



Charity Number 1150203

A NOTE FROM

HANNAH HORSEWELL **OPERATIONS MANAGER**

Welcome to the April edition of our Newsletter.

Spring is finally springing, the sun is out, the blossom is beginning to bloom, and I even spotted a bumblebee in the garden this week. Here at Umbrella, we are looking forward to the warmer, drier weather so that we can get outside and begin to enjoy our local green spaces and our own amazing gardens and wonderful allotment, giving our young people the chance to work together to produce the food that they will prepare, cook and eat.



What a busy few months we have had with the children and young adults groups enjoying lots of activities at Annie's place, Umbrella house and in the community. As well as events, groups run by our Family Support Team.

We hope that you enjoy our bulletin and a look back on all of the things we have been up to over the last couple of months as well as lots of information on what is coming up soon.



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Umbrella Derby and Derbyshire



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FAMILY SUPPORT

For more information about our service please contact
familysupport@umbrella.uk.net or call 01332 521229

SUPPORT GROUPS

Parent Carer support group have been busy this term with visits from Silvertime Legal which proved to be a very successful session and prompted families to check their Wills, Powers of Attorney etc are all correct and up to date.

Live Life Better Derbyshire visited our Long Eaton group, identifying health and wellbeing needs, offering advice and support on weight management and stopping smoking, a very interactive and engaging session

Lois Blackburn artist visited with her "122 embroidered eye project" inviting parents and carers to get creative relax and focus on self care whilst sharing their stories of being parents & carers of children with non-visible disabilities through an embroidery session.

Umbrella members are invited to attend any of our support groups there is a guaranteed welcome for everyone and the kettle is always on.



“

‘The session was amazing, it was so effective it helped me turn a huge corner in my emotional limitations, I now have moved on to a stage where I am fighting for change in my constant battles with my self esteem’

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PARENT CARER VOICE

Parent Carer Voice the new Derby City Parent Carer Forum visited our City support group sharing their mission going forward and inviting new parents & carers to join the forum



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CLIP AND CLIMB

Clip and Climb Session was a wonderful opportunity for young people to try new challenges and literally reach new heights. The staff were wonderful, supportive and welcomed every young person and their parents who came to the session. The session was fun and so engaging for parents and children. Wonderful peer to peer support during the session and a chance to catch up with friends, breaking down some of the isolation parents feel caring for a child with an additional need.



FAMILY FUN SWIMMING

During half term we headed to Lonsdale pool for a swimming session. There was lots of fun had by all and lots of games played, there was even some surfing taking place from some of the children. This gave families opportunities to interact with one another and get some peer-to-peer support. There was lots of sensory play involved with children pouring water over their parent/carers heads using watering cans, which was great fun!

Some children even brought their own beach balls along to the session and shared with others, encouraging interaction from both the children and parents. It was lovely to see them all throwing the ball to one another and having a great time.



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PLAY AND LEISURE

Youth Group

Our Saturday youth clubs have recently been working on their independent life skills out in the community. Our Sawley group walked to the local chip shop for their lunch, they browsed the menu before independently ordering and paying for their own food before checking their change and heading back to the hall to tuck in, the following week whilst in town the group did a great job choosing from the different stalls in the food court, checking and keeping to their budgets. Meanwhile the Hilton group also headed into town, after their game of golf the group went to Starbucks for a catch up and a drink, they all did a fantastic job ordering and paying before sitting down to socialise independently with their friends.



MOUNT COOK ADVENTURE CENTRE

We recently visited Mount Cook outdoor centre with a mixture of young people from our youth clubs. The day was a great opportunity to break away from their indoor games and technology and try new activities, whilst getting fresh air, exercise and meeting new people. They focused on team building and problem solving with activities such as land kart building, orienteering, archery and climbing. They ended their fun-filled day having tried new experiences and making new friends.



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SHINING BRIGHT WITH PHYSICAL ACTIVITY

As the weather gets brighter, our young adults have been making the most of the sunshine with plenty of physical activity! A recent trip to Markeaton Park saw everyone trying out the accessible bikes, which was a huge hit. It was fantastic to see everyone enjoying the ride and making the most of the accessible options that make outdoor activities more inclusive for all. Back at Annie's Place, we've been keeping active with our new badminton net. Whether playing a quick game or just staying moving, it's been a fun way to stay fit, socialize, and enjoy some friendly competition.

Physical activity is so important for health and well-being, and we're proud to see everyone embracing it, whether it's riding bikes in the park or playing badminton together. Here's to more sunny days and outdoor fun!

ADULT SERVICES



UNDERSTANDING OUR NEEDS

TEAM enjoyed an exciting Astronaut Day, where they got to design their own rockets and astronaut passports before launching into an immersive space session in the sensory room. It was a great way to engage their imagination while exploring new sensations in a fun and interactive setting.

Sensory food exploration session included a taste test that featured five food groups. It was a big step in trying new things, with Will showing incredible progress! He helped choose the veggies and courageously ate everything on his plate; something he's really grown into over time. This experience is a great example of how we're supporting independent living skills, encouraging choice-making, and fostering a love for new tastes. These sensory experiences are essential for personal growth, whether it's building independence, enhancing relaxation, or simply trying something new. We're so proud of all the progress everyone is making.



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CHILDREN SERVICES

UNDERSTANDING THE WORLD

We recently got some fantastic new equipment for our young people to use at Annie's Place during our groups and their 1:1 supports including a fun microscope and some bug nets. Halima was eager to give it a go, she investigated the garden and found a few different insects to have a closer look at, Halima did a great job using the microscope to focus on the different creatures whilst looking at them on the phone screen. She noticed lots of different patterns, textures and colours when taking a closer look, this was a great way for her to learn about insects and develop her interests whilst working on her fine motor skills.



INDEPENDENT SKILLS

We have been continuing to encourage the children to actively make choices about the activities they wish to take part in as well as encouraging them to try new experiences. Here is David having a go at a baking activity with his support worker. When he saw the rest of the group starting to bake, he ventured over for a look before sitting down to have a go himself. He assisted putting some ingredients in the bowl and gave it a mix.. it was fantastic to see David join in with his peers in an activity he would not usually take part in, and it was a great opportunity for him to develop his transferable life skills.



FUNDRAISING

DERBION

Umbrella were fortunate to be chosen as @Derbion Charity of the year 2024. This was part of the Derbion Cares initiative. They did a fantastic job of raising over £9,000. This money will make a huge difference.

Thank you to the Derbion staff, visitors and customers. The in-centre events have helped raise awareness of the work we do and the fundraising efforts have really gone the extra mile with sponsored walks and the Ramathon. Thank you Derbion.



DERVENTIO CHOIR

Thank you to Derventio Choir for choosing Umbrella as their Charity of the year. The choir are hosting several concerts throughout the year and profits will be donated to Umbrella. If you'd like to find out more check out their website:
<https://www.derventiochoir.org.uk/>

THANK YOU

A massive thank you to businesses and organisations who have contributed to our fundraising events so far this year. We have had some amazing raffle prizes and donations thanks to your kindness and generosity.



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FUNDRAISING

CHOCOLATE BINGO

A huge thank you to everyone who joined us at our first Chocolate Bingo.

This event raised a massive £762!!!

Thank you to everyone that attended or bought raffle tickets.

Congratulations to Sandra Dickinson from Alvaston for winning the giant Easter Egg. Yum.

Thank you to the fundraising volunteers for giving their time and organising this event. If you would be interested in joining our fundraising team - please email:

volunteers@umbrella.uk.net



ARAMARK

Nicola Green had the pleasure of going to see Dale from Aramark. The wonderful Aramark team at University of Derby had been collecting Easter Eggs for Umbrella service users. Wow, just look at the donation, we been so Egg-cited to hand these out to our children and young adults over the past few days. Thanks to their efforts we know everyone has an Easter Egg for Sunday.

TESCO MICKLEOVER

Thank you Mindy, the community champion at Tesco Mickleover for running our "Be a good egg" campaign. Thank you to Tesco's customers and staff who generously filled several trollies with Easter eggs. These will be handed out to our service users this week and thanks to Tesco's customers, all our service users will have an Egg this Easter. Egg-cellent!



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VOLUNTEERS

TEAM SPIRIT

Team "Vols R Us" attended the Umbrella Quiz in September. We had a lovely evening despite coming 2nd to last. Aaron, Eddie and Olumide, regularly volunteer for Adults Services and Shane regularly give availability in the Children's holidays. It was a pleasure to spend the evening with this group of volunteers, there was tea, sweets and lots of laughs.

Volunteering has been known to improve health and reduce feelings of isolation. If you are interested in volunteering for Umbrella, please contact Gurvinder on volunteers@umbrella.uk.net.



ROSIE INSPIRES FUTURE VOLUNTEERS AT DERBY UNIVERSITY

At Umbrella, we're thrilled when our volunteers help us recruit others, and Rosie, one of our fantastic volunteers, recently did just that!

She represented us at the Derby University

Volunteer and Part-Time Recruitment Fair, engaging students and visitors. Rosie shared her own volunteer experiences, showcasing the fulfilling opportunities available with Umbrella and encouraging new faces to get involved. She emphasised how every volunteer role makes a difference, from supporting activities to helping service

users. We're so grateful to Rosie for her dedication and passion, which truly reflects the heart of Umbrella. If you missed her at the fair, don't worry—there are always opportunities to volunteer with us!



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