



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 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 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 4th 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 28th September 2024

10-1230

ADHD

Liz Clough

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

Saturday 12th October 2024

1000 -1230

Q and A

SEN Law information session

Emma Thompson
Trainee Solicitor
Watkins solicitors

Saturday 23rd November 2024

1000 -1230

Subject to be confirmed

 **Umbrella group meeting dates 2025** 

Saturday 25th 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 8th February 2025

Saturday 22nd March 2025

Saturday 26th April 2025

Saturday May 2025

Saturday 28th June 2025



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

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

Wednesdays

2nd October

6th November

4th December

Fridays

18th October

15th 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

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