

Parenting Classes

Parenting sessions covered various topics including the impacts of conflict, what children need to be able to do before they start school, how to help your child with math, sun safety and how to read the label on sun lotion bottles and apply it correctly.

As part of Parenting Gail took the clients to various free attractions in the city such as Gloucester Museum, Parks and The Library where a member of staff gave us a guided talk and explained to the clients what services they can offer and registered new Members. One of the clients said "I didn't even know this was here", "I'm definitely coming here with baba," another said "I can't believe this is free, I'm going to bring my children here". Even the clients who had lived in the city most of their lives were unaware of what was on offer for free.

Personal Development and Craft sessions



We were very lucky to have Catherine and Kelly from the NHS Home Safety Team in to talk to the clients on the various ways they could improve the safety of their homes. They also explained the process of making a referral for a home visit and what would happen when they went.

The clients have been very creative recently in the craft sessions. They have decorated boxes with shells and buttons, made pan trivets from wooden pegs and made beautiful framed pictures. One of the clients said "I'm making this for my daughter for Christmas" Any items the clients do not wish to take we are planning to sell at a Christmas stall. As well as keeping the clients busy, doing craft activity been shown to reduce stress and promote well-being and can help save money!



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

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Young Gloucestershire Care Packages



The staff and our families would like to say A BIG THANK YOU to the Princes Trust and Young Gloucestershire Team 229 for putting together some care packages for our families.

Our families thought it was a nice surprise receiving the care packages and they were very much appreciated.

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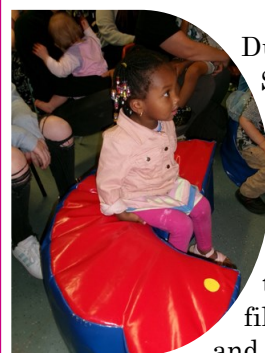
www.thefamilyhaven.com

Summer Party 2023



An amazing team from Zurich selected our summer garden party as their challenge! The ladies came to organise and help on the day; they brought food, drinks, decorations, arts and crafts along with face paints and an assortment of party games. As this is our 35th Year of supporting children and families here in Gloucester, we incorporated this milestone with our summer celebration. The ladies brought large cardboard numerals for the children to decorate and huge balloons to make a 35 decoration for the garden. They kindly brought two cakes in celebration of our 35 years of helping vulnerable families in Gloucestershire; one for the families and another for the staff to enjoy a little quieter celebration of our own.

Each of the ladies got stuck in straight away, making sure children were busy with things to do and play with. Children were playing in a sand tray full of unicorns and dinosaurs, we had a large Gruffalo snacks and ladders game which kept several pre-school children entertained. There were bubbles, everywhere! The ladies had kindly given the children bubble wands, a bubble machine and individual bubble makers, which brought lots of squeals and delight. The face painting was really popular. Both children and parents were able to have face paints adorn faces and arms. Parents took over in the late afternoon and were painting each other. The lunch that was provided was shared with the parents alongside the children eating outside. Parents sat and enjoyed healthy sandwiches, quiches, vegetable platters and fruit. Children enjoyed yogurts and extra special chocolate biscuits and cupcakes, it was a feast! Any food that the families could not eat was easily divided up and shared out with the parents as they departed. Not a crumb was left.



During the afternoon we were delighted with a visit from Showman Shane to entertain the children. The giggles could be heard in the offices upstairs! The children were thrilled with his antics. The whole setting had a fabulous day, finished off with a celebratory cake and a loud rendition of 'Happy Birthday' to The Family Haven, as requested by our mummies. We had some great feedback towards the end as children were given their party bags, again all supplied by the ladies. A long but fulfilling day with a group of really helpful ladies who kindly took time and planned for a fabulous summer party. We would like to say a big thank you from everyone at The



Family Haven to Zurich Community Trust and Zurich Insurance UK for helping to make our celebratory year and summer party a little more special for the children and families. Lyndsey, Ally, Kirsteen and Aime were our hosts for the day and we can't thank them enough for providing an amazing summer party. We are very grateful for their support.

Garden Makeover



Nadia and the team from Mears came to freshen up the garden. It has been looking very tired for so long and was in desperate need of a lick of paint. Nadia very kindly organised the day from fundraising for the cost of the paint to assembling the team of volunteers to complete the job. Even with the six volunteers, the garden proved to be a big job and a day was not long enough to get everything done.

They have kindly left us the paint so that we can complete this at a later date. The garden is looking so much better and has created a calming environment for the families and the staff to enjoy.

WE WOULD LIKE TO SAY A BIG THANK YOU



Trip to Weston-Super-Mare Thursday August 10th

We were due to travel to Weston on the Tuesday, but the weather forecast was less than ideal for a day at the beach. Thankfully Lucy was able to arrange with the coach company for us to go on the Thursday when the weather looked more promising. And Thursday's weather certainly did not disappoint, it was hot, hot, hot.

We boarded the coach and met Rob our driver. Some of our younger children were not used to having to sit still and being seat belted on the coach, so there were a few tears initially, but this was resolved with a good old fashioned sing song with parents and children joining in.



We reached Weston-Super-Mare in good time, we unloaded the coach- a challenge in itself as parking was tricky so we were on a sloping pavement! Once this challenge was overcome we handed out packed lunches and buckets and spades for all of the children.

The children were busy digging holes and building sand castles, it was wonderful to see the parents joining in with the sand castles too. One extra treat that we weren't expecting was for the sea to be in!!! This meant that the children could safely paddle in the sea. From our vantage point on the pier we were able to watch one of our families having great fun laughing and splashing in the sea. The children that had built sandcastles were able to run back and forth to the sea to collect buckets of water for their castle moats.



The families enjoyed 4 hours on the beach or visiting the pier and enjoying a traditional day trip to the seaside which was complete with a picnic. As the time drew closer for us to leave Weston we were on hand to help the families get themselves ready to be back to the coach. We boarded a very hot coach at 2.30pm and were very grateful when the air conditioning kicked in! We arrived back at The Family Haven at 4pm

We would like to say thank you to the Mother's Union for funding the Coach.

Claire Leighton and Claire Bluett

Trip to Cattle Country Tuesday August 22nd

The Sun shone on us yet again for our trip to Cattle Country! We boarded the coach, with Rob at the wheel again! We were met off the bus by Chloe, one of the Supervisors at Cattle Country. The parents helped themselves to their picnic lunches which was kindly provided by the HAF project. Chloe then took us all to the Party Room which we were allowed to use as a base all day if we needed it. After Chloe's safety talk we then were all free to go and explore.



There was so much to do exploring the soft play in the new Cow Shed play barn, visit the slide shed, walk around the farm trail and see the cows, sheep, pigs, chickens, alpacas, donkeys, ponies and many more. There were very cute and fluffy rabbits and guinea pigs in the barn too.

Back out into the sunshine the families were able to explore the castle, the bouncy pillow, the boating lake, the maze with its beautiful sunflower field at the entrance. Later in the day the children's paddling pool was opened up, perfect for cooling off from the heat.

The play barns seemed to be the most popular with our families, closely followed by the maze, the boating lake and the paddling pool. As the time drew closer for us to

leave the play area we were on hand to help the families get themselves ready to be back at the coach for our 3pm departure back to the Family Haven



We would like to say thank you to the HAF Project for funding the Coach, entrance and lunches

Claire Leighton and Katren Brown

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



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

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 of the Month

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.

Become a Friend

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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