



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 12 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 during the Academic year but meetings can be rescheduled to alternative Saturdays to accommodate speakers and avoid school holidays. We also have coffee mornings in Christchurch and may soon have them in Poole too!

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 2025/2026



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

Saturday 22nd November

10am -1230 Portfield School

Autism and Girls

Cassandra Pollitt – Principal of Cambian Wing College (For Autistic Young adults)
Chelsea Hicks – Behaviour Support Lead of Cambian Wing College

Saturday 24th January

1000am -1230

Meet other families with children on the autistic spectrum

Saturday 28th February

1000am -1230 TBA

Mental health in autistic people

Dr Rachel Moseley

Principal Academic in Psychology
Bournemouth University

Saturday 21st March

1000am -1230 TBA



Umbrella group meeting dates 2026 continued



Saturday 25th April
1000am -1230 TBA

Saturday 16th May
1000am -1230 TBA

Saturday 27th June
1000am -1230 TBA

Speakers and topics to be announced at a later date



Umbrella group meeting dates 2026



ASD support for parents and carers

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

19th November

3rd December

Fridays

21st December

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. On Fridays the table may vary but please ask bar staff where The Umbrella group are sitting or contact **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 **Debbie** debbiewestbourne@gmail.com

Clare 07450 210911

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The Umbrella group Christchurch and the surrounding areas