

THE FRIENDSHIP CAFE LTD.

TRUSTEES ANNUAL REPORT: 1ST APRIL 2018 - 31ST MARCH 2019

WWW.THEFRIENDSHIPCAFE.COM

WWW.STJAMESCITYFARM.CO.UK

REGISTERED CHARITY NO. 1098562
COMPANIES HOUSE NO. 4403457



The Friendship Café Trustees' Annual Report 2018/19 (includes St James City Farm and Riding School)

The Friendship Café aims to provide social, educational and recreational facilities to people in Gloucester in accordance with the Memorandum and Articles of Association, as updated on 16th December 2014 and this report intends to give a glimpse of how these objectives have been achieved.

**Reyaz Limalia –Chairman
Mohammed Junaid Ghanti - Treasurer
Mahmoud M Patel, MBE
Richard Corfield
Haroon Kadodia
Mohmed Iqubal Patel
Hanif Patel - Until 17/09/18
Ismail Ginwalla, MBE
Jenny Kadodia - From 13/02/19**

This report has been produced as the summary for the financial year 2018—2019. Independently examined accounts for the year are available on request or via the Charities Commission website.

A bi-monthly e-newsletter is available to anyone who subscribes via editor@thefriendshipcafe.com

We thank all the volunteers – whatever your role –whether it's painting or mucking out or taking out the rabbits to pet –in boiling hot weather, freezing snow, pouring rain. The minibus drivers, coaches, the tuck shop workers, the parents who help out at events, the young people or students on work experience, the English teachers or general helpers. Our staff and volunteers go above and beyond the call of duty and towards the end of the report we have highlighted just a few of them. Nothing in this report would be possible without their active support.

Annual report designed by Zainab Rhyman

Photos credits: Reyaz Limalia, David Miller, ShazPhotography, Farouk Mehta, Pete Wilson, Andy Bevan and Aysha Randera



MARVELLOUS MUMS

Razeya Mohamedy

The Perinatal Womens Support Group, Marvellous Mums, continues to grow from strength to strength and now has over 65 members and encompasses 15 nationalities. It has been a pleasure to welcome new mothers with new babies each week.

The group continues to focus on the wellbeing of the mother's, with regular guest speakers including Midwives, Glos Wildlife Trust, Maternity Voices, Adult Education & Healthy Lifestyles to share information and services aimed at perinatal women.

Courses including Paediatric First Aid and Positive Parenting have been regularly offered, to empower mothers in their roles, which have well received. Our Marvellous Mums are a truly amazing group of women who embody diversity and have conquered the challenges of motherhood whilst managing careers, families and life. It is really encouraging to see the mothers bond and share experiences to help each other.

We hope to welcome & benefit more mothers in the community by providing more courses and information.

Parent Feedback:

"It's such a fantastic group & space, especially with the outdoors. It's so nice to have the weekly routine of Tuesday mornings. I always dreaded the thought of baby groups but I've enjoyed Marvellous Mums since the word go!"

"Marvellous Mums has been so welcoming and supportive. Being a new mum, I was quite daunted by what motherhood would bring. This group has helped me understand that there will be challenges but I will overcome them and survive! The support and courses are amazing"



Zulekha Raja & Iris McCormick

Iris & I are both Adult Education ESOL Tutors who have come together as volunteers to start an English Language Café at The Friendship Café that is free and open to the diverse community that live in and around Gloucester. We delivered a pilot course from October 2018 to December 2018, which was successfully received by students who could not access other classes due to individual lifestyle commitments. During the pilot course we had between 2 to 6 students attending regularly. Student numbers are rising and we now have between 5 to 14 students attending on a Monday afternoon. Some of these students are now registered with Adult Education/Gloscol on different entry level exam classes and come for extra conversation practise/homework queries and general confidence building in language learning. Some students taking higher level exams come in for specific support which we supplement by giving consolidation work.

The English Language Café at the Friendship Café is open for all and is predominantly attended by females from the ages of 19 to 60+ from a vast range of countries including Turkey, Iran, Papua New Guinea, Kurdistan, Japan and Nepal to name a few. Our students either catch the bus or walk to The Friendship Café which shows dedication & commitment to our efforts of trying to provide this much needed class. Both Iris & I regularly update students on other classes run in the area and encourage students to attend these also. Following requests from students who attend consistently, these classes will continue long term as clearly this class plays it's part in enriching lives of individuals in and around Gloucestershire.

"I have made friends and can have a chat with my neighbours now...I can go to the Doctors and can attend my children's parents' evenings!"

FRIENDSHIP HUB

Razeya Mohamedy

Inclusion Gloucestershire collaborated with the Friendship Cafe in January 2019, to launch "The Friendship Hub", a user-led community group that welcomed people of all ages, all health conditions and all backgrounds.

A range of activities are offered at both sessions including creative arts, sports and Wellbeing therapies.

The recently launched Women's Wellbeing programme has been well attended and well received.

Each week the group explore a topic linked to Health & Wellbeing including Massage, Aromatherapy, Positive Thinking and Mindfulness Breathing followed by a creative activity which has included Mosaic art, Aromatherapy Heat pads & Quilling.

There are 21 members currently on the register and we continue to welcome all new attendees from the community.



"I love coming to the Women's Wellbeing sessions, just a little breather and time for myself away, from my super hectic on-the-go life"



"I always come away feeling calm and happy. My mind feels refreshed and I feel I can face the challenges of my life with positivity"



WOMEN'S DAY

Aysha Randera

International Women's Day was celebrated at the Friendship Café for the first time this year. Women should be celebrated whatever our social backgrounds, nationality, work or financial status, faith or culture. The number of guests totalled over 250, many coming from the immediate area, others from across Gloucestershire and some travelling from even further away to make it to this wonderful evening. Invited guests included working partners, funders, friends of the Friendship Café and workshop leaders.



The event also launched 'Inspire @ The Friendship Café', which is a new initiative to promote women's services at the Friendship Café. The 'Inspire' committee were joined by 20 volunteers who helped to support the event which has received such positive feedback from all involved. The evening started with a special welcome drink and then guests were invited to sign up to their choice of workshop (yoga, rangoli, planting, crochet and dorset buttons) and experience something different. Henna artists were also on hand to decorate hands.



The evening generated a wonderfully relaxed atmosphere, with plenty of smiles and a chance to dress up (or down) to suit. Guests were welcomed by the speakers, Jenny and Bilkis from the 'Inspire' team, Bishop Rachel and Amirah Nandhla. Each spoke about issues affecting women today, in this country and abroad, and the need to keep inspiring young women to continue to follow their dreams and help make changes for women all over the world. Food was ordered from local women who are setting up small catering businesses, and even that was international. We had samosas (Indian), spring rolls (Chinese), Batata waras (Pakistani/Bengali) and Patties (Jamaican), Quiche (English), Chicken Shawarma wrap or falafel wrap (Syria) and also Maha Blanca (Philippines).



The 'Inspire' team tried to make it truly international to reflect the communities we serve. We ended the evening with some tips about how to look after ourselves followed by a prize draw. Gifts were donated by organisations, 'Inspire @ The Friendship Café' team and the Friendship Café staff and friends. It was a wonderful evening that aimed to inspire women of all backgrounds to be more involved and to be part of a new future for women.



SEWING GROUP

Aysha Randera

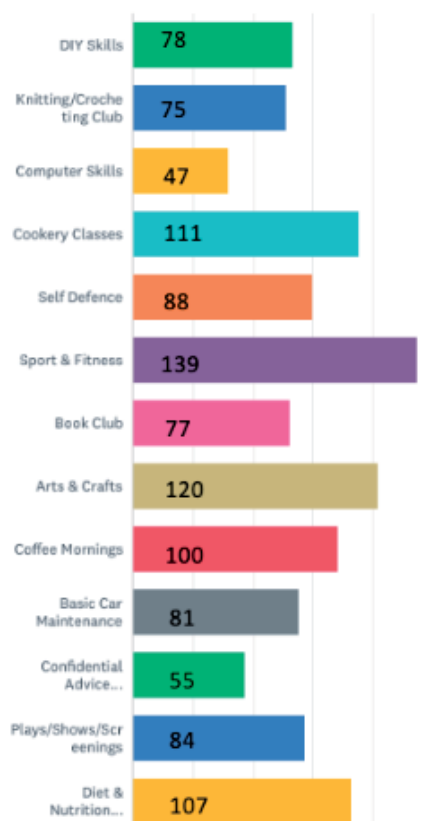
Kath Muir trained Aysha Randera at the Emma Willis factory for a year in shirtmaking, night wear etc to take the skills back to the Friendship Cafe to teach free sewing classes on industrial sewing machines donated by the company. These past 12 months have been spent making various items for a small group of individual women but has deliberately been low key as we have limited capacity in our room.

However, great effort has been expended on developing the disused recording studio into a full time sewing studio and at the time of writing this is almost complete, thanks to our sponsors, the Community Payback team and Shebaz Razvi. The new room will offer so much more space and we look forward to making the facility a fantastic community resource, and integral part of the Friendship Cafe's ever growing services.



Women's Survey

Q. Which activities would you be interested in?
Respondents may select as many options as they wanted.



Why is it important for you to access women only activities?



In December 2018, to support and develop the services and activities being offered to women, a consultation with users and potential users in the form of a survey took place. 307 women responded to this survey about how they have used The Friendship Café in the past, the activities they would be interested in pursuing in the future and what barriers may prevent them from using the centre. **Historically, separate activities have been offered to men and women and a question was asked as to why this may be important to users. It was interesting to see that 75% of respondents felt that this was important; a combination of faith, personal reasons and confidence was cited for this**

Results of the survey will be used to inform all future activities. In the coming year, a Volunteers event will take place in response to the 64 positive responses received from women who stated that they wanted the opportunity to volunteer at The Friendship Café. Future plans include establishing a health and wellbeing activity and also an event promoting a healthy lifestyle. Whilst the survey only collated data from Over 18s, plans are in place to survey younger users. The full set of results of the survey will shortly be available online, and also on displays around The Friendship Café.

GIRLS' GROUP

The girls' group together with Fatemah Dhalech and Fouzia Qureishi have had another fantastic year – with trips and events ranging from arts and crafts to a boat ride, picnics, trampoline park visit, and the annual outdoor residential trip.

The sad news, however, is that after 10 years of dedicated service, Fatemah decided to retire from youth work and filling in her shoes is not something that can be done easily.

Fatemah has been a fantastic worker and left a mark on a whole generation of girls, many of whom now in their twenties and some even married, still have fond memories of her as one of the key people who helped develop them as they transitioned from children to teenagers. The youth worker's role cannot be underestimated and we thank Fatemah for being such a brilliant member of staff and making the group that it is today.





BOYS' ACTIVITIES

Shoaib Kathrada

Thanks to 'Fortnite', the on-line game that's transforming a huge proportion of the young population into zombies, the Friday youth club has been relatively quiet compared to previous years, with more younger children and dads coming along so we have about 20 children each week compared to double (or even triple) this number in previous years. However, off-site the activities timetable has been in full swing with plenty of trips to places around the county and beyond. Five children completed their Duke of Edinburgh with us this year and many more did informal volunteering.



CITY FARM

Feedback!



We wanted to let you know how important the allotment has been for our school. We have the allotment next to the pizza oven and have brought groups of our children to it regularly during the year to plant, water, photograph and generally tend it. David at the farm has been very kind and has provided a good deal of support with sourcing seeds and plants and helping us manage things. The walk to the allotment, planting and tending it, being outdoors and working as part of a small group is a very valuable experience for our children, many of whom do not have access to a garden at home. It has enabled us to develop more positive relationships with them and to witness their joy in visiting the allotment and the farm. The highlights this year have been picking strawberries and eating them at the allotment, using the hose to water in the very hot weather and feeding the lambs at the farm. Working on the allotment helps develop confidence and self esteem in our children, many of whom have additional needs or a high score in terms of Adverse Childhood Experiences. The allotment makes a real difference for these children.

We very much value our involvement with the allotment have already started planning for the rest of the year.

Sam Buckley, Family Support Worker
Hatherley Infant School

"I secured a place at Nottingham for Veterinary Medicine and this is in no small part due to the support of all at the farm. In particular I would like to thank you and Sarah for your support, and the skills I have learnt have been and will continue to be immensely useful to me embarking on my studies. I hope you continue to support local young people in such a fantastic manner and as such if you ever have a budding veterinary student please send them my details or vice versa and I would be delighted to answer any questions. Furthermore I would love to come and do some placements as part of my specified 38 weeks of Extra Mural Studies across the 5 years, and give you a hand in return for all you've done for me"

George Abrutat

This year (2019) saw the 21st anniversary of the Farm being established and at the time of writing (July 2019) we have just celebrated the occasion.

The farm continues to develop as a fantastic place in the middle of the inner city. Again, we've given hundreds of voluntary opportunities for children, young people and adults, ranging from local children, to excluded school children, home educated, regular school work experience, and college placements. We have a regular 'Stay 'n Play' group, a gardening crew involving Fair Shares and 3 primary schools, and plenty of visitors from the public and through schools and other establishments.

We remain open all year round, 7 days a week (as opposed to 6 whilst under the council's control, who also shut down between November to March every year).



CITY FARM

DEREK WAKEFIELD-BROWN

We said a very sad farewell to Derek Wakefield-Brown, who retired after a spate of ill health. Derek was amongst the key founders of the City Farm whilst an employee of Gloucester City Council, and was instrumental in ensuring the handover to our organisation to save it from closure in 2011. Derek continued to work for us on various projects and until Summer 2018. We wish him a happy retirement and would like to say a very big THANK YOU! He is another person who has had a positive impact on the lives of many children.

LUCY'S PAINTING

Lucy has been volunteering for the past few months, using her creative talent to make the farm a more colourful and welcoming place for the visitors. Thank you Lucy, they look fantastic.

TRAILER, TRACTOR, PONY...

The tractor, an extra pony and the new horse trailer are just some of the essential new purchases sponsored by a group of friends from the Cotswolds. Both are great investments that we are really grateful for.



RIDING SCHOOL

We are going from strength to strength and this case study sums it up...
Imran Atcha

Toub (not her real name) was by her own admission, addicted to 'Fortnite'. She would eat through three large family size packs of crisps in a single sitting, plus a couple of cans of 'Monster' Energy drink. Apart from school, where she was doing very badly, she would just sit and play the game. She had spent several hundred pounds on the game, and her idea of socialising was only through meeting people at on-line 'events' through the game. She was overweight and her eyesight had deteriorated, as she was playing up to 8 hours a day during the week and 18 hours a day on the weekend. This had been her lifestyle for almost two years.

The youth worker bumped into her one day and asked her to give different activities at Friendship Cafe a try. She had asked her this on numerous occasions, to no avail, but one day she offered her a free riding lesson, and expected the same response.

We were very surprised, therefore, when Toub actually turned up, 9 a.m on a Sunday morning. There was no turning back for Toub and she starting turning up several times a week. Toub's family did not share her enthusiasm for her new passion, as her family were happy as long she stayed out of the way.

In any case, the riding staff and volunteers have been working hard and over a period of several months, Toub has now made real friends (in contrast to virtual ones), stopped playing Fortnite (selling the PS4!) and made genuine progress in her riding. Se has started volunteering and being physically active, and taken part in various outings with the Friendship Café and the City Farm. Her family acknowledged that they have noticed a real change in Toub and once even came to see her ride. Toub herself also comments on how much better she feels and at school her teachers mentioned her in an assembly as '...the child with great hidden talent', something Toub was immensely proud of.



RIDING SCHOOL

Imran Atcha

The riding school has been running for over four years now and still we grow. We currently keep 6 ponies (5 on site at one time) and in term-time can provide approximately 70 children riding opportunities each week, and many more on the fun days. It's full of challenges as it's no easy task trying to keep ponies and meet the huge demand in such a space-limited environment. Despite this, we have managed to run regular sessions with two primary schools, provide hundreds of lessons to local children and also provide sessions for specific groups including 'The Haven' (children in very difficult situations) and 'Heart Heroes' (for children with heart defects). We also paid visits to the children's ward at Gloucestershire Royal Hospital, local schools, events and fetes, and have given advice to the British Equestrian Federation on ways to increase access to the sport for people from minority backgrounds.

We are also in touch with a group with similar aims 'Urban Equestrian Academy' in Leicester, and received fantastic local and national TV and radio coverage. We had a 'Highly Commended' rating awarded following inspections by the British Horse Society and in the year to come hope to become an official Pony Club Centre. Riding can be very expensive and difficult sport to learn without support but the benefits to individual children are huge - We sincerely thank all the people and organisations who enable us to make a lot of children extremely happy through horses.

"I first started off at the city farm riding and without the city farm I wouldn't be where I am now, starting off at the British Racing School."

Very proud of Alecia who will be starting full-time at the prestigious British Racing School in Newmarket

PARTNERSHIP WORKING

We have been continuing to work with other groups, and the CDST (Community Development Support Team from Gloucestershire County Council) has been one of the main strands of work that has kept us busy and of benefit to many. This work has been mainly in relation to minority ethnic groups who care for disabled or sick family members and is on-going rather than one-off events. Highlights included:



- 6 weeks Positive Caring Programme: supporting female carers with their caring responsibilities and related issues and concerns (also with Carers Gloucestershire)
- Facilitating community consultations enabling communities to have a voice: Gloucestershire Care Services & 2gether Trust merger, Gloucestershire County Council re: Health & Wellbeing , Care Homes Review
- Workshops on: Cervical Screening , Diabetes awareness, Dementia Awareness, Physical activity for over 65's, Home Emergencies awareness and Info for carers , Safety Event workshops at the Fire Services 'Skillzone' for carers.
- Cardiovascular disease / Blood Pressure project (supported by the Clinical Commissioning Group) Looking at early prevention with 20 individuals receiving training and monitors to carry out testing with their communities
- Day-care for Asian carers: weekly project, supporting carers from South Asian communities, including bi-monthly off site trips
- Alzheimer's Society (monthly) support & development project supporting people with dementia and their carers

WE ALSO SUPPORTED, ADVISED AND PUBLICISED RECRUITMENT OPPORTUNITIES FOR DIFFERENT ORGANISATIONS, IN PARTICULAR CAMPAIGNS BY THE GLOUCESTERSHIRE CONSTABULARY.

We also supported, advised and publicised recruitment opportunities for different organisations, in particular campaigns by the Gloucestershire Constabulary. Other groups that we work with include our key partner 'Fair Shares' who run popular groups at our venues including gardening, arts, cookery club, woodwork and helping the 'Betaris' teenage group of people not in education, training or employment. We also worked on projects with Gloucestershire Wildlife Trust, Hartpury College, Spirit of Peace, Hatherley Infants, St Pauls Primary, St James Juniors, Al-Ashraf School, Gloucestershire Action for Refugees & Asylum Seekers, the Gloucestershire Police Crime Commissioner, National Citizenship Service and the Princes Trust.

A weekly 'Knit n Natter' group by a neighbour (Kim Iles) has also been supported as well as a table tennis group by an enthusiastic coach (Dally) from the Czech community.





COFFEE SHOP

We finally have a coffee shop at the Friendship Café! This is a venture that we have for many years discussed and tried to get off the ground. The coffee shop will be acting not just as our reception, but the gateway to all the other activities that go on in the centre as well as the area, which many people may not be involved with or aware of. The plan (in a nutshell), is for it to be a community space where anybody can come in for a chat, a cup of tea or snack, make friends, get advice and become more involved in the community through ourselves and other organisations that are based here or in the area. The Lord Lieutenant Edward Gillespie officially opened the venue in June, but we had a 'soft opening' in February so that we could iron out any teething problems.

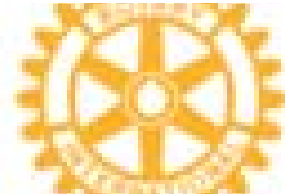
We have appointed a fulltime manager, Tina, and various part time staff, and already they are doing a splendid job. We thank Ian Meredith (who established Roots Café in the Kingsholm area, a similar venture) for acting as our consultant to help us get started, and also the various funders and volunteers who worked tirelessly to help with all the work involved in the background. A small team of the staff and volunteers, led by Mahmoud (Trustee) are developing the coffee shop, inviting local residents and promoting it to the wider community. Hopefully, this coffee shop will become an integral part of the Friendship Café and key meeting place in the area. At the time of writing, the venue is open weekdays between 10-3pm, but we have plans to extend this to include evenings and weekends.

Some of our Main Supporters...

Sainsbury's

Local Charity of the Year

Rotary

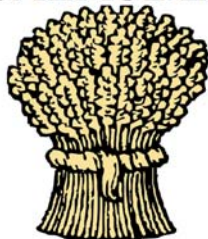


THE COMMISSIONER'S FUND

Breaking the cycle of crime



CALMSDEN



EMMA WILLIS
JERMYN STREET
LONDON



We thank you for your continued support



IN THE MEDIA

We have had a few stars on the TV, radio and press. One of our young riders was the subject in one of the stories on BBC's Inside Out programme covering Muslims and Horse Racing.

Also Children In Need coverage made use of one of our young children during the main appeal! Hibah joined the national stage with Pudsey and friends, making us very proud.

Even the animals have made it big! Our very own RJ (the chicken who thinks he's a duck) has been on ITV news, amazing people outside of Gloucester!

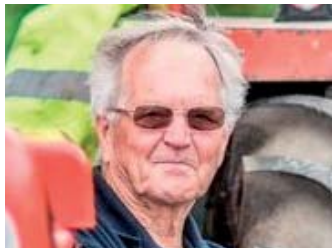
Look out for us in 2020 on the BBC as we also had filming of a celebrity chef do some demonstrative cooking in our coffee shop and our very own volunteer coach Nick Odoe run a fitness session!

Please scan the QR codes for access to videos of BBC coverage, interviews and videos or look on our Youtube channel:



VOLUNTEERS

These are just some of the regular volunteers we have had during the last 12 months. There are many many more



Peter



Iris



Zulekha



Fazel



Luke



Farouk



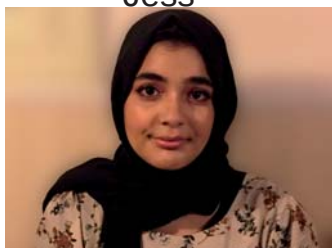
Jess



Jenny



Ray



Zainab



Anthony and David



Ashraf



Les



Sally



Emma and Kim



Haroon



Mohammed



Nick

**The Friendship Café – St James City
Farm & Riding School
Chequers bridge Centre, Painswick Rd
Gloucester GL4 6PR
Tel. 01452 – 308127
Imran@thefriendshipcafe.com
thefriendshipcafe.com**

THE FRIENDSHIP CAFE

