



Over the Coronation weekend at Umbrella we enjoyed lots of celebrating.

Cake baking, Crown making, Royal crafts were just some of the wonderful activities our young people participated in. They had a very royal celebration!

Our very own Trustee Ruth Pownall Headed to London for an amazing garden party.....



I'm Ruth Pownall and Vice Chair of Umbrella . I've been a Trustee at Umbrella for many years and worked for the Charity when it was very young in the early 90's.

My family own and run a Home Care Support Company in South Yorkshire and I had the honour to be one of four people nominated by Skills for Care to attend the Kings Coronation Garden Party at Buckingham Palace on May 3rd.

I was nominated for the work I do in Adult Social Care and supporting other Registered Managers in the sector and flying the flag for social care .It was a real privilege and a wonderful and memorable day as the King and Queen Camilla were there along with the Duke and Duchess of Edinburgh and the Duke and Duchess of Gloucester .

Following on from our recent parent carer survey we thought it would be a good idea to give you a way to make suggestions about Umbrella's services all year round. If you have a suggestion to make about how we could improve our services or about new or different things you would like to see us do please click on the link and make a suggestion using our "Virtual Suggestions Box".

<https://forms.office.com/e/KG5N7GWBj4>

We will only be checking the box once a week so please do not use the form as a way to communicate anything with us other than your suggestions. We look forward to reading your ideas.



Charity Number 1150203



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UMBRELLA ADULT SERVICES

INDE

The Wednesday INDE group kicked off the month of May with one of their favourite trips, and of course it involves food! They went to Cosmo for an all you can eat buffet, enjoying some pan Asian world cuisine before walking it off with a stroll back along the river gardens. It's not all food though, the Wednesday team have been enjoying some visits from Becki at Wild minds who delivers yoga sessions. The group are getting so good at all of the different moves which have been taught!



The Wednesday group also had a fun but emotional evening celebrating one of our young adult's birthdays who will sadly be leaving Umbrella, Rachael. The group organised a little buffet with all their favourite foods and snacks. One of their favourite activities is Tia Chi with fans so Carol came in to deliver the session for their last day. Rachael will certainly be missed by all and we wish them the best for their future!

The Saturday group have been on many exciting offsite trips this month. Their first one being a trip to the museum of making and then hopping on the bus for a nice lunch at the Blue Peter. They had a nice walk around Alvaston park in the sun too to see if they could spot any parakeets. The group have also headed to Nottingham this month to spend a marvellous day on the narrow boats. The group enjoyed steering the boat and learnt how to moor it as well. They also enjoyed a picnic.

TEAM

Our team groups have been up to all sorts of fun and exciting activities this month; it's nice to be able to get out in the garden more as summer is finally here. The weather was so nice that the Monday TEAM decided to take a trip to Matlock Bath. They practiced some travel training by firstly getting their gold cards out and hopping on the bus to Matlock. After a lovely and scenic journey there, they took a nice leisurely stroll down the river. Of course this leisurely stroll could only end in one place: the chip shop! After some fun at the arcades the group headed back to derby; a fun day had by all.

All groups have been very busy in the allotment too, doing potting and sowing seeds and plenty of watering. A few of our groups celebrated national bee day and learned some facts about the importance of bees and learnt what kinds of flowers are bee friendly. The Friday group had fun planting some wild flowers in one of the beds in the allotment and can't wait to see what kind of wildlife they attract. They even made some bee houses and had honey chicken for lunch too!

The Wednesday group had fun celebrating the King's Coronation by hosting their own little afternoon tea party. They made some nice sandwiches and scones to enjoy with their crowns on.

The Thursday group had a nice day in the sun at Markeaton Park on the bike-ability bikes. After having some fun on the bikes and working up an appetite the group took a walk to the pub for some lunch. We can't wait for more summer activities in the coming months!



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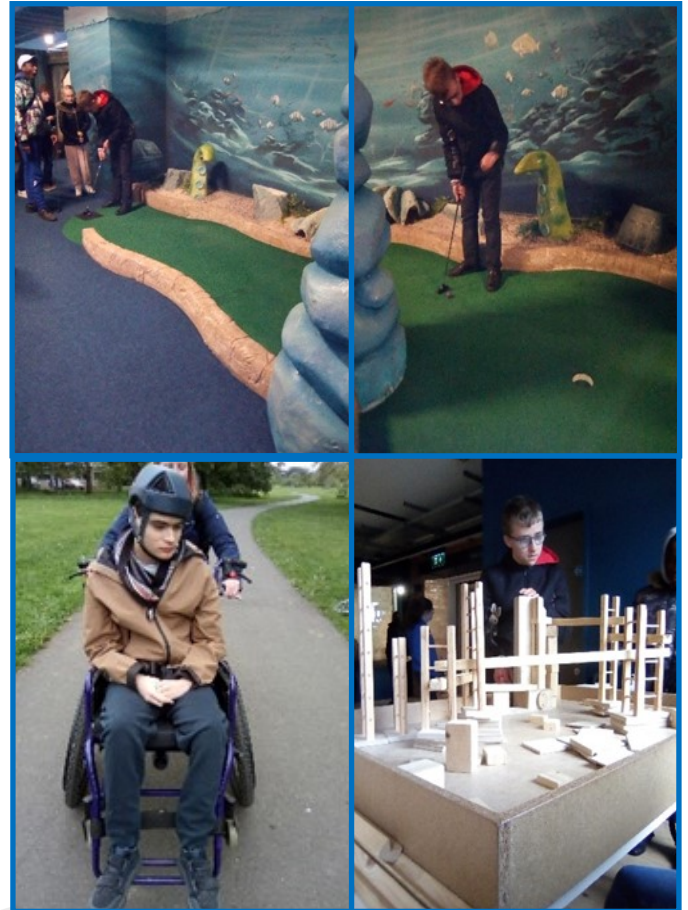
UMBRELLA CHILDREN'S SERVICES

CHILDRENS TRIPS

As always we have had a fun packed month. We started the month with some adventure golf, we had so much fun as you can see in the photos, we also had a trip to the Museum of Making.

We have been out and about at Markeaton Park, we had fun on the bikes, Jonathan loved being on the front. We followed this up with a nice walk in the sunshine.

We had great fun at Annie's Place making the most of the amazing facilities we have. Our giant play house is very popular, and when we're not playing outside there is plenty to do inside, we had a great scavenger hunt. Here is one of our amazing volunteers Mia, doing a scavenger hunt with Violet.



ONE TO ONES

Over the bank holiday weekend Ibbby had a great time whilst out on his support session, he was so excited to have a go on this Thomas the Tank Engine ride.



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UMBRELLA PLAY AND LEISURE



Great News!

Umbrella are going to Blackpool Zoo!

Trip Date - Wednesday 23rd August 2023.

Leaving Derby Arena, Pride Park, Royal Way, Derby DE24 8JB at 8.00am and returning at 7.30pm (approximately)



Happy Days charity are subsidising the cost of one of the coaches. Which has enabled us to offer this trip at a reduced cost to families.

Blackpool Zoo are offering one carers ticket free, which again has reduced the cost.

The cost of the trip includes contributions towards coach costs and entrance to the zoo.

Child under 16 years - £20 per person

Adult over 16 years old - £24 per person

Carer £10 Contribution to coach (One free carer place at the zoo per child with a disability)

We understand that families are currently experiencing challenges so you can pay for the trip by instalments.

For more information or to book places please contact
Nicola.green@umbrella.uk.net



Are you a fan of Dungeons & Dragons?

Would you be interested in joining a group with likeminded people?

If yes, please get in touch with Nicola.green@umbrella.uk.net to register your interest.



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We currently have places at the following groups:

Siblings Group

Monthly group for children aged 8 to 17 years who have a sibling with a disability.

Held at Umbrella House in Mackworth and out in the community.

Cost £6.00 per session - offsite trips are £6.00 + activity costs

Hilton Youth club

Fortnightly Saturday group held at Hilton Village Hall and out in the community.

Group is for young people with a mild to moderate disability who do not require 1-1 support.

Group times – 2pm – 4.30pm - Age – 11 to 18 years

Costs - £6.00 per session – Offsite trips £6.00 + activity costs

Sawley Youth Club

Fortnightly Saturday group held at Sawley Community Centre and out in the community.

Group is for young people with a mild to moderate disability who do not require 1-1 support.

Group times: 10am – 1.00pm, Age: 11 to 18 years

Costs - £6.00 per session – Offsite trips £6.00 + activity costs

Friday youth club

Fortnightly Saturday group held at Annie's Place and out in the community.

Group is for young people with a mild to moderate disability who do not require 1-1 support and are not receiving any other services.

Group times – 6.30pm – 9.00pm

Age – 15 to 30 years

Costs - £6.00 per session – Offsite trips £6.00 + activity costs



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UMBRELLA FAMILY SUPPORT

Thank you to everyone who took part in our recent Survey!
We are proud to report that:

96% of respondents rated Umbrella services as Good, Very Good or Excellent
95% of respondents agreed or strongly agreed that Umbrella provide a quality service
93% of those who had a young person attending a service said that the young person enjoyed coming to Umbrella



Fun evening at MFA Bowl Ilkeston - bowling evening with our Male Carers group – lots of chatting, supporting each other and cheering as individual strikes were scored (even a little bit of competitiveness involved) Really good evening. It would be good to have a few more of our male carers involved.



Thank you to staff at MFA Bowl for being so lovely

Derby city support group meeting in May was a short expressive arts session –its not easy sometimes to think outside the box and put our feelings into drawings or words but our parents did a brilliant job. There was lots of very creative drawings and expressions. Feedback from group – it was a lovely session with lots of conversations lots of positivity.



Our Amber Valley group meeting on 11 May had a visit from Healthwatch Derbyshire who wanted to hear Parents and Carers views and experiences of local health and social care services in Derbyshire. Lots of experiences were shared both positive and negative – all of their findings are then made known to those involved in the commissioning and scrutiny of care services. On Wednesday 24 May the Erewash ladies took a stunning stroll along the canal bank on Hopwell Road. The sun was shining and the only sound was us chatting - there were lots of wildlife about, we spotted 2 herons, the common buzzards, pretty water wrens happily swimming on the water. We enjoyed a delicious lunch in the Cottage Café.....followed by cakes to celebrate Linda's birthday. Fabulous morning! our groups like to venture outside it is so powerful for good mental health and wellbeing.



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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 am– 3pm 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 June - Derby City Support Group</u></p> <p><u>10am -12noon</u></p> <p>At: Annie's Place, 8 Bedford Close, Derby DE22 3HQ. Usual tea/coffee</p> <p><u>Gardening Club - 12.30 - 2pm</u></p> <p>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.</p>	<p><u>9th June - Parent and Girls Group</u></p> <p><u>6pm-7:30pm</u></p> <p>Mundy Play Centre , Markeaton Park, Derby</p> <p>Time for play and catch—Please bring a picnic tea if you would like to.</p>
<p><u>8th June Amber Valley Support Group</u></p> <p><u>10am—12 noon</u></p> <p>The Strutts Building, Derby Road, Belper, DE56 1UU. Join us for Craft and Chat Session with our usual raffle and refreshments.</p>	<p><u>14th June - Under 5's group</u></p> <p><u>10am - 12noon</u></p> <p>At: Umbrella House, 64 Birdcage Walk, Mackworth, DE22 4LD</p> <p><u>Booking essential for this group</u></p>
<p><u>*Sunday 18th June* - Male Carers</u></p> <p>Join us at Carpenters Arms, Moor Lane, Dale Abbey DE7 4PP for the Classic Car show 10am—2pm</p> <p>Why not bring the family along and enjoy this event. If classic cars are not for you the Hermits Cave are within walking distance, visit the remains of the 12th century abbey or enjoy a ramble in the woods nearby, your Sunday family day sorted</p> <p>Family Support will be onsite at the Carpenters Arms from 11am to 1pm.</p>	<p><u>16th June - Parent and Boys</u></p> <p>Bodrumorphix session</p> <p>Please contact Karin.aberg@umbrella.uk.net for further information</p> <p><u>Booking essential for this group</u></p>
	<p><u>28th June - Erewash Group</u></p> <p><u>10am to 12 noon</u></p> <p>At: New Sawley Methodist Church, 214 Tamworth Road, Long Eaton NG10 3GU</p> <p>Join us to hear about a wonderful project called "Being Me" -This project is for young autistic girls between 11 and 18 years of age.</p>



5th July - Derby City Support Group and Gardening Group
12th July- Under 5's Support Group - Booking required
13th July - Amber Valley Support Group
21st July - Girls Group and Boys Group
17th July - Male Carers Group



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UMBRELLA VOLUNTEERS



We're recruiting

A Treasurer to join our brilliant Board of Trustees.

Get in touch to find out more.

We are looking for a New Treasurer to join our wonderful Board of Trustees at Umbrella. If you are interested in the role and would like further information we would love to hear from you. Please email:

Volunteers@umbrella.uk.net



It's Volunteers week (1st to 7th June) and we are so excited to be having our 1st social event of 2023 on Sunday 4th June. All volunteers should have received an invite, if you haven't, please call the office on 521229 for further details. We will be celebrating our achievements in the past year and presenting the Umbrella Volunteer Award, watch this space for details of the winner!

We really appreciate our corporate volunteers. In April, Aramark volunteers gave up a few hours to help give Umbrella House garden a well needed tidy before the children come in to use it over May half term. They were so generous they even donated a lawn mower. If you are interested in this type of volunteering opportunity, please email volunteers@Umbrella.uk.net



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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UMBRELLA FUNDRAISING



thank you

Huge thanks to Mickleover TESCOs for the kind donation of groceries, our store cupboards are well stocked and some of our young people had the opportunity to take some home too.

giftaid it

£1 + giftaid it = £1^{25p}

Donations - Gift Aid request

UMBRELLA thanks you for making a donation to us but did you know that if you complete a Gift Aid declaration charities like ours are able to reclaim tax on a donation, which means your donations will be worth 25% more to us at no extra cost to you.

There are certain restrictions to be able to claim Gift Aid as the donation must be :-

- Made by someone who is a UK taxpayer.
- Made by yourself and not on behalf of someone else or a group of people ,eg, you collect money from your friends and family and then made a bulk donation (they would each need to make a separate Gift Aid declaration)
- Made not in return for something. For example, you are making a donation in return for a ticket to attend an event, most purchases of goods at an auction, a cake sale donation, or buying a raffle ticket.
- Donations made on behalf of a company

You can support as many UK charities as you like through Gift Aid. All you need to do is to return a declaration to each charity that you support . Once we receive the declaration it will cover donations you have already made to us and also any future ones you may make subject to the restrictions above.

The Gift Aid declaration form can either be received by emailing familysupport@umbrella.uk.net, or telephoning 01332 785658 or by downloading the form from our website.

Please return the completed form to Umbrella as per its instructions or if you have any queries just contact us.



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/>



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USEFUL INFORMATION



Share your thoughts.... Derby Arboretum Park Consultation

The Parks Team are now running a consultation that will determine what new equipment is installed at the Arboretum. This is our opportunity to influence what is provided. Please can you contribute yourselves and share with as many parents as possible. The more voices that are heard, the better will be the outcome in terms of inclusivity and accessibility will be. This is the only opportunity that we will have, please play your part in making this happen. The link to the consultation is below.

<https://forms.office.com/e/mEzfirGYch>

FUNDRAISING EVENT



**OPEN GARDEN
FUNDRAISING EVENT**



47 Town Street Holbrook DE56 0TA

24th June 1-4pm
Adults £1 entry, children free.

There will be drinks and cakes for a donation and garden games

Angela Voon has facilitated this event for a few years now and has raised lots of money for Umbrella.

PLEASE SUPPORT THIS EVENT



LOTTERY FUNDED



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WHO WE ARE?

We are a Community Interest Company, whose aim is to enable Children and Adults with Special Educational Needs and Disabilities (SEND) including ASD, ADHD and Anxiety to take part in Fitness Health and Well-Being activities within the community.

OUR AIMS:

- To provide Fitness, Health, and Well-being support to clients.
- To improve access to Fitness, Health, and Well-being signposting to clients.
- To provide bespoke 1:1 personal training to meet individuals' fitness training needs.
- To improve social and independent skills for clients.

WHO CAN WE HELP

We specialise in support with Anxiety, ASD, Learning Disabilities and ADHD. If you think this service could support you/the person you care for, but their diagnosis is not listed, contact us, we love to chat about what we do, and may be able to offer a service.

CONTACT US FOR MORE INFORMATION

07734455806

info@sen-fit.co.uk www.sen-fit.co.uk

@senfit_derby



SEN DAY

Is our full day service sessions. They run from 9am to 3pm. Activities vary, but all build on the skills to support growth.

The day involves:

- Fitness, (eg. circuits/walks/gym sessions)
- Health (eg. Cooking/health information/education)
- Well-Being, (eg. yoga/mindfulness or hobby support).
- Building social and independent skills
- Lots of fun and encouragement

This is a group service support, 1:1 support may be available. We will discuss your requirements, and support you to ensure the service meets the clients needs.

Sessions run in Derby City and Derbyshire, but are open for anyone from any area, who can travel to us.

The service will operate all year round, for a minimum of 45 weeks per year.



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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



LOTTERY FUNDED

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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