

Christmas 2023



The Family Haven celebrated Christmas with two party days on the 12th and 14th of December. 21 Adults and 21 children were in attendance over the course of the two days. Due to client sickness, the first party day was unusually quiet; however, a good time was still had by all who had attended. On the second party day, we had the addition of music with mummy, which worked out well as Santa had to get to another Christmas party both before and after ours. Overall, we provided 49 meals (including the staff Christmas lunch!) gave out 76 advent calendars, 76 Main Christmas gifts and 37 token Santa gifts this year.

Thanks to the HAF funding, we were also able to provide 31 hampers for each of our families this year. These contained a mix of ingredients to make a vegan chilli. (Which is one of our cook's Kat's more popular recipes) with a recipe card for parents to follow. We also added some luxury items, some of which our families would not have had due to money issues. We also included a monetary gift card so that families could buy any extra items they needed for Christmas. These were all tailored to the individual needs of the families, with those living in hotel accommodation receiving luxury items that did not need cooking and slightly more focus on the gift card amount. As with only having £8.00 per week for essentials we knew this would be greatly appreciated.



The Family Haven was well supported in the run up to Christmas. The Cirencester Barracks once again provided the main gifts this year for the children, which we very much appreciated.

Our Regular supporter Kath Wain bought us toys, books and puzzles as well as a few sweet treats for the children. Others supporters were new such as Becky, an ex-client who wanted to buy Christmas gifts for both the adults and the children with the help of her local Rugby club Widden Old Boys. All of the donations we received were very much appreciated.



We would like to put on record a huge **THANK YOU** to all the companies, groups and individuals who donated this Christmas, we were so lucky once again especially you all came to help us and our families. There are too many people to mention individually so we won't even try. Your generosity and caring touches our hearts. Also a huge **THANK YOU** to our Volunteers who gave their time to help us out during our party days. We can't thank you all enough.



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

Inside this issue:

Diwali	2
Children in Need	2
Christmas in Nursery	3
Visit to City Farm	3
Parenting Classes	4
Thank you Blue Sky Signs Ltd	4
Quote of the Month	4
Leave a Legacy	4
Be a Friend	4

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Diwali



For our Diwali celebrations this year we learnt about light and dark, making dens, using brightly coloured paints on dark backgrounds.



We listened to music that celebrated Diwali and used our brightly coloured ribbons to dance to the music.

We made hand prints with paints and turned them into cards to send home to our families.

The pre school and toddler children used clay to make tea light holders, they waited for them to dry then painted them with bright colours and added glitter to make them shine



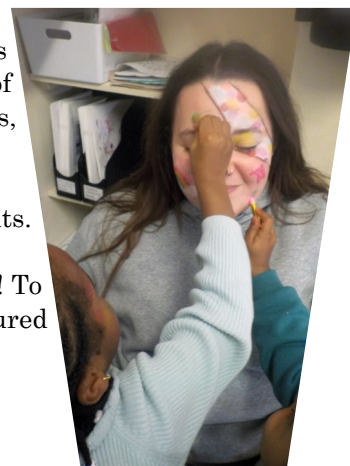
Children in Need



To celebrate Children in Need this year the adults and staff at The Family Haven dressed in their pyjamas and slippers. It felt a bit strange coming to nursery wearing our pyjamas, but it turned out to be a very comfortable and cosy day with lots of fun.

We started the morning with some Pudsey Bear colourings and enjoyed decorating him with lots of bright spots. Many of us had our faces painted with the same bright coloured dots, which was a bit tickly at first but we soon got used to it.

We spent the rest of our morning making Pudsey Bear biscuits. There was lots of sticky dough mixture to roll with many additions of extra flour to help us cut out the teddy bear shapes! To conclude our messy morning, we used spoons to try to catch coloured pompoms that were stuck in gloop.



After lunch, once our biscuits had been cooked and cooled we embraced the challenge of decorating them. We used icing, sprinkles and squeeze writing icing to give our bear biscuits some personality and character. Our biscuits, the table, our fingers (and mouths!) were all very sticky! We enjoyed eating our biscuits at snack time with a glass of milk and even had some left over so the children to take home.

Christmas in Nursery



The children were able to attend a special party day during the festive period. We held two days for the parties to ensure all were catered for.

Both days we had similar arts and crafts set up to entice their imaginations. Children came dressed in their best party attire, with some preferring to wear our dressing up to join in the fun.

The staff shared lots of music and dancing along with face painting to help everyone feel a part of the festivities.

Lots of activity stations with calendars, Christmas cards, biscuit decorating and cake making set up around the rooms, with lots of stimulating physical activities that kept everyone involved and entertained.



The children really did enjoy their Christmas roast dinner, they ate everything! Light Christmas music in the background, happy laughs and a full team of wonderful staff to help them enjoy their experience, we are certain it will now become one of their Family Haven best memories. Everyone ended their party with a visit to Santa's Grotto, where the Elf and Santa really did make them feel very special.



Visit to City Farm



Today we had a lovely trip to the city farm to see all the animals. The children really enjoyed the walk and we sang songs as we walked, the children noticed things around them such as flags, a cat and the wind blowing the trees. When we arrived we saw the pigs first, the children enjoyed watching them as they ran around in the mud and came over to see us. We then walked around the farm meeting the goats, chickens and ducks. The children enjoyed watching the ducks swimming their pond, one of the children said 'mummy duck says quack quack, quack quack'.



The staff at the farm offered for us to see their new play/craft room and the children really enjoyed exploring it, they coloured in cardboard animals, coloured pictures and played with the velcro farm scene on the wall. A member of staff brought a guinea pig called 'Cookie' in to meet all the children, they got to stroke Cookie if they wanted to. Then we went to visit the baby chicks, two of our children got to name a couple of the chicks, they picked Spider-Man and Batman. Before leaving all the children washed their hands and we spoke about why it's important. We had a lovely walk back through the park and back to the Family Haven for our warm lunch.



Parenting Classes

Parenting classes have started again with the families taking part in some sessions run by Lisa Davenport from Gloucester County Council. Lisa is running courses for Parental Relationships and how to 'Argue Better'. Even in good relationships many parents experience highs and lows, and it's natural to have disagreements and arguments. When parents engage in intense, hostile, and unresolved arguments, it can negatively affect their children's mental health and jeopardize their long-term life outcomes. It is therefore important for parents to learn constructive ways of arguing to maintain healthy relationships, whether they are together or separated.

Lisa uses OnePlusOne digital resources specifically designed to assist parents in reflecting on conflicts within their relationships, whether current or with ex-partners, and the potential impact on their children. These resources use videos and animations incorporating evidence-based techniques to facilitate behaviour change, helping parents argue in ways that are beneficial rather than detrimental.

Parenting sessions will also encompass topics such as pushchair and highchair safety, weaning, food issues, and effective communication. Additionally, Gail is planning to conduct Baby Massage sessions, considering the presence of several newborn babies in the centre currently.



We've been fortunate to welcome a student from the University of Gloucester who has dedicated time twice a week to conduct craft and personal development sessions with our clients. Everyone has thoroughly enjoyed these sessions, acquiring new skills and enhancing their well-being through engaging in creative activities

The clients have decorated boxes, shell pictures, decorated placemats, rock painting to name but a few .



We would like to say a **BIG THANK YOU** to David Oldfield, Company Director of Blue Sky Signs Ltd, and his employees for the excellent printing of all our Newsletters and Annual reviews over the past couple of years.

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Quote of the Month

“Do today's duty, fight today's temptation; do not weaken and distract yourself by looking forward to things you cannot see, and could not understand if you saw them. “

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

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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