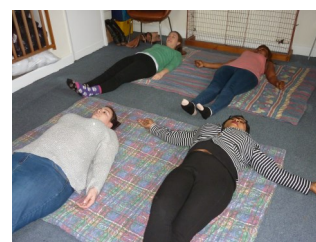


Yoga Classes



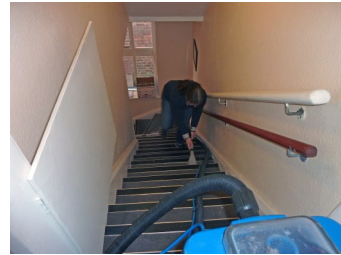
We have continued with our yoga sessions which always go down well. We had a good piece of feedback from one of the parents after they tried it for the first time.

'I had my first yoga session today at the haven. I really enjoyed it as

it helped me relax. I am a busy mum of two so there are not a lot of opportunities for me to chill out. Taking the time out made me feel calmer and less stressed. I also liked doing some exercise which is another thing that I do not always get chance to do as groups can be expensive and I don't have anyone to look after my children. Another thing I really enjoyed about it was getting to know the other mums. As it was such a relaxed session there were opportunities to have a giggle and laugh at ourselves. I also liked that we had to work in pairs of two for certain exercises so it was a chance to speak and interact with other mums that I don't usually talk to very much. After the sessions I felt more energised.'

We are hoping to find funding to keep these going.

Big Thank you to Michelle



We had a very kind offer to professionally clean our carpets free of charge. Michelle from UltraClean contacted our Centre Manager Lorraine Barrett after seeing a request on our website. She came on a Saturday and cleaned the carpets. There are still a few stubborn marks on some of the carpets but they do look much better and they have been sanitised. A big thank you to Michelle from our Staff and families. She has offered to re-do them about every six months if we want.

Up Coming Events

Volunteers Needed!

We have a few events we'll be attending this year and we need some help. **Can you spare a couple of hours?** Thank you.



Saturday 27th May to 29th May – Lush Charity Weekend. Need help between 11:30 and 3:30. Lush in Cheltenham. We need a volunteer to stand in store and talk to customers about who we are and what we do. Can you help an hour or two? Please contact Debbie if you are able to help—or pop along an buy a pot.



30th June—1st July – We are really excited to have been chosen by Nibley Festival to be their charity partner this year. They still have some Adult weekend passes left if you would like to come along. We will also be looking for volunteers to attend and talk about who we are and what we do. If interested, please contact Debbie Nevin

Fundraiser—01452 528692

debbie@thefamilyhaven.com



Like our **facebook** page

www.facebook.com/thefamilyhaven.gloucester

Follow @TheFamilyHaven

Sainsbury's Vouchers



Help our kids to eat well, move well and live well by donating your Sainsbury's #ActiveKids vouchers to us. Thank you.

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

Help

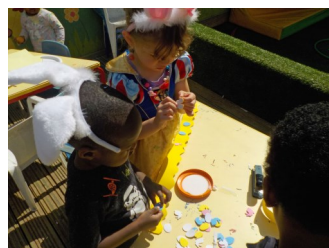
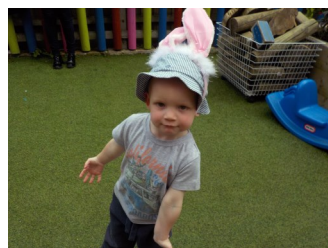
Trip to Cotswold Farm Park

Cotswold Farm Park was the destination for the spring half term family outing, on the 15th February 16 adults and 33 children went. The children seemed happy and excited as they boarded the coach and chatted all the way. On arrival everyone was given wristbands. First stop was the pens where the families were able to look at various animals before moving on to a shed with ride along toys where the children could pretend they were farmers. Next stop was a large barn which housed smaller animals such as rabbits, guinea pigs and chickens. The children were able to hold and pet these animals which they clearly enjoyed from their happy expressions. Unfortunately, when they left this barn it began to rain quite heavily and most of the families ran for cover in a room for young children or decided to have an early lunch in the barn / café. The rain continued to fall heavily and many of the families were cold and wet so with mutual agreement it was decided that we would leave the Farm Park slightly earlier than planned. As the parents started to arrive back at the coach there was a flurry of excitement as Adam Henson, the owner of the park and TV personality turned up. Gail, our Deputy Nursery nurse, approached him and asked if he could come and say hello to some of the families which he did. This made their day! After several photographs with Adam the families boarded the coach and we went back to The Family Haven.



Easter week at the Family Haven

We organised our Easter parties over 4 days, a little party each afternoon. The children were so excited in the mornings, knowing they were going to be making things, baking and joining in with lots of Easter activities. The team had organised several different types of activities to accommodate all ages and abilities. We had pin the tail on the bunny, decorating Easter cards, and a spring theme colouring table. The children enjoyed the Easter sensory tray; filled with lots of shredded paper, rabbits and chicks with eggs. This was a great communication hot spot. They were able to dress up and have their faces painted if they wished. They had brought Easter bonnets from home, the children that did not bring one in were able to stick and make their own lovely creations. All the bonnets were fantastic and all the children received a prize.



During each party, we were fortunate to have a kind volunteer dress up as the Easter rabbit and hop around the playground hiding eggs for the children to find, he was spotted each day and waved at the excited children. They could not wait to seek out the hidden eggs. Time was then spent playing egg and spoon games, Easter dancing and lots of spring themed crafts were set up outside to be enjoyed in the lovely warm spring weather.

Parenting Classes

We have completed our latest series of parenting classes. We used the Solihull approach pack to develop our sessions. Each session was delivered at least twice each week to reach as many parents as possible. It was interesting to see how the different groups responded and interacted with each other. Overall the sessions were very positive, parents were very open and honest and no one used the pass card, which meant that everyone felt comfortable in the groups. Most parents were eager to share their experiences and sometimes the sessions veered off topic for a while. All participants were respectful of each other and listened to others. As the sessions progressed the parents became more confident in sharing as they realised that they would not be judged by the others, many of them admitted to past mistakes and how they can learn from those mistakes. The session on 'tuning into your child's needs' was particularly well received as the use of visual aids really helped to get the point across. During our evaluation of the course we decided that even when the parents went off topic, it was still valuable as it helped to include all the different participants and different cultures, as all input was valued. 28 individual parents participated in one or more of the sessions and there was 83 participants in all.



Healthy Eating

We have run 17 healthy eating sessions over the last quarter, some individually and some in groups. During the half term holiday Chazz ran some healthy eating sessions with families (parents and school age children together). It was a new dynamic for us and was a good chance for us to observe the parents and children interacting.

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