



Ohana

Spring 2024 Newsletter

"Ohana means family. Family means nobody gets left behind or forgotten."

Do you know a young parent who is care experienced?

Ohana offers the opportunity to build new, positive relationships in three different ways: **Ohana Support Group**, **Ohana Champions**, and **Lifelong Links**.

Ohana Half-Term Jungle Tots Event

On the 21st of February in Stevenage, Ohana held a fun half-term event, where families could learn about the Lifelong Links service, participate in Garg's Animal Encounters, join in with Hertfordshire Library Service's Rhyme Time, and donate to or select items from our biggest ever Ohana Recycle Corner.



Lifelong Links



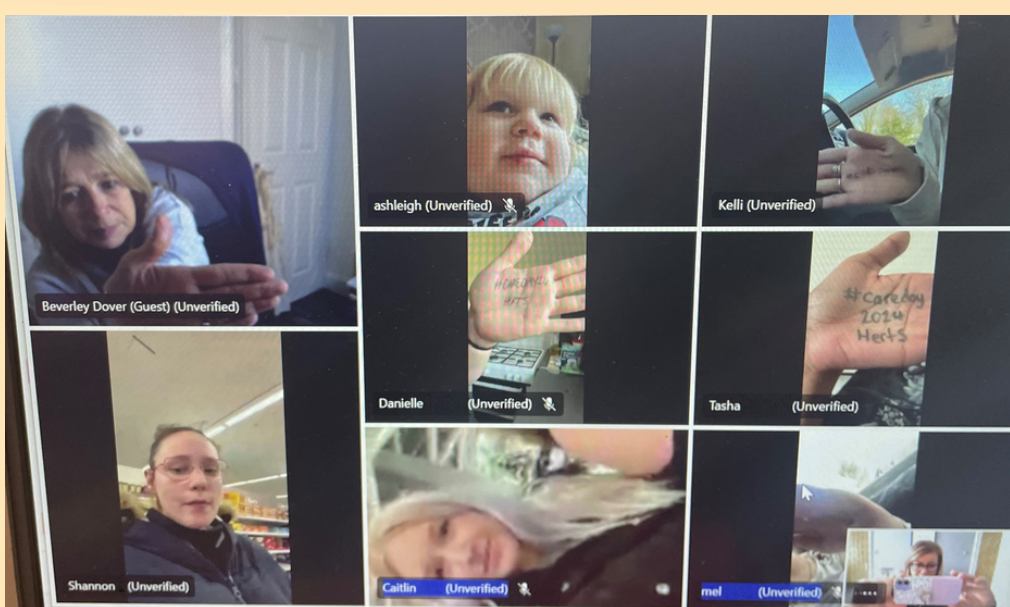
Garg introduced the children to a screech owl, a hissing cockroach, a millipede, a yellow-footed tortoise, a chinchilla, a blue-tongued skink, a lesser tenrec, a skunk, and a royal python!

We also received a very generous donation from the Hertfordshire Cake Company, who we would like to say a big thank you to!

Ohana Easter Music Event

On the 3rd of April, Ohana and Hertfordshire Music Service partnered to host an Easter-themed sing-along event with musical instruments and a Sound Garden, followed by crafts and an Easter egg hunt for children of all ages!

We would like to thank Forever Young People for their generous donation of Easter eggs and Hertfordshire Cake Company for their continued support!



#CareDay2024

Ohana host an Online Parent Support Group session on Microsoft Teams every other Friday throughout the year. During the session on the 16th of February this year, Ohana parents and children celebrated World Care Day together.



Do you have a passion for helping others? If so... Become an Ohana Champion!



To become an Ohana Champion, please complete an Expression of Interest by scanning our QR code:



Apply by 26th April!

Click on the link below to watch the Local Government Authority film to discover how Ohana supports care leavers!

https://www.youtube.com/watch?v=eYONS8_SctY

Why I became an Ohana Champion:

"Wanting to help others is important to me. I thought that this would be a great opportunity to build relationships and gain experience in an area I am very interested in (family support)."

"I have really enjoyed the training and meeting the young families. The young people participating in this scheme are so brave, and I am honoured to be a part of this. I hope to make a difference in their lives for the better."

"Being a Champion has been such a rewarding experience. Getting to know the young parents and their beautiful children has felt so natural. I feel really valued and supported as a volunteer, and would recommend it to everyone."

Ohana recently ran our first ever fast-track training and welcomed two new Champions!



Love Shows Up

#RelationalActivism

#WeSupportLove

#CloserToPeople

#ConnectionOverDistance

#IfItMovesYouGiveThanks

#TrustBridges

On the 14th of February, Ohana parents Kelli and Caitlin attended the Love Shows Up event hosted by Camden Council to participate in the 'Practising Family Group Conferencing' circle.

Children & Young People Now

Ohana Parent Caitlin recently shared her story with Children & Young People Now. Caitlin has been part of Ohana since the beginning with her son. Through Ohana, they have made new friends, developed a support network, a sense of belonging, and have gone on holiday with another Ohana family. Caitlin's newfound confidence has enabled her to speak at the East of England Social Work Conference.

Full article available here:

<https://www.cypnow.co.uk/best%20practice/article/young-care-experienced-parents-build-confidence-in-developing-support-networks>



BECOME.

THE CHARITY FOR CHILDREN IN CARE
AND YOUNG CARE LEAVERS

Become are offering free tailored workshops to Ohana parents over the next 2 months! Session 1 (Goal Setting) has already taken place and was a great success!

Session 2: Confidence - 1st May

Session 3: Time Management - 19th June



Save the dates for three fun summer Ohana events!

Ohana Summer Event -
Tuesday 30th July

Ohana Picnic at the Park
- Thursday 15th August

Ohana Summer Fun -
Wednesday 28th August

Contact the Ohana Team to book your place!

Ohana Support Groups

DJ's Play, St Albans (AL4 9LP)

All sessions take place between 11:45am - 2:00pm

18th April

6th June

30th April

20th June

16th May

4th July

**Ralphie and Poppy's Play Cafe,
Stevenage (SG1 3TG)**

All sessions take place between 10am - 12 noon

24th April

13th June

9th May

27th June

23rd May

10th July

2024 Ohana Online Support Sessions

All sessions take place every other Friday between 10:30am - 12 noon

12th April

24th May

26th April

7th June

10th May

21st June

To find out more information about Ohana, contact Fionna on **07866 224876** or Bev on **07749 778756**, email ohana@hertfordshire.gov.uk, or visit www.hertfordshire.gov.uk/ohana

