

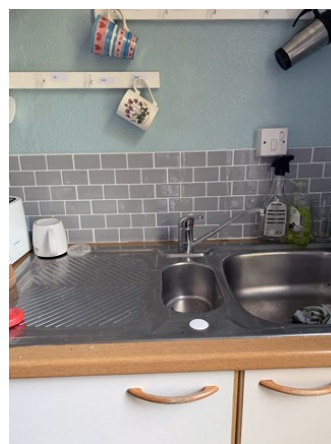
Big Thank you Radioactive PR.



We were contacted by Radioactive PR a local PR company. They have been based in Spa road, just down the road from us for the last six years. Every other month they run an initiative as a team where they give back to the local community. Our staff room was in great need of some TLC so Radioactive PR gave their time for the day to decorate our staff room. Two teams came, one in the morning and one in the afternoon to give our staff room a much needed makeover. The room has now gone from plain magnolia to duck egg blue. The skirting boards and

ceilings have had a fresh coat of paint, the fireplace painted grey and the tiles by the sink have been revamped.

They were a very professional team, who went above and beyond to decorate, taking the time to unscrew notice boards and coat hooks and even used masking tape to avoid any smudges. All of the staff were so happy with the finished look it has now given us a haven within The Family Haven for the staff to relax in dur-



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

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We need your support—Aviva Community Fund

We're delighted to announce that the Family Haven has been chosen as one of the projects supported by the Aviva Community Fund.

With the help of Aviva, we have set up our first ever Crowdfunding page and we need your help to raise funds to provide a breakfast club for vulnerable families living with food insecurity.

COVID-19 is estimated to have dramatically increased the number of people facing food poverty. One in four adults now reports having difficulty with accessing food they can afford with 14% of families with children experiencing moderate or severe food insecurity. We want to help by providing a daily breakfast for the vulnerable families who attend our day centre.

Our Crowdfunder page is open for donations and we are asking for as much support as possible to get our campaign noticed. Aviva gives all its employees £25 to pledge to a project – if we can reach our target then these pledges turn into donations. The more our community supports the project, the more Aviva employees will see how important it is and (hopefully!) pledge their support.

We need to raise £1,250 to make this project a reality.

To make a donation to the campaign please visit our Crowdfunding page:

www.avivacommunityfund.co.uk/breakfastclub

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Trip to Weston Super Mare

Here we come! Boarding the bus was the first adventure since the pandemic began and was attended by 17 adults and 32 children. Children couldn't contain their excitement, whilst parents were desperately trying to load everything onto the bus. Our driver, Mike, was incredibly helpful, sorting parents' pushchairs and prams, making sure it was all secure and that parents were happy.

As parents were getting seated, we ensured everyone had a wrist band for each child, as there had been reports of missing children along the beach the previous week. Parents thanked us for thinking of this. Parents were given a choice of which time they wanted to get back on the bus, they all opted for the latest time of course! Mike was fine and just laughed while agreeing to take a nice stroll himself.

Upon arrival at Weston Super Mare, it was the fresh air that hit us first. I'm sure parents felt the same as they disembarked the bus. It's been a long time since we have been able to share this experience with all of our families, it felt good. The sky was a little overcast, along with a cool breeze. This wasn't going to deter anyone as they collected their belongings and headed to the beach. The children were literally jumping up and down when they could see the sights and smells around them. We spent quite a bit of time on the beach, making sure parents had what they needed and the children were safe and happy. Baylee (Nursery Nurse) braved the cool breeze and took her sandals off for a leisurely walk.



The families drifted along the beach where the donkeys, trampolines and donkey and cart were stationed. Some children were thrilled to have rides on the donkeys; circling around the parents. This caused great delight for these children, clearly having had no such experience before. The smiles were as wide as the ocean; it was a lovely sight to witness. Others were busily digging in the sand and placing windmills, previously bought from one of the beach shops. We attempted to share time with one child that was very focused while making a sand castle. The conversation was very one sided as she clearly had important building skills to put to use. We left her to it and took a walk up onto the pier.



We found a few families sitting at the café near to the entrance of the arcade. The children happily munching on treats, the look of joy on their faces at having ice-cream at the beach. The parents looked happy and relaxed, taking in the atmosphere around them. Baylee and myself decided we would have a wander around the arcade, we decided against having a turn on any rides. The day went by quickly and we watched the tide come in and children running in and out of the rather chilly waves. Both myself and Baylee were incredibly humbled by such a site. Our children running widely across the beach, down onto the water's edge, screaming with delight, while parents watched on with babies curled around them. It was such a lovely day. The bus ride back was rather quite as predicted, full of happy, if somewhat tired families.

Helen Jackson
Nursery Manager

Personal Development

Gail has started a set of Personal Development Classes for the parents which has been well attended. So far the parents have done glass painting, string art and button box frames. The parents are really enjoying the classes and being creative.



Talk by Jacqui Harris from Warm and Well



We have also had a talk from Warm and Well and The Debt Centre in Gloucester so that our families can access more information on how to stay well during the winter months and to manage their money.

Jacqui introduced herself to the parents and gave them a brief overview of the organisation she works for and what she does. The parents were interested to learn that she can come to their homes to help sort out any issues involving the setting up, changing plans and payment of gas and electricity. She gave examples of some of the different people she had helped in her role. These included asylum seekers, refugees, single parents, and students.

She went on to explain how families can reduce their gas and electricity bills for example by reducing your thermostat, washing clothes at lower temperatures, and using a washing up bowl rather than washing plates under a running tap. Jacqui talked about turning off lights and the parents were grateful for the free energy saving light bulb she gave them.

Jacqui went on to discuss how bills will be rising soon just as the universal credit bonus is withdrawn. This may have an impact on the parents and Jacqui explained some of the ways she can help.

Some of the parents talked about their situations and asked good questions. Jacqui discussed the warm home discount and one of the parents immediately went online to look up the details whilst another parent was given advice about the pre-payment meter she is on.

The parents seemed to get a lot out of the talk and Jacqui has offered to come back in a few months to talk to the families again.

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 from the 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. Katren has been doing very well developing and increasing the Healthy Eating sessions.

Farewell



Ackelia Simpson

Ackelia, our nursery nurse who was on maternity leave and was due to come back in September has decided not to return to work. She will be missed by the staff, families and the children. We wish her all the best in her future. The staff would also like to say a big thank you for the hard work and dedication Ackelia has given to The Family Haven.



Vicky Mitchell

Vicky, our Chef has also decided to leave us to pursue other opportunities. We wish her all the best in her new job and in her future.

The staff would also like to say a big thank you for the hard work and dedication Vicky has given to The Family Haven.

Welcome



We would like to welcome our new Chef Katren Brown. Katren started with us in September. She has worked in various establishments and has catered for small and large events for up to 250 people, so our kitchen should be a breeze in comparison.

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>



Quote for the month

"You need to be able to manage stress because hard times will come, and a positive outlook is what gets you through."



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