



**Helping vulnerable families
to a brighter future
since 1988**

Inside this issue:

Trip to St Augustine's Farm	2
Weston Super Mare	2
English classes begin once again	3
Relaxation & Reiki	3
Become a Friend	4
Farewell to our Trustee	4
Up Coming Events	4

Farewell to Anne Cadbury after 30 years



The time has come for us to say farewell to Anne Cadbury OBE JP DL who has served as our President for the last thirty years, since the conception of The Family Haven in 1988.

Throughout those years, she has championed our cause and helped to spread the word about the valuable services we provide some of the County's most vulnerable families. She also passed on her great knowledge with regards to applying for funding from many charitable trusts and foundations.

With failing health and decreased mobility, Anne decided the time was right to give up her role. We would like to say a huge **THANK YOU** to her for all that she has done; we wish her well in the future.

Be assured Anne, this is farewell and not goodbye, we will not forget you and you will hear from us regularly through our quarterly newsletters.

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. Vicky 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 making a lot of recipes using the harvest produce that has been donated to us.



Patron: Roger Head

Chairman:
John Price

Deputy Chair:
Clare Davis

Treasurer:
Gerald Holyhead

Trustees:
Doreen McLellan
Joanne Collinson
John Orchard

Vacancy—if you are interested in becoming a Trustee we have a vacancy, please contact us.
01452 422971

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

31 Spa Road, Gloucester
GL1 1UY
Telephone: 01452 422971

E-mail:
info@thefamilyhaven.com

www.thefamilyhaven.com

Our Trip to St. Augustine's Farm

The trip to St. Augustine's farm on Thursday 9th August was a really positive experience for everyone involved – all the families, 17 adults and 34 children were very relaxed and was a lovely atmosphere all day. The journey wasn't too far so it was an ideal amount of time for the children to sit on the bus. When we arrived at the farm all the farm staff were really welcoming and made us feel at home. It was a very safe environment for the children to explore independently which made us all feel at ease, the parents could watch their child play and socialise with each other at the same time. The farm had a variety of different animals that you could visit and the farm staff provided all the families with their own animal food so the children could feed the animals. Throughout the day the farm staff provided sessions for the parents/children to attend to give them the opportunity to feed the pigs and give a bottle of milk to the baby calves. They had a play barn with different activities and trikes – they also had a lovely open space with play equipment, tunnels and hay bales for the children to explore. They all had a picnic lunch followed by an ice cream and then all returned back on the coach after a very enjoyable day, happy and tired to return back to nursery for 3.30pm.



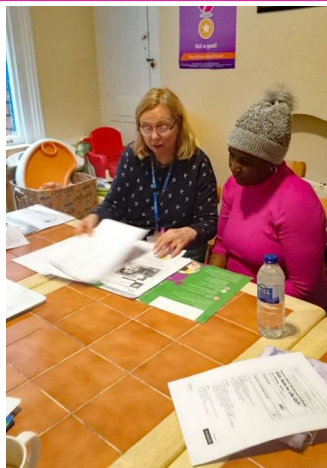
The Family Haven trip to Weston Super Mare

On Wednesday 29th August 20 adults and 31 children along with 2 staff members from the centre took a trip to Weston Super Mare. The children were very excited on the bus and could be heard chatting to their families all the way. What comes to mind when you hear the word beach? Or seaside? Or Weston-Super-Mare? Maybe sand, donkeys, amusements and ice cream. The sea, fish and chips, fun fairs or sandcastles.

On our recent trip to Weston-Super-Mare we enjoyed all of these things. For many of us, our day at the beach involved a lot of 'firsts'. The first time splashing in the sea. The first time feeling sand between our toes. The first time experiencing this idea of the beach which we hear about in stories and rhymes. Throughout the day we enjoyed lots of different activities with our families and friends. Many of the children spent time running and exploring on the beach. Within minutes of arriving at Weston one of our children had dug a large hole in the sand and was sitting in it. She was very proud to show us. Other parents joined their children to run and splash in the water. A few of the children went on a Donkey ride across the beach. Their smiles, along with their parents when they returned, stretched from ear to ear. Some families tried their luck within the amusement arcades, and many little faces were covered in ice cream at some point throughout the day. Everyone had a lovely day and the sun shone on us all. We all came away with special and happy memories of our time at the beach.



English Classes begin again



We are working in partnership with Adult Education to provide weekly English classes. We have eight parents signed up including one who is an ex client as her youngest child has now started school and so they no longer attend. The sessions run weekly and will continue until December when there will be a final exam.



Relaxation & Reiki

The Reiki Connection/The Gentle Touch came in to do some Reiki and Indian head massage for the parents. It was just a taster session of twenty minutes and all the parents said it was really relaxing but not long enough. We are hoping to hold these sessions a few times a year depending on Jeanne's other commitments and maybe we can have slightly longer sessions next time. If it proves popular we may have to do the sessions on a rota basis.



Will you be Christmas Shopping online?



Did you know you can raise free funds for us every time you shop online? Simply shop via @GiveasyouLive and each purchase you make will raise money!

<https://www.giveasyoulive.com/join/thefamilyhaven> - so far our supporters have helped us raise over £480! The average raised per purchase ranges between 1% and 10%, and sometimes is a fixed amount depending on the vendor.

AmazonSmile



If you use Amazon you can now help us at the same time. If you go to smile.amazon.co.uk you may choose to select us as the charity you support.

Did you know we also have a Christmas Shopping List on Amazon? If you can't find it on Amazon there is a link on our website Shopping List page. Thank you.



Kick your festive season off with a real Ho-Ho-Ho

Sign-up for only £1 a week and provide Christmas cheer to The Family Haven

You get the chance to win cash prizes up to £25,000 every week

We get 50p from every £1 ticket (and a further 10p goes to other good causes in the area)

Join your community in making where we live an even better place

Sign up at: <https://www.gloucesterlottery.co.uk/support/the-family-haven>

Christmas 2018

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

Here are the next events we will be attending. We also need volunteers to help at both. Please contact Debbie if you'd like to help on 01452 528692 or email debbie@thefamilyhaven.com.

Gloucester Cathedral Christmas Market

Saturday 8th December 2018

Market opens 10-5

Come and shop at our stall.

Volunteers needed to run the stall – 2 hour slots

Snowdrop Teas at Colesbourne Gardens

Weekend Saturday 2nd February 2019 and Sunday 3rd February 2019

To visit Gates open 1pm, last entry 4.30pm

Volunteers needed to run the tea shop – 12.45pm - 4.30pm both days.

Help with serving teas, serving cake, on the door, clearing and cleaning tables, washing and drying up.

Bakers needed to bake cakes for us to serve – please deliver to the Family Haven by midday on Friday 1st February.

Farewell



We would like say good-bye to our Building trustee Rob Jewell. The Family Haven Staff would like to say a big thank you for

the hard work and dedication Rob has given to The Family Haven

Leave a Legacy



Imagine the difference you can make

Did you know that legacies are a vital source of income for charities? To find out more about leaving a gift in your will we have a page on our website with information we hope is useful:

www.thefamilyhaven.com/how-you-can-help/leave-a-legacy/

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>



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