

# THE FRIENDSHIP CAFE LTD.



REGISTERED CHARITY NO. 1098562

COMPANIES HOUSE NO. 4403457

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

**[WWW.THEFRIENDSHIPCAFE.COM](http://WWW.THEFRIENDSHIPCAFE.COM)**

**[WWW.STJAMESCITYFARM.CO.UK](http://WWW.STJAMESCITYFARM.CO.UK)**



# **The Friendship Café Trustees' Annual Report 2017/18 (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.

## **Trustees: 2017/18**

Reyaz Limalia –Chairman

M. Iqbal Patel

Hanif Patel

Mahmoud Patel MBE

Ismail Ginwalla MBE

Mohammed Junaid Ghanti –Treasurer

Mrs Nasim Bhula (Retired December 2017)

Haroon Kadodia (From December 2017)

Richard Corfield (From December 2017)

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This report has been produced as the summary for the financial year 2017—2018. 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](mailto:editor@thefriendshipcafe.com)

Approved by the Trustees on 12th July 2018 and signed on their behalf by:



Reyaz Limalia

Annual Report designed by Zainab Rhyman (aged 18)

Photos credits: Reyaz Limalia, David Miller, Anthony Bevan, Farouk Mehta and Barnwood Trust

# Women's Development



Marian Partington speaking on 'forgiveness' for the killers of her sister, Lucy, by Fred and Rose West

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After a break of one year, women's development work is now going from strength to strength, with a range of programs and activities led by Mrs Aysha Rander.

In the short time since January 2018, there have been trips out, information and advice sessions, speakers invited, setting up of new groups, supporting other events and the learning of new skills.

We intend to make the Friendship Cafe a central place for women's support services and activities and we are grateful to Emma Willis and friends for enabling this to happen.



'Tablet training'





“

The Friendship Café brings women of all generations together. I have enjoyed every activity that has been put on throughout the year. Thank you for great days out!

**- Participant of women's trip**

Many women will not access mainstream activities because of lack of confidence, affordability or due to language/cultural/religious barriers which makes the activity out of reach for them.

There is also a real misunderstanding by the general public on many areas pertaining to Asian (in particular Muslim) women and girls. They often feel marginalised and discriminated against both blatantly and institutionally, sometimes by their own communities. The Friendship Café seeks to address and change this...



Trip to Painswick Falcon Bowling Club

# 'Marvellous Mums'



Marvellous Mums is a new perinatal support group that has been running for 1 year and includes 9 different nationalities - 75% of the mums have moved to Gloucester recently due to their husbands' careers, so do not have a friends and family network nearby. Support and signposting is available at all sessions where we discuss feelings, coping strategies, birthing stories and parenting issues. The informal nature of the group discussions has really encouraged the mums to open up - We cover issues including postnatal depression, breastfeeding and parenting advice, have midwives and health visitors on site, and liaise with other health professionals.

Sessions include mindfulness therapy, aromatherapy massage, gardening workshop, City Farm visits, watercolour arts, & fitness sessions. The focus remains on the wellbeing of the mothers and it is very apparent that a high proportion of the mothers who attend, have at some point experienced low mood since pregnancy and childbirth and they have expressed how the group has served as a welcome outlet.

**- Razeya Mohamedy,**  
**Perinatal Group Leader**





# The Girls' Group



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The exposure to real-life work and the information regarding career options was invaluable. To a community who is often disregarded in terms of receiving awareness on unconventional career paths and options, the experiences offered by the Friendship Cafe were eye-opening.

**- Participant, aged 18**

The Girls Group at the Friendship Cafe have taken part in regular activities, including swimming, residential adventure weekend and lots of high-adrenaline sporting activities, as well as a fantastic day out, hosted by Gloucestershire Fire and Rescue Service.

Other activities they have engaged in include, baking, mosaic making, riding mini motorbikes, indoor climbing and picnics.



Fatemah Dhalech has been organising girls activities for over 10 years...



“

I would like to thank you for giving O the opportunity to volunteer. She's absolutely loved working there, has made lots of fabulous friends and grown so much in the year she's been helping.

As you know it's been a tough start to the year for us with our housing situation - we were effectively homeless and living in an overcrowded bed & breakfast for months.

Having the farm and friendship café to go to has been a lifeline for O -all the support has been amazing. O's confidence has grown and she's managed to work through an eating disorder.

**- Parent**

Roller blading event enjoyed by over 60 children...

"On Tuesday I joined a community public involvement event in Gloucester, involving local councils, the local and national NHS and over 100 voluntary and third sector organisations. The message that rang clear throughout the day was how important and valuable small, locally based voluntary and third sector organisations are and how much they support the people they reach, which is often the most vulnerable. Helping people to get well and stay well heavily depends on friends, neighbours and local communities and these organisations do an incredible job in supporting, encouraging and bringing people together"

**- Duncan Selbie, Director, Public Health England**







“

I am happy sending my two daughters to the Girl's Group at the Friendship Cafe, because I am confident that Fatemah (youth worker) will respect our cultural and religious customs (and the children have a great time too!) They get to experience things they wouldn't otherwise get a chance to do.

- Parent



# Youth Activities...



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The Dads & Lads group continues each Friday evening, used as a general get-together of fathers, uncles, grandfathers and other relatives with young people, but also as a platform for our other events and opportunities for volunteering, and information about community events and activities...



Wacky Karting, Mad Science, Ice Skating, Gladiator duels, Bouncy castles, Paintball, roller - blading, BBQs, camping weekends and lots more took place...



'Great Expectations', Gloucestershire Fire & Rescue, and the award-winning Mini-motos project are just some of the organisations that we have worked with.



"Each family and every child benefitted hugely from the day and the fun they had, which wouldn't have been possible without your wonderful staff and volunteers making it happen and supporting them throughout the day. We know and hugely value the importance of our volunteers at Winston's Wish, who enable many programmes and groups to take place."

– **Helen Fisher, FST Area Manager, South West Region**

**Winston's Wish – the charity for bereaved children**



Friday night youth club event...



# St James City Farm...



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“The Friendship Café and St James City Farm enables our children and young people to take part in various activities and volunteering that teaches them new skills and gives them opportunities that they would not normally have.

- **Mr. Abdullah Patel, Head teacher of Al-Ashraf Secondary School for Girls/ Al-Ashraf Nursery & Primary School**

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In the six months between January to June 2018 we had no less than 100 different people volunteer in some capacity, from work experience students from school or college, to a local teenager wanting to learn about animals, or a child excluded from school. This doesn't include the 6 different businesses who sent teams down to help out for a day or more...we also renovated the roof, had flood lighting installed and a new muck trailer and trailer park completed, amongst other numerous improvements.





Jessie, Hartpury College work experience student

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My nine-year-old son is on the autism spectrum and has benefited enormously from being able to come to Saint James City Farm and riding school to volunteer with the animals and ride the horses. It has enabled him to come out of his shell, become more social, and learn teamwork with the other staff and volunteers at the farm.

- Parent



'Treddy' the calf, born at St James City Farm



Ryan from the farm, meets Deputy Police Crime Commissioner for Gloucestershire, Chris Brierley



# St James City Farm Riding School...

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Pony visits to the inner-city schools...

My daughter had been having weekly lessons at your riding school for the last two years. She has now moved on to a bigger riding school in a group lesson.

None of this could of ever happened if she hadn't attended the riding school, met Sharon and the instructors. The City Farm has been a fantastic place to help my daughter with her confidence, interact with adults and encouraged her to do an activity that she wouldn't think of normally participating in.



Pony racing at Cheltenham Racecourse...



Gloucestershire Constabulary's mounted officers visit the city farm...



## Supporting and involving other Community Groups...



'Street United' performance at the Cathedral. They meet twice weekly at Friendship Cafe

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[The Friendship Cafe is] an absolute asset to the community of Barton and Tredworth, to Gloucester and to the county as a whole. Active Gloucestershire are lucky to call [it] a partner so thank you for providing such a fab stop off on our tour.

**- Kirsty Dunleavy, Head of Community Development, Active Gloucestershire**

The activities and services also serve as an outlet for many different people to volunteer and get involved in ways that they would not have been able to before or considered. Among the needs that are addressed are reducing social isolation, diversionary and constructive activities for young people, interaction between communities, improving health and exercise levels, acting as a platform and bridge to other agencies and groups for local people and improving aspirations.



Many adult groups use the Friendship Café throughout the week.



'Burma Refugees Charity Fundraiser  
Volunteers'

“

[The event on Tuesday evening] was very special and it was good to see so many people from a variety of backgrounds present. This shows just how important the Friendship Café is to many people and communities.

**- Dame Janet Trotter, Lord  
Lieutenant for Gloucestershire**

[Friendship Café] helps Gloucester to maintain a good level of cohesion, help the various communities to work together and, working with various other agencies, be aware of any tensions before they become more difficult to deal with.

**- Adele Owen, Director,  
Gloucestershire Action for Asylum  
Seekers & Refugees**



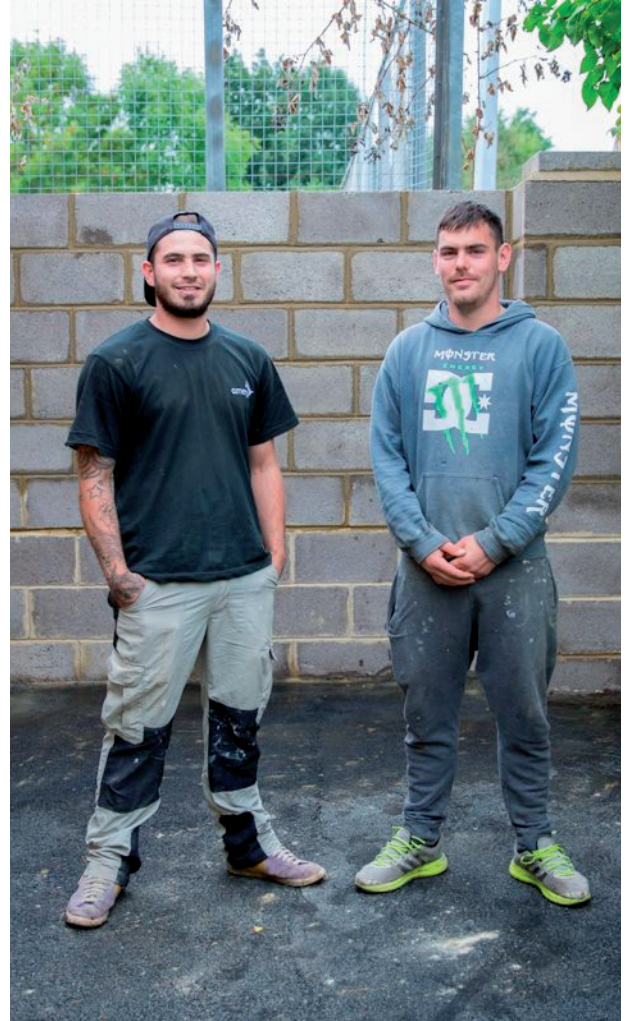
' 'Spirit of Peace' Bring and Share using  
the outdoor pizza oven at the city farm



# People supporting us...



BEFORE



AFTER







'Tipper trailer', partly sponsored by 'Hands of Friendship' (Freemasons). Makes life a lot easier now...

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Thank you!!!

Without the constant help and support of the many corporate, public and local sponsors, and most importantly, the volunteers, the achievements of the Friendship Cafe and City Farm would not be possible.



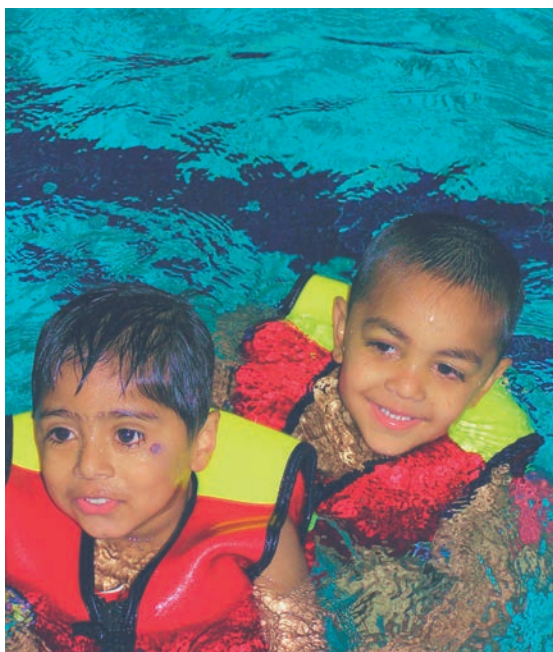
Before the Tipper trailer... It was a hard slog for our volunteers!





Hartpury College, are key sponsors, and their students play a crucial role at the City Farm.





We now have a new logo and website (thanks to Barnwood Trust), as well as a short documentary summarising who we are and what we do! (thanks to sponsor Jane Tufnell) Please check it out by scanning the QR code:

