

Relaxation and Wellbeing Session



Relaxation and Wellbeing session with Gez Bray (Bray Hypnotherapy) Monday 3rd March 2025

Claire Leighton (Family Support worker) contacted Gez on her website to enquire if she could visit us to give our parents a taster session. Gez responded quickly, saying that she had viewed our website and loved what we do at the Family Haven. Gez offered to provide us with a free taster session.



During our session Gez chatted with us about how important it is to find times to be mindful and relax. As busy parents we can often find it difficult to find the time to look after and love ourselves as we are too busy caring for everyone else. Gez guided us through deep breathing and letting go of tension through our muscles and mind.

One by one, the parents that wanted to take part, were able to close their eyes and drift into a more relaxed state, guided by Gez's calming voice. Gez gently described images of trees and water which we all could relate to.

Gez repeated the phrase "I am safe, right here, right now, I am safe, right here, right now". This helped to ground us in the present and to allow a deeper relaxation. Feeling safe is vital for our wellbeing. Providing a safe space to be able to relax is what we hope to offer clients at The Family Haven. Gez guided us through 30 minutes of relaxation.

This is what some of our clients had to say about the session:

"Today I had a great time with the relaxation teacher. She helped me relax and calm. (In) my mind I travelled to my country and met my family. I would like her to come again and give us a lesson."

"I enjoyed it. We need more of this"

"It was really nice, when I came first I was having a headache. But it relax my mind and my breathing. I feel better now, headache gone. We don't take it seriously (relaxation/mindfulness) we need to take it seriously."

"The session opened me up to how much I forget myself because I pay much attention to worrying about things. The few minutes we tried relaxation felt like coming back to the real me and into the space I should be. Worrying makes one lose time and self, so I took time to share with my 10 yr. old and 13yrs old so that they worry not about things."

Thank you Gez for an insightful and relaxation session.

We asked Gez for tips on how to find time to be in the moment/now during our busy lives. Gez's tips were:

- Set an alarm on your phone to regularly deep breath and pay attention to yourself
- Notice the feel of your feet as you are walking, notice the sounds that you hear, be in the moment of the walk, rather than allowing your thoughts to race ahead.

Link: [BrayHypnotherapy & NLP | Gloucester | Life Changing Hypnotherapy](#)



**Helping vulnerable families
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Chinese New Year



At the Family Haven, we believe it is important that we learn about and show respect for all cultures and celebrations. This week we celebrated the Chinese New Year! The children have learnt what animal represents the year they were born in and they have coloured in their own pictures for it! This year 2025 is the year of the snake so we coloured in our own paper snakes and the pre-schoolers had a good go at practicing their scissor skills to cut them out. For snack time the children enjoyed a variety of Chinese foods from noodles to prawn crackers! During our quiet time, the children



watched a Cbeebies episode explaining what the Chinese New Year is and how it is celebrated. In our role-play area, the children were able to choose what Chinese garments to try on and we listened to relaxing Chinese music.

Jumble Sale



Teas, coffees, cakes
Toys
Nearly new items

Come and grab a bargain

Saturday 10th May

12pm to 2pm
£1.00 entrance

English Martyrs Catholic Church
247 Tuffley Ln, Tuffley, Gloucester GL4 0NX
in aid of



Thanks to everyone who donated Easter Eggs



A huge THANK YOU to the amazing students from the Business Group at GlosCol! We're so grateful for your hard work organising a cake sale to raise money for Easter eggs for the children at The Family Haven.

It was a real pleasure welcoming you yesterday for a show-around and giving you the chance to see first hand the work we do to support families in need. Your generosity and interest in our charity mean so much and the children will love the eggs!



Huge thanks to Petrina and her colleagues on Ward 2a @ <https://www.gloshospitals.nhs.uk/> For the kind donation of new clothes, nappies, coffee and biscuits. We really are very grateful.



A huge thank you to Gloucester and District Choir for their kind donation of Easter Eggs for the children and families who attend our sessions. It's great to see the smiles and surprise on everyone's faces when they realise that every child, including the school-aged ones, and even the parents receive an egg.

Your generosity brought so much happiness and made Easter that little bit more special for everyone. Thank you for your continued support.

Home Maintenance with Gavin—January to March 2025

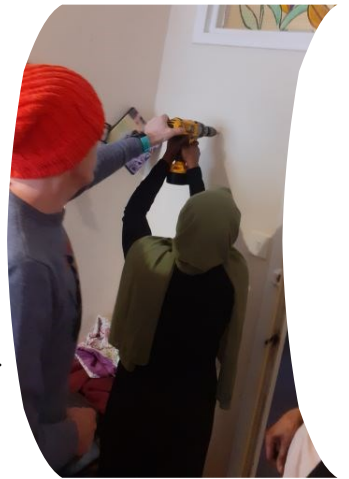
Gavin from Fair Shares Community Time Banks has been visiting The Family Haven to teach our clients basic DIY and decorating skills. These sessions not only equip families with practical knowledge they can use at home but also boost their confidence, promote independence, and encourage teamwork. Learning these skills can save money, reduce reliance on others, and even spark an interest in further developing their abilities.



Gavin led 5 sessions on home maintenance. The subject of the first session was to prepare the Donation room for painting and then to apply the first coat. The clients were inspired by Gavin and wanted to carry on painting after the session with Gavin had ended. Claire and two clients carried on painting into the afternoon. Another Client who had seen what had been achieved but was unable to join the group himself asked if he could paint the Meeting room. He did a great job!

Gavin showed us some money saving tips such as scraping paint of the roller and back into the paint pot (rather than washing it away) It was incredible to see how much paint was saved for another use, by using this tip. All of the sessions were practical but also created opportunities for laughter, teamwork, new skills, active listening, building relationships and self-esteem.

Gavin demonstrated using polyfilla to fill holes in the client's bathroom. He also demonstrated how to measure and select the correct drill bit for the type of wall and size of the screw needed. Gavin and the Clients busily hung toilet roll holders, picture frames and cup hooks. Using their new skills (measuring, drilling, using wall plugs and hanging pictures).



We created a photo display of the clients in action and when one of the clients saw herself she said "I'm proud of myself". The clients were interested in doing more activities like this. Gavin spoke with us about Time banking with Fair shares. Some of our clients are interested in this. So we have invited Reyaz from Fair shares to come and talk to us about this.



Gavin is also helping us with a gardening project for the clients and is providing us with 2 planters (another 2 have been given to nursery).

A huge thank you to Gavin for sharing his time and expertise to help empower our families! Teaching our clients some new DIY skills! They learned how to paint, measure, drill, and put up cup hooks with confidence. It was a hands-on session filled with teamwork, learning, and a real sense of accomplishment. Everyone was proud of their new skills and excited to put them to use!

Link: [Fair Shares Gloucester](#)

Bottle Light session with Marian Marsh, 18th March 2025



Marian kindly volunteered her time and resources to teach us how to create bottle lights.

Marian spoke to the clients about recycling plastic bottles as opposed to glass to ensure that they are safe around children.

Marian also spoke to the clients about the battery compartment in the light being secured with screws, making it safer for children due to batteries being very harmful if swallowed.

Marian taught us to listen and wait for instructions as she demonstrated step by step. Clients followed along with the instructions, using gesso to prime the bottles, then pulling apart pretty napkins making a single sheet rather than double.

Marian then showed us how to use water and a paint brush to gently dab around the design that we wanted to add to our bottles.

Some clients followed this direction, some clients chose to create their own individual bottles using the whole napkin. The napkins/designs were secured with PVA glue.

The clients inserted their battery into the bottle neck. They were delighted with the results. It was lovely to see clients taking photos and videos of their creations. Clients even came up with ideas for making vases (without the lights) from big detergent bottles.

The final step will be to apply another coat of PVA glue to seal it and the ribbon/string to decorate it which clients will do with Claire.

Marian will be coming back to demonstrate another craft activity in May.



Quote of the Month

You are never too old to set another goal or to dream a new dream. – C.S. Lewis

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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