

The Family Haven Trip to Pittville Park Cheltenham - 22nd August 2019



When the children arrived in the morning they were quickly toileted and then had high vis jackets put on them before boarding the bus with the 8 members of staff. The children were very excited but well behaved on the bus and all sat beautifully. When we arrived at the park we found a shaded spot to base ourselves, reminded the children not to leave the park and that staff would be situated around the park if they needed anything and let them out into the park.

The children had a great time and it was lovely to see them confidently climbing and taking risks on the play equipment. Adventure playgrounds encourage the children to develop their physical, social and emotional skills whilst using their problem solving to work out how they are going to get off the climbing frames without an adult's assistance!

Vicky the cook made a lovely packed lunch for the children which they all ate before playing some more. The afternoon passed really quickly and before we knew it, it was time to get back on the bus and go back to The Family Haven. The children were very tired and a lot of them slept on the way back. Their parents were waiting when we returned and happily took their children. The trip was a great success with both the children and staff enjoying the day. The children were relaxed and played freely safe in the knowledge that there were staff close by when needed.



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

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

St. James's Place Charitable Foundation



Gracie Fickling and the Grant making team at St James's Place visited us on the 24th of September. St James's Place Charitable Foundation has been supporting those in need since 1992. They seek to make a lasting difference to people's lives by awarding grants to charities in the UK. We showed them around our Day Centre where they were able to see all the work we do here at the Family Haven. They met

with the children who were making the best of the puddles after the rain. Gracie and her team also joined us for lunch and we shared a lovely roast dinner prepared by Vicky our Cook with the mums and their babies. We all had a lovely time and Gracie and her colleagues generously also donated money from their own pockets to say thank you for the lunch. After the visit, the children made a great thank you card for St James's Trust, which we sent in the post. This was a great way for us to build relationships with the organisations who fund the work we do. We would like to say a huge big **Thank You** to the kind people at St James's Place Charitable Foundation for awarding us a grant of £10,000 in order to part fund our Nursery for the coming year.

The Family Haven
A company limited by
Guarantee
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Pre-School Trip July 2019



Monday the 22nd of July was an amazing adventure for ten children. We took them for a trip down to The Forest of Dean to visit Cannop ponds. We had talked about this beforehand and explained what they could do and explore. I'm sure some children really didn't believe me when I said they could sit in the pond! We all boarded the coach and buckled up. Our driver Adrian was great and so helpful opening up the back of the coach each time we needed more supplies. We had some rather excited children on the journey to the Forest. They were looking out for 'more' trees and 'less' roads, which was going to be the biggest sign we had reached our destination! The children all disembarked the coach, once wellington boots had been put on.

They were so excited to get to the ponds. We gave them all a fishing net to carry themselves. The water was really cool and we all enjoyed standing in the ponds. The majority of the children happily jumped in and began their epic pirate adventures of chasing their treasures (plastic ducks) along the water and looking in the 'pond of truth' (a small but deep pool of water). They were mesmerized by the amount of space, trees and water that surrounded them in all directions. We ventured onto an island (area between the water) where they were able to look for bugs. They did see a dragonfly which they followed. Some thought it was a butterfly, but soon learned the differences between the two. A few took a little time to independently walk through the water and begin to realise it's ok to get wet. This group were the first to use their own initiative when confronted with the problem of a welly boot full of water. Some sat down on the side of the pond to empty their wellies, others took themselves off to a tree stump and were able to independently drain all the water themselves. This is usually a job we take on when the children call upon us to help.



The children were very self-sufficient and managed to sort the little challenges out. They were getting a little cold and worn out by lunch time. So we headed out of the trees and into the sunshine. Everyone had a fresh change of clothes and were ready for a yummy picnic. The children really were hungry after the mornings adventures. They ate everything!

Adrian, our driver then took us to Perrygrove Railway. The children had such a thrill boarding the train with their own tickets and listening to the sounds of the steam train and other excited children on the platform. When the whistle blew we were off. We waved at everyone we could see. The train took us along a long winding track.

The children were very good and looked through the windows at all the fields, animals and treasure hunt clues along the way.



We got to the last station at the top of the hill and all jumped off to play in the playground. Lots of running around, chasing and hide and seek games. They found the Gruffalo's cave! Everyone was very scared and excited to think he might come back when we were there. We walked back down the hill to the indoor area and completed the mission to get the treasure out from the locked letter boxes. They had doubled the treasure to make sure everyone had lots to take home and even kindly gave all the adults a cream tea to take away.

We eventually made our way home. Most of the children did fall asleep, they were talking and trying to keep each other awake, but the long adventurous day took hold. The mummies and daddies needed to get on the coach to collect and carry them home. A very hot but amazing day, with lots of happy memories and funny moments which will hopefully keep us all in the hearts and minds of these beautiful children as they move on to their new schools.

Healthy Eating Sessions



Gail and Vicky have collaborated on some extra healthy eating sessions with the parents, having a different format brings some fresh energy to the proceedings. One such session was looking at and preparing healthy breakfasts (something many of our parents struggle with and resort to sausage rolls and the like). The group of eight was split into two groups with one group making cheese puffs and breakfast muffins with Vicky. She explained the benefits of preparing easy meals like this in advance and having them in the fridge. This is particularly useful when parents are in a hurry in the morning and the children need feeding quickly and they have healthy food like this at hand. The parents enjoyed making them and offered suggestions on how they could be adapted to suit the tastes of their own families. There was a discussion on how they could be made vegan and dairy free as well. Gail's group made butterbean dip with crudité's and also some low sugar granola to go on top of natural yogurt and fruit. She also commented on the fact they cover all the main food groups whilst being low in sugar, fat and salt. Gail

discussed how these were good for school lunch boxes as well as for a healthy snack. The parents commented on how quick they were to make and Gail discussed how they are healthy but also great if you are on a tight budget. All of the parents were fully engaged in the activity and were receptive to the suggestions made and as mentioned offering their own.



Thank you to everyone for your Harvest Donation



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.

Parenting Sessions

The latest series of parenting sessions have come to an end. Once again they were well attended with twenty six parents attending one or more session, and eighty attendees over the course of the six weeks. The session on starting school had the most parents attending and is of course a very important session at this time of year when many children will be starting school or preschool. All six sessions were delivered at least twice a week to allow all parents to access them. There was two parts to the mindfulness sessions, one being theoretical and the other practical. We concentrated on feelings a great deal both of the parent and the child and helped them see things from the child's prospective. We also looked at coping strategies when things don't go right, ways of letting off steam in a safe way and ways to relax with the children, amongst other things.

Amazon Smile



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.



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 Lucy Pearce 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

Welcome to Liesel Schwarz



We welcome our new Fundraiser, Liesel Schwarz who started with us on Monday 19th August 2019. She is replacing Debbie Nevin.

Welcome to Ackelia Simpson



We welcome our new Senior Nursery Nurse, Ackelia Simpson who started with us on Monday 23rd September 2019.

Farewell to Tia April



We say farewell to our Nursery Nurse Tia. The Family Haven Staff would like to say a huge thank you for the head work and dedication Tia has given to the Family Haven over the past 3 years. Tia has taken up a new position and we wish her all the best. She will be missed by the staff, parents and children.

In other News

Gillian, an ex-Trustee, has decided to stand down as client forum facilitator as of the next forum in October, Doreen, a retiring Trustee, has kindly offered to take over the role and will be attending the next forum with Gillian as a transition. Gillian very kindly, as a parting gift, paid for a coach to Cheltenham to allow us to take most of the children 2 years and over to Pittville Park for the day. We took 21 children, 7 members of staff and 1 volunteer. The weather was perfect, not too hot and dry. It was a very busy day but the children had a wonderful time.

Once again we say thank you to the MU AWFIA who paid for our coach to Weston. We took 17 adults and 34 children. The weather was kind to us and it was dry all day. The families were able to play on the beach so a good time was had by all.

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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