



## 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 4<sup>th</sup> 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](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 2026**



ASD support for parents and carers

**10am -1230 Portfield School**

#### **Saturday 24<sup>th</sup> January**

1000am -1230

Meet other parents and carers with children on the autistic spectrum

#### **Saturday 28<sup>th</sup> February**

1000am -1230

**Mental health in autistic people**

**Dr Rachel Moseley**

Principal Academic in Psychology  
Bournemouth University

#### **Saturday 21<sup>st</sup> March**

1000am -1230 TBA

#### **Saturday 25<sup>th</sup> April**

1000am -1230 TBA

#### **Saturday 16<sup>th</sup> May**

1000am -1230 TBA

#### **Saturday 27<sup>th</sup> June**

1000am -1230 TBA



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](mailto:arcado@thelounges.co.uk)

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

### **Wednesdays**

7<sup>th</sup> January

### **Fridays**

21<sup>st</sup> 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](mailto:debbiewestbourne@gmail.com)

**Clare 07450 210911**

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The Umbrella group Christchurch and the surrounding areas

