



CAFÉ NEWS

Newsletter of The Friendship Café & St James City Farm

January/February 2020



COVID 19

As you will be aware due to the pandemic threat we currently face, all activities at the Friendship Café and St James City Farm have been suspended until further notice.

We will reopen as soon as it safe to do so. Please stay safe. Hope to see you all soon

PLEASE FOLLOW SAFETY ADVICE GIVEN
TO REDUCE THE SPREAD OF THIS VIRUS

COVID-19

GLOUCESTER LOCAL
COMMUNITY SERVICE

If you are elderly or have
been told to self-isolate and
need help getting supplies or
medicine, please contact us.

CONTACT

Haroon Kadodia 077714 206201	Imam Hassan 07725 365179	Mumtaz Bana 07794 413422
Hashim Norat 07905 417266		Sumeyya Valid 07572 303683

PLEASE CONTACT US ON 07786510741
IF YOU WOULD LIKE TO VOLUNTEER

A local community group has
been formed if you require
help or assistance during this
isolation period.

Please contact the numbers
on the poster if you require
help.



WhatsApp
07807 869749
07969 187216



The
Commissioner's
Fund
Breaking the cycle of crime

Ed Lines

As per our front page, I would just like to reiterate to all our readers the necessity of adhering to the safety advice given to us to reduce the risk of spreading the corona virus. Please, if you are able to, make contact with your vulnerable neighbours. Together we can get through this.

Hopefully the rest of the newsletter will help put a smile on your face, even if it is for a short while. Like the story of my work colleague who took her tiny dog out for a walk during Storm Ciara and the poor thing actually got blown over.

TTFN

A Royal Visitor

The Emma Willis Shirt Factory welcomed our future King, His Royal Highness Prince Charles, through their doors recently.

He met Emma Willis, owner and a key supporter of the Friendship Café, and Aysha Randera, FC's Women's Development Worker. Ayesha as part of her duties runs the extremely popular Emma Willis Sewing Studio at The Friendship Café which was established and opened by Emma towards the end of last year.

As you can see His Royal Highness looks extremely happy receiving his gift of one of Emma's shirts.

I got a 17 1/2 inch collar just in case you are wondering Emma....ahem!!





Sam and Hayley, (volunteers) arranged a fun play session for local families at the Friendship Café – Thank you Sam and Hayley! Saturday 15 February

Lots of families came out in the rain to the art and craft session at The Friendship Café with Hayley and Sam on Saturday morning. It's a chance to get creative and we saw some

wonderful and very colourful minibeasts. Several Dads came along and everyone seemed to have fun and there were lots of busy families cutting, sticking, drawing and making. We loved JJ's pink minibeast and the lovely bug landscape which Hoorain's Mum made. There were ladybirds, butterflies, dragonflies, spiders as well as plenty of new species! Watch out for our Family Art and Craft session next month. And don't forget to pop into the café after the art and craft for some coffee or lunch.

WE'RE STILL HERE...

We've cancelled our Family Art and Craft session on Saturday at the Friendship Café to reduce the risk of spreading Coronavirus.

We know that school closures and reduced social contact will be very difficult and stressful for lots of families. We're still available for friendly advice and support if you need it – just give us a call or email us.

And we'll be starting our sessions and activities again as soon as things get back to normal!



Sam: 0781 2246762

Hayley: 07568 552578

Email: families@thefriendshipcafe.com
www.thefriendshipcafe.com



Safeguarding our children and young people...

Organisations which have involvement with children and young people have a responsibility to ensure children are kept safe. Imran and Saleha Moolla attended training recently run by the Gloucestershire Safeguarding Executive and are the official Designated Safeguarding Leads ('DSL') for The Friendship Café and City Farm. Any concerns should be reported to them, but please note that keeping children safe should be everyone's business. There will be training available soon for other people who work in community settings including children so if you wish to be kept informed please do get in touch with Imran, Saleha or Haroon.

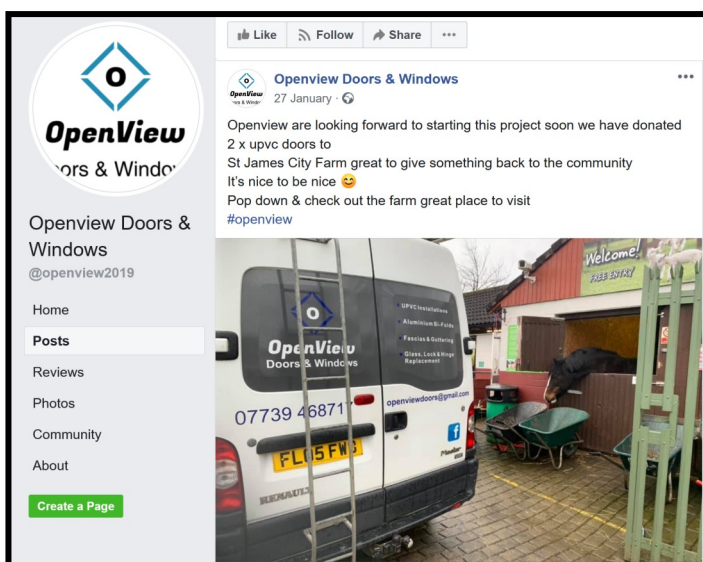


Al-Ashraf students enjoyed a special visitor to the classroom.

Manure – free to collect
Just turn up at the farm. We have loads every day, so please feel free to come to collect. It will help us with clearing it each week.



Whether you are a grown up or a child, it's hard to resist a little chicken time...Here are our residents visiting Cheltenham Racecourse on New Years' Day.



Absolutely A-DOOR-able

Thank you to OpenView Doors & Windows who have offered to supply and install, free of charge, two doors for the City Farm.

Check out their Facebook page.

<https://www.facebook.com/pg/openview2019/posts/>

Hartpury University students visited the City Farm as part of a module which looks at how animals can support individuals within local communities.

"The students thoroughly enjoyed their visit and thought that the community work the farm offers was an amazing opportunity for individuals in the local community. They were pleased to see first-hand how individuals can interact with the different species at St James City Farm and found the talk given by Imran about the development of the city farm inspirational. The visit was a success and from this visit a number of students are keen to return and learn more about how the human-animal interaction can be beneficial for both the humans and animals involved".

Jennifer Howse, FHEA, MA, PgCert, BSc (hons) Lecturer in Animal Science



A group of our children in Year 1 and Year 2 have been horse riding at St James City Farm over the last few weeks. As well as riding with Hester they've had a chance to learn the names of different parts of the ponies and tack, to groom Hibba Bibba and Charlie and to fill hay nets. They've also met some of the other animals at the farm. They especially liked holding the guinea pigs who were very happy to sit on their laps and be stroked. Other highlights have been feeding carrots to the pygmy goats and watching the chickens. Thanks to all the staff at the farm who have helped even our most nervous children enjoy riding the ponies and getting to know the animals.



Looking SILKY!

Hedaya is wearing the official racing colours of St James City Farm Riding School! Aysha and Sommeyya got together in the Emma Willis Sewing Studio to make the flashy winner's riding kit. Hedaya will hopefully be racing our winner Whistle (aka Highmead Reflection) on March 8th, the first girl from Tredworth to ever take part in a point to point pony race!

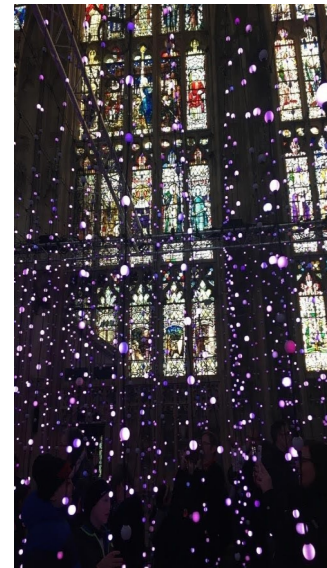
<https://www.midlandspointing.com/fixtures/pytchley/>



Museum & Lights



We visited Gloucester Museum, where we had the opportunity to get creative through puppet shows, mosaic's, dressing up, colouring & print. Lots of great interactive learning at the local museum. We also visited the exhibitions that illustrated art from historical immigrants to Gloucester. Tina (Friendship Cafe Manager) had baked us a delicious cake for us to enjoy! We ate this outside the Cathedral, which we were visiting to see the light installation (GARAS). A very beautiful and powerful display.



Orienteering & Den Building

I am really impressed with the adventure attitude of the Girls that attended our Orienteering and Den building activity at Robinswood Hill during the Feb half term. It was MUDDY!! Gloucester Wildlife Trust ran the activity exclusively for The Friendship Cafe Girls Group. The girls were tasked with seeking out various points making use of a compass and map. There was some very impressive map reading and everyone was awarded with a badge on completing the task. With some time remaining the Girls had the opportunity to create Dens, although we ran out of time before being able to complete the small township that the girls had set to work on.



Without question, in the cold and wet (although the rain did hold off for our activity) the girls were well deserving of the hot chocolate and biscuits we had to seal the event.

Football Skills



The girls are having a great time on the football skills course. Different games and activities are used to build upon skills suited to the game of football.

WILDCATS will be coming to THE FRIENDSHIP CAFE SOON!!

We are delighted to announce that the Friendship Cafe has been approved as a centre to deliver WILDCATS, the Football Association's initiative to introduce more girls to football. The scheme enables a drop in, pay as you go, football sessions for girls aged between 5-11 years. The scheme will be running for 16 weeks in 2020 and 2021 IA. Dates & arrangements are being finalised and these will be shared when details confirmed.



VOLUNTEERS REQUIRED (virus permitting)

EID PARTY
6th June

If you are interest to volunteer at this event
please contact:

Zahara@thefriendshipcafe.com

Volunteers Required

If you would be interested in volunteering with the Girls Group, do get in touch with Zahara

@thefriendshipcafe.com

Thank you!

To all those that gave their time volunteering for the Girls Group Activities mentioned above and to the Activity Providers for allowing use of their facilities!

The Coffee Shop & our Boxing gym – On the Telly!!!



Celebrity Chef Tom Kerridge came along as part of the series Get Fit and Lose Weight. This session was filmed in our gym with one of our volunteer boxing coaches Nick Odore, (former Olympic boxer for Kenya in 1992) and before that in the coffee shop itself. If you missed it, the clips from the final production are available on the following links.

<https://youtu.be/gmJ0NDmQGBg> & <https://youtu.be/XcoufHk7VO8>



The Gloucester dad who died 32 times in 20 minutes and is now a boxing coach



This was the headline on an inspirational story about our main boxing coach Les Hackwell on the Gloucestershire Live site.

Read the full story here

<https://www.gloucestershirelive.co.uk/news/gloucester-news/gloucester-dad-who-died-32-3803656>

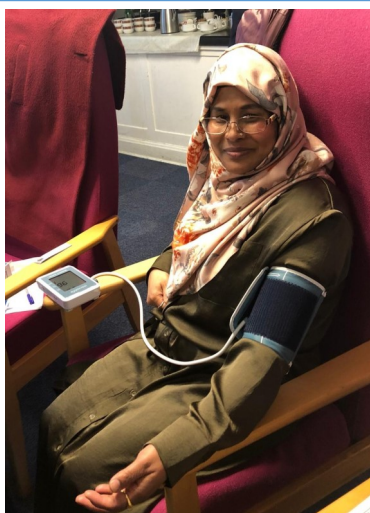


A Long distance Thank You

From 4500 miles and 6000 feet high on Mount Kilimanjaro in Tanzania we received a short message from the suppliers to our Coffee Shop. Ian Meredith who runs Ethical Addictions and sources our coffee actually goes to meet the suppliers and ensures that they get a fair deal.

Thank you – The Honourable Company of Gloucestershire Charity

The charity has given us £450 towards a new, bigger and much needed cooker in the main kitchen! This cooker has already been put to good use and is used regularly for the lunch club who meet every Monday.



12 volunteers undertook a blood pressure testing course recently. They will now go out and offer testing so that hopefully any concerns can be picked up early. Early detection of problems can be a lifesaver!

If you would like the volunteers to attend your event or you want your blood pressure tested for free please contact

imran@thefriendshipcafe.com or

aysha@thefriendshipcafe.com or

call 01452 308127 and leave a message.

Protected Art

Very nice to learn that one of the planning conditions for the change of use to old FC to a pharmacy is that they retain the mosaics that Fatemah and the Girl's group arranged back in 2009!

TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE)
(ENGLAND) ORDER 2015 Location: 109 -113 Barton Street Gloucester GL1 4HR

...Change of use from community centre to pharmacy including associated internal alterations. In exercise of its powers under the above-mentioned Act and Order the City Council as the Local Planning Authority GRANT PERMISSION for the development described above in accordance with the terms of the application and the plan/s submitted therewith subject to the following conditions: Before the development hereby permitted commences, a scheme for the retention of the mosaics on the existing building shall be submitted to and approved in writing by the Local Planning Authority. The mosaics shall thereafter be retained in accordance with the approved scheme".



English Language Café

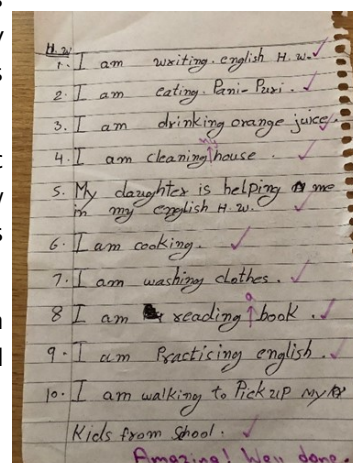
After a busy January welcoming new faces to our lessons, the group now averages between 10 to 15 students. It's such a pleasure to see our numbers rising steadily and equally pleasing that we see between 8 to 10 different nationalities & languages represented in an afternoon.

We are getting to grips with grammar this term and the group have been fantastic with engaging in homework tasks. Check out an example of a student's work below when asked to form a couple of sentences using the present continuous tense. It's very encouraging that good study skills are being picked up along the way.

Some students have compiled short, personal introductions which you will find on display in our classroom. If you are visiting The Friendship Café do take a look and read about some of our busy but very enthusiastic students.

Best wishes,

Zulekha & Iris—ESOL Tutors @ The Friendship Café.



Marvellous Mums - Tuesday's 10-11.30 @ The Bartongate Children's Centre

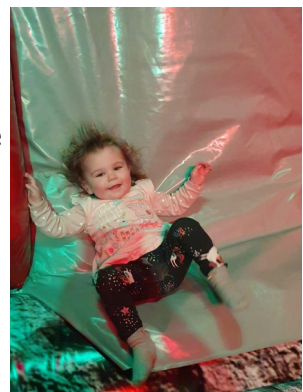
Are you a Mum with a baby? Would you like to meet other Mums and share parenting tips? Then Marvellous Mums is the place to be! The perinatal group continues to thrive & welcomes all Mums to the Tuesday sessions.

It is lovely to see the smiles of recognition on the faces of our regular babies and toddlers, who are now quite at home in the setting and enjoy the varied activities and toys. The coupe cars and home corner/kitchen area are always popular as is the exploration in the outdoor play areas.

As the children play contently, it allows the mothers to have a quiet cuppa and discuss parenting topics. Many laughs are had and great friendships forged.

Regular outings to local activities have been enjoyed by all- the latest was Lunar City.....& the toddlers were amazing, they outshone the Mums in their stamina!

If you are expecting a baby or have a child under 2.5yrs, please come along- a warm welcome awaits you!



The Friendship Hub—Women's Wellbeing Course, Inclusion Gloucestershire @ The Friendship Cafe.

Women are amazing- they care for almost everyone and anyone. Helping, caring and nurturing is a daily role many women face. The Wellbeing Course empowers women to learn techniques to care for themselves.

Happier, healthier minds make happier healthier carers.

The course covers The Five Points of Wellbeing including sleep, breathing, positivity. Ladies are taught relaxation therapy including massage and mindfulness, followed by an open creative art session which has included mosaics, lavender healers, quilling and embroidery.

This is a 5 week course open to all women and registering in essential. Please **text** 07724 762134 to book your place.



Ladies Fitness Classes - Monday's 10.30-11.30 @The Friendship Cafe

Laughter, Aerobics, Giggles and Yoga are exactly what is needed for great physical and mental health. Our **Ladies Only** session is a music-free weekly exercise class open to all women over the age of 60yrs (priority given to women Over 65's). The female instructors ensure that the lessons are varied and adapted for all abilities and classes are suitable for chair users too.

Last week our ladies walked a mile during the session and we thrilled at their achievement. Each session is completed with breathing and relaxation to rest the mind and muscles. Why not come along and join in! For more information please call Amina K or Razeya M.



The Friendship Hub- Women's Arts, Crafts & a Cuppa Inclusion Gloucestershire Thursdays 10-12noon (Adults only) @ The Friendship Cafe

Art therapy allows the mind to relax and think clearly, it brings joy and contentment as art comes from within us. Our friendly & relaxed art sessions are delivered by tutors who are passionate about art in the community.

Come along to try different crafts, art techniques and creative. Make friends whilst you explore your creative side and chatter over a warm cuppa.

The group is very new yet already the ladies have created beautiful art pieces to be proud of including glass paintings, coasters, crepe flowers and tile printing.

Why not come along and give it a try!





The Club have now purchased a Defibrillator

**THANK
YOU**

Rising Stars Raise Funds for a Club Defibrillator

The Club raised *£757.52* within a week of their Defibrillator fund-raiser appeal.

The life saving equipment will now be on site during Home matches with local coaches being trained in CPR steps and use of the equipment.

The club would like to extend their immense gratitude to all the kind donations at the ASDA bucket collection as well as donations to the Just Giving page.

The Club would also like to thank all volunteers, parents, coaches, ASDA staff and players for their time and effort, packing bags and bucket collection at the store.



Dates for the Diary... LOCKDOWN PERMITTING

Sunday 31st May – possibly Eid celebration event

Sunday 21st June – High St party

3-5th July Annual Boys camping trip

11th July Remembering Srebrenica memorial event (Gloucester Cathedral).

Driver/Fitter

Please note this role is a temporary role during the COVID-19 pandemic only.

Driver Fitters deliver and collect medical equipment throughout Gloucestershire as part of the Integrated Community Equipment Service. Duties include installing and removing a variety of medical items such as bath lifts, beds, mattresses and mobile hoists as well as commodes and furniture raisers. Some of this equipment is heavy so you must be physically fit and able to lift and carry. Driver Fitters work closely with a team of Transport Coordinators who arrange their work in order to meet the one day delivery and five day collection targets, on average this could be between fifteen and twenty calls per day so experience of multi drop van deliveries would be useful but not essential.

For more information and to find out more about the working pattern please contact:

Andrew White andrew@gis.co.uk / 01452 874978

Paying for care

Most people are likely to have to pay something towards the cost of their own care and support and some will have to pay all their costs. Paying for care can be an expensive and long-term commitment.

Before you enter into any arrangements, the Gloucestershire County Council strongly recommends that you seek independent financial advice from a financial adviser who is registered with the Financial Conduct Authority and is accredited with the Society of Later Life Advisers (SOLLA).

Web: www.societyoflaterlifeadvisers.co.uk

The council has commissioned The Care Advice Line to provide free, confidential and personalised financial advice about your options for paying for care either now or in the future. It can also help with information about current benefit rates and entitlements and can facilitate access to specialist financial or legal advice.

The Care Advice Line

Web: www.thecareadviceline.org/home-gcc

Tel: 01452 222200

Organ donation - "living donation"

Most organ donation involves someone agreeing that, after they pass away, they want their organs to save the lives of others. This is called "deceased donation".


You may know that the law in England changes very soon, so that just about every adult will be presumed to be happy to donate their organs when they pass away, unless they have registered that they don't want this.

However, that is not the whole story, for there is another way we can help save the lives of others, and this is by donating an organ while we are still alive. The most common way is for someone to donate one of their kidneys to another person, because we have two and can usually spare one. I speak from experience, for I've had one from my wife Lily.


The advantages of this are that many of the religious concerns "deceased" donation are avoided, they usually work very well and they cause no long-term harm to the donor. Once this only happened between people who were closely related, but medical advances mean that you certainly don't need to be related nowadays – for example, Lily and I are married. So if someone you care about is in danger from organ failure, you can often help should you choose. What a generous thing to do, what a gift! Speak to your doctor if this may affect you.

We will have a Kidney Patient's Association stand in King's Walk, Gloucester on Thursday the 12th March to mark World Kidney Day. If you are passing please make yourself known and have a chat and ask any questions. We hope to see some of you.


Geoff and Lily Gidley gloskpa@gmail.com



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The Friendship Cafe (includes St James City Farm)



We also run the City Farm!

Donate now

Give monthly

What your gift could provide

- £5 pays for a bale of hay to feed the animals at St James City Farm
- £10 pays towards a child to try a climbing experience
- £100 buying some kit towards our activities e.g. archery target or play mats

Fundraise for us!

<https://localgiving.org/charity/thefriendshipcafe-cityfarm/>

DONATE TODAY

Now that the BT My Donate page has ceased to exist, we have created a LocalGiving Page where you can donate a one off payment or set up a monthly direct debit.

MUCH APPRECIATED!