



Over the past 10 years our amazing friends at the White Swan have been raising funds for Umbrella. This wonderful friendship began when a young boy, Ronan McGuinness, visited the pub with his family for Sunday lunch. The White Swan is so inclusive and welcoming and Ronan soon became a regular visitor with his family, the locals knew he enjoyed Umbrella and they decided to name Umbrella as their charity of the year.

Despite the cost of living crisis this year the White Swan raised a staggering £18,000, to say we were thrilled is an understatement. The bank holiday weekends have raised over £93,000 over the last 10 years. We know how hard everyone works to raise this significant amount. The planning for next years golf day has already started. Brendon, Ailsa, Declan, Alisha and Cathrina work tirelessly to plan the wonderful weekend, and closer to the day they ask for help from many of their friends with the planning, setting up and running of the 2 day spectacular. There are far too many people to thank but one thing for certain each and every person who supports the bank holiday weekend makes a huge difference.

But it doesn't stop there, four locals undertook a sponsored walk at Elvaston Castle, another guy made wooden signs to sell and not to mention the Fantasy Football team who kindly donate some of their winnings to Umbrella. Bank Holiday Sunday over 100 golfers attend Mickeover golf club for a round of golf, then all back to the pub for food and in the evening the players dig even deeper to buy things from an auction which is really good fun. These auction prizes are all donated. 3000 raffle tickets are sold for this fundraising event. Then Bank Holiday Monday our amazing friends start all over again and host a Family Fun Day. This year the Umbrella Raindrops Choir came to sing—they were fabulous—needless to say there was not a dry eye in the house—we are all so proud of these young people for standing up and singing in front of everyone. We also had a fantastic Irish dance display from Jess Turner. Thank you to everyone who contributed in any way to raise such a fantastic amount of money.



# UMBRELLA FAMILY SUPPORT



The Mindful Gardening Group met up at Annie's on Wednesday 15<sup>th</sup> October. We had a dry and cosy session in the Community Garden poly tunnel planting up spring bulb "lasagne" pots to take home. We also planted up a few extra pots for the Christmas Fayre. We will "sparkle" the pots up at the next session and these will be on sale at the Christmas Fayre on Sat 25<sup>th</sup> November @ Annie's Place.

The next Mindful Gardening session is on Wednesday 15<sup>th</sup> November at Annie's, 10 – 12 midday. We will be making Botanical Themed Clay gift tags, for home and the Christmas Fayre. There will be a £3 charge to cover material costs.

To book a place, email Karin @ [Karin.aberg@umbrella.uk.net](mailto:Karin.aberg@umbrella.uk.net).

There'll be plenty of tea, coffee and chat as well. Hope to see you there!!

## Umbrella SEN Provider Market Place



Wow! What a fantastic day we had at this years Market Place event. Thank you Moorways for your wonderful venue and supporting our successful day. A massive thank you to all our providers who attended. It was so wonderful to see so many new organisations joining us this year.

A massive thank you to all our new parents/ carers/ professionals who came along to visit us. We hope that it was useful to you and you enjoyed talking to all the providers.

We look forward to our next years event which will be on Friday the 5th of July at Annie's Place! We cant wait to welcome you to our site for the day.

October's parent & carers "Drop In and Support sessions" have been very informative and we welcomed new parents which is always lovely. Thank you to Neil Woodhead manager of Local Area Co-ordinators in Derby who attended our city group and for his information on how your local area co-ordinators can support you Local Area Coordinators - Derby City Council Belper group had a visit from Derby County Community Trust - they spoke about all their groups in and around the area. Information on all their group work has been shared on Parent and Carers. Erewash group meet up was on Thursday 26 October and our guest was Fiona from SendFit - wonderful conversation and support for parents attending this group especially for our new parents – a lot of empathy and understanding – beautiful session.



Charity Number 1150203



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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](mailto:Familysupport@Umbrella.uk.net) or call 01332 785658

<p><b><u>9th November</u></b></p> <p><b><u>Amber Valley Drop in Support Session</u></b></p> <p><b><u>10am—12 noon</u></b></p> <p>The Strutts Building, Derby Road, Belper, DE56 1UU.</p> <p><b>SEN FIT advice</b> Plus Tea/Coffee cake and raffle</p>	<p><b><u>8th &amp; 22th November - Under 5's group</u></b></p> <p><b><u>10am - 12noon</u></b></p> <p>At: Umbrella House, 64 Birdcage Walk, Mackworth, DE22 4LD</p> <p>£2 per child - drink and snack available</p> <p><b><u>Booking essential for this group</u></b></p>
<p><b><u>30th November</u></b></p> <p><b><u>Erewash Drop in Support Session</u></b></p> <p><b><u>10am - 12 noon</u></b></p> <p>At: Long Eaton Family Support Centre, Lime Terrace, Long Eaton, Nottingham, NG10 4LF</p> <p>Time Swap Project attending for 1 hour Plus Tea/ Coffee and cake.</p>	<p><b><u>20th November - Male Carers</u></b></p> <p><b><u>7:30 pm</u></b></p> <p>Quiz Night - The Sportsman Pub, 1 Granville Ave, Long Eaton, NG10 4HA</p> <p><b><u>£2 Per Person</u></b></p> <p>Cash Prizes to be won!</p>



## **December Dates!**

**1st December** - Christmas Shopping Trip to Burton

- Parent and Girls Group Christmas Group - <https://forms.office.com/e/SgkD1DWLW9>

**4th December** - Understanding Behaviour Course - <https://forms.office.com/e/PZUakhWPTA>

**6th December** - Derby City Group Christmas - 45 minute relaxing session of mindfulness and self love, Christmas crafts and buffet lunch. To book: <https://forms.office.com/e/p4HcvN0aa9>

**13th December** - Under 5's Group - Umbrella House - Booking is essential

[karin.aberg@umbrella.uk.net](mailto:karin.aberg@umbrella.uk.net)

**14th December** - Amber Valley Christmas Lunch - The Black Swan 44 Market Place, Belper DE56 1FZ  
To book please email [familysupport@umbrella.uk.net](mailto:familysupport@umbrella.uk.net)

**15th December** - Parent and Boys Christmas Group - <https://forms.office.com/e/vS69jQ0ic5>

**18th December** - Male Carers Group Christmas tea at White Swan Pub Littleover

**21st December** - Erewash Christmas Lunch - Venue to be confirmed.



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## CHRISTMAS SHOPPING TRIP 2023



After lots of discussion it was decided our annual Christmas shopping day this year will be to Burton upon Trent

**FRIDAY 1ST DECEMBER 2023**

You can either drive yourself there or you can catch a bus from Derby bus station.

I shall catch the 9.29am bus if you would like to join me.

This shopping trip is not about shopping its about a day out from your normal routine to enjoy a change of scenery in the company of Umbrella friends.

I have booked a table at the Summerhouse Café, The Octagon Centre, Orchard St, Burton-on-Trent DE14 3TN for lunch or just a drink entirely upto you.

If you would like to join us please email me to let me know you are coming

[Alisha.mcguinness@umbrella.uk.net](mailto:Alisha.mcguinness@umbrella.uk.net)



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# UMBRELLA PLAY AND LEISURE

## Umbrella Family Christmas Party



Don't forget to book tickets for the Umbrella Family Christmas Party!  
Umbrella Family Christmas Party (up to 30 years)  
There will be a disco, party games and a hot served buffet.

Date: Saturday 2<sup>nd</sup> December 2023  
Venue: Rolls Royce Pavilion, Moor Lane, Derby DE24 9HY  
Time: 1.00pm – 4.00 pm.  
Cost: £5.00 for each person attending.  
Please contact [Nicola.green@umbrella.uk.net](mailto:Nicola.green@umbrella.uk.net) to book tickets

## Thinking of trying a new sport? The following clubs have places available

**RIVERSIDE INCLUSIVE FOOTBALL TEAM**



Looking for a local disability friendly football team?

**Our Juniors (8 - 14) play on Thursdays from 6.30 - 7.30**  
**Our Adults (16+) play on Thursdays from 7.30 - 8.30**

LONG EATON SCHOOL  
THORESBY ROAD  
LONG EATON  
NG10 3NP

Come along for a free session and see what we are all about! (no blades or studs)


**We are looking for Coaches... interested?**

We can put you through your coaching qualifications – get in touch with Darren on 07789 817481 or Jules on 07875 120601 or message us via our Facebook Page – Riverside Pan Disability Football Group

WE ARE PART OF EAST MIDLANDS DISABILITY FOOTBALL LEAGUE [www.empdleague.co.uk](http://www.empdleague.co.uk) and play competitive matches every 3<sup>rd</sup> Sunday of the month at Gresham Park, West Bridgford. email: [empandisability@gmail.com](mailto:empandisability@gmail.com)

**MATLOCK MAMBAS**

TAG RUGBY FOR PEOPLE WITH SPECIAL EDUCATIONAL NEEDS AND DISABILITIES



**Come and join us!**  
Improve your fitness  
Have some fun  
Build new friendships  
Increase your focus  
Enjoy being part of a team

All ages and abilities welcome

For more info, contact Paul on 07929097120 or email [paul.emmerson@smoothstonecare.co.uk](mailto:paul.emmerson@smoothstonecare.co.uk)

Sundays 10am  
MatLock Rugby Club  
Cromford Meadows DE4 3RQ

**JOIN THE Super 1s**

All disabilities welcome  
Ages 12-25

CHALLENGE YOURSELF  
BE MORE ACTIVE  
IMPROVE YOUR SKILLS  
MAKE NEW FRIENDS

**Free inclusive cricket sessions!**

**WHEN:**  
Wednesdays  
4.30pm - 5.30pm  
(Starting 15 November 2023)

**WHERE:**  
Willows Sports Centre,  
1 Willow Row,  
Derby DE1 3NZ

**CONTACT:**  
Jess Bokevell  
07464 593386  
[jess.bokevell@dcrcricket.com](mailto:jess.bokevell@dcrcricket.com)

[www.lordstaverners.org/super1s](http://www.lordstaverners.org/super1s)



**LORD'S TAVERNERS**  
Empowering young people through cricket

Registered Charity No. 398054 | OSCR No. SC046208

**NEVER STRIKE**  
Cricket for All



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# UMBRELLA ADULT SERVICES

## TEAM

As we head into autumn, the adults TEAM groups have been up to all sorts of autumn fun and making some lovely wholesome food. The Monday TEAM started by getting the allotment ready for our winter crops to be planted. We have had a very successful summer of crops in the allotment, and we still had some leeks left to be harvested which made for a tasty leek and potato soup; they even made some bread rolls to accompany it. The Monday TEAM also enjoyed a fun filled offsite trip to oxygen!

Tuesday TEAM have also been embracing autumn by making some autumn wreaths to put on their doors and planted even more bulbs in the garden. They also practiced some travel training by scanning their own gold cards on the bus and headed to Burton. They mooched around the charity shops and some found some bargains and used their own money to buy them.

Wednesday TEAM celebrated Katy's Birthday and last day by having a lovely party with Al the music man who sang some of Katy's favourite songs. We then did some karaoke where she sung her heart out for the last time at Umbrella. We will all greatly miss Katy and her lovely singing!

Thursday TEAM have also had an action packed month doing all sorts fun themed days, such as chocolate day, sing a long day, and a Halloween themed day.

Friday TEAM had a very fun day making their own McDonalds. They turned the puppet show stand into their own McDonald's Drive-thru trying their hand at making their own happy meal boxes for the food. They walked up to the 'drive thru' and picked what they wanted from the menu. The young adults loved choosing their meal and being served by Jacob and Rogue!



## INDE

The Wednesday INDE have had some fun onsite trips this month. They enjoyed a cosy night in with a Movie and a takeaway. They sat down and ordered some scrumptious food and popped Hocus Pocus 2 on whilst they waited for the food to arrive. The group loved the film and the food was delicious! They continued their spooky season theme and had a Halloween disco and quiz night; some of the young adults dressed up in their spookiest outfits. Before they danced the night away, they started off the night with a quiz where each young adult had a chance to ask some questions of their own. Then it was time for a spooky buffet before dancing away to some Halloween music. Wednesday INDE also made some heads roll at Roller world with an evening on the roller rink; some of the young adults have come on amazingly since their first skating session!

Saturday INDE group have also enjoyed a fun Month of activities. They started off the month with a lovely wholesome roast dinner. All the young adults chipped in to prep the mega feast and enjoyed their roast before an afternoon of Tye dying t shirts. Saturday INDE have also enjoyed some trips offsite, heading to Matlock bath on the bus where of course they had to have chips for lunch then head to the arcade. They also headed to Ilkeston for some fun at the bowling alley and then off to the pub for a bite to eat.



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## CHILDRENS TRIPS

We kicked off this month with creepy crawly day, examining all things creepy and crawly! We became bug detectives and hunted around the garden to see the creepy crawly bugs in action. We also had some creepy crawly games in the garden, finding and identifying different plants and leaves. After that we headed in to make some creepy crafts of our favourite bugs in the afternoon.

We also had lots of excitement on music and mayhem day! we all put together a list of our favourite songs to bring along. This was so that we could sing to some of our favourite music together and throw some shapes on the dancefloor.



## ONE TO ONES

It's October which means pumpkins pumpkins pumpkins! Halima kicked off the autumn season by carving her own pumpkin. She went into the allotment at Annie's place to choose the perfect pumpkin grown by our young people. She then designed a spooky face and carved it before displaying it in the garden ready to greet all the visitors to Annie's place.

Louie recently visited Tim Hortons in Derby during his one to one. He did a great job choosing his meal on the order screens.

Louie said the burger was good... even better than KFC and he managed to save space for a huge portion of pancakes for pudding.



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# UMBRELLA VOLUNTEERS



**WELCOME** to our new volunteers who joined us in October for Disability Awareness Training and Safeguarding training. It's been lovely to see you volunteering at sessions and finding your feet.



**THANK YOU** to our regular volunteers who keep our groups going. We really couldn't do it without you!



We sadly say **BYE** to Paul and Lottie, our friends from Pets as Therapy, Paul and Lottie came to volunteer at Umbrella after the pandemic and they were a welcome addition to our groups. Watching the young adults take turns to walk Lottie round the garden and give her treats was pure delight. We wish them both well and good health.

If you are interested in volunteering for Umbrella, please contact Gurvinder [volunteers@umbrella.uk.net](mailto: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

## A Presidential Visit

We recently received a visit from Maureen Burgoyne, President of The Midland Group Conference who presented Umbrella with a cheque for £1,137. During her term, Maureen is able to select a charity who will receive all of the fundraising proceeds from the group and she kindly nominated Umbrella.

Thank you to everyone who contributed to this generous donation.



## Every step counts!

A huge thank you to Steph and colleagues at Hilton Spencer Academy who recently completed the Heritage Way walk raising over £500 for Umbrella.

The walk started at 9am from Lady Bower Reservoir, with the team finishing the challenge in Shardlow 55 miles later at 6am the following day!

Steph told us "Every member of the team challenged themselves and supported each other, every member of the team managed to walk over halfway which in itself was an amazing achievement."

We agree entirely Steph, it's such an incredible achievement and we can't thank you enough for your generosity.

## Have you been fundraising?

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

## If you went down to the woods....

Did you manage to see our scarecrow entry at the Pumpkin Woods at Garden King in Swadlincote?

Not only are we waiting to hear if we won the competition but it was a great way to raise awareness of what we do in South Derbyshire and it was fun to organise too!

Rumour has it that Karis is already planning next year's entry so watch out for more scarecrow news in 2024.

**We're always looking for creative ways in which we can promote our work, please let us know if you spot anything that might help us to do this.**



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# UMBRELLA FUNDRAISING



We invite you to join us for our

## Christmas Fayre

**25** NOV | 11AM - 3PM

THE ANNIE HALL CENTRE  
8 BEDFORD CLOSE | DERBY | DE22 3HQ

SANTA'S GROTTTO, STALLS, CAKES  
& MUCH MORE!



UMBRELLA  
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## Upcoming fundraising activities

November is going to be a very busy month for us as we move towards the festive period.

First up we have our annual Christmas Fayre on 25th November from 11am until 3pm at The Annie Hall Centre.

We will have lots of stalls, refreshments and games plus a couple of surprise visitors too!

We hope you can join us.

*If you can help us in anyway either with donations or volunteering, please email us at [fundraising@umbrella.uk.net](mailto:fundraising@umbrella.uk.net)*

## Ready, Steady, Walk!

On 26th November we are inviting you to join us for a fundraising walk around Carsington Water.

Its £10 per walker (children and dogs are free) and each walker will get a gift for completing the walk. Please ensure you dress appropriately for the weather on the day.

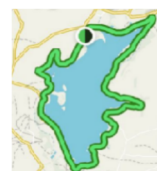
If you'd like to take part then you can register your place at <https://donate.giveasyoulive.com/campaign/charity-walk-carsington>

## Carsington Reservoir Charity Walk



### Sunday 26th November

Join us for a scenic walk around Carsington Water



- £10 Entrance fee (children free of charge)
- Join the walk from 9.30am
- Gift for completing the walk
- All proceeds go to Umbrella
- All walkers will be required to sign a disclaimer

To register your place, please go to <https://donate.giveasyoulive.com/campaign/charity-walk-carsington>



If you would like further information, please contact Emma Sarjeant on 01332 785658 or email [fundraising@umbrella.uk.net](mailto:fundraising@umbrella.uk.net)

HUUB

GRANT'S  
OF DERBYSHIRE



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

### Derby City - Changing Places Toilet Official Opening



#### **Alvaston Park**

Meadow Lane, Alvaston, Derby DE24 1AS

#### **Arboretum Park**

Arboretum Park, Rose Hill St, Derby DE23 8FR

#### **Markeaton Park 343-17**

The Craft Village, Markeaton Park, Derby DE22 4NH

There several others already installed in the city that can be found on the following link: <https://www.changing-places.org/find>

# Carefree

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing but our experience shows us that it can make a huge difference. Read a book, go for a walk, or simply catch up on some sleep. Whatever you choose to do, you'll return home

with a whole new outlook on things, refreshed and rejuvenated.

There are hundreds of potential breaks away listed on Carefree's Breaks Hub. After registering with them, unpaid carers can browse available options and submit a request for a specific hotel on specific dates. If available, a confirmation email will be sent to you and you're all set to go!

To qualify for a break you must be: Aged 18 or over, Full-time unpaid carer (30+ hours per week). For more information and to refer yourself please follow the link: <https://carefreespace.org/>

[www.umbrella.uk.net](http://www.umbrella.uk.net)

[admin@umbrella.uk.net](mailto:admin@umbrella.uk.net)

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#### **Umbrella House**

64 Birdcage Walk,  
Mackworth, Derby,  
DE22 4LD

#### **Umbrella information Office**

The Ronnie Mackeith Child  
Development Centre,  
Royal Derby Hospital,  
Uttoxeter Road DE22 3NDE

#### **The Annie Hall Centre**

8 Bedford Close ,  
Derby,  
DE22 3HQ



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