



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 nearly 10 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 4th 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 djm@westbourneaml.com

Mobile -> Clare Lockyer on 07450 210911

Facebook -> <https://m.facebook.com/groups/312179982770667?ref=share>

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

Venue - The Pool room at **Portfield School**, Parley Lane, Hurn, Christchurch BH23 6BP

On - Usually 4th Saturday of the month but occasionally changes due to school holidays and speakers' availability.

Time - 10-12 am approximately. Please note our meetings often over-run to give parents chance to chat to each other but parents can leave at their own convenience.



Umbrella group meeting dates 2023

25th February 2023

10 - 12 noon approx.

Neurodiverse relationships

Nancy Wilson

Counsellor

Autism Unlimited

25th March 2023

10 – 12 noon approx.

Autism, mental health conditions and support strategies

Cassandra Pollitt

Principal of Cambian Wing College (For Autistic young adults)

22nd April 2023

10 – 12 noon approx.

10th year Anniversary of The Umbrella Group

TBA



20th May 2023
10 – 12 noon approx.

Parent support – strategies that work and make a difference.

Liz Clough
Freelance trainer for parents with a particular interest in ADHD and Autism
<https://www.turquoisepersonaldevelopment.co.uk/>

Future meeting dates

24th June 2023
? July

Coffee mornings



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
Time... 1030 approx
Venue ...Café Arcado, 71, High St, Christchurch BH23 1AS.
arcado@thelounges.co.uk



For the coffee mornings you can just turn up but it would be good if you could let Jo Cox know you are going to attend by text as she is coordinating these gatherings. Jo Cox 07762 332564.

Please note the next coffee morning has been rescheduled for **Wednesday 8th February as there is due to be a teachers' Strike on the first Wednesday of the month (1st February) which may impact on childcare.**

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 Wick Lane ...

1 Regent Way
Christchurch
BH23 1HT
Please see link for details
https://en.parkopedia.co.uk/parking/christchurch_dorset_bh23_3/?arriving=202209061400&leaving=202209061600

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

 **The Umbrella group** on **07450 210911** 
<https://m.facebook.com/groups/312179982770667?ref=share>

The Umbrella group Christchurch and the surrounding areas