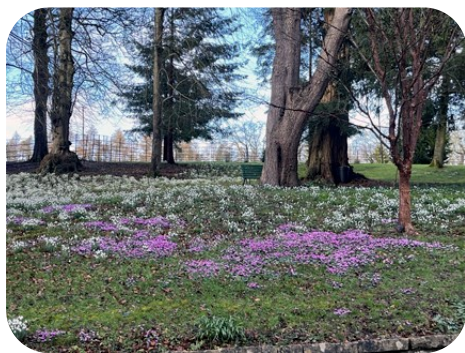


Charity Event at Colesbourne Gardens



We had a wonderful weekend serving refreshments at the Colesbourne Gardens Snowdrop Walks on 31 January and 1 February. Despite the temperamental weather, the snowdrops were absolutely stunning and drew a steady stream of visitors throughout the weekend.

Our team offered an impressive selection of homemade cakes donated by supporters, volunteers, and clients, we are so grateful for everyone who baked for us. This year, we also introduced hot homemade soup for the first time, which proved especially popular on such a cold weekend.



It was a busy two days, and the event ran smoothly thanks to the hard work of our corporate sponsors, volunteers, and trustees, who gave their time. We cannot thank you enough for supporting The Family Haven.

Despite challenging weather conditions and road closures caused by roadworks and an accident, we were pleased to raise nearly £3,000. This was a fantastic result, which will make a huge contribution to our work with vulnerable families.



We would also like to express our sincere gratitude to Sir Henry Elwes for inviting us to serve teas and help raise much needed funds for The Family Haven.

Thank you to everyone who baked, volunteered, visited, or supported us in any way.



Gail Jones
Fundraiser
Centre Deputy Manager



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

Inside this issue:

Easter Roves Farm Trip	2
Fussy eating	2
Employment & Skills Hub	3
Fairshares DIY Session	3
First Aid	3
Local Police Officers pays a visit	3
Caterpillars	4
Future Events	4
Leave a Legacy	4
Become a Friend	4

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Easter Roves Farm Trip 2026

We have taken the families on another adventure to Roves Farm Park. We always enjoy this particular trip, as there is always so much for the children and families to do. The staff are very helpful and kindly. This year they kindly rang to let us know a main road to their farm would be closed, therefore they happily altered the plan and we were able to visit one day later.

From departure to return, the families were so thrilled to be going somewhere that is fairly local, but far enough away that it feels like a break from the normal routine.



Being the Easter holidays, the staff provided a welcoming group of animals for the children to pet and feed. This is always a thrilling experience, which parents and staff all enjoy being a part of. The newborn lambs with their mothers were really lovely to see; children enjoyed observing the feeding along with the impressive sleeping of the lambs whilst all the chaos of children surrounded them! Looking at the piglets feeding and making their snaffle and grunts gave everyone a giggle.

The goats with their young kids were as you would expect, quite noisy and busy. One parent shared how happy they were to see two kids born whilst in the enclosure. What an experience for them all.

We are as ever, so grateful to the Holiday Activity and Food (HAF) project for paying for the entrance fees, coach expenses and providing the funds for the picnic bags given to every parent, carer and each child.



We had such a lovely day out, with nice weather and lovely company. We hope to repeat this trip again as the children in particular get so much from being outside and free to explore.

Helen Jackson

Nursery Manager & Designated Safeguarding Lead Coordinator

Fussy eating—March 2026



Fussy eating- allergies, intolerances and preferences (with Claire and Katren). We have covered fussy eating in parenting but felt that we needed to explore this subject in more depth. Particularly the differences between an ALLERGY and INTOLERANCE and a PREFERENCE.

Katren and I used an NHS video and food packaging to identify common allergens in food. We also spoke about the importance of visiting the GP so that the symptoms of the allergy or intolerance are recorded and a treatment plan is written up. We spoke about how allergies can become life threatening (anaphylaxis) and the importance of everyone supporting the child knowing about the allergy and treatment plan.



Fussy eating next steps- Maddie Health Visiting team

Maddie, a nursery nurse from the Health Visiting team came to speak to our families about healthy eating. Maddie brought our families some vitamin tablets for breastfeeding mums and some vitamins for children. Maddie will visit us on a monthly basis.

Our families will be able to ask her about sleep, constipation, behaviour issues and eating issues. Maddie even brought scales to weigh the babies.

Employment and Skills Hub



In January we had Dave, Jonathan and Jonny (the guide dog) who came to speak to the clients about the services offered at the Employment and Skills Hub in Gloucester.

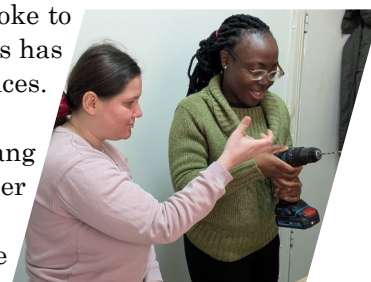
Dave and Jonathan spoke about the Connect to Work programme which is set up to help people who are experiencing or have experienced certain barriers to finding and keep jobs. The programme accepts referrals and then works with clients to find out about any difficulties that they may have in accessing work and then supports them through the application process and during the initial employment period. Clients engaged with the Connect to Work programme can inform their job centre work coach that they are accessing the programme.

Fair Shares DIY session



Gavin from Fair Shares visited us once again in January. He spoke to us about Fair Shares and time banking. Flavia, one of our clients has volunteered with Fair Shares and spoke to us about her experiences.

Gavin then took a group of us off to the new staff room to hang some colourful pictures that have been donated to us. Under Gavin's instruction, the clients measured, drilled and hung the pictures. Our next project will be hanging pictures in the Wellbeing Hub, with clients taking the lead on this.



First Aid



We had a great hands on first aid session with Jessica from the Adult Education Team. We shared what we would like to learn in our 3 hour session. The topics chosen were; CPR (cardio-pulmonary resuscitation), Choking, Head injuries and Bleeding. We talked about serious topics, but the learning was fun, with lots of laughter. We used the adult and baby mannequins to practice CPR and chest/abdominal thrust for choking. We will be inviting Jessica and Lesley back to deliver some more first aid, computer and wellbeing/mental health support.



Local Police Officers pays a visit.

Our local police officers paid us a visit in March. The children enjoyed meeting the police officers once again who brought along some extra uniform for us to try on before going out to look at their police car. In the police car children and parents got the opportunity to sit in the driving seat, pressing the buttons, setting off the sirens and flashing the lights. We also had the opportunity to ask questions and find out more about their involvement in the community and the ways they help and support us in having a happy community. We enjoy providing opportunities for parents and children to learn more about ways our community can help and support us.



Caterpillars

Over the last few weeks the children have been captivated by some very special tiny guests: our classroom caterpillars. We have been busy observing the incredible life cycle of the butterfly. The children have watched as our hungry caterpillars transformed into still, quiet chrysalises.

Children learnt about the four stages:

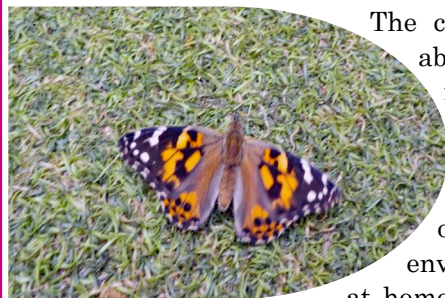
The egg: the tiny dot on a leaf

The caterpillar: the hungry guest that eats and grows

The chrysalis: a hard shell where the magic happens

The butterfly: a colourful friend ready to fly

After spending time being looked after by the children in their butterfly house, the magic happened - our butterflies emerged with beautiful fluttering wings. After a few days of being looked after and fed the butterflies were ready for the big world. We gathered outside to say good bye. We opened the net gently and patiently waited for them to stretch their wings. A special moment as they take their very first flight in to the garden.



The children asked lots of questions and learned about caring for living creatures and the importance of letting them return to nature. They describe what they see, hear and feel while outside and some children even let the butterfly onto their hand. They gained a sense of respect and care for living things and their environment. You could keep the excitement going at home by looking for butterflies in your local park,

reading 'The Very Hungry Caterpillar' book together and drawing pictures of colourful butterfly wings.

Future Events

Coro Lounge in King's Square. During their first month of trading, they will be donating 20p/50p for every coffee or burger purchased to The Family Haven. They will also be holding coffee mornings, quiz evenings, and a clothing drive to raise money for us throughout June as part of Lounge Aid. Please do pop along and support us.

Big Give Small Charity Week runs from 22nd June to 29th June. During this week, any donation made via the Big Give will be matched, so a £10.00 donation will become £20.00. Keep an eye on our social media for more details.

Malverns Walk—Some staff, Trustees, and supporters will be raising money by walking 10 miles across the Malverns on 22nd August 2026. If you would like to donate, please follow the link:

<https://gofund.me/ff40ac643>

Gloucester Day

On 5th September, The Family Haven will be participating in Gloucester Day. Please come and say hello to us at our stall.

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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