

Christmas 2016

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 or 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

Volunteers Needed!

We will be having a stall at Gloucester Cathedral again this year we need some help. Can you spare a couple of hours? If so, please contact Debbie at debbie@thefamilyhaven.com or on 01452 528692. Thank you.

Saturday 10th December – stall at Gloucester Cathedral Christmas Market 10am-4pm

Debbie Nevin
Fundraiser
01452 528692
debbie@thefamilyhaven.com



We would like to say a **BIG THANK YOU** to David McShee, Company Director of HB Digital Printing Ltd, for the excellent printing of all our Newsletters and Annual reviews over the past few years.

www.hbdigitalprint.co.uk

Like our facebook page

www.facebook.com/thefamilyhaven.gloucester

Follow @TheFamilyHaven

Welcome Tia



We welcome Tia Stoddart who has joined us as maternity cover in the Nursery.

Shop online

THE FAMILY HAVEN

Support us this Christmas time!

A percentage of every pound you spend online will be donated to us when you shop via:

www.give.as/charity/thefamilyhaven

Best thing is, it won't cost you a penny extra!

amazon.co.uk Argos John Lewis M&S
GROUPON DEBENHAMS ebay Asda

Just by shopping online at Giveasyoulive.com

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 over 25 years

A big thank you to everyone for your Harvest donations

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.

Chazz has been doing really well developing and increasing the Healthy Eating sessions and they remain very popular. The majority of these classes have been delivered on a group basis but some one to one. She has been doing a lot of recipes using the harvest produce that has been donated to us; this includes pickles, chutneys and preserves. Most parents have never done anything like this before and it will be a very good skill for the future. Some of the finished products will be sold at Gloucester Cathedral Christmas Market to raise funds for The Family Haven.



Nursery staff and children made some noise

On Friday 7th October the Global radio Make Some Noise campaign was in full swing. We are one of the lucky charities to be supported this year and our Nursery team took part in the fun and dressed loud. This year the radio campaign raised over £2.8 million for small charities all over the UK. Global's local station is Heart FM Gloucestershire and you may have heard our staff or families over the month leading up to 7th October. Our thanks go to all of you who supported the campaign, including local companies Pro. and Virgin Active Gloucestershire. For more information about the Make Some Noise campaign go to www.makesomenoise.com



Newsletter

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Rachel Cheshire

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

The Family Haven
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Registered Charity No 1088622

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The Family Haven trip to Weston - Super - Mare

On wednesday 17th September the children, families, Gail and Claire from the centre took a trip to Weston Super Mare. We left the centre at 10.15am. Approximately 18 families joined us. The children were very excited on the bus and could be heard chatting to their families all the way. Unlike last year, this time the sun was shining and the temperature was in the high twenties. So as soon as the bus stopped and the families had collected their belongings they all headed for the beach! Unfortunately the tide was out which in Weston is a very long way out! The children enjoyed making sand castles and some found some very wet sand to play in! Some of the families chose to stay out of the midday sun and spent some time in the arcades and on the pier, whilst others went to the Sea Life Centre. At about 2.45pm the families began arriving back at the bus. The children told Gail and Claire all about their day whilst the parents looked hot but quite relaxed. It was quieter on the journey home with many children and adults falling asleep. We arrived back at the centre at 4pm. The families all said what a great time they had had. All in all it was a very successful trip. We would like to say a big thank you to the Mother's Union (AFIA) for their generosity in donating the funds to pay for the coach trip.



From caterpillars to butterflies



One of the topics covered in the nursery this quarter was The Hungry Caterpillar. Lorraine Kelly, nursery nurse, gave the children a surprising experience. She decided it would be exciting for the children to raise butterflies from caterpillars. We bought some caterpillars from an online site. We watched them grow and took pictures of them everyday. We did lot's of activities about them and talked about their progress. When they grew into cocoons we placed them in a special net, it took about a week for them to hatch into butterflies, we had five in all. The children's little faces were filled with amazement when they arrived one morning at the Family

Haven and discovered the caterpillars had changed into beautiful butterflies. We fed them sugar water on flowers and fruit. After about a week they were big and strong enough to be set free. The nursery was full of excitement when it came to release the butterflies in the garden. The children helped with the whole process and found it really fascinating. You can see the video on our Facebook page.



Kitchen receives 5 Star rating

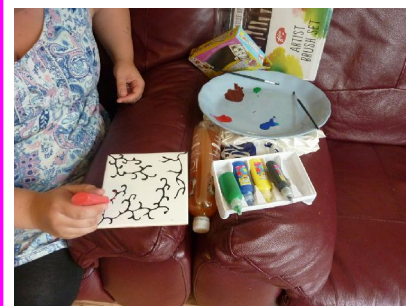


We had our latest kitchen inspection by the food standards agency and I'm very pleased to report that once again we were awarded a food hygiene rating of five (the highest rating possible). I was particularly pleased to know that even with three changes of staff over the past four years, our standards have not slipped.

Lorraine Barrett (Centre Manager)

Tile Painting

We found some old white tiles in the basement and decided we could put them to a good practical use, we bought some glass paints and started some tile painting sessions. The parents set to designing tiles for their children some incorporating their names, some just with pictures or patterns. These sessions are great for relaxing the mind and stimulating the imagination. We have started to plan the art/craft sessions we are going to be putting on in the lead up to Christmas. We are planning to do Christmas card making, bath bombs, more tile painting, sweet making and other homemade presents. The parents really enjoy these sessions and find them fun and relaxing as well as helping them save money on Christmas.



Parents make Healthy Lunch Boxes



Lucy Pearce, our Outreach Family Support Worker, as part of our parenting skills project teaches some of our mum's how to put together healthy lunch boxes for their children. The parents were all very eager to participate and had their ideas about what they wanted to put in them. Most of them said that cheese was boring so opted for tuna and salad in their wraps. They were all eager to try the malt loaf, many of them had never tried it before. Many suggestions for alternatives were put forward such as breadsticks and cheese spread, vegetable sticks and humus and fruit salad. One of the mums made her tuna wrap and put fruit in it as well as salad, most of the parents said it was a funny combination and they didn't fancy it but when they tried it they changed their mind.



Congratulations Lucy



I'm pleased to inform you that our Family Support worker, Lucy has completed a CPCAB introduction to counselling and has started a level 2 foundation course in counselling skills. This will mean that we have two members of staff qualified to provide counselling skills.

Gary Forsythe our Handyman



The staff would like to say a **BIG THANK YOU** to Gary our volunteer handyman. We have been doing a lot of DIY and Gary is excellent, no job is too big or too small he will always give it a go. He has volunteered his time twice a week for the past 3 years and we are very grateful to have him.