

Charity Event at Colesbourne Gardens



We had a wonderful weekend hosting the tea room at Colesbourne Gardens for their Snowdrop Open days, raising an incredible total of £3,052.16 for the Family Haven.

A huge thank you to everyone who visited and supported us. Our fantastic team of volunteers were on hand to serve drinks and cakes to the 1,500 visitors who came through the gates.



Special thanks to Prosser Knowles, Stone End Kitchen Limited, Fay Palmer from Asda, Theresa Fisher from Tesco, Nadia Magdenovic and the local WI group for donating your time and providing a wonderful selection of delicious cakes.

We would also like to express our sincere gratitude to Sir Henry Elwes for inviting us to serve teas and help raise much needed funds for The Family Haven.

Liz Gough, The Fundraiser at the Family Haven said: "Thank you so much to everyone involved. Without such wonderful support, we wouldn't be able to organise fundraising events such as this. The generosity of our volunteers, makes continuing our work with vulnerable families possible."



With the days growing longer, warmer and lighter, could you organise a fundraising event to raise money for The Family Haven? Get in touch with our Fundraiser to share your ideas at elizabeth@thefamilyhaven.com or on 01452 528692



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

Inside this issue:

Trip to Roves Farm	2
Spring Planting and Growing of Water Cress	3
Easter 2023	3
Parenting covering a wide range of topics	3
Training with Betrais / Math and English Classes	4
Quote of the Month	4
Leave a Legacy	4
Be a Friend	4

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Easter Trip to Roves Farm



What an amazing day out! We took our families to Roves Farm Park, just outside of Swindon. The children eagerly boarded the coach carrying their picnic bags, kindly supplied through the Holiday Activity and Food (HAF) programme. The journey was not too long. Just under the hour, which suits our children as we try not to venture too far afield with very young ones. We explained to everyone where they could go, what they could access and where the tractor ride would be before we depart. Most families made their way inside to the soft play/climbing area. The farm is such a great place to visit and perfect for all our families as it caters for all ages of young children. There is an indoor activity barn for the very young children, alongside the larger play areas.

I also explained to the clients with us and found out that they also have a sensory area, which really was perfect for some children at times throughout the day. Having a quiet, calm space to unwind and relax from all the excitement was so helpful. Parents certainly were grateful.



We were swiftly met by a lovely lady that was holding two little kids (of the animal kind). She told us where the families could go to enjoy a petting experience. Off we went to find as many of our families as we could and guide them in the direction of all the baby animals that were frolicking around.

Some parents were quite tentative at first with being so close to the animals. Whereas their children were excitedly climbing into the pens. The staff were amazing and so accommodating. They reassured everyone that the children were perfectly safe, as all the animals were friendly and used to being petted. We were able to meet and pet sheep with their lambs, piglets, rabbits, guinea pigs and goats with their kids.

I witnessed a perfect 'awe and wonder' moment. One child was so lost in his own world when a sheep quietly wandered over and gently licked his outstretched hand. I had never seen such a beaming smile before, I felt privileged watching. Several children took turns to hold the animals and sit with them on their laps. The staff at Roves Farm really were the best. Always on hand to assist and

help when needed. Staff were quick to share when different activities were going to happen. Having an indoor and outdoor speaker system meant we knew when our 'white-band' tractor ride would be happening.



Families enjoyed the cafe area to eat their picnics. They took it in turns to help look after each other's babies, which meant older children had adults with them at all times.

The Easter bunny was available for photos and a chat. Children queued up to see the Easter bunny and quite happily chatting with each other.

Eventually it was time for our tractor ride around the farm. This was certainly was a ride that they will remember. Everyone happily climbed on the tractor then we waved them off. We stayed to look after all the pushchairs and prams. Within two minutes, the rain began and was swiftly turned into a huge hailstorm! We both frantically grabbed rain covers from under each pram and did our best to cover them all. We used ourselves as shields for some prams at one point, as it was getting so heavy.



We could hear the children returning before we could see them, as some were squealing with laughter at getting absolutely soaked whereas others were squealing in frustration, upset because they really were soaked through, and not impressed at all. I asked them, 'is it time to get back on the coach?' All shouted back. 'Yes please!' We certainly did not have to wait for any stragglers for this return trip. By the time we had packed up all the pushchairs and got everyone settled back into their seats, we had happy, jovial children ready for the return journey. Lots were happy to complete the questionnaires we handed out. We did hear one child ask 'how do you spell hailstorm'. The April showers did not let us down. I can say it was a fantastic day out with experiences for all ages.

Helen Jackson and Claire Leighton

Spring Planting and Growing of Water Cress

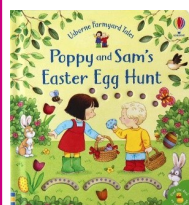


Now that spring is in the air, the children have been very interested in how things grow. Last week they enjoyed growing cress seeds so that they can add cress in their lovely egg sandwiches. The children enjoyed learning about what the seeds need to grow; water, oxygen, sunlight and warmth. They used small pots, cotton wool and cress seeds. They then used some mist spray and poured some water. They put them in the window and the seeds germinated pretty quickly, they watered them every couple of days and enjoyed looking after them. This week the children were amazed to see how much they had grown and they are looking forward to cutting the tops off them to make egg and cress sandwiches. This has been a great science activity for the children, helping to teach them about what plants need to grow.

Easter 2023

Each group has been looking at a favourite topical story book to take them through the season. The children have also been experiencing Easter celebrations along with seasonal growing activities.

Poppy group (3-4 year olds) enjoyed reading 'We're going on an egg hunt': by Martha Mumford. The lifting of each flap to find the colourful Easter egg on every page was a huge source of excitement. Especially as during the Easter period we were visited by the Easter bunny, who delighted them all with the gifts of chocolate eggs!



Daisy group (2-3 year olds) shared a favourite book 'Poppy & Sam's, Easter Egg Hunt': by Sam Taplin. Each child had a turn to look through the little peep holes to describe what comes next. These books are utilised indoors and out. The children take part in story telling using the props in the garden; making a super apple tree farm.

Bluebell group (baby group) thoroughly absorbed 'Spot's Easter surprise'. by Eric Hill. The materials that are used during a story time with the young ones is amazing to observe. The scarves and shredded paper are all put to use to help hide the eggs for the children to find. They were all mesmerised throughout the story.



As spring begins, the children all learn about growing. This year, the children helped to plant bulbs in pots to give as gifts for Mothering Sunday. The children were able to take them home and continue to watch the plant grow. Observing the changes as the plant develops is a wonderful experience for children. The children enjoyed painting and sticking to make Easter chicks, along with decorating Easter egg cards. Children enjoyed the delicious hot cross buns, some for the first time. These were a firm favourite with children asking for them at snacktimes for a few days in a row. Easter brings with it the sense of opening up; the children are happier to be outdoors, without all the big winter coats holding them back. We are able to enjoy the brighter days, with water play, sand or cereal play and a mountain of Easter activities to enjoy and participate for all.

Parenting covering a wide range of topics



Parenting covered a range of topics including 'looking after your own well-being', 'listening skills', 'promoting positive behaviour' and 'play and what children need'. We started with looking after your own well-being because it is difficult to look after your family without first looking after yourself. We also looked at the challenges of being a parent, the importance of looking after your own needs, and what gets in the way. The clients found out about the 'language of blame' and discovered a way of looking underneath the behaviour of others." They considered the value of a united approach to managing and promoting positive behaviour. By stopping and actively listening to their child before reacting to a situation the clients will be better able to see their child's point of view. This will improve the relationship between the child and their parent which is shown in an improvement of behaviour. Parenting knowledge is increased along with the child's social and emotional development.

We also reflected on their hopes for their child or children and how to understand the importance and value of play. The clients found the sessions useful and commented "I like the traffic light thing I think it might make a difference", "you can't think straight when you're overwhelmed", "I come here for 'me time'", "The Haven gives me a break from everything", "We know we can come to you if we need help".



We are working in partnership with Betaris to offer English and Maths lessons, tailored to the needs of the families we support. We are on week two of the training course. Whether looking for a new opportunity, some confidence building, wanting to help children with their homework or just building a new CV to have goals to look forward to this course can help change lives. The courses are designed to build confidence and skills in Maths & English and help with daily life.

Examples of expected learning outcomes include:

- To develop the skills needed in everyday life
- Get into further education without GCSEs
- Study higher level Functional Skills later in life
- Feel confident applying for jobs
- Help understanding of household accounts & Children's Homework.

Course duration

The course is running every Thursday from 10am-2pm (term time only) for 12 weeks.

What is required from the client

- Learners must be unemployed - proof of this is required
- Must live within a Gloucestershire postcode region - proof of address will be required
- Learner must be able to show us proof of right to work/ reside in the UK
- Learner will do an initial assessment to ensure they are on the right level course but we take control of this and sort it all out.

Learning outcomes

Functional Skills Maths course:

- Handling information and data
- Measures, shapes and calculations
- Using numbers and the number system
- Ratios and proportions
- Shapes and Geometry

Functional Skills English Course:

- Speaking, Listening and communication
- Reading
- Writing



Qualification

When the learner has completed their course and has successfully passed their exam, the candidate will receive a nationally recognised certificate. Once the course is completed, the candidate may have the opportunity to progress onto the next level if they wish to further their education.



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>



Quote of the Month

The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart.

-Helen Keller



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