



Happy New Year

Brand New Umbrella Derby and Derbyshire

Information Service Facebook Page.

Launching Monday 8th January

We will be sharing information on :

- Local and National Organisations
- Useful Websites
- Events and Groups in the local area
- Tips and strategies to support families.

Follow us:

<https://www.facebook.com/UmbrellaInformationPage>



Headlines from our recent Parent Carer Survey

Thank you to everyone who responded to our recent parent carer survey. Your feedback really helps us to know what we are doing well and where we need to improve.

96 % of respondents rated Umbrella services as Very Good or Excellent

95% of respondents agreed or strongly agreed that Umbrella provide a quality service

99% of those who had a young person attending a service said that the young person enjoyed coming to Umbrella

We also had some constructive feedback from parents which we will be looking at in detail as a team and where possible acting on. Watch this space for more information on this to come.



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UMBRELLA FAMILY SUPPORT



As we move into 2024 we are excited for the new beginnings and adventures The Family Support team are planning – especially to be working alongside the team at Cotmanhay Family Centre. A new opportunity for our team to be working out in the community.

In December all of our support groups/drop ins enjoyed a festive meet up.

Derby City group took part in a 45 minute mindfulness session, taking time out for themselves followed by Christmas crafts and a delicious buffet lunch.

Amber Valley group decided on a meal at the Holly Bush inn in Makeney – 14 sat down and ate a beautiful lunch together – a few mums who cannot make the group on a regular basis came along and it was really nice to catch up with them.

Long Eaton group had lunch at Cleavers café in Long Eaton – so nice for the group to be out together and enjoy some down time.

These groups will all resume in January apart from Derby City. Our group meet term time only.

Parent Carers support groups/drop ins offer a safe place to let off steam, to feel secure to talk about any feelings we have and to celebrate the highs of parenting together. These groups give people a sense of community and a sense of belonging which is a basic human need for us all. Research has identified that belonging to groups is most important for your health. Attending groups increases your level of social connections which helps protect your mental health. The groups offer familiarity – meeting at a regular time, in a regular venue, with a regular facilitator and interesting speakers. The door is always open to welcome new parents and carers to our groups. We look forward to seeing you all in the New Year.

Wishing you all a very happy and healthy 2024



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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 or call 01332 785658

11th January - Amber Valley Drop In Support Session

10am - 12 noon

Strutts Centre Belper Derby Rd, Belper DE56 1UU

Guest Speaker: Derbyshire Law Firm Disability Discrimination, explaining about the equality act and how this relates to you. The session is to empower and inform individuals on different types of discrimination and the steps to take.

22nd January - Male Carers Group

7pm

Meal out - White Swan pub, Shepherd St, Littleover, Derby DE23 6GA

[Booking essential for this group](#)

25th January - Erewash Drop in Support Session

10am - 12 noon

Long Eaton Children's Centre Lime Terrace, Long Eaton, Nottingham NG10 4LF

Guest Speaker; Healthwatch Derbyshire

26th January - Parent / Carer and Child

Drama Incorporate Presents - Jack in the Bean Stalk at St Martin's Church.

Book your own tickets:

<https://event.bookitbee.com/46175/jack-and-the-beanstalk-6>

The Family Support Workers will be there to support for the performance.

10th & 24th January - Under 5's group

10am - 12 noon

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

£2 per child - drink and snack available

[Booking essential for this group](#)

BRAND NEW

17th January - Erewash Drop in &

Under 5's group

10am - 12 noon

Cotmanhey People's Centre, Beauvale Drive Ilkeston Derbyshire DE7 5RU

£2 per child - drink and snack available

[Booking essential for this group](#)

February Dates!

2nd February - Parent/ Carer and Girls Group

7th February - Derby City Group

8th February - Amber Valley Group

14th & 28th February - Under 5's Group @ Umbrella house

16th February - Parent / Carer and Boys Group

20th February - Family Fun Event

21st February - Erewash Drop In & Under 5's @ Cotmanhey People's Centre

29th February - Erewash Group @ Long Eaton Children's Centre



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Parents & Carers Short Courses Day

Cotmanhay Children's Centre (People's Centre) | Beauvale Drive
Ilkeston | Derbyshire | DE7 5RU

Friday 26th January
9:30am until 2:30pm

Nature for All
Connection before Correction
Sleep
5 Ways to Well-being

£8pp

Lunch and Drinks Included

To Book:

<https://forms.office.com/e/2rtypQSJv8>



Wild Minds
Nature Connection CIC
Community through nature



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UMBRELLA PLAY AND LEISURE

Umbrella Family Christmas Party

Umbrella Family Christmas Party was a huge success, with over 50 families attending this year.

Santa and his elves were very busy, handing out over 90 presents to the children & adults.

Santa had a great time leading the Conga around the dance floor

A Big Thank you to Dale Bryan and her team at Aramark who donated gifts for the children and adults.

Thank to everyone who volunteered and helped make the Christmas Party a wonderful event.



Ben Butler winners 2023

This year we had an amazing response from staff nominating the children and young people they support for the Ben Butler Achievement Awards.

The Ben Butler Achievement Award means so much to Umbrella, and we were so pleased, that Jenny Butler joined us to present the award.



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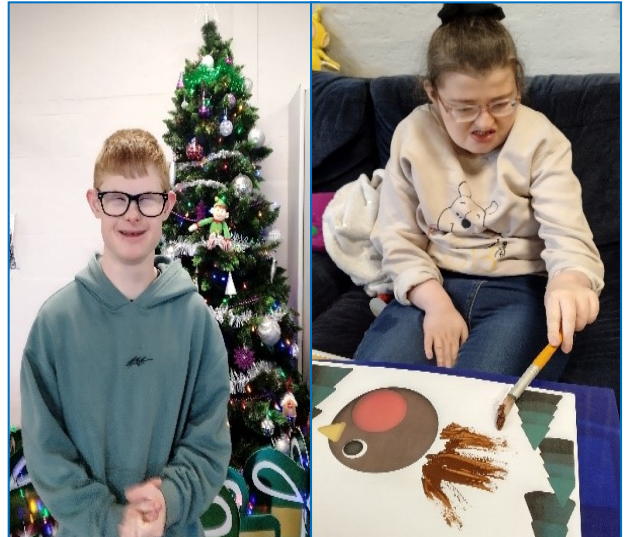
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UMBRELLA ADULT SERVICES - TEAM

The Monday group started their December with a Christmas meal at the Slug & Lettuce, before wrapping up and going on a walk around Derby city centre to spot all the lovely lights and tinsel trees. He's writing a list and checking it twice, so we made sure to write some letters to the Big Man himself. The young adults made some Christmas wish lists by cutting and sticking lots of photos, before going for a walk to post them to the North Pole. Mondays always involve lots of crafts and baking, so of course we *had* to make mince pies, chocolate puff-pastry trees, and lots of decorations. The young adults are always so excited to take their crafts home, or put them on display at Annie's to show off.



Are you naughty or nice? The Tuesday group went to find out at the Derby Museum when they went to see "Naughty Meg and the Christmas Elves" followed by a visit to the Community Hub at Derbion and bowling. The young adults had a festive arts & crafts session the following week, with lots of glittery decorations and card making. It isn't Christmas without a roast dinner, so of course the young adults chopped some veggies and wrapped some pigs in blankets for their very own Christmas feast, followed by a cosy viewing of "The Polar Express" with homemade hot chocolate.

The Wednesday group kicked off their December with a trip to Moorways for some relaxing swimming, before getting properly stuck into Christmas with a festive disco and homemade buffet the following week. The young adults had their very own Christmas photoshoot in front of the tree, using the photos to make some cracking 2024 calendars for their families. For their last session before Christmas, the young adults were surprised with a very special visitor - Al the Music Man. We sang some carols and jingled some bells, laughing all the way of course.

The Thursday group went dashing through the snow with a Reindeer Themed day. The young adults got dressed up with homemade red noses and antlers, ready to sit down for their big breakfast for lunch, which of course included tomatoes for Rudolph's red nose. After some Christmas yoga with Becki, the afternoon was chock-full of reindeer themed songs and games. The following week, the group managed to fit in 12 Days of Christmas fun, with a festive scavenger hunt, a visit from Meg the therapy dog, and a very fitting chicken pie and a "pear tree" sponge for lunch – no partridge included.

The Friday group have been bowling and had a Christmas meal at the Slug & Lettuce, decked out in their most festive Christmas jumpers and Santa hats of course. They turned Annie's into our very own Umbrella Cinema with customised tickets, a red carpet photoshoot, and a cinema kiosk made from our trusty puppet theatre. The young adults were able to build their independence skills by purchasing their own tickets and snacks before sitting down for a very special viewing of "The Muppets Christmas Carol" and some hot chocolate.



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CHILDRENS TRIPS

We started off our Christmas celebrations with gingerbread day! Where we explored one of the wonderful smells associated with Christmas. We read stories about the gingerbread man in the morning, as well as making our own gingerbread biscuits and decorating them. We also had some sensory activities where we played with some gingerbread slime. As luck would have it, we had snow on gingerbread day! So, we all wrapped up and went outside to make a snowman and had fun playing in the snow.



We also had a Christmas party! Where we started off the day with some Christmas crafts and made our own Christmas cards to take home for our loved ones, while we all listened to our favourite Christmas tunes. After we had our Christmas buffet lunch, we had a special guest appearance from Santa, who brought us all presents! After all that excitement we continued our Christmas crafts and played with our new presents for the rest of the afternoon.

We also had an exciting day offsite, where we went to see Naughty Meg and the Christmas Elves! After the show we all headed down to McDonald's for lunch, then we had a walk around to see all the Christmas lights and festive activities going on. We then finished off the day back at the Quad with a hot chocolate before it was time to go home.



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UMBRELLA VOLUNTEERS

A Christmas Thank You to our Volunteers.

The young adults transformed themselves into helpful elves and handmade some Christmas cards, Christmas tea light holders and reindeer hot chocolate cones. I have very much enjoyed going round and delivering these little gifts to our wonderful regular volunteers.



Our Christmas Fayre and Christmas party were both a success thanks to everyone's volunteering efforts, staff, regular volunteers, occasional volunteers from Rolls Royce and our Trustees all got into the festive spirit to deliver these fabulous events. All giving their time in exchange for Christmas smiles. Here's me (Gurvinder) volunteering with Liyah our regular Friday Youth group volunteer and Jade Adults services assistant coordinator.

Meet Claudia our regular volunteer on Children's.

Claudia joined Umbrella as a volunteer in October 2023. We are so pleased she joined the team and is now regularly volunteering on children services at the weekend. Here's Claudia supporting Leah on that snowy Sunday we had in early December.



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

One man, one ocean, the world's toughest row

Vic Handley has been a friend of Umbrella for over 10 years. You'll often see him at one of our events or supporting a fundraising activity.

In the summer of this year, Vic contacted us to share his plans of solo rowing the Atlantic to celebrate his 70th birthday in 2024 and in doing so, his wish to raise money for four local charities, Derby County Community Trust, Derbyshire Mind, Enthusiasm and Umbrella.



The row, which will take him 3,000 miles from La Gomera in the Canary Islands to Antigua in the Caribbean, is due to start on December 12, 2024, giving Vic a whole year to get into training for the challenge as well as secure his equipment, food and the support he'll need to power him on his way.

Vic has been inspired to name his boat The City of Derby, which he unveiled at a naming ceremony at Pride Park Stadium.

A host of dignitaries, including Derby Mayor Councillor Alan Graves, Lord Lieutenant of Derbyshire Liz Fothergill and the High Sheriff of Derbyshire, Theresa Peltier, joined him at the launch, alongside members of his family, well-wishers and representatives from the four charities.

We will be sharing updates of Vic's challenge throughout the year but if you would like to follow his journey, please visit www.vicsoloatlanticrow.com.

Good Luck Vic!



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

Have Your Say on PlayZones in Derby Parks



Derby City Council is consulting with the local community regarding their thoughts for PlayZones in four Derby parks, which include Caxton Park in Normanton, Dale Road Park in Spondon, Knightsbridge Recreation Ground in Mackworth and Stockbrook Recreation Ground in Abbey. PlayZones are safe, inclusive and accessible outdoor facilities that aim to bring communities together through various forms of recreational activities. The PlayZones would be funded using investment from the Premier League, The FA and the Government through Sport England, in partnership with Derby City Council. This is an exciting new project looking at renovating old Multi-

Use Games Areas (MUGAs) into PlayZones and building new PlayZones from scratch. The project aims to tackle inequalities in physical activity and provide access to high-quality community facilities in local, accessible spaces.

Your input matters. Join our consultation on Let's Talk Derby, shaping the PlayZones design and management. Let's build vibrant, welcoming spaces together." The consultation document and response form are available online on Let's Talk Derby. The eight week consultation period closes at midnight on Tuesday 30 January 2024. After the closing date, the Council will gather all the responses received and this will inform the project development of PlayZones in each park.

<https://letstalk.derby.gov.uk/derby-playzones-consultation>

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admin@umbrella.uk.net

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Mackworth, Derby,
DE22 4LD

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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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