



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 2025



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

Saturday 25th January 2025

10 -1230

Building resilience and managing the strain from stress

Vanda North

Creator and Author of MindChi - an 8 step routine to manage stress

www.MindChi.com

Saturday 8th 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

www.aboylessordinary.com

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

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 22nd March 2025

1000 -1230

Understanding anxiety and strategies to manage it

Cassandra Pollitt

Principal of Cambian Wing College

Saturday 26th April 2025

Speaker and topic tba

Saturday 17th May 2025

Speaker and topic tba

Saturday 28th June 2025

Speaker and topic tba



Umbrella Group 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

5th February

5th March

2nd April

7th May

4th June

Fridays

17th January

For the coffee mornings you can just turn up but you can text the coordinator if you wish. On Wednesdays we normally occupy the back table near the toilets and on Fridays the table may vary but please ask bar staff where The Umbrella group are sitting or contact Dawn Evans ...

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