

# 25 YEARS



### Thank you for an amazing 25 years!

This month I celebrate 25 years of service and I can honestly say I feel very lucky and privileged to have such a wonderful job. I joined Umbrella on a 12 month contract back in 1996 as a Play Worker supporting the Jigsaw Play scheme at the Ronnie MacKeith Nursery. I had the pleasure of meeting a wonderful group of parents, staff and volunteers who gave their time to ensure children with profound disabilities could have fun during the school holidays. I was inspired by the children and the way everyone joined together to provide the most amazing inclusive play scheme I had ever been part of.

Over the years I have enjoyed four different roles at Umbrella including Play and Leisure Coordinator, Your Turn Manager and finally the role which I currently enjoy.

I have seen many changes and it is fair to say there have been a few challenges, mainly around funding but I truly love to be part of a wonderful organisation providing excellent support for disabled children and young adults and their families. Back in 1996 Umbrella didn't provide any direct services for children, but it became clear this is what parents needed, and now we regularly work with children and young adults up to the age of 30. I have watched the little ones develop from small children to young adults and it has been very rewarding. I will never forget the wonderful children and young adults who have sadly passed away over the last 25 years, I was honoured to work with them.

As you are probably aware I felt very humbled to be awarded an MBE in the Queen's birthday honours list in 2020 and the timing of the collection of "our" MBE coincided with my 25<sup>th</sup> anniversary month. I genuinely believe the MBE belongs to everyone, my family and friends for their love and support, my colleagues, volunteers, trustees for their dedication and commitment to Umbrella and the wonderful families we are privileged to work with. I enjoyed a few days sightseeing in London and was honoured to be invited to St James Palace with my Granddaughter to receive the medal. I was thrilled HRH The Princess Royal carried out the investiture, she was so interested in Umbrella's work and the families we work with.

I do not know who nominated me for an MBE, but I understand a nomination requires a lot of evidence, so I would like to say a huge thank you to everyone who took the time and effort to nominate me for such an amazing accolade, I am truly very proud. Love from Ann x



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## Childrens Trips - On Site

Wow – what a busy 6 weeks we've had over at Children's Services – Trips galore! We love spending time at Annie's place, there's so much to do, indoor and outdoor and best of all we get to use our imagination and transport ourselves off to virtual worlds, we went to the Olympics, on a teddy bears picnic, a pamper day, Lego therapy, water fun, zoo and animals, chef for the day, and the list goes on!



## Trips - Offsite

It has been great to get off site and explore Derby again with the children. We loved the Derby Ram Trail and the Museum of Making is so interactive. Our favourites are still Bowling, Jumpin Fun and Adventure Golf. These things just have to be done in the summer holidays!

Exploring outdoor spaces is so important to us at Umbrella so no summer would be complete without a trip to Markeaton Park, Elvaston Castle and The National Forest Adventure Farm.



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## Mount Cook Adventure Centre – What a great day!

The groups had a fantastic time at Mount Cook adventure Centre. This amazing trip was part funded by Active Partner Trust.

The groups spent the morning taking part in Archery and had a great time competing against each other and then the groups had an afternoon full of Team Challenges and Bush Crafts.

Thank you Mount Cook and Instructors Brooke and Jade for such a great day.



### **\*\* New Derbyshire Teen Group \*\***

We are starting two new youth clubs in September in Derbyshire County for young people 11 to 18 years. The groups will be for young people with a mild to moderate disability who do not need 1-1 support.

If you would like more information please contact Nicola Green

[Nicola.green@umbrella.uk.net](mailto:Nicola.green@umbrella.uk.net)



## **Table Tennis Sessions**

Are you looking for a new hobby, thinking about trying a new sport?

Have you played Table Tennis before?

Umbrella are working with Derby Community Table Tennis Club to look at developing new table tennis sessions for Umbrella.

[www.DerbyCommunityTTC.co.uk](http://www.DerbyCommunityTTC.co.uk)

St Michael's Table Tennis Centre is a fantastic venue just outside Derby City Centre.

If you are interested in joining these new sessions Please get in touch with Nicola Green.

[Nicola.green@umbrella.uk.net](mailto:Nicola.green@umbrella.uk.net)



Santa is booked and looking forward to seeing you all at the Umbrella Family Christmas Party in December. Look out for Full Details of the Party and how to book in next month's Umbrella Newsletter!



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# UMBRELLA PLAY AND LEISURE CONTINUED / FUNDRAISING

## Youth and Siblings Groups

We currently have places at the following groups:

Tuesday Youth Club for young people aged 11 to 18 years with a mild to moderate disability that do not need 1-1 support – weekly subs are £6.00 per session

Thursday Youth club for young people aged 11 to 18 years. This group is for young people with High Functioning Autism and no additional learning needs – weekly subs are £6.00 per session

Siblings Group 8 to 10 years- a monthly group for children with a brother or sister with a disability that have no disability themselves- group subs are £6.00 per session

Siblings Group 11 to 17 years – a monthly group for young people with a brother or sister with a disability that have no disability themselves- group subs are £6.00 per session

## Peak Martial Arts UK

An all-inclusive programme aimed at all abilities and ages

A combination of Self-defence and Tae-Kwon-Do

The sessions are delivered by Chris, who is a 5<sup>th</sup> Degree Black Belt National/international instructor and his assistant Julian

**Venue:** The Annie Hall Centre, 8 Bedford Close, Derby DE22 3HQ

Sessions start on Monday 6<sup>th</sup> September 6:30pm – 7:30pm

For more information please contact Chris Heffernan on:

07903 232658 or email [heffernan54@aol.com](mailto:heffernan54@aol.com)

Find them on Facebook: Peak Martial Arts UK



## 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 FAMILY SUPPORT



'I would like to say Thank you for arranging the trip to Twycross Zoo and I wouldn't have gone without the transport.

This was my first time experience visiting the Twycross Zoo. I had an amazing time seeing the animals and I felt emotional watching the Giraffe when they came out.

Many Thanks to the Umbrella team for your support and kindness.'

## **Thank you for a wonderful Summer!**

We want to thank everyone who has attended our summer events over the last 6 weeks.

We have been extremely lucky to be able to put an event on each week of the summer holidays and get additional funding from Derby City and Derbyshire County Council to enable us to provide transport and extras at a few of our sessions.

We hope that you have enjoyed them just as much as we have. We will be sending out a survey if you would like to let us know how you think it went.

Above are some of our highlights of the summer and some lovely feedback from one of our parents.

We will be running our next Family Fun Event in October half term at Mount Cook. Details will be sent out over the next couple of weeks.

## **EXCITING NEWS!!**

From Monday 6<sup>th</sup> September the Family Support team will be returning to their office base at the Ronnie McKeith Centre.

We have been away from the office for over 18 months so it will be amazing to be back. As of the 6<sup>th</sup> of September the office will be open Monday-Friday 10-2.30. From the beginning of October we will return to our normal opening hours of Monday-Friday 9.30-3.30. If you wish to contact the team you can use the RMC office number or the mobile phone numbers that have been in use during the pandemic.

As we are still keeping social distancing measures in place there will be times when there is only one member of staff in the office, so if we do not answer please leave us a message and we will get back to you as soon as possible.

**RMC Number 01332 785658**

**Monday and Friday** you can call or text Kelly on **07701289703**

**Tuesday and Wednesday** you can call or text Alisha on **07708898998**

**Thursday** you can call or text Hannah on **07889 214954**



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# Umbrella Parent/Carer Support Groups

## Our face to face support groups are restarting!

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.***

### 7th September - Male Carers Group

**At:** The Carpenters Arms Pub, Moore Lane, Ilkeston DE7 4PP

Classic Car show and food. Table booked for food at **7pm**. We will be onsite from **6.30pm** if you intend to bring your own classic car please phone the pub in advance with your details.

### 10th September - Parent and Girls Group

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

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

**Pre booking essential for this group**

### 16th September- \*\*New Nature Session for all Parents and Carers \*\*

Connecting with nature as a way of coping with Covid anxiety and coming out of a restricted way of living.

**At:** Chester Green Community Centre, Darley Fields, Old Chester Road, DE1 3SA. We will be outside unless it is raining.

### 27th September - \*\*New Walking Group\*\*

We have been successful in accessing funds from South Derbyshire Small Grants Funding to work directly with families in the area.

**At: 10.30am** outside the Oaklands Village Care Home, Oakland Village, Hall Farm Road, Swadinoct DE11 8LH. Free coffee and cake back at the centre café after our short walk.

### 9th September - Amber Valley Parent Carers Group

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

Derbyshire Carers - Transition information relevant for young people approaching 17 and over. Time afterwards for you to catch up with friends.

**15th September- Parent Carer Support Group** Julie Fearn Independent Autism Advisor —"Executive Function"" including: impulse control, emotional control, self-monitoring, working memory, flexibility, time management, task initiation and organisation.

**7PM Online Zoom Session - Please email Alisha for further details.**

### 17th September - Parent and Boys Group

**At:** 6-8pm, Chester Green Community Centre, Darley Fields, Old Chester Road, DE1 3SA. Time 6 - 8pm We have a sensory themed session planned for you this evening.

**Pre booking essential for this group**

### 29th September - Erewash Parent & Carers group

**At: 10am** - New Sawley Methodist Church, 214 Tamworth Road, Long Eaton NG10 3GU. Parking available onsite and also a car park available opposite the building.

**\*\*Please note new venue address\*\***



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# UMBRELLA'S MAKE SOME NOISE PROJECT/ DONATIONS

A huge **THANK YOU** to EMA's Community Trust Fund and @DerbysCraftPGL (Derbyshire Freemasons) who provided the funds for two new full metal units at our Annie Hall Centre. Our fantastic volunteers had a great time putting them together over the weekend.

The units will be used to store our young people's trikes along with garden and activity equipment for our new allotment (more on that over the coming weeks).



Here are some of the amazing money boxes that our young people on the Global Make Some Noise project painted. They looked great well done guys!



[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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Derby,  
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