



Parent Carer Drop In and Support Session have all resumed following the summer recess and it is nice to see you all again. We have slightly changed the name of these sessions as we want you to know you do not need to stay for the full session. You may want to pop in have a cuppa and chat with friends for a short while OR you may wish to share a concern and get some advice or you may be interested in hearing what our guest speaker is all about and then wish to leave. Please feel free to do whatever suits you BUT know you will always be welcome at these groups. If you feel anxious nervous because you have not been before then just let us know and we can arrange to meet you outside and walk in with you whatever makes it easier for you to access Umbrella groups .

Derby city group had a visit from Derby County Community Trust which was very informative as they shared information on all the work they do in the community. If you missed their talk at this group then they will be at Belper group on the 12 October. City group will next meet on the 4 October and Fiona Ross (yes she used to work at Umbrella as a family support worker) but moved on and has now set up her own business SEN Fit – Fitness Health & Wellbeing for Young People with Special Educational Needs

Belper group had a visit from the Development Office at Time Swap Derbyshire – what a wonderful initiative – quite a few from the group have signed up to be part of this project. For now this project is only available in Derbyshire but they are hoping to move into Derby City. They had a raffle and talked through ideas for our Christmas lunch – yes we were talking Christmas already nothing like being organised.

Male Carers group attended Hatchet Harrys Derby on Wednesday evening 20 September. What a great evening and an opportunity for this group to try something new. Helen our facilitator for the evening was an absolute gem so enthusiastic and so passionate in her role and encouraging of the group – she went through all the safety procedures and showed us the ropes before letting the group commence the art of axe throwing.

This type of event is not for everyone but you never know until you try it and a quote from one dad *“its always good to try something new”* It certainly is a good way to destress after a difficult day working at home or in the office. I felt like I had a complete workout and I was just watching the guys.

CLARINS “Time for me event” at Annie’s Place on the 26 September was just brilliant. The ladies from Clarins were so welcoming and appreciated how beneficial it is for our parents and carers to have a little time out for themselves and they did make it special. The smell in the room from all the wonderful Clarins products was gorgeous. Some of the ladies enjoyed a mini facial, some enjoyed a little arm massage and trying new creams and serums and some had some makeup put on. But nobody left the room empty handed everyone got a little goody bag to take home. We are so grateful to the ladies at CLARINS for their time . A very big THANK YOU to our lovely volunteer Marion who looked after everyone with cups of tea and coffee.

Spa trip to Breadsall Priory - There is always something special about a spa trip to Breadsall Priory – the staff are welcoming the atmosphere is calm and relaxing – yoga session to kick start the morning following by time out in the leisure facilities sitting in the Jacuzzi chatting with old friends and making new friendship as we had new parents and carers join us today. One of the mums even got the opportunity to book for a beauty treatment as a discount price. Lunch was served at 1pm with more chatting and laughter before everyone had to leave in good time to be home in time for the school run. Another beautiful day in good company.



UMBRELLA FAMILY SUPPORT



Under 5's relaunched this month with fortnightly sessions, every 2nd and 4th Wednesday of the month. It's exciting to be able to offer more sessions. It's been great to catch up with familiar faces and hear how the summer holidays went. We've also welcomed new families to the group. Our September theme was "All about Me". We used our new indoor play kitchen alongside our Sensory Play tuff spot to bake cakes. The Sensory room has been a rainbow sea full of sharks and

other sea creatures and the good weather has meant we were able to get the sand pit back in use. In October, our theme is We're Going on a Bear Hunt. We will have sensory play activities and ideas to share and try out at home. The October sessions are on Wednesday 11th and 25th, 10 -12 am at Umbrella House, Birdcage Walk, Mackworth. Sessions cost £3/family and include snacks, drinks and plenty of tea and coffee. Please contact Karin: Karin.aberg@umbrella.uk.net / 01332 785658 to book a place.



Embrace your adventurous side and climb

In November, Parent/Carer/Boys and Girls groups are joining up again on Thursday 16th for an exclusive 1 hour session starting at 4:45 pm. The session costs £6/child.

We have 24 spaces available. Booking is open now!

Email Karin for more information or to book a place: Karin.aberg@umbrella.net.uk

Here at Umbrella your views are very important to us. Every six months we do a survey to gather your views about the services that we provide, what you love about Umbrella and what you think would make Umbrella better for you and your young people. We last did a survey in March 2023 so the time has come to do another.

Back in March the response rate from parent/carers was very low. Only 44 people responded out of over 600 people who regularly use an Umbrella service. For feedback to be meaningful we need to get a higher response rate. We appreciate that you are very busy and that taking time to do a survey for us can be tricky, however without feedback, both positive and negative we cannot make changes that will benefit you and we also cannot apply for the funding that keeps the services running. Therefore, I encourage you all to fill in the survey for us. It will take less than 4 minutes to complete. The closing date for responses is Monday 16th October at 12pm. This is 2 weeks from today.

As an extra incentive we are offering a prize draw for a **£10 amazon voucher**. If you would like to be entered into the draw, please leave your e-mail address in the box at the end of the survey. A winner will then be chosen by a random number generator at the end of the survey period.

You can access the survey at this link: <https://forms.office.com/e/G9NRyGZAUU>



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UMBRELLA SUPPORT PROGRAMME

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.

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

For more information about / to book our Support Sessions
please contact the Familysupport@Umbrella.uk.net / 01332 785658

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| <p><u>4th October - Derby City Support Group</u> <u>10am – 12pm</u> The Annie Hall Centre, 8 Bedford Close, Derby DE22 3HQ Today we have two information sessions: SENFIT & Derby City Local Offer</p> | <p><u>6th October - Parent and Girls Group</u> <u>6pm – 8pm</u> The Annie Hall Centre, 8 Bedford Close, Derby DE22 3HQ Autumn Theme Evening <u>Booking Is Essential- £6 per session.</u></p> |
| <p><u>12th October</u> <u>Amber Valley Drop in Support Session</u> <u>10am—12 noon</u> The Strutts Building, Derby Road, Belper, DE56 1UU. Derby County Community Trust will be attending. Plus Tea/Coffee cake and raffle</p> | <p><u>11th & 25th October - Under 5's group</u> <u>10am - 12noon</u> At: Umbrella House, 64 Birdcage Walk, Mackworth, DE22 4LD £2 per child - drink and snack available <u>Booking essential for this group</u></p> |
| <p><u>6th October - Parent and Boys Group</u> <u>6pm – 7:30pm</u> The Annie Hall Centre, 8 Bedford Close, Derby DE22 3HQ Autumn Theme Evening <u>Booking Is Essential- £6 per session.</u></p> | <p><u>23rd October - Male Carers - Open to All</u> <u>7pm</u> Will and Trust Information Session -Delivered by Simpsons Solicitors Umbrella House 64 Birdcage Walk Derby DE22 4LD <u>Booking is Essential limited spaces available.</u></p> |
| <p><u>26th October</u> <u>Erewash Drop in Support Session</u> <u>10am - 12 noon</u> At: Long Eaton Family Support Centre, Lime Terrace, Long Eaton, Nottingham, NG10 4LF Visiting guest speaker: SENFit Plus Tea/ Coffee and cake.</p> | |



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Join Us For—Pride Park Stadium Tour!

Umbrella are holding a Family Fun - Tour of Derby County's Pride Park Stadium!



Tuesday 31st October 12pm– 1:30pm

Or

Thursday 2nd November 10am–11:30am



DERBY COUNTY
Community Trust

At: Pride Park Stadium, Derby, DE24 8XL

The tour will be 45 minutes - you will visit the sensory rooms, home and away changing rooms, pitch side, press lounge and community corner. There will be tea, coffee, and juice available, you're more than welcome to bring your own snacks for afterwards.

Car Parking: There is a free car park on site.

Children must be supervised at all times.

Booking is essential for this activity — £5 deposit required per person to secure your booking, to be returned on the day.

Please scan QR code or click link and complete form to request your place:
<https://forms.office.com/e/y6NVwZQyck>



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UMBRELLA PLAY AND LEISURE



Christmas Party

We are now taking booking for the Umbrella Family Christmas Party.

This is a wonderful traditional party, a visit to see Santa and his Elves in his Grotto and receive a gift, a disco and hot served buffet.

Booking is essential.

Date Saturday 2nd December 2023

The Pavilion, Moor Ln, Allenton, Derby DE24 9HY

Time 1pm – 4pm

Tickets are £5.00 per person.

To book tickets please contact Nicola.green@umbrella.uk.net



[This Photo](#) by Un-

Play & Leisure Youth Clubs

We currently have places at the following youth clubs.

Sawley Youth Club

A fortnightly Saturday group for young people aged 11 to 18 years who are not receiving any other services and do not need 1-1 support.

Session times 10am – 1.00pm and [are onsite and in the community.](#)

[Cost is £6.00 per session + activity cost if offsite.](#)

Friday Youth Club

A fortnightly group for young people aged 16 to 30 years, who are not receiving any other services and do not need 1-1 support.

Session time 6.30pm – 9.00pm are onsite and in the community.

Cost is £6.00 per session + activity cost if offsite.

Umbrella siblings' group

We are currently looking children and young people who are interested in attending the Umbrella siblings' group.

This group is held monthly and open to siblings aged 8 to 17 years who have a sibling with a disability.

Please contact Nicola.green@umbrella.uk.net for more information



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TEAM

As we enter into the new season of Autumn lets see what fun our Team groups have been up to.

Monday's Team

Monday team have been having a laugh with Becki from Wild minds as they joined in with a session of laughter therapy, it's safe to say if anyone was feeling a bit sad, this session definitely put a smile on everyone's face by the end!

Tuesday Team

Tuesday team had chocolate fun filled session. They created their very own chocolate bars with lots of sweets and candy, whilst they were setting they all got their thinking caps on and designed their own chocolate bar wrapper to wrap around the chocolate and thought of some creative chocolate bar names.

Wednesday Team

Wednesday team visited Stone Bridge Farm they met at the quad when everyone has arrived we will head to the bus station to catch the red arrow to Victoria station in Nottingham then a short walk to the inner city farm where the young adults saw some goats, ducks, tortoise and other animals.

Thursday Team

Thursday team explored the Autumn season at Annie's. They headed to the allotment to see if they could find some vegetables to prep for a nice, warming vegetable soup. They also made some delicious hedgehog bread to dip in their soup.

Friday Team

Friday Team had a fun science day which was requested by on of the young adults on the group.

The Young adults designed rockets to fly around Annie's Place and were given bonus points for their design and if they could make it fly.



10, 9, 8, 7, 6, 5, 4, 3, 2, 1
BLAST OFF!!!!!!!!!!!!!!



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CHILDRENS TRIPS



This month, as the seasons are changing, we had an Autumn adventure day! We had fun crunching through the autumn leaves and seeing the colour of the leaves changing from green to orange and brown, then had a go at painting some autumn trees ourselves. We also checked in on the allotment to see how the autumn plants are growing and see how big this year's pumpkins are!

We had an amazing day out at the Adventure Farm in Burton and fed the animals. We had a bounce on the giant bouncy pillow and went on a tractor ride to spot scarecrows. While we were there, we met Goofy, and he stopped to have a photo with us!



We also had a fun filled day out bowling. Where not only did we go bowling, but we also followed it up with a game of laser tag! After practicing our independence skills by choosing our own food for lunch at the bowling alley.

UMBRELLA VOLUNTEERS

It's been a busy couple of weeks with recruitment events and fairs. It's been lovely to meet new and interesting people all on their own journeys and chatting about how volunteering might fit into their lives. Thank you to all those who left their email addresses expressing interest in volunteering at Umbrella. I will be in touch shortly.



On Thursday 28th September we were blessed with a visit from Nick's team from Rolls-Royce (Digital Tools & Data, Elton Road site). A strong team helped de-weed our car park, painted our gate and tidied our toy cupboard. We are so grateful for the time you gave.



If you are interested in volunteering for Umbrella, please contact Gurvinder 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!



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UMBRELLA FUNDRAISING

Hello from our new Marketing & Fundraising Co-Ordinator



Hi everyone,

My name is Emma Sarjeant and I am delighted to have recently joined Umbrella as the new Marketing & Fundraising Co-Ordinator.

I am really excited to get started in my role, to highlight the fantastic work that Umbrella do as well as start to look at other avenues of funding for the charity.

If you are interested in getting involved with any fundraising then please drop me an email to emma.sarjeant@umbrella.uk.net

I look forward to meeting you soon.

Emma



A colourful donation for Umbrella

A huge thank you to Dale and friends at Aramark UK who completed the 5k Colour run on 16th September 2023.

A grand total of £1050 was raised for Umbrella.

We are truly grateful for this donation and all of the work you put in.

Have you been fundraising?

Don't forget to let us know so we can say thank you!



Steeple Grange Light Railway

Old Porter Lane, Wirksworth, off the B5035 (Porter Lane) DE4 4GE

Halloween Special Event in aid of Umbrella.



Sunday 29th October 10.30 to 15.30

Ride the Ghost Train if you dare!

Suggested donation £2 per person



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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DATES FOR THE DIARY

November

2nd - Pride Park Stadium Tour

8th & 22nd - Under 5's Group

9th - Amber Valley Group

15th - Mindful Gardening Group

16th - Parent and Child Group

26th - Carsington Water Walk - Fundraising Event

30th - Erewash Group

December

2nd - Christmas Party!

www.umbrella.uk.net

admin@umbrella.uk.net

01332 785658



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CHILDREN
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Umbrella House
64 Birdcage Walk,
Mackworth, Derby,
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**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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