



## 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 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 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.com](mailto:debbiewestbourne@gmail.com)
- Mobile ->** Clare Lockyer on **07450 210911**
- Facebook ->** <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. <https://www.autism-unlimited.org/support/book-a-call/>

**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.



### **Umbrella group meeting dates 2024**



ASD support for parents and carers

**10am -1230 Portfield School**

**Saturday 18<sup>th</sup> May 2024**

**\*Please contact Clare Lockyer by text or phone or our Facebook page if you would like attend this meeting\***

10 -1230

**Pathological Demand Avoidance (PDA) and ADHD**

**Links and overlaps with Autism**

#### **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](http://www.nformedconsulting.co.uk)

#### **Rebecca Huseyin**

PDA Society trainer, SENDiass Parent Champion,  
Parent of 12 year old with PDA,  
Writer and blogger

[www.aboylessordinary.com](http://www.aboylessordinary.com)

#### **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 & <https://notfineinschool.co.uk/>

**Saturday 22<sup>nd</sup> June 2024**

10-1230

Speaker and topic tbc



## Umbrella 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  
+ Some Friday mornings on a prearranged date  
**Time:** 1030 -1230 approx  
**Venue:** Café Arcado, 71, High St, Christchurch BH23 1AS.  
[arcado@thelounges.co.uk](mailto:arcado@thelounges.co.uk)

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

### Wednesdays

Wednesday 5<sup>th</sup> June  
Wednesday 3<sup>rd</sup> July

### Fridays

Friday 24<sup>th</sup> May  
Friday 28<sup>th</sup> June  
Friday 19<sup>th</sup> July

For the coffee mornings you can just turn up but it would be helpful if you could text

**Jo Cox:** 07762 332564 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

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

**The Umbrella group**

Mobile

**07450 210911**

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

The Umbrella group Christchurch and the surrounding areas