



## Derby City's Summer Promise



As restrictions are gradually lifted we have been able to offer our city families some wonderful subsidised activities this summer thanks to funding from Derby City Council's Summer Promise. The funding was shared across our different projects and included coaches to Twycross Zoo and Drayton Manor, a team building day for our INDE project, subsidised entrance costs on most of our projects and of course free ice cream.

Our final activity will be a free family fun day at The Annie Hall Centre on Saturday 9 October between 11am and 2pm. This will be an opportunity for families to see how we have developed the centre and to enjoy some free activities.

If you would like to join us please e-mail [Lucy.follon@umbrella.uk.net](mailto:Lucy.follon@umbrella.uk.net) to help us plan our shopping.

Parking is restricted and our car park will be reserved for blue badge holders.



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# UMBRELLA ADULT SERVICES

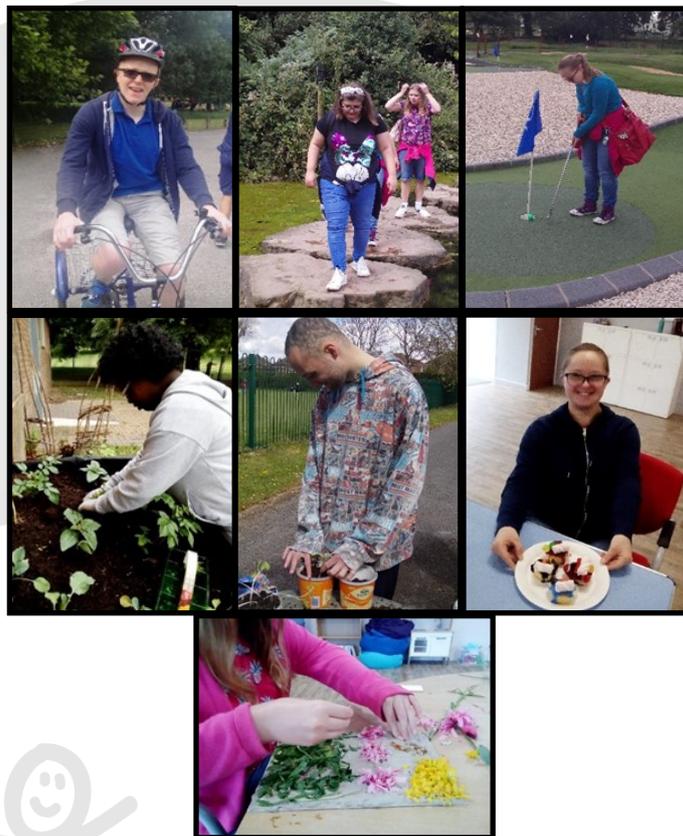
## TEAM

Over the summer, the young adults have been very busy doing lots of different onsite activities as well as trips out to the cinema, parks and bowling to name just a few. As well as all of this, we have had some wonderful days at Annie's too with lots of baking, cooking, sensory activities and even a visit from Al the Music Man again, which was very exciting for the group! We have seen a few new faces at some of our groups over the summer and all of the young adults have really helped everyone to feel welcome and settled. It has been lovely to see the young adults' social skills developing and new friendships forming.



## INDE

The INDE groups have also been extremely busy over the last couple of months with lots of trips out in the community to some of their favourite places such as Highfields Park in Nottingham and Markeaton Park where they had a wonderful enabled cycling session with Cycle Derby. The young adults have also been working hard on the allotment at Annie's Place; planting, watering and harvesting some delicious fruits and vegetables that they have then used in their cooking recipes. The groups are looking forward to visiting many more of their favourite places in and around Derbyshire over the coming weeks.



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## WEEKEND TRIPS

Now that everyone's back at school, we are back in the swing of weekend trips. We've been bowling in the Derbion and even travelled to Willy Wonka's chocolate factory in our imagination (at Annie's Place). Our favourite September trip was to Crich Tramway Village. It had been so long since we had a ride on the trams and a walk round the village, we even explored the new sculpture trail.

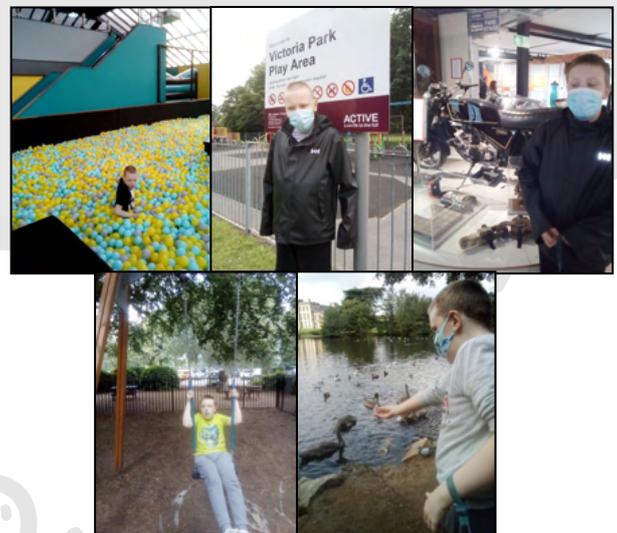


## COOKING AND INDEPENDENT SKILLS

Bake off may have returned to the TV this month but it's also back on the menu at Umbrella. One of our older children has recently taken the time during 1:1 sessions to find recipes, buy ingredients and cook their own meals, taking huge steps towards independent skill. The family have feedback to us how tasty everything was. Success!

## ONE TO ONES

This is Henry out and about with his activity support worker. They've done so much in recent months. Henry has a very inquisitive nature and loves exploring, visiting different places really feeds his sense of adventure.



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## UMBRELLA CHRISTMAS PARTY

Fantastic News the Umbrella Family Christmas Party is back!

On: Saturday 4<sup>th</sup> December

At: Rolls Royce Pavilion, Moor Lane Derby DE24 9HY

From 1.00pm-4.00pm.

There will be a disco, party games, Santa will also be in his grotto and is looking forward to seeing everyone again.

There will be a hot served buffet, which will consist of a choice of Pizza slices, Chicken Goujons, Quorn Style chicken Nuggets and Chips-Please remember to select your meals on the booking form.

### **Booking is essential**

Umbrella is subsidising this event with monies from donations.

The last date for booking the Christmas Party is Friday 12<sup>th</sup> November 2021

Payment can be made via Bank Transfer once your places have been confirmed. Please contact Nicola Green for a booking form. [nicola.green@umbrella.uk.net](mailto:nicola.green@umbrella.uk.net)



## **New Umbrella Youth Club for Derbyshire Teens!**

Umbrella has two new youth club for Derbyshire Teens who do not require 1-1 support.

The groups are open to young people 11 to 18 years who live in Derbyshire County.

Our first group is for young people in the Amber Valley and Erewash

This group is held on Saturday mornings from 10am-12:30pm at Shipley Park Community room and on the park and costs £6.00 per session

The second group is for young people in South Derbyshire and Derbyshire Dales and held on Saturday afternoons from 2:00pm -4:30pm at Hilton Community Centre and costs £6.00 per session

If you would like more information or would like to visit the groups please contact Nicola Green on 07540 823895 or email [Nicola.green@umbrella.uk.net](mailto:Nicola.green@umbrella.uk.net)



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# UMBRELLA FAMILY SUPPORT



## Welcome back to face to face Support Groups!

### SUPPORT GROUPS

What a lovely evening we had on Tuesday 7 September in the company of the guys from our male carers group at the classic car show at Carpenters Arms, Dale Abbey. Thanks Adrian for the recommendation it was well worth a visit, something for everyone.

On Thursday 18<sup>th</sup> September we started a new course at Chester Green community centre. We were joined by the lovely Jo who is sharing with us ways to use nature to help us deal with anxiety and stress and also some techniques that we can take away and use on our own or with our young people. We went on a lovely, peaceful walk where we had the chance to chat to each other before stopping and learning about Havening as a technique to ground us when we feel stressed or anxious. It was a lovely relaxing morning. If you would like to join us in October we will be meeting at Chester Green community centre 11- 12.30 pm on Thursday 14th October. Please let us know if you will be joining us by calling or e-mailing the Family support team.

### Family Fun - Mount Cook

We have still got spaces for our Mount Cook Family Fun Event on the **28th of October** from **10am - 2pm**.

This year will be Bush Craft and Archery followed by a tasty lunch.

This event is £14 per participant (including lunch) and £5 just for lunch. If you are interested in joining us please contact the Family Support

Team: 01332 785658 or

[familysupport@umbrella.uk.net](mailto:familysupport@umbrella.uk.net)

### Gulldman Q Ceiling Hoist

Ravensdale Primary School are looking to rehome this. If you are interested please contact the Family Support Team for further information - 01332 785658



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# Umbrella Parent/Carer Support Groups

## Our face to face support groups have restarted!

We have one Zoom session continuing and our Facebook groups as well as the messenger service for all which is available from 9.30am-3.30pm Monday– Friday.

***We offer a warm friendly welcome at all our support groups, a time to be yourself in a safe and confidential environment.***

### 4th October - Male Carers Group

**At: - 6-8pm** Umbrella House, 64 Birdcage Walk, Mackworth, Derby, DE22 4LD

Sensory Processing workshop with Hannah Horsewell. This will be an overview of what sensory processing and sensory modulation are. Helping us get an understanding of our senses and think about strategies that might help our young people who have sensory processing difficulties. Tea coffee available. We have opened this session up to families. [You must book a place in advance.](#)

### 8th October - Parent and Girls Group

**At:6-8pm** Annie's Place, 8 Bedford Close, Derby DE22 8HQ.

We hope you will enjoy our Autumn themed sessions this evening.

[Pre booking essential for this group](#)

### 18th October - Best Foot Forward— walking group in South Derbyshire.

**At:10:30am – 12:30pm** outside the Oakland Village & Community Care Home, Oakland Village, Hall Farm Road, Swadlincote DE11 8LH. We will be joined by a qualified walker from Get Active in the Forest project. Free coffee and cake at the centre afterwards.

### 20th October - Parent Carer Support Group on Zoom - Sensory Processing Workshop with Hannah Horsewell - 7PM

A second chance to attend the workshop gives a brief overview of what sensory processing and sensory modulation are. This is really popular workshop very helpful. [Please email Alisha for login details - alisha.mcguinness@umbrella.uk.net](mailto:alisha.mcguinness@umbrella.uk.net)

### 6th October

#### Derby City AM Group

**At:10am– 12pm** - Broadway Baptist Church, 166 Broadway De22 1BP

Join us to find out how to access Derby City Council Families Information Service and Local Offer. Usual tea, coffee & cake available.

#### Derby City PM Group

**At:12:30 - 2:30pm** Annie's Place, 8 Bedford Close, Derby DE22 8HQ

Another opportunity to hear How to access Derby City Council Families Information Service and Local Offer. Usual tea, coffee & cake available.

### 14th October

#### Amber Valley Support Group

**At:10am** - The Strutts Building, Derby Road, Belper, DE56 1UU.

Open Meeting - Free to chat and plan for future meetings as well as refreshments!

#### New Nature Session for all Parents and Carers

**At:11- 12:30pm** Chester Green Community Centre, Darley Fields, Old Chester Road, DE1 3SA.

Connecting with nature as a way of coping with anxiety and coming out of a restricted way of living. We will be outside unless it is raining.

### 22nd October - Parent and Boys group

**At:5-7pm** - Mundy Play Centre, Markeaton Park, Derby - Please park at the Markeaton Roundabout side.

This evening's theme is Autumn Walk and play on the park. [Pre booking essential for this group](#)

## VOLUNTEER SERVICES

We have been really pleased to be able to welcome back more of our fantastic volunteers over the summer months. This has meant we have been able to offer more support to our children, young people and adults.

Not only have we had volunteers supporting us frontline but we have had volunteer support with the development of our allotment at Annie's Place and with a tidy up in our garden at Umbrella House.

We still have lots of volunteering opportunities to get involved with from helping at one of our many youth clubs and regular weekend children's trips to our INDIE group and our half term holiday activity programmes.

For all our registered volunteers watch out for emails for details of these opportunities or contact us directly at [rebecca.morrisonvols@umbrella.uk.net](mailto:rebecca.morrisonvols@umbrella.uk.net)



## FUNDRAISING CHALLENGE

Can you help us raise £1,000 via text giving before Christmas?

Text **UMBRELLA** followed by your donation amount to **70085** to give that amount. i.e. UMBRELLA 5 . You can donate any amount from as little as £1.

To help even more, you could find our fundraising post on social media and give it a share to help spread the word!

Texts will cost the donation amount plus one standard network rate message. We'll keep you updated on how its going! Thank you for your support!

## Shop with our partners

If you shop online or have taken to shopping online in recent times, you can raise money for Umbrella by shopping with our partners. Signing up is easy, you can either Google the names or click on the images to take you directly to the sites where you can find our more and sign up easily!



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# UMBRELLA'S MAKE SOME NOISE PROJECT

Over the summer the children and young people accessing the Global Make Some Noise project enjoyed lots of activities from completing the Rams Trail in the pouring rain, and visiting the animals at Bluebells farms to clay modelling and mask making! We all certainly had a great and busy summer.

We have also seen the Long Eaton Youth Club return to face to face after spending over a year meeting on zoom! It was lovely to see everyone back together.

We are now busy planning our holiday programme for the October half term holidays, there is sure to be lots of spooky activities and maybe a treat or two!



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

[admin@umbrella.uk.net](mailto:admin@umbrella.uk.net)

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**ARTS COUNCIL ENGLAND**



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**The Annie Hall Centre**  
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