



Charity Number 1150203

FEBRUARY 2024

A NOTE FROM

ANN ROWLANDS CEO

Wow! February already. Its lovey to see it getting lighter at night again and starting to feel a bit like spring. We are all really excited to showcase our new look bulletin. We really wanted to show you all what wonderful progress our young people make when they come to Umbrella, so to do this we are focusing each month on a different outcome. We hope you like what you see.



As always we welcome any feedback about our bulletin or anything else. You can e-mail us on: family.support@umbrella.uk.net to tell us what you think. Have an amazing February.



01332 785658



www.umbrella.uk.net



Umbrella Derby and Derbyshire



@UmbrellaDerby



FAMILY SUPPORT

For more information about our service please contact familysupport@umbrella.uk.net or call 01332 785658

REDUCING ISOLATION

January saw an increase in the number of people attending our support groups and contacting the team for support. During phone calls, Groups, and Events we hope that our families can connect with others who can offer support and understanding. In our groups, we create a unique community of people with different knowledge and who understand. All are welcome to attend so please contact the Family Support Team for further information.



PERSONAL DEVELOPMENT

We had Derby Law attend the Amber Valley Support Group session this month to give information about what their service offers and how they can support parent carers. We empower parents by giving them opportunities to meet organisations whom they may not have heard of and who could help their family in the future. Gaining knowledge is key to parents' and carers' personal development.



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FAMILY SUPPORT

FEBRUARY SUPPORT GROUPS

Wednesday 7th
Derby City Group
10 am - 12 noon
Annie's Place, Bedford
Close, Derby DE22 3HQ

Thursday 8th
Amber Valley Group
10 am - 12 noon
Stutts Centre Belper
Derby Road, Belper
DE56 1UU

Friday 9th
Parent and Girls Group
6pm - 8pm
Annie's Place, Bedford
Close, Derby DE22 3HQ

Wednesday 14th
Under 5's Group
10 am - 12 noon
Umbrella House, 64
Birdcage Walk, Derby
DE22 4LD

Wednesday 21st
Under 5's Group
10 am - 12 noon
Cotmanhay People's Centre
Beauvale Drive, Ilkeston
Derbyshire
DE7 5RU

Monday 26th
Carer's Evening Quiz
7:45pm
Sportsman Pub
1 Granville Avenue,
Long Eaton
NG10 4HA

Wednesday 28th
Under 5's Group
10 am - 12 noon
Umbrella House 64
Birdcage Walk Derby
DE22 4LD

Thursday 29th
Long Eaton Group
10am - 12 noon
Long Eaton Family Centre
Lime Terrace
Long Eaton
NG10 4LF

DATES FOR THE DIARY

6th March - Derby City Group
8th March - Parent and Girls Group
13th March - Under 5's Derby City
14th March - Amber Valley Group
20th March - Under 5's Cotmanhay
20th March - Drop-In session Cotmanhay
27th March - Under 5's Derby City
28th March - Long Eaton Group



Holiday Activity and Food Play Scheme

The children had a fantastic time at the play scheme over the Christmas Holidays.

A visit to watch Naughty Meg and the Christmas Elves, a trip to Macdonald's. The HAF children also enjoyed a full day at Willows Sports Centre & Mega Zone Laser Tag Derby. After playing three games of Laser tag, they were all ready for lunch and then happy to play sports and games in the afternoon.

The HAF children also enjoyed spending two days at Annie's Place and even managed to go outside on the bikes.

PLAY AND LEISURE



RAINDROPS CHOIR

Would you like to come and join the Umbrella Raindrops Choir?

We are looking for new members

No experience is needed, just a passion to sing

We meet on Monday evenings during term time at the Mackworth Youth and Community Centre from 6pm -7pm and the session costs £3.00 per person Siblings and parents are welcome to sing too.

For more information please contact Nicola.green@umbrella.uk.net



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ADULT SERVICES

UNDERSTANDING SENSORY NEEDS

The Friday TEAM enjoyed a wonderful Sensory day at the beginning of the month. One of our young adults LOVES ripping up cardboard and scrunching bottles so we thought the rest of the group could join in the sensory fun. The group made some sensory boxes, choosing all sorts of materials to stick on the boxes and even more to put inside to stimulate their senses. The young adults were very focused and engaged whilst making their boxes which was lovely to see. Once complete they all sat and enjoyed their sensory creations. This is a great way to provide relaxing play which stimulates the senses whilst also allowing the young adults to practice some fine motor skills whilst making them.



MENTAL HEALTH & WELLBEING

The young adults have also been hard at work in the allotment. They've shown fantastic teamwork and determination in getting the allotment tidy and ready for everything to start being planted. Some time outside in the fresh air, working on something where they get to see the progress, is fantastic for their mental health and well-being.

The INDE group have also enjoyed a visit from Becki from Wild Minds this month for some yoga sessions. Yoga is proven to increase endorphins, boost your mood, and decrease anxiety. Our young adults love their visits from Becki and are doing well at progressing with their yoga.



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CHILDREN SERVICES

INDEPENDENCE

We started off the month with a slightly belated New Year's party! Where we had a disco and a buffet. The Children worked on their independence skills by picking their own food from the buffet and choosing all their favourite songs to dance to during the disco. On Children's, it is important that the children are able to help choose activities during downtime. These pictures show some of the choices the Children made on Winnie the Pooh Day. They also show a range of actions (the spring of Tigger, for example), repetition (the basketballs), or different shapes and sizes that meet their sensory needs.



COMMUNICATION

We played board games this month, allowing the children to exercise their fine motor skills as well as their personal development through problem-solving. Playing outside, cycling, and playing ball in the garden helps the children develop their gross motor skills while having fun in the fresh air together while promoting communication. The children had the opportunity to pick different activities to take part in and share toys in a calm environment. They enjoyed working together and making Lego towers on Winnie the Pooh Day, this type of activity allows them to develop their communication skills through social interaction.



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FUNDRAISING



OUR NEW FUNDRAISING GROUP NEEDS YOU!

Do you enjoy organising events?

We are looking for people to join our new Fundraising Group to share ideas and help us plan and manage more activities.

If this sounds like something you would be interested in then please get in touch!
fundraising@umbrella.uk.net

Thank you DHL Aviation



DHL AVIATION



WE'RE ABOVE CLOUD NINE

Thanks to DHL Aviation who recently made a donation of £470 to Umbrella.

WE HAVE BEEN NOMINATED FOR THE CHARITY OF THE YEAR AWARD

For this year's Lots for Tots Derbyshire awards.

We need everyone to support us, so if you could please head over to www.lotsfortots.co.uk/awards and vote for us, we would be incredibly grateful!



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VOLUNTEERS

MEET OUR REGULAR VOLUNTEER, AARON

Aaron has been with us since September 2023, when he decided to take a gap year instead of heading straight to university to start his medical training. Aaron opted to get some first-hand experience and he now volunteers every Wednesday on Adult Services. Here's Aaron helping Reiss complete some jigsaws.



COULD YOU VOLUNTEER?

We are looking for a regular volunteer to help support our young adult group called INDE. The group meets every Saturday from 9.45am until 4.15pm INDE assists young adults in practicing their independence skills. If you would like further information then please get in touch.

