

Aviva Community Fund



AVIVA
Community Fund

#StrongerCommunities

Please support our new Crowdfunding page and double your donation!

Thank you to everyone who donated to our Aviva Crowdfunder last year to raise funds for a new Breakfast club at the Family Haven. We raised an amazing total of £4,353 so we are very grateful for your wonderful support.

Between January and October 2022, we have provided 681 breakfasts to families who otherwise may not have eaten a healthy breakfast before attending The Family Haven.

This year, we are launching a new Crowdfunding project through the Aviva Community Fund to help disadvantaged families at The Family Haven struggling through the cost of living crisis and we need your support. This time, Aviva will match donations, pound for pound, up to £250, so donating through this fund means it will be doubled per person!

About the project

We will deliver personal development classes, covering a wide range of topics, including financial advice, information regarding benefits, English classes and help with CV's and training.

Our aim is to help the parents not only to be more independent and self-assured, but to empower them through support to make the decisions which can benefit their life. We will also work with partner organisations to ensure the widest possible reach within the community. We have built good relationships with other organisations who will be able to offer bespoke financial advice and one to one support.

How does it work?

Aviva will match donations pound for pound up to £250 between 4 October and 31 December. So, if our fundraising page receives a donation of £50, Aviva will donate £50. If our project receives a donation of £500, Aviva will donate £250. Match funding will be given on the first donation made to the project by any supporter and not for repeat donations by any supporter

How can you help

Please donate to our appeal by following the web link or scan our QR code below. Thank you.

WEBPAGE TO DONATE

<https://www.avivacommunityfund.co.uk/p/help-vulnerable-families-build-a-brighter-future>

QR CODE TO DONATE



Helping vulnerable families to a brighter future since 1988

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Trip to Weston Super Mare



On the 24th of August the families arrived bright and early at The Family Haven to enjoy a quick bit of breakfast before the coach arrived. Children's bags were packed with a mix of sun creams and rain coats as the unpredictable British weather was not going to stop our beach day. Children were excited to get on board the coach and choose their seats, once everyone was seated they were all given their lunch packs for the day and we set off for Weston Super Mare.

As soon as we arrived, the children had their shoes off and buckets and spades at the ready to venture their way onto the beach before the forecasted rain was to come. Some of the families decided to take a walk down to the busy pier to explore the arcade and treat themselves to an ice cream.

Although the rain did make a big appearance a few hours into our trip, this did not spoil the family's fun, many of them went for shelter in the local cafes and arcades. Our day finished with very soggy but happy families boarding the coach.



Baby Massage



This month has seen the beginning of baby massage classes for the younger children and their parents. This is a 5-week course delivered by Gail our Family Support Worker who is qualified in baby massage.

Baby massage is so important for developing feelings of trust and attachment between parent and child. The skin on skin contact produces oxytocin which is the love hormone and endorphins which reduce feelings of stress and anxiety in parent and child.

Baby massage has also shown to have a beneficial effect on babies suffering from colic, wind, sleep issues and teething.

Seven clients and their babies attend and are beginning to show increasing confidence in performing each stroke and most of the children respond positively and are enjoying the experience. Sometimes the babies are just not interested and the parents are learning to recognize their child's emotions and respond appropriately. If their child is unhappy for any reasons they are able to return to nursery and the parents can practice on the spare massage doll.

Personal Development

The clients have been taking part in Personal Development sessions recently and have learnt new skills such as finger knitting, decorating chalk boards, making wax food wrap, rock painting and tile coaster painting.

Whilst the crafts are designed to help improve mental well-being and reduce anxiety, they can also help to reduce some of the costs many families pay out every week. For example, the wax wraps are very cheap to make and can be reused saving money on things like cling film and foil.



We have also been very fortunate to have Tesco Knit and Natter group in to teach the clients how to knit and crochet. The clients have really enjoyed this and there is much laughter in the room during this time. The clients have mentioned how proud of their achievements they are and many have asked if they can take the needles and wool home so they can carry on there.

Gail has also been doing craft activities at Hempstead Coffee and Chat with the families who attend there. They enjoyed the finger knitting and arm knitting and made some impressive headbands and scarves.



Skydive Month raises over £4000



We would like to say a HUGE thank you to Prosser Knowles and the Mears Group for taking part in our Skydive Month in September and helping to raise over £4000.

Laura Evans and Rachel Robb from Prosser Knowles took to the skies on 2nd September raising a fantastic total of £1,340 (plus gift aid). Laura said: "We are thrilled to have taken part in such a fantastic experience and for being able to raise funds in support of The Family Haven. The funds raised will go toward their valuable work enhancing the lives of vulnerable families in Gloucester."

Ben, Catherine, Nadia, Matthew, Sophie and Steven from the Mears Group took part in the Skydive on 10th September 2022 raising a total of £2,705 (plus gift aid). Nadia said: "Wow what a challenge this was, for some pushing us out of our comfort zone. An adrenaline fuelled experience most definitely enjoyed by all. We are all so happy that we were able to raise funds to help the vital support the charity gives to vulnerable families in the area we work & live"

Liz Gough, the Fundraiser at the Family Haven, said: "We can't thank the team enough for their support and we are delighted to hear they all had such a great experience. Our skydivers have raised much needed funds for vulnerable families in Gloucester."



If you're feeling inspired after reading about our brave skydivers, then visit www.thefamilyhaven.com/skydive for more information about how you can get involved. If you need a little more convincing to jump out of a plane to raise money for the charity, or have any questions, please get in touch via 01452 422 971 or elizabeth@thefamilyhaven.com

Christmas 2022

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



Thank you 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, 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. 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. Kat 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 with some one to one. She has been making a lot of recipes using the harvest produce that has been donated to us.

Quote for the month

"Always find opportunities to make someone smile,
and to offer random acts
of kindness in everyday life."



www.facebook.com/thefamilyhaven.gloucester

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/

When you "Leave a Legacy",
you're enriching the lives
of other people and
supporting and sustaining
charitable work for
future generations

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>



@TheFamilyHaven