



Ohana

Spring 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**.

Thank you from Foodshed!

Foodshed thanked everyone in the Ohana Team and the staff at Farnham House for their ongoing support and generous donations of food and cleaning products.

Foodshed have sent us a certificate to show their appreciation and have also shared a wishlist of items which would be beneficial to the families they support.



Since then, we have made another donation to Foodshed too! Here is a photo of a Foodshed volunteer collecting it to help families in need.

To become an Ohana Champion, please complete an Expression of Interest by scanning our QR code: We will be recruiting in autumn!



Ohana Half-Term Music Event

In February, Ohana and Hertfordshire Music Service partnered to host a sing-along event with musical instruments and a Sound Garden for children of all ages, followed by crafts and snacks!

33 Ohana Parents, partners, and children attended, and everyone had a great time.



Paediatric Basic Life Support Course sponsored by RPS

In March, Ohana held a 2-hour First Aid course for care experienced parents at Bedwell Community Centre. This covered 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.

The session was well attended, with Ohana Parents receiving their own first aid kits and a certificate to take home.



Ohana Easter Event

In April, Ohana held its annual Easter event which was well attended by families, with 31 parents and children in attendance. We played party games, had an Easter egg hunt, did lots of dancing, and it was sunny enough to play in the park too!

Forever Young People very kindly donated lots of Easter Eggs for the Ohana families and we were also lucky enough to receive a donation from the Hygiene Bank, meaning we were able to share a variety of toiletries with families to take home.



Generous
donations!



FOREVER
YOUNG
PEOPLE



THE HYGIENE
BANK

Thank you to Jo!

In March, Ohana said goodbye to Jo who has helped us out so much since we started. We wanted to take this opportunity to thank Jo for everything she's done for us - she will be so missed!



THANK
YOU



Future Ohana Support Groups

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

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

24th April

22nd May

8th May

Bedwell Community Centre, Stevenage (SG1 1NA)

All sessions take place between 10am - 12 noon

1st May

15th May



Ohana
Online

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

9th May

6th June

23rd May

20th June

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**