



Charity Number 1150203

# MARCH 2024

## A NOTE FROM

### HANNAH HORSEWELL OPERATIONS MANAGER

Spring seems to have truly sprung over the last few weeks. I've spotted some lovely flowers and blossoms on my travels. Spring at Umbrella means lots more time outside for everyone. I've been so impressed to see so many of our young people engaging in getting the Annie's Place allotment ready for the growing season. I can't wait to see what wonderful produce is grown this year! You can watch this space for more news throughout the coming months.



As always we welcome any feedback about our bulletin or anything else. You can e-mail us on: [family.support@umbrella.uk.net](mailto:family.support@umbrella.uk.net) to tell us what you think. Have a wonderful March.





# FAMILY SUPPORT

For more information about our service please contact [familysupport@umbrella.uk.net](mailto:familysupport@umbrella.uk.net) or call 01332 785658

## SOCIAL DEVELOPMENT

At our Parent Carers and Girls group this month we touch on friendship and what friendship means to them. We created an environment where the Girls could engage in activities alongside each other as well as creating opportunities for parents and carers to form friendships. The girls can make choices of what they want to do but also consider others and what they want to do. Our group focuses on reducing isolation within the group.



## SENSORY PLAY

During our Under 5's sessions we have provided opportunities for the children to explore different textures. Play dough and pasta support fine motor skill development by making shapes, squeezing, and pulling. They have used paint and cotton buds to design their own Umbrellas independently. The children mixed colours and touched the paint and used new mark-making skills on paper. The children explore the garden looking for bugs. They were finding different objects like soil and stones to look for habitats they may live in.



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# FAMILY SUPPORT

## MARCH SUPPORT GROUPS

Wednesday 6th  
Derby City Group  
10am - 12pm  
Annie's Place, Bedford  
Close, Derby  
DE22 3HQ

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

Wednesday 13th  
Under 5's Group  
10am - 12pm  
Umbrella House, 64  
Birdcage Walk, Derby  
DE22 4LD

Thursday 14th  
Amber Valley Group  
10am - 12pm  
Stutts Centre Belper  
Derby Road, Belper  
DE56 1UU

Wednesday 20th  
Under 5's Group &  
Drop-in for Support  
10am - 12pm  
Cotmanhay People's  
Centre Beauvale Drive,  
Ilkeston Derbyshire  
DE7 5RU

Friday 22nd  
Parent and Boys Group  
6pm - 7:30pm  
Annie's Place, Bedford  
Close, Derby  
DE22 3HQ

Monday 25th  
Carer's Evening Group  
7pm - 9pm  
Umbrella House 64  
Birdcage Walk Derby  
DE22 4LD

Wednesday 27th  
Under 5's Group  
10am - 12pm  
Umbrella House 64  
Birdcage Walk Derby  
DE22 4LD

Thursday 28th  
Long Eaton Group  
10am - 12pm  
Long Eaton Family Centre  
Lime Terrace  
Long Eaton  
NG10 4LF

### DATES FOR THE DIARY

- 17th April - Under 5's Cotmanhay
- 17th April - Drop-In session Cotmanhay
- 18th April - Clip and Climb Session
- 24th April - Under 5's Derby City
- 25th April - Long Eaton Group



## INDEPENDENCE AND CONFIDENCE

During Sawley Youth Group the young people head over to the local shop to buy ingredients for their lunch or other things they may need at the session. Independent shopping can be a nerve-wracking and difficult experience it involves a lot of skills such as planning, thinking ahead, interacting with people you do not know, and thinking on the spot. At the youth club, the staff take a step back and encourage the young people to be as independent as possible. They write a list together at the centre, then as a group, walk over to the shop, checking for cars in the car park on the way.

# PLAY AND LEISURE



Once in the shop, they help each other look for the items they need, directing each other to the different items. If something isn't available they discuss alternatives before heading to the till. At the till they take it in turns to handle the transaction, speaking to the cashier, counting the money, and remembering to get a receipt. Over time we have seen the young people's confidence with this activity flourish, they all work well as a team encouraging each other and developing the valuable skill of shopping which they can use when not at Youth Club.



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# ADULT SERVICES

## INDEPENDENT SKILLS

In our groups, we promote independence by encouraging the young adults to do tasks such as washing up, choosing what activity they want to do, ordering their food, or tapping their gold card when they travel by bus. One thing we include in nearly all of our onsite days is food prep; this involves motor skills such as mixing, pouring scooping, and chopping, which Zahura did a great job of on our Greggs day! It also teaches safety with appliances, utensils, and hot surfaces whilst also invoking a sense of accomplishment. On Greggs day, the young adults then queued up and chose what they wanted, and handed over their money. This is a good way of teaching basic skills for handling money independently in a fun and interactive way.



## SOCIAL INTERACTION & FRIENDSHIP

Part of what is great about all of our groups is that all of our young adults get a chance to interact with peers and make friendships with like-minded people that they otherwise might not have been able to. Friendships can often be quite difficult to navigate for many of our service users, so by providing a safe space to socialise, this gives the young adults a chance to interact and make friendships. At our INDE group, we like to encourage these interactions and friendships by sometimes taking a step back and watching the friendships blossom naturally. This month our INDE group enjoyed a lovely mocktail and Fajita evening where they chatted the evening away and had a little dance too.



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## SOCIAL INTERACTION

This month we had a trip out in the community where we went bowling in the morning, and then we all played crazy golf in the afternoon. Practicing turn-taking and playing games together can help to develop healthy relationships and communication skills.

Before we went to play golf, we had lunch at the bowling alley. Here, the children read the menu and made their own choices about what they wanted to have and sat together at the table to eat. Having fun together in the community is a great way to build social skills and do some physical exercise. The precision needed for these games is also a fantastic way to improve their gross motor skills.



## PERSONAL DEVELOPMENT

On Lego Day Theo did some baking and made some Lego chocolate brownie bricks. He measured out the ingredients, mixed them all together, and did all the decorating independently. Olivia Made some chocolate bricks too, and used the microwave independently, helping to develop useful life skills.

Making Lego towers, shapes and buildings together is a great way to practice and improve your fine motor skills. This month we also practiced our fine motor skills on World Nest Box Day when we all painted our own mini bird boxes to take home or to put in the garden.



# FUNDRAISING

## WE ARE DERBION'S CHARITY OF THE YEAR!

It gives us great pleasure to announce that we have been chosen as Derby's Charity of the Year for the next 12 months! This is an incredible opportunity that will enable us to increase awareness of the fantastic work that Umbrella does as well as some big fundraising opportunities.

Keep your eyes peeled for all the exciting things we have planned.



WOULD YOU LIKE TO GET INVOLVED WITH OUR FUNDRAISING? DROP US AN EMAIL TO [FUNDRAISING@UMBRELLA.UK.NET](mailto:fundraising@umbrella.uk.net)

### AND THE WINNER IS....

Our Evening carers recently took part in a pub quiz, and won!

Generously, they have donated their winnings to Umbrella, thank you!

Thank you Parents & Carers



**UMBRELLA**  
embracing abilities

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



Umbrella Derby and Derbyshire



@UmbrellaDerby

# VOLUNTEERS

## MEET OUR REGULAR VOLUNTEER, SERGIO

Sergio has been a regular volunteer with Umbrella since 2010.

Sergio is retired and loves to spend time in his allotment when he's not at Umbrella.

When asked why he chose to volunteer at Umbrella, he told us that he loves that he can make a real positive difference in our young people's lives.

Thank you for everything you do Sergio!



## 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.



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**Umbrella Derby and  
Derbyshire**



**@UmbrellaDerby**