

The British Red Cross First Aid

Once again this year we worked in partnership with The British Red Cross to enable our parents to take an Everyday First Aid course. It was tailor made to cover the most relevant topics such as choking, burns and scalds, bleeding and head injuries. Murray Bruton (Red Cross trainer) came and delivered the course in a simple, non-threatening manner, which made all our parents feel confident to join in. The parents always find these courses very informative so I hope we are able to continue to work together in the years to come. Thank you British Red Cross!



Staff and Trustees



**We would like to
welcome Brian Riches
our new
Building Trustee**

Become A Friend

Why become a Friend? As a Friend of The Family Haven you will be supporting the trustees and staff in helping provide the services our families so desperately need. Your regular subscriptions and offers of voluntary help are invaluable and support us in delivering our aims.

Call 01452 422971 for an application form or download it from <http://bit.ly/YtnESd>



Our Family Haven Jubilee Tree is Growing



To celebrate our 25th anniversary we hope to raise £25,000 to help us continue support for local disadvantaged families for another 25 years. To show progress towards this target we are adding Green, Bronze, Silver and Gold leaves to represent donations from you, our supporters. The tree is painted in our meeting room and as we receive donations we add the leaves with the name of the donor on them. We photograph it periodically and update our website and newsletters so you can track the progress. The current tree total is £2452.00

You can also order our Leaves & Cookbooks online at www.thefamilyhaven.com

Other Jubilee Donations from Individuals and Trusts currently stands at £2474.67. The overall total amount between the Jubilee Tree, Calendars, Cookbooks and single donations is £5710.86

THE FAMILY HAVEN

Helping vulnerable families to a brighter future for 25 years

New Sign is donated to The Family Haven



During the recent high winds our Family Haven sign was blown down. One of our supporters very kindly paid for us to renew it with a very smart Foam PVC one. Thanks to him, our handyman Gary, Nick's Timber (for the post), Wickes and Screwfix (for the tools). We now have our new sign in place.

Pancake Day

Some of the children enjoyed making the pancakes with our cook Janet Oliffe and then watching her cook them. But most of all the children were more excited when it came time to eat the pancakes.



Newsletter

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Inside this issue:

Day Trip	2
Picnic in the Park	2
Harrison Clark Rickerbys	3
Holiday Hands UK	3
First Aid Course	4
Staff and trustees	4
Jubilee Tree Progress	4

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Anne Cadbury OBE, JP, DL

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The Very Revd Nick Bury

Deputy Chair:
Theo Platt

Treasurer:
Gerald Holyhead

Trustees:
Gillian Lunn
Doreen McLellan
Anthea Graham
Rhyannon Burman—Day
Brian Riches

Vacancy—if you are interested in becoming a Trustee we have a vacancy, please contact us.

The Family Haven
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Day Trip

February 20th : Day trip to Dick Whittington's Farm Park.

The Nursery staff and families had a lovely day out at the Dick Whittington's Farm Park. The children had a great time feeding and petting some of the animals, dressing up, seeing the dinosaur section and playing in the soft play area.

We would like to say a big thank you to the High Sheriff of Gloucestershire Fund and to the High Sheriff Hugh Tollemache for their generosity in donating the £295.00 to pay for the coach trip.



Picnic in the Park

To celebrate 25 years of helping disadvantaged families in Gloucestershire we would like to invite you to join us and Picnic in the Park at Highnam Court on Sunday 13th July 2014 between 11am-4pm, featuring a Teddy Bears' Picnic.

There will be a chance to explore the beautiful gardens, enjoy music, shop at stalls, buy ice cream, food and drink (in case you don't have time to pack a picnic), so do bring your teddy and a picnic and join in the fun. We're also hoping to be able to give teddies a flight in a mini hot air balloon!

Tickets on entry: Adults £5, children under 16 and teddies are free; access for assistance dogs only.

There will be plenty of activities including Bouncy Castle, Face Painting, Stalls, Games, Music, Making, Arts and Crafts, Teddy Competitions, and more. . . many of them free.

We also need volunteers to help marshall in the car park, run stalls, serve food and drink, donate a plant for our plant stall and more. Please contact Debbie on 01452 528692 or email debbie@thefamilyhaven.com if you are available to help.

When: Sunday 13th July 2014
Where: Highnam Court, Gloucester
Time: From 11am to 4pm.

Bring a picnic and enjoy a fun-filled day of activities in the beautiful gardens

PLUS

GIVE TEDDY A RIDE IN A MINI HOT AIR BALLOON!

Food and Drink also available for those who don't have time to pack a picnic



Follow us on Facebook to keep up to date with what else will be happening.

www.facebook.com/thefamilyhaven.gloucester

Underprivileged Gloucestershire families benefit from generosity of Law Firm Harrison Clark Rickerbys –taken from a recent press release



Trustees of Gloucestershire legal business Harrison Clark Rickerbys' Charitable Trust have handed over £500 towards The Family Haven Healthy Eating Project; an area the charity believes is currently under-funded in Gloucestershire.

The project is designed to help vulnerable families, particularly at times of rising inflation, to understand the importance of healthy eating and see how a healthy diet can be achieved on a low income.

The Gloucestershire—based charity aims to provide 1,200 adult and 1,700 child mid-day meals per annum, two advice and/or practical sessions per week for parents on healthy eating as well as daily healthy snacks for the children in the nursery.

Our families often aren't living in suitable accommodation and lack the facilities to cook healthy meals for themselves, some don't possess the basic education in nutrition and lack the skills needed to cook a balanced meal, they may come from a background of unhealthy relationships with food, and many are under the misunderstanding it costs more to cook from scratch. For the children, the meal and healthy snacks they receive whilst attending the nursery may be the only healthy food they eat.

The results we are aiming for are that we do not parents or children who appear malnourished. We also aim to ensure that our children know that there are other meals besides 'fast food' and that they have an understanding of where some of their food comes from via the gardening programme.

We have introduced gardening into our nursery curriculum, we also run healthy eating sessions, one to one or in groups, that concentrate on basic advice for our families and also provide practical advice for nutritious meals which are at little effort and cost.

Jonathan Brew, senior partner at Harrison Clark Rickerbys and trustee of Harrison Clark Rickerbys' Charitable Trust, said: "We are really pleased to support this local charity and observe the positive impact that the funds have had on society. With one of our offices based in Cheltenham, we're delighted to aid fantastic local projects such as this."

Holiday Hands UK donates Pamper Goody Bags



One of our volunteers thoughtfully arranged gifts for our mums for Mothering Sunday, via the generous donors in facebook group **Holiday Hands UK**. They decided to fundraise to provide goody bags with really nice things in for the mums that we look after. They wanted to be able to bless the mums who struggle day after day with very little thanks or recognition. It is so often the children that are given gifts, but what they wanted to do is give gifts to the mums to say that they are doing a fabulous job to the best of their ability in very trying circumstances. A little encouragement, if you will!! Goodness knows, mothering is tough enough in the best of circumstances!

Thanks to Holiday Hands UK we were able to give our mums their lovely goody bags – and our staff were even treated to some chocolates too! Our mums send their thanks to Holiday Hands UK as well.

