



Charity Number 1150203

APRIL 2024

A NOTE FROM NIGEL FARROW CHAIR OF TRUSTEES

Welcome to the April edition of the new look Newsletter, again packed with information and inspiring stories about the inspiring achievements of our young people and young adults.

We live in challenging times, given the budget pressures on Derby City and Derbyshire County Council's as well as the NHS, meaning that demand for our services keeps on rising.



Thanks to our dedicated staff and volunteers we continue to help people realise their potential and transform lives. I feel privileged to play a part in this by chairing the Trustees group.



 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

EMPOWERING PARENTS / CARERS

Family support team have had the warmest welcome to the People's Centre in Cotmanhay where we run a drop in information and support session from 10am until 12noon. Parents and Carers from the area are welcome to pop in, meet one of our family support workers and find out a little more about the work we do at Umbrella to support families. We also signpost to other services who may be in a better position to support you. There is the opportunity to become a member of umbrella at this session. Membership at Umbrella is free.



This month we had 5 parents pop by to say hello with 3 families taking the opportunity to update their families details with us. They also took the opportunity to meet and chat with others who are on a similar journey with their young person. Talking helps you take charge of your wellbeing and provide you with the confidence to seek out support and get a better understanding of your journey caring for a young person with any additional need. It can also provide you with the confidence to seek out support to better handle these challenges. Our next drop-in session is Wednesday the 17th April from 10 am.



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FAMILY SUPPORT

APRIL SUPPORT GROUPS

Wednesday 17th

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

Thursday 18th

Parent and Child Group
4:45pm - 5:45pm
Clip and Climb Derby
Kingsway Industrial Park
Kings way Park Close
Derby
DE22 3FP

Wednesday 24th

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

Thursday 25th

Long Eaton Group
10am - 12pm
21 Market Place,
Long Eaton,
NG10 1JL

Monday 29th

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

DATES FOR THE DIARY

1st May - Derby City Support Group
3rd May - Parent and Girls Group
8th May - Under 5's Derby City Group
9th May - Amber Valley Support Group
17th May - Parent and Boys Group
15th May - Under 5's Cotmanhay Group
15th May - Drop-In session Cotmanhay
22nd May - Under 5's Derby City Group



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FAMILY SUPPORT

EASTER HOLIDAYS FAMILY FUN

Wednesday 3rd

Easter Fun
Markeaton Park
10am - 12pm
Mundy Play Centre
Markeaton Lane
Derby
DE22 4NH

Wednesday 11th

Sensory Swimming
10am - 11am
11am - 12pm
Victoria Park Leisure Centre
Manners Road
Ilkeston
DE7 8AT

CARERS EVENTS

Friday 17th May

River Boat Trip
12:15pm - 1:45pm
Museum of Making
Silk Mill Lane
Derby
DE1 3AF



Starting **Friday 7th June**

'Capacitar' - Empower
6 Week Course
10am - 11am
36 South Street
Draycott,
Derby DE72 3PP

Umbrella Raindrops Choir

Introducing Nile.

Nile has been attending the choir for a few years now, He brings enthusiasm and passion to the choir and is always the first member to volunteer to sing first and dances as he sings.

Nile has such a fantastic memory with the song lyrics and often sings songs without the words. The Choir is a fantastic way to build confidence and have fun.



Introducing Peter.

Peter is the newest member of the choir.

Peter brings some amazing song choices, amongst his favourites are

Fruit Salad by the Wiggles and Peter performed an amazing version of I Had a Dream, from Joseph and the Amazing Technicolor Dream Coat!



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INDEPENDENT SKILLS

With spring around the corner, the young adults have been getting into the swing of things in the allotment.

Matthew has been a brilliant help, watering plants and sowing the carrot seeds.

Zahura has been in the polytunnel with volunteer Kai re-potting the mint to go back into the sensory herb bed.

Macaulay and Mikey did a fantastic job helping dig over and plant new potatoes in the potato patch. The allotment is a fantastic resource that allows our service users to develop new skills and show them where their food comes from.

ADULT SERVICES



SOCIAL INTERACTION & FRIENDSHIP

Our young adults celebrated Thomas's Birthday with his favourite TV character Barney the Dinosaur. The young adults made bread from scratch they all helped to measure, mix, and knead the dough. When the dough had proved, the young adults made the dough into bread rolls and enjoyed sausage sandwiches for lunch. In the afternoon we had lots of fun playing pass the parcel, the young adults helped each other if they couldn't open their layer. Barney was very cheeky, he hid Thomas's birthday cake, to find the cake the young adults had to find the letters of Barney's name and bring them to Thomas who put the letters in the right order. The cake was enjoyed by everyone!! Happy Birthday Thomas!!!



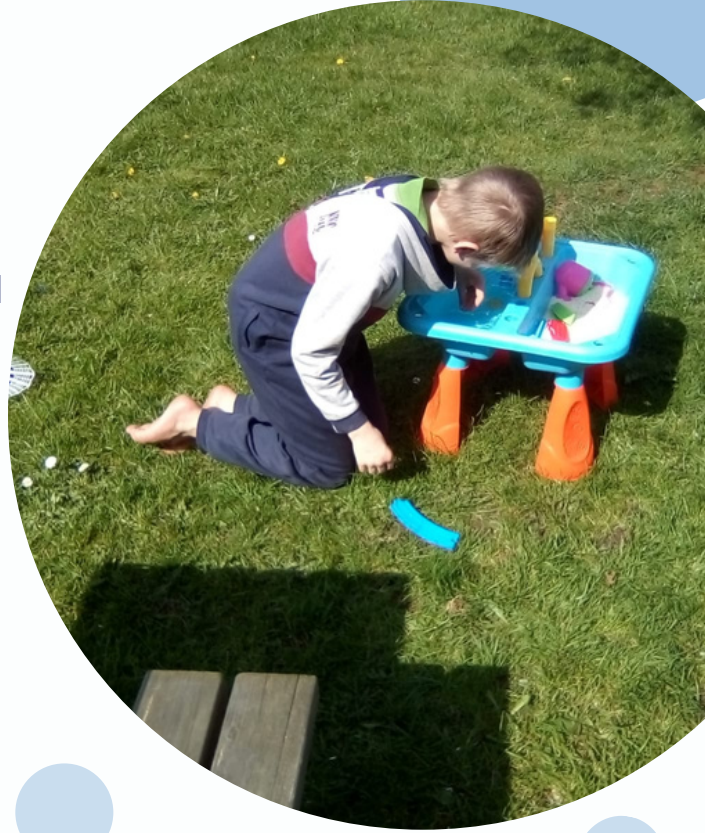
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CHILDREN SERVICES

MENTAL HEALTH AND WELL-BEING

As spring comes into full swing, we are making use of the garden and the outdoor equipment more often. With lots of the children on St David's Day choosing to run and climb and play basketball outside. We also went into our allotment to plant some daffodil bulbs for next year. Being outside and involved in physical activity in the fresh air can contribute to improved mental and physical health and wellbeing. On Super Mario Day we had a hunt around the building and garden for gold coins! As well as being a fun scavenger hunt this helped to get everyone moving and engaged in a group activity communicating as a team with the other children.



INDEPENDENCE

Voorhees and his support worker have been working on meal preparations. Cooking or baking can help to give children more independence and to give them transferable skills that they can use at home. Our recent Chinese New Year celebrations provided more opportunities to get in the kitchen, as Harry baked some Jam tarts and Olivia weighed out the ingredients for her cakes and decorated them independently.



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FUNDRAISING

MICKLEOVER GOLF CLUB REACH A TEE-RIFIC FUNDRAISING TOTAL

Mickleover Golf Club Captains, Margaret Brooks, and Mitch Handley chose Umbrella as their charity of the year during the club's centenary year and raised a staggering £20,756.30.

It has been a real pleasure for Umbrella to be part of the centenary celebrations and to see firsthand how committed the members are to making a difference in the community.



The hard work, dedication, and enthusiasm of the Captains and members were outstanding.

The money raised will make a significant difference to disabled children/young people and their families as it will fund along with the grant given from the Masonic Charitable Foundation our Play and Leisure Project Manager's role for the next 2 years. This will enable Umbrella to plan and coordinate lots of different activities, clubs, and special events for our families to enjoy..



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FUNDRAISING

Umbrella meets Derbion

Friday 5th April

9am until 3pm

Derbion Community Hub (Opposite Iceland)

Slime Workshop



Arts & Crafts



Raffle



Scavenger Hunt



Information & Advice



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VOLUNTEERS

MEET OUR REGULAR VOLUNTEER, EDDIE

Eddie has been volunteering with us since May 2023. He has a very natural way of offering support and guidance to our service users. He is one of the most flexible volunteers and is happy to work on any project. It's been lovely to see him build his relationships with the young adults and become a part of the Umbrella team. It also helps Eddie is quite handy and often helps fix things, most recently putting up some blinds in the office at Umbrella house. Thank you Eddie.



VOLUNTEER WITH US AND MAKE A DIFFERENCE!

OPPORTUNITIES AVAILABLE TO EVERYBODY

GET IN TOUCH FOR MORE INFORMATION

VOLUNTEERS@UMBRELLA.UK.NET

