

Parenting and Personal Development



In our recent personal development sessions, our clients have been very creative and engaged! We introduced the art of decoupage, which has allowed families to decorate shells and transform them into beautiful trinket dishes. In addition, everyone has learned some basic sewing skills to make "pocket hugs." These small, handmade felt hearts can be given to loved ones to remind them that they're loved, even from afar.



Our families also created fridge magnets, keyrings, and charming macramé hearts, adding their own personal touches to each item. In response to requests, we partnered with Betaris and Adult Education to provide essential first aid sessions and English classes, empowering families with valuable life skills.

Jess has kept spirits high with fun and entertaining activities, including board game and pamper days, tea parties, and creative sessions like soap making. Bingo sessions have been a big hit as well, sparking friendly competition and laughter among all who participate. These craft sessions are more than just skill-building; they encourage a sense of community, boost self-confidence, and promote mental well-being.



In addition to our creative sessions, Gail has been attending the weekly Coffee and Chat gatherings at Lyson Hall in Hempsted. These sessions, in partnership with the pastoral care team from Hempsted Cof E Primary School and St Swithin's Church, provide a welcoming environment for families to receive advice, support, and friendship. Gail has also been bringing her crafting skills to these sessions, much to the delight of attendees. One family member shared, "I really enjoyed this morning. After a stressful school run, it was definitely what I needed. You were very helpful, and the whole experience was amazing."



We are pleased to share that Claire from National Energy Action recently delivered valuable advice sessions to our families at The Family Haven and the Coffee and Chat group. She provided practical guidance on how to save on gas and electricity bills—a timely and crucial support as we approach the colder months. These sessions were well received, equipping families with tips and strategies to manage their energy usage and reduce household expenses. A big thank you to Claire and National Energy Action for their support in helping our families stay warm and worry-free this season!



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

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Noah's Ark Zoo Farm



Our trip started with our driver Spencer picking us up from The Family Haven and welcoming us onto the coach.

The children were very excited to go to the zoo; many were discussing which animals they wanted to see first. On arrival some of the families began singing 'Down in the Jungle' and even our driver joined in. Once we were off the coach, the parents received their lunch boxes and set off into the zoo. Some went straight to the zebras and giraffes and others went into the large play area.



On our walk around the zoo we met Christina the zoo founder and had a lovely chat with her, she told us before Noah's Ark was opened in 1999 it used to be a dairy farm, and that's why it's called Noah's Ark Farm and Zoo.

Half way through the day it started to rain but this did not spoil anyone's fun as the families used this opportunity to explore the two soft play areas, reptile house and farm barn. The rain settled just before we left so the families were able to take a slow walk back to the coach.

Many of the parents thanked us for an amazing day and said they could not wait for our next trip!



Weston Super Mare



My trip to Weston started when I got onto the coach with my mummy and all the other families. I was very excited. I have never been on a coach before. It took a long time to get there so I had little nap on my mummy and when I woke up, we were at the beach. I could see the sand and sea from the window.

When we got off the bus, mummy put me in my pram and before we could do anything, I needed a quick snack from my lunch box. Once my tummy was full we went onto the beach, mummy took my shoes off and took me out the pram. The sand felt so funny on my feet! It made me laugh! It was wet and stuck to my toes. I threw the wet sand over my head and made mummy laugh, so I did it again.



We walked further down the beach and found some dry sand to play in. My friend's mummy gave me a spade so I used it to dig and throw sand. I finished with the spade and wanted to run across the beach and mummy chased me, I was laughing lots.

I was very tired after playing in the sand so mummy walked me around in the pram. I saw other children running through the water fountains, I pointed and said "wow" mummy said "wow" too. I had a big sleep and woke up when mummy was carrying me onto the bus, when I got a bit sad on the bus Claire and mummy sang me songs. My favourite song was wheel on the bus!

Everyone had a great time and some of the children were very tired by the time they got back on the coach.



The Song Bag



All of the children in Nursery are familiar with the Song Bag.

As soon as the bag is seen children come over to join in and have their turn.

To anyone who walks into the room this looks like children simply enjoying singing songs with toys, but there is actually a lot of learning that is taking place during this fun time, some of these include...

- 1) **Communication-** even before children can speak they are communicating with us with their behaviour, facial expression and eye gaze. Babies and children that are new to the Nursery may be too shy to reach into the bag initially. In this case we show the child two toys out of the song bag, some children may reach for a toy, with others we follow which toy their eyes are focused on. We take this as their choice. The children then progress onto reaching for the preferred toy, then reaching into the song bag to choose a toy.
- 2) **Language-** children are learning new and practicing words, they are also learning the rhythm of language and song.
- 3) **Being active-** children learn to move their bodies to copy the actions or dance to the music
- 4) **Making a choice-** Babies and children are encouraged to make a choice and choose the toy that interests them, this builds their confidence and self-esteem.
- 5) **Learning the routine-** the song bag is part of our daily routine in the Baby Room, we often use it in quiet time in the garden or after lunch too.
- 6) **Making links-** as children become more familiar with the song bag they start to reach inside to look for the toy that they have learnt links to the song that they want, for example the cow links to the song "Old MacDonald's farm", the white rabbit links to the song "Sleeping Bunnies".
- 7) **Turn taking and waiting-** the Babies and children are gently learning to take turns and wait for their turn, this is helped by the way song bag works, even though another child has chosen, all children enjoy singing the song that they have chosen.
- 8) As children progress into Toddlers and Pre-school they begin to use a song box too which follows the same concept.

The children are also learning many other skills during this time, but most importantly they are having FUN!!!



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



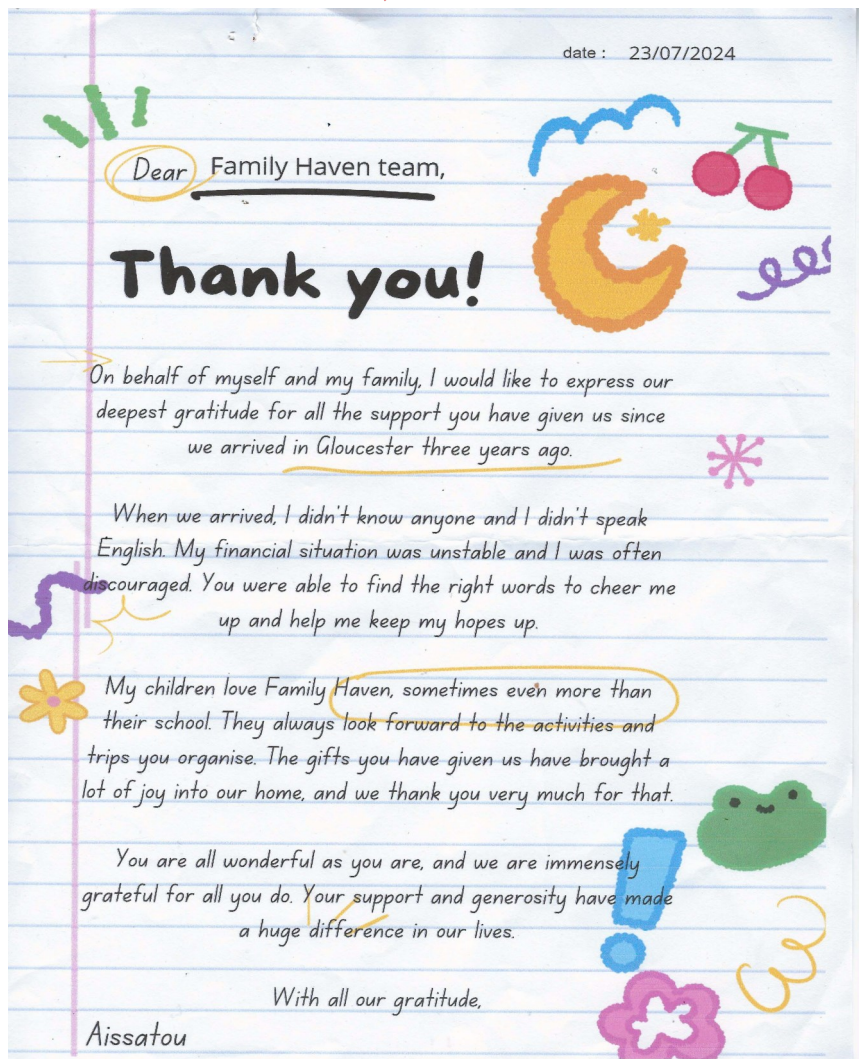
families and children. Kat has been doing really well developing and increasing the Healthy Eating sessions and they remain very popular. The majority of these classes have been delivered on a group basis with some one to one. She has been making a lot of recipes using the harvest produce that has been donated to us.

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



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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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