

Ohana

Summer 2026 Newsletter

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

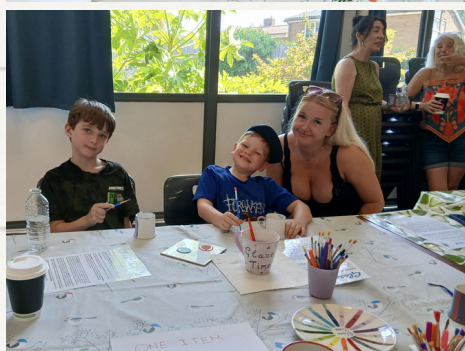
Ohana is for young care experienced parents.

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

Ohana Half-Term Pottery Event!

On 28th May, 36 Ohana Parents, partners, and children joined us for a pottery session with Michelle at Glaze Time! Ohana families had a great time, and also enjoyed music, games, arts and crafts, and refreshments!

*Glaze
Time*



Ohana Parents presented at Improvement East workshop!

On 2nd June, Ohana Parents and staff presented an online workshop, where they shared the support Ohana offers and the positive impact the service has, and how other organisations can set up or improve their own offer to young care-experienced parents.

The workshop was hosted by Improvement East, who work with local authorities to improve outcomes for Children and Young People in the Eastern region.



Improvement East
Eastern Region
Sector Led Improvement



Ohana Parents Caitlin, Kelli, and Shannon did a great job of sharing what Ohana means to them.

Well done!

Hertfordshire Library Service attends Ohana!



On 30th April, Margaret from the Hertfordshire Library Service once again joined us at DJ's Play for another fun session! Ohana Parents received their own Book Start packs which included books they could read to their children at home.

Here's what the parents had to say about Margaret's visit:

"Margaret is lovely and listened to me when I saw her last time at Ohana and I explained there were no books with black children. Margaret remembered this and this time has brought some multi-cultural books to Ohana."

"Margaret gave T some books and a book start pack that I am going to read at home with him."



Emotional Resilience In Children Session run by Lucy Bailey the Psychological Fitness Nanna

On 1st July, Lucy ran a session for Ohana Parents to help them feel more confident in supporting their children's mental health.

This was attended by 15 Ohana parents, partners, and children.

We received very positive feedback from Ohana Parents, who found the session helpful and a safe space to share their feelings and gain reassurance, recognise the good parenting they do, and share tips on supporting their children.

You can find out more about the support Lucy offers here:

www.healthymindsparents.com
nana@healthymindsparents.com



Councillor Hillary Skoczylas and Olga Staicu's visit to Ohana!

On 23rd July, Councillor Hillary Skoczylas and Head of Quality Assurance & Practice joined us at the Stevenage Ohana Parent Support Group! We were also joined by the Family Centre who gave out vitamins and dental kits for the children.

Hillary said: "I absolutely loved it and was great to see the positive work in action. Talking to the parents and to some of your champions was a highlight of my day, I could have happily stayed for hours."



Splashlands Summer Event!

This year, Ohana are holding three big summer events - and the first was a trip to Splashlands on 30th July! The event was well-attended and we all had a fantastic time!



Become an Ohana Champion!

Are you interested in volunteering?

Discover how you can help care-experienced young parents by joining 17 volunteers to become an Ohana Champion!



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



Building Your Future!

Ohana will be delivering three sessions for Ohana Parents, aiming to:

- Help parents identify personal aspirations, recognise strengths, and create meaningful goals for themselves and their families.
- Support parents in recognising how they spend time, identifying stress points, and creating realistic routines.
- Increase parents' self-belief, celebrating achievements, and building resilience strategies.
- Encourage parents to utilise relationships with their support networks.

Session 1:

Achieve and Believe

Goal setting and creating a vision for your and your child(ren)'s future

8th September

11am - 1pm

Stevenage

Session 2:

Transforming your time

Taking control of time without feeling overwhelmed

15th September

11am - 1pm

Stevenage

Session 3:

Confidence and Resilience

Recognising your strength and building a positive future

29th September

11am - 1pm

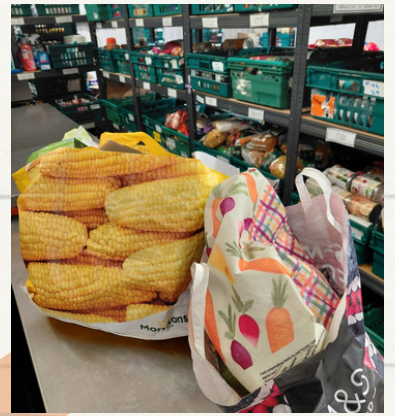
Stevenage

If you'd like to come along to the Building Your Future sessions, please email Ohana@hertfordshire.gov.uk or text Lauren or Fionna!

Donations needed!

Foodshed have thanked everyone at Hertfordshire County Council for our continued generosity! Please drop off donations to Farnham House reception.

Foodshed are currently serving close to 100 families a week and our ongoing donations are having such a positive impact on them, especially during the school holidays with children at home.



Summer Events

Splashlands Event

6th August
11am - 1pm



Willows Activity Farm

13th August
10am - 2pm



Ohana Support Groups

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

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

10th September

5th November

24th September

19th November

8th October

3rd December

22nd October

Bedwell Community Centre, Stevenage (SG1 1NA)

All sessions take place between 10am - 12 noon

17th September

12th November

1st October

26th November

15th October

17th December

2026 Ohana Online Support Sessions

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

7th August

18th September

21st August

2nd October

4th September

16th October

To find out more information about Ohana, contact Fionna on **07866 224876**, Lauren on **07718 186467** or Bev on **07749 778756**, email **ohana@hertfordshire.gov.uk**, or visit **www.hertfordshire.gov.uk/ohana**

