



March - Groups and Events

We have lots of new events, groups and a carers course coming over the next couple of months. We are excited to share with you all the opportunities available for support for you and your family.

You are welcome to join us at any of our Parent/ Carer support groups. We will now be running a Warm Welcome Hub as well on a Tuesday. Further details are below. Please note that all child and parent support groups need to be booked in advance.

Youth Groups still have places available if you would like further information please contact Nicola.Green@umbrella.uk.net

All upcoming events are bookable via our website. If you need any further information or unsure of booking then please contact our family support team and they will be happy to help. familysupport@umbrella.uk.net

Just a quick reminder that the Family Support Team are no longer based at The Royal Derby Hospital. Therefore our phone number has changed to [01332 521229](tel:01332521229). To directly speak to the team please use extension number 226.

Support Groups for March

5th March - Derby City Support Group / Warm Hub

6th March - Warm Hub

7th March - Parent and Girls Group

11th March - Warm Hub

12th March - Under 5's Stay and Play / Warm Hub

13th March - Amber Valley Support Group

13th March - Parent and Child Group - Clip and Climb Session

18th March - Warm Hub
19th March - Cotmanhay Under 5's Stay and Play
21st March - Parent and Boys Group
25th March - Warm Hub
26th March - Warm Hub
27th March - Erewash Support Group
31st March - Evening Carers Group

Upcoming Events



Warm Welcome Hub
SEND Parent/Carer Support
Umbrella House | Birdcage Walk | Derby | DE22 4LD

Every Tuesday from 12 - 2pm
Term time only.

How can we help:
Provide a warm welcome to those in need of a warm space
Provide a hot drink and a meal
Assist with support – signposting to other organisations
Provide health & wellbeing support.

Please contact us to let us know you are attending.



Warm Welcome Hub
SEND Parent/Carer Support
Annie's Place | Bedford Close | Derby | DE22 3HQ

Wednesday 5th March
12 - 2pm

How can we help:
Provide a warm welcome to those in need of a warm space
Provide a hot drink and a meal
Assist with support – signposting to other organisations
Provide health & wellbeing support.

Please contact us to let us know you are attending.



Please email familysupport@umbrella.uk.net to book these sessions.

Parent and Girls Group
Annie's Place | Bedford Close | Derby | DE22 3HQ

Friday 7th March

6pm - 8pm

£6 per child

Booking is available via our website.



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embracing abilities

"Everything's better when we're together."

Parent and Boys Group
Annie's Place | Bedford Close | Derby | DE22 3HQ

Friday 21st March

6pm - 7:30pm

£6 per child

Booking is available via our website.



UMBRELLA
embracing abilities

"Everything's better when we're together."

Parent/ Carer and Girls Group

Friday 7th March

£6 per child

6pm - 8pm

Annie's Place, Bedford Close,
Derby DE22 3HQ

[Book here](#)

Parent/ Carer and Boys Group

Friday 21st March

£6 per child

6pm - 7:30pm

Annie's Place, Bedford Close,
Derby DE22 3HQ

[Book Here](#)



Parent and Child Group

Clip and Climb Derby
SEN Session

Thursday 13th March
4:45pm - 5:45pm
£5 per child

Booking available via our website



Parent/ Carer and Child Group

Thursday 13th March

£5 per child

4:45pm - 5:45pm

Clip and Climb Derby

[Book here](#)


Evening Parent/Carer Group
Sportsman Pub | 1 Granville Ave | Long Eaton | NG10 4HA

Monday 31st March

8pm start

£2 per person payable on the day.

Cash prizes for first and second place, mystery tin for the team in last place.
General knowledge, picture rounds, music and more!



Evening Carers Group

Monday 31st March

8:00pm

£2 per person

The Sportsman Pub

Long Eaton

NG10 4HA

No booking required



Capacitar Class
Relaxation And Self Care
The Elephant Rooms | 36 South Street | Draycott | DE72 3PP
Join us for another 6 weeks of our popular relaxation and self care course run by The Elephant Rooms.

£20 per person

Arrival: from 10:30am
Session starts: 11am

Course Dates:
Friday 28th March
Friday 4th April
Friday 11th April
Break for Easter
Friday 2nd May
Friday 9th May
Friday 16 May

Limited places available booking available via our website for further information please contact us.

01332 521229 www.umbrella.uk.net

Book here



Evening Carers Group
The Escape Room Guys | 1-5 Iron Gate | Derby | DE1 3FJ

E _ C _ P _ R _ O _

Join us for a fun filled night of unlocking our problem solving brains! All parents and carers welcome.

Monday 28th April at 7pm

£13 per person

Booking available via our website

01332 521229 www.umbrella.uk.net

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Book here



CHOCOLATE BINGO

RAFFLE PRIZES | REFRESHMENTS

BINGO

| | | | | |
|----|----|------|----|----|
| 4 | 26 | 37 | 49 | 70 |
| 9 | 30 | 39 | 46 | 68 |
| 7 | 23 | FREE | 48 | 74 |
| 8 | 24 | 36 | 55 | 73 |
| 13 | 19 | 44 | 52 | 67 |

3 8 24 7

Umbrella Chocolate Bingo

Saturday 29th March

From 2pm

£2 per person

Annie's Place, Bedford Close, Derby DE22 3HQ

Book here

Youth Groups, Choir and Boxing

Please contact Nicola.Green@umbrella.uk.net for more information.





Hilton Youth Club

AGE 11-18

FORTNIGHTLY SATURDAYS
10:00-13:00

A fun youth club is a lively, welcoming space where young people can hang out, make friends, and enjoy activities

Please Contact Nicola Green
01332 521229
Nicola.green@umbrella.uk.net




Sawley Youth Club

AGE 11-18

FORTNIGHTLY SATURDAYS
10:00-13:00

A fun youth club is a lively, welcoming space where young people can hang out, make friends, and enjoy activities

Please Contact Nicola Green
01332 521229
Nicola.green@umbrella.uk.net



Non - Contact Boxing

Starting on Saturday 8th February

£4 per-session

Children: 10am-11am
Over 18's: 11am -12 noon

Mackworth Community Centre
Prince Charles Avenue
Mackworth Derby
DE22 4FN



ADULT SERVICES MEETING

We are holding two meetings for parents to come and find out about changes that the local authority is making and what this may mean for you and your young people and how to challenge decisions made by the local authority should you wish to do so.

If you would like to know more you can join us on either

- Tuesday 4th March 7-8.30pm at Umbrella House, Bedford Close Derby

or

- Wednesday 5th March 12.30-2 at Annie's place, Bedford close Derby

We will be able to support you with information at these events.



Agenda for the meeting

- Quick introductions
- Why we are here/what decisions the council have made about budgets
- What are your options as families (use a different service, reassessment for supported living services, challenge with the council and top up for now)
- How can you challenge the council decision
- Any questions

Umbrella

Umbrella House, 64 Birdcage Walk, Mackworth, DE22 4LD, Derby

This email was sent to kelly.noble@umbrella.uk.net

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