

# Welcome to The Umbrella Group

We are a parent led support group, for parents of children and young adults with **ASD** which has been running for 11 years. We are known as **The Umbrella Group**, with its connotations of protection and covering a wide spectrum of behaviours which all come under the same umbrella of autism. We normally meet once a month on the 4<sup>th</sup> Saturday but meetings can be rescheduled to alternative Saturdays to accommodate speakers and avoid school holidays.

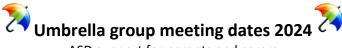
If you wish to attend or would like more information, please contact -

Email ->Debbie Muldoon-Hall debbiewestbourne@gmail.comMobile ->Clare Lockyer on 07450 210911Facebook ->https://m.facebook.com/groups/312179982770667?ref=share

**Autism Unlimited** -> Shares resources and provides information to help parents to connect to other services that have the authority to advise them. <u>https://www.autism-unlimited.org/support/book-a-call/</u>

Please note the Umbrella meetings are for parents and carers only unless otherwise specified

- Venue The Pool room at Portfield School, Parley Lane, Hurn, Christchurch BH23 6BP
- **Day** Usually 4<sup>th</sup> Saturday of the month but occasionally changes due to school holidays and Guest speakers' availability.
- **Time** 10-1230 am approximately. Please note our meetings often over-run to give parents chance to chat with each other but parents can leave at any time for their own convenience
- **Cost £**1 donation for refreshments and administration.



ASD support for parents and carers 10am -1230 Portfield School

<u>Saturday 23<sup>rd</sup> November 2024</u> 1000 -1230

'A Boy called Arsenal'

(A life lived with Autism)

**Arsenal Whittick** 

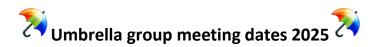
For more information please contact **Clare** who is now helping **Debbie** to run **The Umbrella group** 

Mobile 07450 210911

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The Umbrella group Christchurch and the surrounding areas





### Saturday 25<sup>th</sup> January 2025

#### 10 -1230

Treating ourselves kindly - exploring self compassion

Tips for wellbeing

### Lynne Baulch

Wellbeing development officer for a national charity & founder of we are amazing.

### Saturday 8<sup>th</sup> February 2025 10 -1230

'Coping compassionately with distressed behaviour in neurodivergent children and young people'.

Rebecca Huseyin PDA Society trainer, SENDiass Parent Champion, Parent of 12 year old with PDA, Writer and blogger <u>www.aboylessordinary.com</u>

Support and signposting on parent carer wellbeing for parent carers of PDAers.

Nikki Jacques

Former journalist, teacher/HLTA, advocate, PDA Society Trainer, late diagnosed neurodivergent & care experienced person, parent of young adult PDAers & Not Fine In School admin Facebook & <u>https://notfineinschool.co.uk/</u>) Stacey Freeman

> Teacher, Author, consultant/advocate (Nformed Consulting), former PDA Society trainer, Late diagnosed Neurodivergent individual and parent of Neurodivergent children www.nformedconsulting.co.uk

## Saturday 22<sup>nd</sup> March 2025

Speaker and topic tba

### Saturday 26<sup>th</sup> April 2025

Speaker and topic tba

### Saturday May 2025

Speaker and topic tba

Speaker and topic tba



کم Umbrella Group Coffee Mornings کے

The Umbrella group also has **coffee mornings** on an informal basis in Christchurch for parents and carers of children and young people with ASD.

When:First Wednesday of the month unless otherwise specified<br/>+ Some Friday mornings on a prearranged dateTime:1030 -1230 approxVenue:Café Arcado, 71, High St, Christchurch BH23 1AS.<br/>arcado@thelounges.co.uk

Upcoming Umbrella coffee mornings are on Wednesdays and Fridays...

Wednesdays 2<sup>nd</sup> October 6<sup>th</sup> November 4<sup>th</sup> December <u>Fridays</u> 18<sup>th</sup> October 15<sup>th</sup> November

For the coffee mornings you can just turn up but you can text the coordinator if you wish
New person needed
Wednesday coffee mornings
Dawn Evans: 07834 379912 Friday Coffee mornings

There are several car parks nearby and sometimes you can park on the roads but they tend to be time restrictive. The nearest one is Wick Lane carpark 1 Regent Way Christchurch BH23 1HT

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