



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

Inside this issue:

Beach Week	2
Halloween	2
Checking the Corn	2
Personal Development	3
£3000 Donation towards redevelopment of our Website	3
Healthy Eating	3
Thank you Harvest Donation	3
Farewell to our Trustee- Joanne Collinson	4
Huge Thank you to Catherine Wain	4

Donation of food from Sewa Day Cheltenham



Raj Sahdev from Cheltenham Sewa day contacted us as their organisation wanted to provide us with a donation of food. Sewa day is a universal concept, which involves performing an act of kindness without expectation of reward.

It is performed selflessly and without ulterior motive. Each project needs to be based on one of three principals; relieving hardship, bring joy to others or to help the environment.

Sewa day provides an opportunity to do something positive that makes a meaningful difference to someone else's quality of life. Three volunteers Mrs Sahdev, Mrs Minakshi Dhir and Mrs Jain brought the donation of food.

They brought us lots of pasta, cereals, tea, coffee and tinned goods to replenish our pantry. We are very grateful and would like to say a big THANK YOU to everyone involved for taking the time to get everything we needed from our list so quickly.

The Family Haven receives Gloucester's Unsung Champions Certificate



We were very pleased and surprised to receive the Gloucester's Unsung Champions award for outstanding commitment to helping the community in its hour of need during the Covid-19 pandemic from Richard Graham MP in recognition for all our hard work during the lockdown.

Lucy Pearce – Client & Centre Manager

commented: "Well done to all of the Staff, Trustees and Volunteers who have worked so hard over the last few months. We are very lucky to have such an amazing team at The Family Haven".



The Family Haven Staff and Trustees would like to say a huge **CONGRATULATIONS** to our Cook & Healthy Eating Supervisor Vicky in receiving Highest Level 3 award in Food Allergen Management in Catering (RQF) with a Distinction.

Vicky has managed to keep our **5 star Food Hygiene Rating** again this year. 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). Which we all knew she would. Excellent, very well done Vicky on both achievements.

Patron: Roger Head

Chairman:

John Price

Deputy Chair:

Treasurer:

Gerald Holyhead

Trustees:

John Orchard

Ryan Miessner

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Alistair Holyhead

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Beach Week



To celebrate the end of our time at The Family Haven we held a beach party week for the pre-schoolers and their friends. The children arrived in the garden which had been decorated with bunting, bubbles and inflatable palm trees. We then enjoyed a morning of rock pooling, sandcastle building and beach ball before having an outdoor fish and chip picnic. After, we enjoyed a trip to the Family Haven ice cream stand to choose our pudding. In the afternoon we enjoyed bouncing on a bouncy castle which had been borrowed for the occasion. All of the children and staff had a really fun week, even when it rained and we 'visited' the beach in our waterproofs and wellies. At the end of the day, one of the children shouted 'this is the best day ever'.



After a long time in lockdown it was good to have some freedom and enjoy a beach experience together. As many of us won't have had the opportunity to visit the seaside this year this was a safe and fun way to extend our understanding of the world and enjoy some summer fun. It was also a lovely party to celebrate our pre-schoolers move to big school, where we know they will do so well.



Halloween

'Abracadabra... I'll turn you into a frog!'

In the approach to Halloween this year, lots of the children's conversations and play started to include the idea of witches and spells. We always aim to capture their imaginations and interests so spent our Halloween week extending these ideas. We had dressing up and role play, ribbon wands and a cauldron over a log fire. One of our favorite activities was a potion making station complete with glitter, food coloring and little bats. Engaging in these role play activities was lots of fun and provided the opportunity for the children to naturally use their communication and social skills.



The children checking to see if the corn is now ready to eat. The children enjoy planting different variety of vegetables and fruit, watering, watching them grow and the fun of picking them. But the best part is eating them.



Crafts / Personal Development

Gail our Family Support Worker, has been able to spend time with the parents doing craft activities, filling out forms and giving support and advice. The clients really enjoy the sessions. It helps them relax and to improve their mental well-being. The sessions also help them to learn new skills.



Wooden sign decoupage



Seaside Pictures



Still Life Drawings

Healthy Eating

Vicky, our Cook has been able to resume the healthy eating sessions on a one to one or in a small group, when PPE is worn and social distancing maintained during the Covid-19 crisis. The sessions remain very popular with our families.



£3000 Donation for the redevelopment of our Website



Thank you to Michelle Goscombe from Twyver, part of the Actemium and Vinci energies group and Ruth Ottley, company secretary administrator for Actemium and local coordinator for the VINCI UK foundation. For their donation of £3,000 for our website redevelopment project. Our website was in need of updating and their donation has made this possible. We hope that this will be up and running very soon.

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. Even during this terrible time with Covid—19 we received donations of food and funds from Schools, Churches and individuals 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. Your generosity helps us to continue to provide nutritious meals for our families and children. Vicky has been doing very well developing and increasing the Healthy Eating sessions during the Covid-19 crisis while following the current government guidelines.



A Huge Thank You to Catherine Wain



We would like to say a big thank you to Catherine Wain, a friend and long term supporter of The Family Haven, for buying us a dishwasher. We have wanted one for a long time but didn't have the space. Thanks also goes to Al Bickley from positive plumbing for reconfiguring the layout to make this possible. Not only will this save Vicky our cook a lot of time it will also make things more hygienic while saving us money on our energy bill.



We would also like to say a big thank you to Catherine for the Christmas presents she donated again this year to the Children. Catherine has been donating Christmas presents to the children for the last 10 years. She is always there to help us. She is a remarkable, caring and loving person.

The Management Committee, Staff and Families of The Family Haven would like to say a HUGE THANK YOU Catherine for your continuous support.

Farewell



We would like say good-bye to our Trustee Joanne Collinson. The Staff would like to say a big thank you for the hard work and dedication Joanne 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/

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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