



# Ohana

## Winter 2025 Newsletter

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

### Ohana is for young care experienced parents.

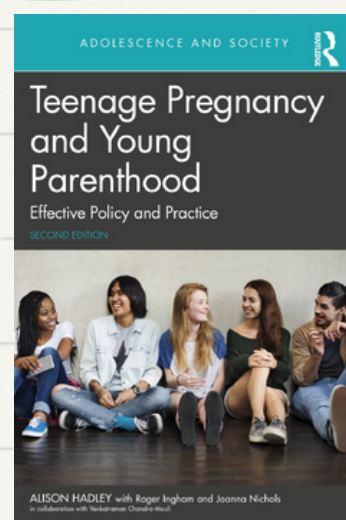
We offer the opportunity to build new, positive relationships in three different ways: **Ohana Support Group**, **Ohana Champions**, and **Lifelong Links**.

### Publication of "Teenage Pregnancy and Young Parenthood" by Alison Hadley

The second edition of Alison Hadley's book "Teenage Pregnancy and Young Parenthood: effective policy and practice" has now been published.

Alison met with Ohana Parents to talk to them about their experiences and we are excited to announce that an Ohana case study can be found on chapter 7!

Alison said: *"Thank you so much for your support and the Ohana case study. I'm delighted to be able to highlight your excellent work."*



### Supporting children with a limited diet

On the 18th of November, several Ohana Parents attended an online masterclass to learn more about supporting children with a limited diet. The course shared strategies and advice to help reduce mealtime anxiety and encourage children to try new foods. It gave the Ohana Parents an opportunity to connect with other parents facing similar challenges and shared ideas specifically to support SEND children.

### New venue!

The Ohana Parent Support Group now has a new Stevenage venue - the Bedwell Community Centre! Our first session there took place on the 9th of January and was well attended by Ohana Parents and children. Parents commented that they really liked the new venue.

We will be holding sessions at Bedwell Community Centre twice a month.



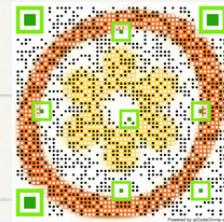


# Ohana Champions Cream Tea

On the 4th of December, we held our annual Ohana Champions Christmas Cream Tea which was a great opportunity to thank our amazing Champions for all the support they offer Ohana.



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



## Ohana Christmas Donations

Lots of preparation went into planning the Ohana Christmas Party this year, but we couldn't have made the event as special as it was without valuable help from so many generous people!

Throughout 2024, we were lucky enough to receive a number of generous donations from across Hertfordshire. Courtesy of our anonymous donation, we were able to book entertainment from Non-Stop Kids and to pay for some party food too!

We also wanted to thank everyone who helped us wrap presents for the Ohana children this year!



JOHN  
LEWIS  
WELWYN



ASDA



Karl from John Lewis



Becky from Foodshed



Tracy from Asda



Gift vouchers from Forever Young People



# Ohana Christmas Event

On the 17th of December, we held our largest Ohana event ever, with 65 Ohana family members and 11 Ohana Champion volunteers in attendance. We all had a wonderful time, enjoying entertainment from Non-Stop Kids, arts and crafts, and a very special visit from Father Christmas!



## Foodshed Donation Point

We wanted to say a huge **thank you** to Sally Glossop and her team for their generous donations to the Foodshed Donation Point at Farnham House, just in time for Christmas!

The Foodshed have supported many local families, including Ohana parents and their children, and this is a great opportunity for us to return the favour by donating food and cleaning products.





# Paediatric Basic Life Support Course

Ohana are holding a 2-hour First Aid course for care experienced parents on 3rd March at Bedwell Community Centre from 11:30am-1:30pm.

This will cover topics such as: primary survey, dealing with an unconscious casualty, CPR, use of an AED (defibrillator), choking, bleeds, allergies (including Adrenaline-pen training), and head injuries.

**Every Ohana Parent who attends the course will receive a free first aid kit!**

To reserve your place, please contact Bev.



## Ohana Support Groups

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

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

30th January

13th February

27th February

13th March

27th March

**New Venue!**

### Bedwell Community Centre, Stevenage (SG1 1NA)

**All sessions take place between 10am - 12 noon**

23rd January

6th February

6th March

20th March

3rd March

### Otley Way Family Centre, South Oxhey (WD19 7TB)

**All sessions take place between 12:30 - 2pm**

25th February



## Save the date!

Ohana are partnering with Hertfordshire Music Service to host a fun half-term event on the 19th of February at Bedwell Community Centre!

There'll be songs and musical instruments, arts and crafts, and games, so please let us know if you'd like to come along!



**\*Ohana\*  
Online**

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

31st January

14th February

28th February

14th March

28th March

11th April

To find out more information about Ohana, contact Bev on **07749 778756** or Katy on **07815 021847**, email **ohana@hertfordshire.gov.uk**, or visit **www.hertfordshire.gov.uk/ohana**

