early show is 4.45pm Later show 7.00pm

To apply for tickets please contact Nicola.green@umbrella.uk.net
Families who have not received free tickets previously will be given priority.



Staunton Harold Sailability Trust are offering FREE sailing sessions

Sunday April 2nd (09:30 – 12:30)

Sunday May 7th (09:30 – 12:30)

Saturday June 17th (09:30 – 12:30)

Sunday July 23rd (09:30 – 12:30)

Sunday August 20th (09:30 – 12:30)

Sunday September 17th (09:30 – 12:30)

Sunday October 15th (09:30 – 12:30)

Achievement Celebration Evening – Saturday November 18th (16:30 – 20:30)".

All sessions must be booked in advance via the website booking is not via Umbrella

<http://shst.org.uk/events.php>



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UMBRELLA FAMILY SUPPORT



Mental Health Wellbeing Day

Tuesday 14 February we held our own “Valentines Wellbeing” event for our parents and carers. The setting was the Farmhouse Pub, Mackworth for this special event. 35 parents and carers decided to give themselves some time out from their demanding and busy caring role to enjoy some down time with their Umbrella friends. Jodi and Becki from Wild Minds facilitated 2 workshops - Yoga and Meditation – which were absolutely amazing – the feedback has confirmed this. Everyone enjoyed a buffet lunch at the end of the session.

“very good session thank you – both yoga and meditation were good Wild Minds were excellent – very sensitive.”

“I absolutely loved connecting with my inner self and relaxing”

Wild Minds are wonderful, really friendly and knowledgeable, differentiating the yoga and meditation to be appropriate to all . A lovely calming morning”

“Very relaxing and enjoyable. Lovely surroundings”

“Found this really helpful, definitely something I can use at home (and intend to)”

Family Fun Bowling

We had a great time Tenpin Bowling in February half term, it was a great turn out and it was lovely to see some new faces. The children enjoyed bowling, whilst the parents got the chance to chat to other parents, it was lovely to see so many new friendships forming.

A big thank you to Tenpin at Foresters Leisure Park for all their help with organising this event.



Under 5's Support and Play session. - The 2nd Wednesday of the month term time only



At: Umbrella House, 64 Birdcage walk, Mackworth, Derby

Time: 10am- 12:pm. Cost: £2 per child



This session will be run by our Family support workers. There will be a range of activities covering different themes every month. The session will be a place to meet new people and chat with our Family Support team for advice and signposting. Drinks and Snack will be provided.

To book the session please contact: Familysupport@umbrella.uk.net / 01332 785658.



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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 March- Derby City Support Group 10am - 12noon

At: Annie's Place, 8 Bedford Close, Derby DE22 3HQ. Chair yoga session. 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 March - Amber Valley Support Group

10am—12 noon

The Strutts Building, Derby Road, Belper, DE56 1UU. Raffle and refreshments .

20th March - Male Carers - Open to all parents - Behaviour workshop 7pm—8.30pm

Providing strategies and activities that can be used to improve parents relationships with children and help with understanding the reasons behind the behaviour they experience. Umbrella House, 64 Birdcage walk, Derby DE23 4LD

[Booking essential for this group](#)

8th March- Under 5's group

10am - 12noon

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

[Booking essential for this group](#)

10th March - Parent and Girls Group

6pm-8pm

Spring and Easter Themed activities

At: Annie's Place, 8 Bedford Close, Derby DE22 3HQ.

[Booking essential for this group](#)

24 March - Parent and Boys

6pm-7:30pm

Spring and Easter Themed activities

At: Annie's Place, 8 Bedford Close, Derby DE22 3HQ.

[Booking essential for this group](#)

29th March - Erewash Support Group

10am—12noon

Chair yoga relaxation session

At: New Sawley Methodist Church, 214 Tamworth Road, Long Eaton NG10 3GU

21st April- Boys Group - booking required

26th April – Erewash Support Group—spring craft session

Easter Holidays - Easter Egg Hunt

5th JUNE - CARERS DAY - MICKLEOVER GOLF CLUB

30th June - Magma Science Centre Trip



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UMBRELLA VOLUNTEERS / FUNDRAISING



Hi, I am Gurvinder Shergill, the new Volunteer Coordinator. I have been at Umbrella since March 2020, starting as an admin assistant, then working on children's services and now finding my feet with volunteering. We have some amazing volunteers at Umbrella who give their time very generously. I am looking forward to getting to know them and hopefully recruit a few more friendly faces.

Volunteer Vacancy

Database Entry Role

Umbrella is currently in the process of migrating from an very old database system to a new all singing all dancing database. We are in urgent need of volunteers willing to transfer the data through manual inputting. If you are free on a Tuesday for a quick basic training session and would like to help bring Umbrella into the modern IT world, please contact Gurvinder on Volunteers@umbrella.uk.net for a quick informal chat.



Are you planning a holiday in 2023, if so why don't you take the opportunity to book with Riviera Travel and earn some much needed funds for Umbrella.

Forever Curious

We have a wonderful partnership with Riviera Travel, all you need to do is simply book your holiday on line or on the phone and mention you would like your commission to be paid to Umbrella Derby and Derbyshire, it is so simple. Umbrella will receive funds as soon as your holiday begins, we will be able to use your commission on the children and young adults whilst you are having a lovely time on your holiday and it won't cost you a penny.

www.rivieratravel.co.uk

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 :

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!

PayPal
Giving Fund

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UMBRELLA VACANCIES

WE ARE RECRUITING!

Marketing and Fundraising Coordinator

We are looking for an experienced Marketing coordinator that has proven experience in developing a Marketing and Fundraising strategy. Full time, flexible working environment and competitive salary with pension. For more information or to submit your CV please contact Laura Beresford at: laura.beresford@umbrella.uk.net.

**WE ARE
HIRING**

Activity Support Workers

Working with children and young adults up to 30 years old with varying levels of needs (some including personal care). Supports are in group settings, one to one or two to one, working at Umbrella House or in the community.

Contracts are permanent and various hours are available

A Level 3 in Child Care, Health and Social Care, education or similar is desired but not essential.

WHAT WE OFFER;

- FREE training in epilepsy & disability awareness, Safeguarding and moving and assisting people plus investment into personal development
- FREE on site car parking
- FLEXIBLE contract hours - from 0 hours contracts to holiday and full time contracts with the ability to earn overtime.
- REFERRAL programme for recruitment
- PENSION
- Access to shopping discounts
- EXCITING progression opportunities

Please contact Laura Beresford on laura.beresford@umbrella.uk.net to find out more or request an application form, or for a confidential chat please contact 01332 521229.

www.umbrella.uk.net

admin@umbrella.uk.net

01332 785658



Derby City Council



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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