

Gloucester Day Parade



Gloucester Day was a great opportunity for The Family Haven to raise awareness of our work. We were pleased to have a stall in a prime position on Southgate Street, where passers-by could take part in our tombola, make donations, and learn more about the support we provide to vulnerable families in Gloucester. First to work the stall was Jennica Edge our new Practitioner and Deputy Manager in our Nursery.



At 2pm, Claire, Gail, and one of our clients with her child proudly joined the parade through the city, while Lucy held the fort at the stall. Throughout the day, we met many lovely people who showed interest in our work, including some former clients, one of whom is now running her own restaurant, an example of how lives can change with the right support. We were also grateful for the help of our trustees and family members, whose hands-on help made the day both fun and successful.



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

Inside this issue:

Noah's Ark 2025	2
Trip to the Museum	2
Autumn Term 2025	3
PCSOs visits the Children	3
Colesbourne Snowdrop Teas	3
Harvest Donations	4
Quote of the Month	4
Leave a Legacy	4
Be a Friend	4

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Home Cooking Group



We had our first meeting with Katren (our cook) before we started our Home cooking group. Every Tuesday morning for the next month or two, clients will be joining Katren in the kitchen to cook dishes from home.

Next Tuesday will be the first session with two of our clients cooking a Nigerian dish of Jollof rice. The following week will be Zambian-themed with another two clients cooking recipes from Zimbabwe.

We spoke to Katren about ingredients that the Haven can provide in the budget and other ingredients that cannot be supplied in the budget; we spoke about ordering deadlines (shopping), food allergies and food preferences (vegetarian/vegan).

We also thought about alternatives for those who may choose not to eat the meal, so that there are no surprises at 12p.m. with someone requesting a jacket potato instead. We are looking forward to trying other recipes in the next month including more African and Sri Lankan dishes.



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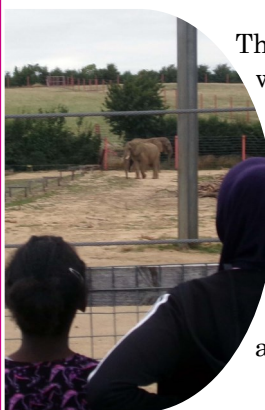
**31 Spa Road, Gloucester
GL1 1UY
Telephone: 01452 422971**

E-mail:
info@thefamilyhaven.com

www.thefamilyhaven.com

Noah's Ark 2025

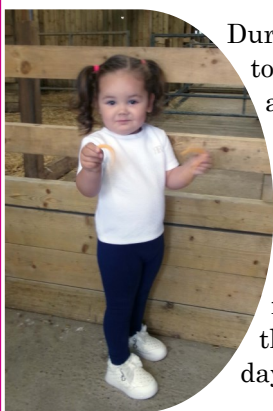
The wheels on the bus go round and round... all the way to the zoo!



This August we went on a wonderful adventure to the zoo! Families all met at The Family Haven with excited faces and happy smiles. On our bus ride to Noah's Ark, many children and parents thought back to their last zoo trip "I can't wait to see the elephants again" "I love the soft play".

Once we arrived, parents and staff worked together to pop up buggies, hand out lunchboxes kindly sponsored by the HAF project (Holiday Activities and Food Programme) and pass out zoo maps before heading in. The sounds of tweeting birds and noisy monkeys welcomed us. It was lovely to see children taking the lead and discussing with peers what animals they wanted to see first. As we walked around, it was lovely to meet up with the children and parents as they told us all about what they had seen so far!

The children enjoyed seeing the variety of animals including the black bears and giraffes.



During a little shower of rain, it was the perfect time to explore the ginormous soft play that seemed to go on forever! The children enjoyed whizzing down slides and crawling through tunnels while parents enjoyed a much deserved sit-down and chat! "While some others" discovered the face painting tent! We enjoyed seeing a cat and a butterfly return to our group!

With full bellies and tired eyes, we returned to the coach for a quiet ride back to The Family Haven. Upon leaving the bus, the children and parents told staff how lovely the day had been and what good memories they had made.



Trip to the Museum

In September, we took the children to the museum. While walking to the museum we watched someone mowing their grass, we smelt the fresh-cut grass in the air. The road sweeper was cleaning the road we listened to the noise of the brushes was making on the road and then we saw a little orange cat, we waved to the cat and discussed where the cat may be going on his adventure.



Once we got to the museum we were greeted by Reggie the dinosaur, there were many interactive exhibits at the museum such as, fossil hunt sand tray, coloring, small world play, puppet shows and dress-up. The children totally enjoyed their trip to the museum and so did the staff who went with the children.



Autumn Term 2025

This term we are focusing more on nutrition. The pre-school children have been looking at what is healthy to eat during their snack times. We sat down around a tree stump in the nursery room to talk about what we like to eat for snack as well as, what was better and healthier to eat.

"Mumin enjoys cream crackers and chicken"

"Elaf likes to eat oranges, tomatoes, apples with cheese".



"Ammer likes oranges, cheese in wraps and chicken slices".

"Esther really likes baked beans with toast, cream crackers with tomatoes and breadsticks".

The practitioners have looked at what the children enjoy, which was surprisingly healthy. It is also very similar to the snacks we already provide. We have added more wholegrain cereals with fresh fruit for breakfast, which seems to be going down a treat. A practitioner always sit down with the children to enjoy sharing the foods and supporting ongoing learning; using math when counting the plates and bowls, communication when talking about own experiences with food, hand-eye coordination to pour own drinks and serve themselves cereals, and always encouraging how to achieve good waiting when being seated. Children are brought in to nursery mostly between the times of 10.00 and 10.30am. Breakfast is prepared for this half-hour to ensure children have opportunity to enjoy possibly a little bit of second breakfast, but primarily it is for those children who may not have received a nutritious breakfast to start their day.

Colesbourne Snowdrop Teas Open Days

We will be providing refreshments at the Colesbourne Snowdrop Teas open days on 31st January and 1st February 2026. If you would like to donate cakes or help on the day, please get in touch with Gail Jones on 01452 422971 or email gail@thefamilyhaven.com.

PCSOs visits the children on the 24th October



This morning the children had a lovely surprise from Sophie and Ria our local PCSOs. The children were very excited. They spent time with the children playing and talking, the children got to dress up in the police vests and hats. They children enjoyed answering some fun questions about police and their transport and other emergency services. The children managed to answer the questions so well even though these questions were for older children. The PCSO's brought some colouring in for the children to do of the different workers within the emergency services,

Sophie and Ria joined in with the colouring and spent time answering questions the children had about the Police. When it was time to leave the children were very excited to see the police car pull up and put on their flashing lights, they waved goodbye.

We look forward to our next visit, which we will be able to have a closer look at the police car and Sophie and Ria are looking forward to joining in with some of our activities in nursery.



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 and churches and individuals from all around the County. We had both fresh and non-perishables so we were able to restock 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

"In three words I can sum up everything I've learned about life:
It goes on."

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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