

Parenting and Personal Development



The families have recently participated in six weeks of parenting sessions covering topics such as sun safety, separation anxiety, behaviour, diet and exercise, toilet training, and portion control. These topics were chosen after discussions with the families and nursery staff and were delivered informally, allowing the families to share their own experiences and offer advice. This approach encourages social interaction, friendship, and peer support within the centre and the broader community.

We were also very fortunate to receive a visit from Amy and Red from The Guild Hall in Gloucester. They came to discuss with the clients what kinds of activities and services would benefit them and their families. The clients shared their lived experiences, including what worked for them during challenging times and what made their lives harder. Many mentioned that weekends were difficult when The Family Haven wasn't open, as they didn't know what to do with their children. Other clients noted that the cost of activities and transportation prevented them from providing new experiences for their children.



Amy then led a craft activity with the clients that could be easily recreated at home. This involved painting with household items such as cabbage, bicarbonate of soda, and lemon juice. The clients were amazed by the effects and enjoyed creating their own designs.

We adapted the activity by dyeing some fabric and creating prints using natural ingredients. Due to its success with the clients at The Family Haven, I shared the activity with the Hempstead Coffee and Chat group. They thoroughly enjoyed the craft and discussed how much their children would enjoy it too.



Bishop of Eswatini visits The Family Haven



In July, Gail had the pleasure of meeting The Rt. Rev'd Darcy Dlamini, Bishop of Eswatini, who visited The Family Haven along with Rev. Canon Nikki Arthy. Both were impressed with the services we offer to the families who attend the centre, especially considering we are such a small charity.

During the tour of the centre, comparisons were made between our work and that in Eswatini, highlighting similar issues such as support for

homelessness, domestic abuse, and alcohol misuse, which are often underfunded and misunderstood in both regions.

Rev. Nikki explained the close links between the parish of St. Swithun's, St. Mary de Lode, and St. Mary de Crypt and The Family Haven, expressing gratitude for the support we receive from them.



**Helping vulnerable families
to a brighter future
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The Family Haven
A company limited by
Guarantee
Registered Charity No
1088622

**31 Spa Road, Gloucester
GL1 1UY
Telephone: 01452 422971**

E-mail:
info@thefamilyhaven.com

www.thefamilyhaven.com

Caterpillars June 2024



The children have been interested in a variety of different bugs in the garden. In June we were very excited to take delivery of some very tiny caterpillars to look after until they would transform in to butterflies. The children got to see all the different changes as they moved through the stages.



Watching the caterpillars go through the four different stages of transformation, called metamorphosis, was a fantastic opportunity for the children to learn about the outside world, different types of butterflies, butterfly habitats, life cycle of a butterfly and how we can help butterflies. It encouraged the children to use descriptive language.

The children were excited to see the butterflies each morning and enjoyed showing them to their parents. We enjoyed sharing books together about the lifecycle of

butterflies. The children were amazed to see the butterflies emerge from their chrysalis, and they spent lots of time watching the butterflies and talking about patterns and colours and created some beautiful art work of their own butterfly paintings.



They looked after the butterflies each day and knew to be very gentle. They fed the butterflies some fruit, we did our own fruit taste testing and we talked about what we need to keep the butterflies well and also what we need to keep ourselves healthy.

Their hard work culminated in achievement as the day came to release the butterflies, we picked a sunny day, and the children waited patiently for the butterflies to make their way out of the net. The butterflies landed on the practitioner's hand, on the slide and on the flowers before flying off and the children waved goodbye.



Nursery Outdoor Areas



The playhouse has been updated with some bright wallpaper and lights. This has now become the reading shed, along with all its other uses. We have different groups daily that enjoy the different provocations we set. The curriculum is followed throughout the nursery, both indoor and out.

The Mud Kitchen has also had an overhaul. The floor mats give a robust non-slip grounding. The children have ample space to 'create' with the mud, and the use of the mint garden makes it all smell wonderful. We have so many children that focus on a sensory area of the garden, this now provides a perfect platform to experience all the senses in one area.

Arts and Crafts



With the guidance of Jess our families have been engaging in some enjoyable arts and crafts based activities over the last few months. These have included water colouring, candle and soap making, vase painting and decorating, as well as weekly baking sessions, including making biscuits, cupcakes and brownies.

Each activity has enabled the clients to get hands-on with learning new skills, and taking time out to relax and have some fun! Many families have share how beneficial each activity has been for ensuring positive mental health. During the baking sessions, there has been the opportunity for our clients to take recipe sheets home with them, with many of them keen to try the recipes at home with their families.

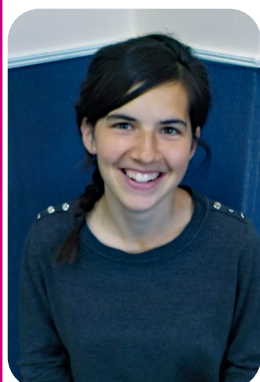


The same has been case for the arts and craft activities, with several families sharing how much they have enjoyed replicating the activities at home with their children.



Neurodiversity in Early Years

Recognising everyone's differences is a starting base for all practitioners. Many children are able to engage with the typical pathways of the curriculum we set out each year. Our special educational needs coordinators are trained to support families when there are indicators that a different pathway is emerging for their child. We are fortunate to now have two practitioners within the nursery to support these needs.



Nursery Deputy, Claire Bluett has been our SEN coordinator for several years. Claire provides specialist support, which includes providing My Plans for the family. A My Plan is a tool that sets out the needs of the child and the family. Detailing what support can be provided to best improve planned outcomes.

Senior Practitioner, Debbie Morse has recently qualified with a level three award for Special Educational Needs. Debbie supports all our children and embraces as well as acknowledges the diverse ways of play. Debbie provides meaningful inclusion for the children at every level.

All our practitioners listen to the children; through their spoken language, body language and abilities as well as working with other professionals along with the family in order to gain and understand their lived experience. This is so important in identifying their developmental differences. Having two practitioners to support the children throughout the nursery is helping families to be supported within a quicker timeframe.

We had a fantastic day celebrating Eid with our wonderful families.



The children spent time making Eid decorations ready for the party, they enjoyed using lots of sparkles and glitter, and their decorations looked beautiful. The staff spent time decorating the garden, transforming it into a beautiful party space.

The children were very excited and arrived in beautiful bright party clothes. They were happy to see their decorations up that they had created. They were excited for the party to start. The children enjoyed a morning of playing with lots of different activities, from sensory trays, moon and stars glitter playdough and dancing with colorful ribbons.



Later on, more families joined us that attend on different days, and it was lovely to see everyone making new friends.

The parents had brought in a variety of foods to share, the table was full of savoury and sweet treats. The children joined their parents and everyone enjoyed sampling a variety of foods.



The garden was a buzz of excitement, with beautiful decorations, music playing, beautiful outfits and everyone chatting and laughing together. It was lovely to enjoy this special time together. The children enjoyed playing with the different activity tables, including henna hand glitter decorating, crafts, musical instruments, drums, ribbons and scarves. The babies enjoyed exploring the activity mats and sensory items. Everyone loved the bubbles, trying to catch them and having a go at blowing the bubbles high into the sky.



It was a very special afternoon and brought so much joy. We look forward to planning for next year

Quote of the Month

“Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it.”

- Barack Obama



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

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