

Family Newsletter

Hello and welcome to the latest newsletter for Little Havens families

Updates from the Care Team

The J's

As you may be aware, over the past 12 months, work has been happening behind the scenes to review The J's service. Following many discussions with our families, our colleagues and Trustees of Havens Hospices the decision has been made to fully incorporate The J's caseload into the Havens Hospices Children and Young People's Care Team.

This means that The J's – a community based supportive care service taken over by Havens Hospices in 2016 – will no longer exist as a separate registered service.

Young adults up to the age of 25 can continue to access day respite at both Little Havens and in the family home. Currently, we can only offer overnight respite to young people up to the age of 19 but we hope the updated CQC registration will mean we can extend this offer up to age 25.

New Starters

Over the past year, we have been recruiting more nurses to join our Care Team. We are pleased that Maureen McCarthy, who is a Learning Disability Nurse, is joining us and brings with her a wealth of experience.

CQC Inspection

On Thursday 10th March we had a virtual monitoring inspection from the Care Quality Commission (CQC). The session won't change our current CQC rating of 'good' – however, we will be requesting a full inspection of Little Havens to provide evidence that our rating should be upgraded to 'Outstanding'.

The inspector focused on safeguarding, assessment referrals tools, staff training and engagement and risks - all of which were answered confidently by the team. Thank you to the families who provided feedback to the CQC.

Internet access

We have been reviewing our digital security and now we will be asking anyone who wants to use the Wi-Fi at Little Havens to complete an 'Internet Acceptable Use' form which sets out your responsibilities for the content you or your child accesses.

Upcoming Events

- Stay'n'Play (under 7's) – Tuesday 5th, 19th and 26th April
- Sensory Storytime (in person) – Wednesday 6th and 20th April
- Online Music Therapy – Wednesdays and Fridays every week
- Siblings Day – Monday 11th and Tuesday 12th April
- Easter Trails – Thursday 14th to Sunday 17th April
- Flying Seagulls Sensory Show – Friday 15th April
- Shake it Up (Dance Club) – Starting Friday 28th April

Reminders

From March we eased our Covid restrictions and can now allow the whole family to stay for respite, rather than just one parent or carer.

We want to remind you when staying at the hospice our catering arrangements have changed. We will continue to provide a choice of breakfast and a hot meal at lunchtime. Our evening meals will now be a selection of sandwiches, jacket potatoes and meals that can be reheated at your convenience. Although the parents' lounge is available upstairs for resident parents, it is with regret, we are no longer able to provide self-catering facilities.

Feedback from our families

After a stay or visit to Little Havens we ask for your feedback. We take on board all comments and compliments and use the feedback to shape our services. We want to share with you some of the feedback that we receive:

"It was great to see my child so relaxed and happy, having time away from hospital appointments."

"The visit provided time to chat with staff and another mum who understands the daily worries and struggles."

"I absolutely loved having a room where I could stay. I found it much easier to relax there than I did at home."

Little Havens Easter Activities

In April we have lots of activities and events taking place for your whole family to get involved with. In addition to our usual Stay 'n' Play sessions, Sensory Storytimes and Online Music Therapy we also have:

Sibling Activity Day

Our siblings are a huge part of our lives and that's why we want to celebrate them on National Siblings Days. On Monday 11th and Tuesday 12th April we are holding two fun activity days at the hospice exclusively for siblings to have fun, enjoy the gardens and meet others.

Easter Trails

Join us this Easter Holiday (Thursday 14th – Sunday 17th) for an EGGcellent day out. You'll experience the fun Easter Egg Hunt in our beautiful gardens, create Easter themed crafts, and some days will include special visits from furry friends.

Flying Seagulls Sensory Show

The Flying Seagulls are offering an hour storytelling and sensory workshop on Friday 15th April for toddlers and young children. The show is a fun filled circus and clown show filled with whimsical fun.

Shake It Up

Lucy, Little Havens Activity Co-ordinator, is a trained ParaDance instructor who can provide inclusive dance workshops. We are running a 10-week dance club open to all children, young people and their siblings. The fortnightly, hour-long sessions will get everyone moving to music.

To find out more, or register your interest, for these activities please visit the [Family Area](#)

Mum running a half marathon for Little Havens

In June Emma, mum of two-year-old Mason, will be taking part in our Southend Half Marathon to raise money for Little Havens, which supports her family.

Emma said, "My motivation is definitely Mason. I am not someone who enjoys walking or running. I will park as close to the shops as I can, but he really benefits from everything Little Havens does for us that other people can't provide the way they do. There will be a day Mason won't be with us, but we will always have the memories, especially the ones Little Havens helped us to make. Other families in the future deserve the same help we have had." To sponsor Emma for her half-marathon challenge visit www.justgiving.com/fundraising/emma-moore69

If, like Emma, you are ever taking on a challenge to support Little Havens, the Marketing Team would love to hear about it so that we can help publicise your fundraising page. Please email digital@havenshospices.org.uk

Advice and support on rising energy prices

More households are expected to find themselves feeling the squeeze as energy prices rise from April 2022. Together for Short Lives, the umbrella charity for children's hospices, has written a blog that outlines support and advice for families caring for a seriously ill child. You can read that here <https://www.togetherforshortlives.org.uk/rising-energy-prices-support-for-families/>