# Under the Umbrella

Patron: The very Rev. Dr. David Monteith Dean of Canterbury

UMBRELLA Improving Wellbeing

Volume 1, Issue 3

June 2025

## Latest events at Umbrella!

During May and June our hard working staff and the Trustees have been involved in refreshing or taking on new training. It's important that we keep our certificates and knowledge up to date so that we can ensure we keep our members and visitors safe.

Centres, like Umbrella, are required to complete training in hygiene, first aid, food handling and safe guarding.

Although much of the training is now done online, it is still quite stressful and challenging to reach a high enough percentage to pass the courses.

Our chef Robert and his assistant Zhannah are very proud of our 5 star





#### Website



https://Canterburyumbrella.org

#### To Donate



food hygiene rating for our café kitchen. They continually work hard to ensure we maintain that rating each year.

Wayne is proudly displaying one of the certificates he has just received.

Congratulations to all who have recently passed their training!



## **National Volunteers Week**

Umbrella was delighted to host the recent Canterbury District Volunteers Centre celebration for Volunteers Week.

It was also an opportunity for us to give recognition to some of our own amazing volunteers and to thank them for the work and efforts they have made on behalf of the Umbrella Centre over many years.

Caroline and Wayne received certificates for their work with the membership - representing their needs as members reps with the Trustees. They were also thanked for their work in the café and welcoming people into the centre.

Pete was recognised for his years of work maintaining and improving the garden area making it inviting for our members and customers to enjoy.

Benedict and Catherine were thanked for their work in raising awareness of the Centre, running group sessions and fundraising -Benedict, our resident artist paints and sells some of his art work with proceeds going to the Centre.













A big thank you also to the Sheriff, Cllr Steph Jupe and her escort Mrs Latchmi for their interest and much appreciated comments about the work of the Centre.

## Wellbeing at the Centre of everything we do!

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

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

(Contact the Centre for timings)

## Page 3 Under the Umbrella

## **Other Events**

#### **Canterbury Pride**

Umbrella was pleased to support the Pride celebrations in the Westgate Garden by opening our café for the day. Manned by the manager, volunteers and some Trustees a great time was had by all.

We were busy all day selling drinks, homemade cakes and sandwiches. We were extremely glad to have our new ice cream fridge full to the brim as due to the hot weather we nearly sold out!

We had some stunning visitors and it was a good opportunity to publicise the work we do in the Centre.

Many of our customers came into the café for the first time and were surprised by the excellent value of our food offer - £5 members or £7 for non members for a 2 course lunch and cooked by our professional, talented and dedicated chef Robert.

Our two new wall banners hopefully encouraged more people to come into the café!

Don't forget we are open every weekday from 9am until 3pm serving breakfasts, snacks, drinks and lunches. Everyone is made very welcome, visitors can come in and use our free Wi-Fi to work from or just stay and chat or relax for as long as they wish.









Page 4

Under the Umbrella

### **Parties or Functions**

If you would like to book a room or area within the Centre for an event, party or celebration and need a buffet - we can cater for this. Here are examples of one of the celebrations we recently catered for.

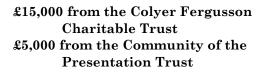








Н



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

donors:

Membership is £12 / year and gives you good discounts in the café. If you want to become a member or renew your membership please speak to Caroline on the welcome desk.

umbrella

**MEMBERSHIP CARD** 

Eating lunch once a week for 6 weeks as a member is a saving of  $\pounds 12$  = the cost of your membership !

For more information please see our website: https://www.canterburyumbrella.org

Or contact: The Centre Manager will@canterburyumbrella.org Tel: 10227 767660

