

Good Afternoon,

Firstly Happy New Year; we hope you had an enjoyable Christmas. We are not sending out a newsletter this month, as we mentioned in the December newsletter; However the Family Support Team have lots of events coming up and we wanted you to be aware of them, as they require booking and are limited in numbers. Please see the information below, it is separated out into family fun events, workshops for parents and carers, support groups, and a special parents and carers day. All require booking so drop us an email or give us a call on 01332 785658.

## Family Fun Events



**20th February family fun CookStars** at Broadway Baptist Church, 166 Broadway, Derby, DE21 1BP 10am - 12noon. There will be a workshop with Cook Stars, who will be helping us cook sausage pie (vegetarian option available) and biscuits, as well as a feely game, and craft activity, at the end of their workshop we will all get to eat what has been made....yummy! £4.50 per child/young person you must stay with your child /young person at all times.



**23rd February family fun Sensory swim** at Victoria Leisure Centre, Manners Road, Ilkeston, DE7 8AT 1- 1:45pm or 2 - 2:45pm . Join us for a 45 minute session in the Sensory Pool, with relaxing lights and music. £4.50 per child/young person. You must stay with your child /young person and be in the pool with them at all times.



**28th March family fun at Mount Cook** Mount Cook Adventure centre, Near the National stone Centre, Porter lane, Middleton-by-Wirksworth, Matlock, Derbyshire, DE4 4LS 10am -1pm. Join us for a Bush craft and Archery sessions at Mount Cook this Easter holiday. Enjoy some outdoor adventure as a whole family, learn some new skills together, and see who has a good aim, activities are suitable for children and adults so give it a go. After you have finished enjoy a hot lunch of Jacket potatoes with fillings or soup, crusty bread and sides, with desert and fruit (yummy!) before heading home. £10.00 per person taking part in activities, including lunch, for those not taking part in the activities i.e. supporting adults who don't want to try activities, you can still join us for lunch at £5.00 each. **Places must be booked by February 28th**

All family fun activities are being subsidised by Umbrella fundraising, however if you need further support to be able to access a family fun session please call the family support team and have a chat. You will be required to pay for the activities before the event in order to secure your places as they are limited.

## Support Groups

**Male Carers Group.** 8th January 6pm - 7:30pm with Speaker Rachel from Special Olympics Derbyshire. The Farmhouse pub, Mackworth, DE22 4LY.

**Derby City (Morning Group).** 10th January 10am to 12noon, with speaker Sarah from Shared Lives project. **\*\* New Venue\*\*** Broadway Baptist Church, 166 Broadway, Derby, DE21 1BP.

**Derby City (Afternoon Group).** 10th January 1pm - 3pm with speaker Sarah from Shared Lives project. Haven House Carers Retreat, 31 Charnwood Street, Derby, DE1 2GU.

**South Derbyshire.** 10th January 11am to 1pm to include Health Action Training. Hilton Village Hall, Peacroft Lane, Hilton, DE65 5GH.

**Amber Valley.** 11th January 10am - 12noon to include Health Action Training. Strutts Building, Derby Road, Belper, DE56 1UU.

**Evening Support Group.** 15th January 7pm to 8:30pm, with speaker from the Family Fund. Hilton Village Hall, Peacroft Lane, Hilton. DE65 4LY..

**Erewash.** 31st January with a speaker from Money Sorted with D2N2 project. The Adult Education Centre, 173 Derby Road, Long Eaton, NG10 4LL,

## Parents and Carers pamper day

On Thursday 1st March 2018 Umbrella will be holding a pamper day at Breadsall Priory Spa Day, Moor Lane, Breadsall, Derbyshire, DE7 6DL.

### Itinerary for the day:

- Please arrive for 9.30am .

Umbrella staff will be waiting to welcome you in the **Leisure Centre** near the bar/restaurant area.

- Tea/Coffee and biscuits on arrival
- Please remember to bring some comfortable clothing and shoes plus a mat/towel
- Lunch will be served at 12pm. Jacket potato choice of 2 fillings OR Panini with salad and choice of desert (to be confirmed on the day)

- 1.30pm Stretch and Relax class in the studio for Umbrella Carers only.
- Also included is full use of all the leisure facilities, swimming pool, jacuzzi, sauna, and the fully equipped gym.
- Don't forget your swimming costume

The event is subsidised from the Umbrella Parents/Carers fundraising pot and will cost you £20.00.

To reserve your place please send your cheque payable to "Umbrella Derby and Derbyshire" for £20 to Umbrella Information Office, The Ronnie MacKeith Centre, Royal Derby Hospital, Uttoxeter Road, Derby DE22 3NE.

You may choose to pay money into our bank account at - Barclays Bank Umbrella Derby and Derbyshire Account No 23201473 Sort Code - 20 25 85 reference "SPA" followed by your surname. **We have 20 places available and booking is on a first come first serve basis.**

**PLEASE NOTE:IF YOU WISH TO HAVE A THERAPY TREATMENT YOU MUST BOOK AND PAY FOR THIS YOURSELF WELL IN ADVANCE TO AVOID DISAPOINTMENT"**

As we are not sending out a January newsletter we just wanted to let you know about a survey that is currently open regarding children, young people and adults with a learning disability, autism or both, their families and paid carers. NHS England are carrying out this survey to add to what they have learned at events and meetings about people's experiences of raising concerns and making complaints. Your feedback will help with a new project about raising concerns and making complaints called **Ask Listen Do**. They need your help so we can do the right things to make a difference. The survey ends on **31 January 2018**, Please click on this link for more information

<https://www.engage.england.nhs.uk/survey/ask-listen-do/>

Don't miss out book today for one of our great events; We look forward to welcoming you soon

*Family Support Team*

Information, Advice and Family Support Project  
Umbrella Derby and Derbyshire

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**Working to improve the quality of life for disabled children and young adults and their families in Derby City and Southern Derbyshire**

**Umbrella is a registered charity No 1150203**