Improving Wellbeing

Under the Umbrella

The very Rev. Dr. David Monteith Dean of Canterbury

Volume 1, Issue 1

April 2025

We need you!



At last we are able to bring back our regular newsletter, telling you what has been happening and what is coming up at the Centre.

The past year has been very challenging for all small charities like Canterbury Umbrella, causing a number to have to close. As we no longer receive any funding from KCC or the City Council, fundraising; sales from our café and money raised from bids and donations have become critical to ensure the Centre remains open for all and providing a range of services to the local community.



You can help to keep the Centre open by using our café, joining the activities we offer and encouraging anybody and everybody to drop in and see what we offer. Or you can become a 'Friend' and make a regular donation by using the Donate QR code just here!



Website



https://Canterburyumbrella.org





Recent Events!

Christmas 2024

We had a wonderful Christmas at Umbrella, although it seems a long time ago now. Zhanna and Vlodymir decorated the Centre and gave it a lovely seasonal atmosphere.

Nearly a hundred guests enjoyed Robert's delicious Christmas lunch and we had some special guests including the Mayor and our Patron - Dean David Monteith.

Our Umbrella choir entertained everyone with carols and Father Christmas joined us at the end of the lunch to give out gifts to everyone.



Visitors

We have invited a number of visitors recently, some to entertain us, some for us to entertain and some to see the what we do and give advice on what else we can offer.

Mr Maker:

Phil Gallagher, known from the TV as Mr. Maker, took time out from his role in the pantomime this year to join in with the craft group on afternoon. Judging by the laughter coming from the group they clearly enjoyed the session.





Leader of the Council:

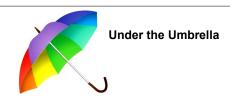
Alan Baldock met with a group of Trustees and gave us some good advice on how to raise our profile within the community

Canterbury M.P:

Rosie Duffield has also visited us recently to see the work we do and services we offer.

Ashford Umbrella:

A number of members from Ashford came by minibus for a day out in Canterbury. Some stayed and enjoyed coffee, followed by one of Robert's excellent lunches while others went for a look around the city. They enjoyed their day so much they have suggested they might it a regular trip out for them.



Macmillan coffee morning:

Despite the dreadful weather we had a good turnout for the coffee morning in aid of the Macmillan charity helping people with cancer. We raised Just over £100 for the charity selling cakes and through the raffle.

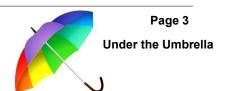




Wellbeing at the Centre of everything we do!

Our regular weekly activities: (Contact the Centre for timings)

Monday	Tuesday	Wednesday	Thursday	Friday
Wake up to Yoga	Art Class	Philosophy chat	Last Thursday in the month - Music session	Creative Club
Reading Group	Hand Reflexology	Board Games		Pool / table tennis/ Darts
Gardening—Peter Westgate gardens				
C4U - Canterbury Hub for Ukraine				
(Welcome Hub)				



New activities

2025 has seen some new activities start up. It is great to see some of our members offer to run activities they are interested in.

Reading Group:

Catherine runs a reading group on a Monday from 11-12 noon - all reading abilities welcome. She has a selection of books, magazines or you can

bring your own material. They then discuss what they like about what they have or are reading currently.



Board Games:

Christian runs this session on a Wednesday from 1-2.30pm. Games are provided and they range from old favorites like Scrabble, 4 in a Row and Jenga. You can also learn new games too like Telestrations. At present chess has become very popular and when the weather is warm you can find the group playing on the tables outside.







Ongoing projects: The garden ...watch this space!

If you have visited recently you may have noticed how our garden has had a new lease of life. This is all thanks to Pete and Vlodymir who have worked very hard on getting rid of weeds and clearing the beds ready for new plants and bulbs. We have been very fortunate to have a number of plants and bulbs kindly donated by a local gardening company.



Since this photo was taken in mid April more plants have been added and they are all flourishing in the warm sunshine. However you may have noticed that the bed on the other side of the car park is still empty. This is because we have entered a BBC competition to win a £6,000 make-over for this bed where we would like to create a sensory area in particular for people with sight loss to enjoy. So fingers crossed...

If we don't win this will be our next gardening project to fill with scented plants. If you have any cuttings or spare plants you would like to donate to the centre they will be most gratefully received!



This is the area we are hoping to improve next - it should really enhance our outside area and make it a another pleasant area to sit in for people enjoying a coffee or lunch.

Membership Renewal!

Just a reminder to see Caroline in the centre if you need to renew your membership. It is open to everyone and has a number of benefits. It costs £12 per year and gives you access to all our centre activities; substantial discounts in our café and reliable support from our experienced and very friendly staff and volunteers.

If you are unsure about becoming a member come along and see what is going on before you join us and sign up

We have a members' committee which provides feedback to the Trustees. This ensures that all members are involved in the decision making of their centre.



Room Hire

Don't forget we have several areas within the Centre which we regularly hire out as office accommodation, for meetings / conferences, exercise / dance sessions, weddings and parties. We one very have a large room upstairs with two smaller rooms. We also hire out our café / lounge area and our 5* hygiene rated kitchen out of Centre business hours. Refreshments can be provided. Our hiring rates are extremely competitive.

Please see our website: https://www.canterburyumbrella.org

Or contact: The Centre Manager will@canterburyumbrella.org

Tel: 10227 767660





Our Meal Deal



If you haven't visited recently come and enjoy our daily changing 'Meal Deal'.

You can enjoy one of Robert's 2 course lunches for £5 (members) or only £7 (non members) all accompanied by a choice of fresh salad or vegetables. There is also an everyday snack menu on offer. Our chef Robert produces the most affordable and nutritious meals anywhere in Canterbury. Or just pop in for a coffee and a chat with

friends, you will always be made most welcome.

Now the weather is warming up ask for a takeway sandwich or ice cream to enjoy in the Westgate gar-

dens or in our garden area.



Thank you to recent donors:

Canterbury Rugby Club - match day - £4,000 Streynsham Trust - £1,500 Rotary Club - Forest of Blean - £1,000 Philip & Connie Phillips Trust - £10,000 Assoc. of Men of Kent & Kentish Men, Canterbury branch - £500

Also Nandos; Bookers, Sainsbury's; M&S; FairShare; TW Wholesale for their regular and much appreciated donations!

