

Christmas 2015

Christmas is coming, the goose is getting fat.....
Please put a penny in The Family Haven's Hat
If you haven't got a penny.....an hour of time will do..
If you haven't got an hour.....
Then GOD BLESS YOU.....

Seriously though we appreciate all the help you have given us during the year at The Family Haven, whether you volunteer your time, or have donated unwanted items, gifts and money. Everyone can help us especially at this time of giving and hope for the future by providing a small gift or box of chocolates for the parents or a small toy for the children. Festive food is always appreciated as we provide Christmas parties for both parents and children.

Please contact Lorraine Barrett on 01452 422971.

The staff, trustees, parents and children of The Family Haven would like to wish you all a very Merry Christmas and a Happy New Year



Up coming Events and Fundraising

Winter events

Market stalls will usually be selling children's toys and/or books. We may also have a lucky dip.

- **21st November**— Victorian market stall in Gates streets - volunteers needed
- **12th December**— stall at Gloucester Cathedral market – volunteers needed

If you're planning to participate in a sponsored event and would like help setting up an online fundraising page, please do contact us.

Thank you for your continued support.

Debbie Nevin, Fundraiser
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www.facebook.com/thefamilyhaven.gloucester



Congratulations



We would like to congratulate our cook/healthy eating supervisor, Eva, who is expecting her third child at the beginning of April 2015

Welcome



We would also like to welcome Chazz, who is helping Eva in the kitchen and covering her maternity leave. We have known Chazz for some time as she originally came to us as a client. Well done Chazz!

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>



THE FAMILY HAVEN

Helping vulnerable families to a brighter future for 25 years

Parents at The Family Haven give a helping hand in preparing the harvest vegetables for the freezer.

Newsletter

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October 2015

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

The Family Haven
A company limited by Guarantee
Registered Charity No 1088622

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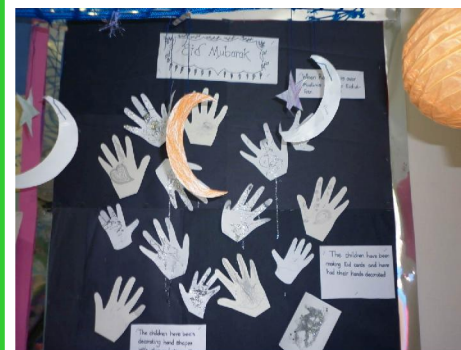
E-mail:
info@thefamilyhaven.com

The Management Committee, Staff and Families of The Family Haven would like to say a big **THANK YOU** to everyone for your Harvest donations. We received many donations from Schools and Churches from all around the County. We had both fresh and non perishables so we were able to re stock the cupboards as well as the freezers.

This is a busy time for us but we look forward to it, as your generosity helps us to continue to provide nutritious meals for our families and children.



The Children learn about the meaning of Eid Mubarak, making Eid cards and having their hands decorated



Pre-school Outing



On Tuesday 14th July Helen, Gail and Tracey took the pre-school children to the Forest of Dean. The children sang very loudly in the car all the way to [Cannop Ponds](#), where they excitedly put on their wellies before going to feed the ducks.

Next stop was paddling in the pond! The children really enjoyed this even when their wellies were full of water. They played a good game of “who can make the biggest splash” by throwing sticks in the water, found “thick oozy mud” and acted out parts of “We’re going on a Bear Hunt”.

Soon the children were becoming hungry so went on to the next part of their adventure –

[Perrygrove Railway](#). The children were very excited whilst waiting in the tiny station for the little train. The driver very kindly let each of them wave the flag, then they boarded the train and travelled the very short distance to the picnic area.

Once there the children had lots of food and drink before playing on the adventure playground. The children had a lovely time going down the fireman’s pole!

Soon it was time to go and the band of tired children once more boarded the train, waved the flag again and went back to the station. What a wonderful day the children had, and what lovely memories to have of their last trip with nursery.



The Children on the Scrumpy Trail in Gloucester

Claire and Gail took five of the children out in search of the Scrumpy Trail in Gloucester. The children really enjoyed their outing and finding at least two.



Baby Massage



Several mothers had previously asked about the possibility of putting on some baby massage classes. As we have had six babies born in the last year, now seemed like a good time to try to find a therapist willing to come here to deliver the classes, instead of the parents having to go to an organised class. That would not only be expensive but would not provide childcare for any older siblings. We found a local therapist, who had been a social worker in a previous life. She

understood the needs of our client group

and was happy to come in to show the mums the basic massage techniques. The babies found the experience really relaxing and many of them are using the techniques at home to settle their babies before bed. We are hoping to run some more sessions.



Yoga Classes

Thanks to the Gloucestershire County Council ‘Active Together’ grant we received earlier this year, we have been able to set up monthly yoga sessions. The first session took place in the parents sitting room but room was quite tight so we have now moved them into the meeting room which gives more space to stretch out without fear of invading anyone else’s space. The parents enjoy the sessions and find the relaxation at the end of the sessions particularly helpful.

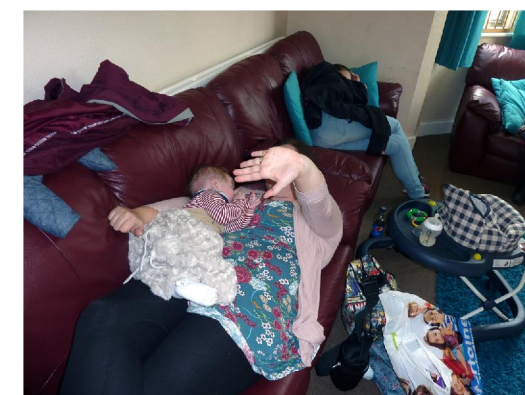


Two mums take over the kitchen

Two of our mums cook one of their traditional dishes for the staff and families at the Family Haven. Their French Chicken Casserole was delicious and a hit with the parents and children. They passed on the recipe to our cook so it is now a regular on our menu.



Mum sleeps when baby sleeps



Sometimes parents just need to come here for a break or to catch up on some much needed sleep. The new sitting room furniture we acquired earlier this year gives them a comfortable place to rest whilst their children play safely in the nursery.