



Ohana

Autumn 2023 Newsletter

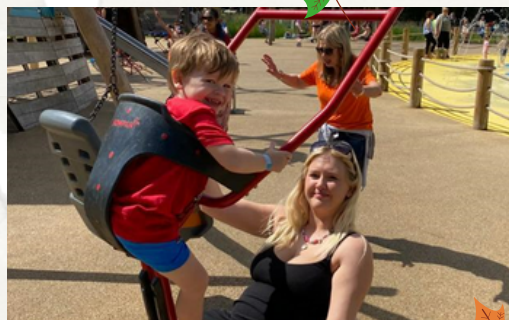
"Ohana means family. Family means nobody gets left behind or forgotten."

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 2023 Summer Fun

Ohana had two fun days in the sunshine at Splashlands in Stanborough Park in Welwyn Garden City this July and August. We had picnics, played games, and enjoyed the water!



Ohana Self-Defence Workshop

Krav Maga Elite Hertford have supported **Ohana** by providing a free women's only self-defence workshop on the 13th of September, led by instructors Garry and Liana.

The session was a safe space where **Ohana** Parents could feel empowered and build their confidence whilst learning self protection.

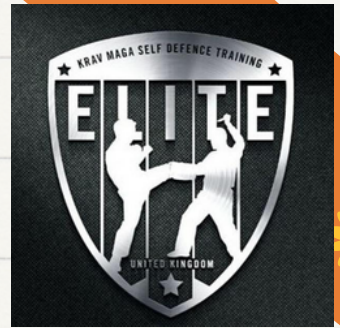
All the **Ohana** Parents who attended received a certificate.

Here are some of their comments below:

"Thank you for today genuinely. I have always wanted to do a self-defence class as I do think it will help me feel less scared all the time. Today's workshop has given me confidence and I am going to go to some more sessions."

"I enjoyed the workshop and learnt some cool stuff. I was scared to come but glad I did as it was good."

"Given me confidence in the future to deal with situations that may come up."



Spotlight on Ohana Parent and Ohana Champion



Ohana Parent Isla and
her Ohana Champion
Charlotte



At a recent Ohana event, Isla and Charlotte spoke to Fionna about their experience of being and having an Ohana Champion. They were matched well over a year ago and had some positive things to share:

Isla said: “Charlotte is amazing. We do lots of things together, including attending toddler groups, swimming, and shopping. Charlotte is one of a kind. I enjoy being part of Ohana and it’s made my life better.”

Charlotte said: “I find being an Ohana Champion fulfilling and I have built a close relationship with Isla. I enjoy being part of the Ohana community of Ohana Parents, other Champions, and the Ohana Team. It feels like one big family.”



Become an Ohana Champion



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



What's coming next for Ohana?

Ohana Support Groups

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

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

12th October 16th November

2nd November 29th November

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

All sessions take place between 10am - 12 noon

3rd October 23rd November

18th October 7th December

8th November

Ohana Halloween Music Event

Ohana and Hertfordshire Music Service are inviting care-experienced parents and their children to a Halloween-themed music event in Stevenage at 10:00am-12:00pm on Tuesday 24th October 2023.

Please contact
Ohana@hertfordshire.gov.uk to pre-book!

Save the date!

This year's **Ohana Christmas Event** is taking place in Stevenage on the 14th December between 5:00-6:30pm!

2023 Ohana Online Support Sessions

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

13th October 24th November

27th October 8th December

10th November

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