



 **STAY AT HOME**

**PROTECT THE NHS**

 **save lives**



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OPCC  
Office of the Police &  
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for Gloucestershire

The  
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Fund  
Breaking the cycle of crime

# Ed Lines

Well as you can imagine not a lot has been happening over the last couple of months as we have had to cancel all our sessions and close the farm to the public.

So what is going to be in the newsletter? Well it is a special edition to highlight what others have been doing in the community whilst, the majority of us, have been under lockdown.

So as most of us have been doing things around the house like.... (select sentence(s) which best suits you)

- A. Becoming the next prospective contestant for MasterChef or The Great British Bake Off
- B. Finding out that planting a seed can turn into a flower, vegetable, fruit or just food for slugs in the garden
- C. After watching DIY SOS repeats you have painted, decorated and refurbished every room in your house
- D. You are now an expert in living room fitness (or watching them being done at least)
- E. Finding the inner child and boldly exploring new walking routes around your house that you had never knew existed before
- F. Just finding out that the nice lady who is in your house is in fact your wife for the past 25 years!

On a more serious note the one thing that these restrictions have made us realise is that time and family are a precious commodity. You now have time to do things as a family that was previously disregarded due to being "TOO BUSY" or "NOT NOW". We have learnt new things like baking and gardening, and a lot of us have taken this opportunity to get fit. We salute our key workers not just only the brave nurses and hospital staff dealing with Covid patients but the lorry drivers, store assistants and refuse collectors to name but a few. We thank you and continue to support you.

To fill up the newsletter, I have asked some of our friends of The Friendship Café to fill in a few questions. So sit back relax and enjoy their answers.

Together we can get through this! And hopefully we shall all meet soon.

TTFN  
Shoaib  
Editor



Name: Shoaib Kathrada  
What do you do? As little as possible

What have you been doing during the lockdown?

My full time employment is at Western Power Distribution, and as a key worker have been going into work to help "keep the lights on". But as we are now working partly from home I have managed to do some of those DIY jobs that I have been promising to do for the last 3 years. Trying to fast and compile (edit) this newsletter. Letting my 10 year old cut my hair!

Best thing about the lockdown?

Seeing the community get together and helping each other. The quiet roads.

Worst thing about the lockdown?

Missing out on the socialising with friends face to face.

Who is the first person you will hug when this is over?

My mum

And where will you go?

To my mums with all my siblings and their kids and have a feast!

Did you have plenty of loo roll?

Enough to keep the Andrex puppy busy!!





Name: Richard Graham

What do you do? MP

What have you been doing during the lockdown?

Communicating to my constituents all the different new schemes / changes to help them, highlighting to government issues to be tackled, encouraging Councils on the implementation of policies - and answering hundreds and hundreds of e mails every day.

Best thing about the lockdown?

Knowing those who are running our local NHS Trusts and Councils are doing their best and that we're as well prepared as we can be; having all our family at home.

Worst thing about the lockdown?

Knowing the depth of the longer term impact on the economy & jobs; not being able to enjoy this incredible weather with the start of the cricket season.

Who is the first person you will hug when this is over?

My 92 year old father, only a 40 minute drive away. He still runs his own business and looks after his veg garden but said for the first time in his life that he was bored, not being allowed to see anyone.

And where will you go?

To the top of Painswick Beacon at sundown, to rejoice again in the freedom of walking when and where we like: to soak in the 360 view of this most beautiful of cities and counties - and to thank whatever gods there be for sparing most of my constituents from the virus.

Did you have plenty of loo roll?

Yes the corner shops almost always had loo roll.

Photo: Learning how to cook more than just breakfast - this is going to be a Bali Banana Pancake..

Name: Edward Gillepsie

What do you do? I'm Lord-Lieutenant of Gloucestershire and a big fan of the Friendship Cafe

What have you been doing during the lockdown? Staying at home in Gotherington, between Bishops Cleeve and Tewkesbury. Keeping in touch by telephone with friends, eating meal outside in the sunshine, going for a lovely walk with my wife Alyson, occasionally going shopping, reading books together - currently The Diary of Adrian Mole 13 1/2 (brilliant).

Best thing about the lockdown? Not much, to be honest, as I love company - people! - and activities. We have been so fortunate with the lovely weather so, perhaps, having time to do everything and to seldom be in a rush. We now have lunch at around 2.30pm and supper at 9pm.

Worst thing about the lockdown? Not being able to get around and see people face to face. Telephone calls help. I have learned to zoom.

Who is the first person you will hug when this is over? After my wife, who I hug every day, probably our neighbours. That's Richard the vicar and his wife Claire. We have supported each other over the fence, especially on bad days and there have been several of those, especially for him.

And where will you go? I shall probably go and see our two daughters in London and our two grandchildren who are 4 and 2. We have a weekend booked on the south coast. That may get delayed but, when- ever it is, I'm sure it will be very special. Also to see our son who lives in Scotland.

Did you have plenty of loo roll? Yes thank you





Name: Sarah

What do you do? Riding Instructor/farm worker.

What have you been doing during the lockdown?

Along with Rich, Karen and a couple of amazing volunteers, keeping the animals well looked after. We've had a couple of babies (lambs and goats) born at the farm since the lockdown which has certainly lightened the mood! I've also been exercising the farms new pony, checking the animals we have moved off site for a holiday and doing general upkeep of the farm ready for when we open again.

Best thing about the lockdown?

No traffic or queues anywhere!

Worst thing about the lockdown? Not being able to visit family

Who is the first person you will hug when this is over? My parents

And where will you go?

Did you have plenty of loo roll? Plenty



New Kids on the Block

(Well actually it's the farm and its kids and lambs)

George is pictured with two of our new baby

Bagot goats



Horse walks into a bar. The Barman says to him "Why the long face?"



Name: Rich

What do you do? Manager of St James City Farm and also Young People Leader for Fairshares

What have you been doing during the lockdown?

Myself, a couple of staff members plus a couple of volunteers have moved lot of animals off site .

A friend of mine kindly gave us use of a 6 acre field which we have had to do some fencing and put in water tanks , now our sheep and cows are having a well deserved holiday loads of grass and sunshine .

All the ponies and horses and having free board and lodgings at a couple of liveries.

Rabbits and guinea pigs are at various homes in and around Gloucester.

So whilst the animals are away, we are busy doing repairs and improvements to the farm.



Name: Imran Atcha

What do you do? Coordinator of FC & City Farm

What have you been doing during the lockdown?

Working from FC office catching up on paperwork, background support to the other volunteers doing support work to isolated people. Riding bike, taking Rolo out, read books 'Denazification of Germany', 'Five Go Gluten Free', and watched too much You Tube.

Best thing about the lockdown?

The quieter pace of life – I realised how fast paced things had become. Being able to spend time at home with family.

Worst thing about the lockdown?

My Dad passed away – (apart from one very brief trip, couldn't even visit parents whilst they were in hospital).

Who is the first person you will hug when this is over?

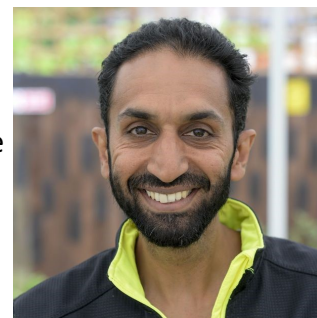
Farouk Mehta

And where will you go?

Horse riding, somewhere, anywhere.

Did you have plenty of loo roll?

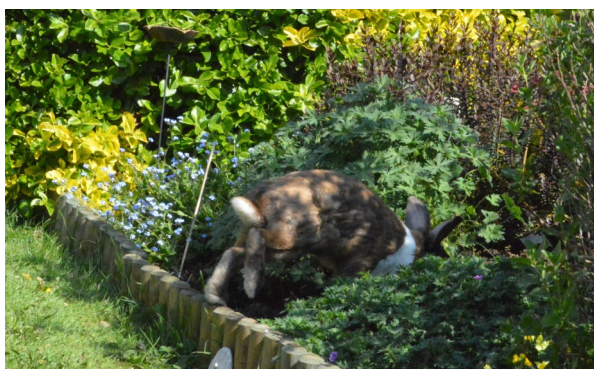
Never was a problem. I was trained in survival skills.



Not all superheroes wear capes....



#thankyoukeyworkers



**Harry the Bunny** makes a bid for freedom whilst being cared for in David's garden at home during the lockdown. (he didn't get very far as he was being closely monitored!).



**Growing Project with Fair Shares at the City Farm.**

<https://www.facebook.com/fairshares/videos/519761052044603/>

Click on the link to see a short video to find out what Rachel has been up to in the allotments at the farm.

Meet Beth, who has been fundraising for 3 good causes one of which includes the City Farm....

Everyone who runs a marathon has a story here is mine.....

Everyone who knows me know I have a love hate relationship with running. I love running (I hate anything further than 5km!). This year I got awarded a ballot place for the most iconic race. Never one to turn down a challenge there was no question I was going to take this on and in doing so raise some money for some amazing charities that do incredible things in our country and community.

I've chosen 3 charities British Heart Foundation, SHED (Support and help for every dad), and St James' city farm in Gloucester.

To donate visit

<https://uk.virginmoneygiving.com/fundraiserdisplay/showROFundraiserPage?userUrl=BethPort&pageUrl=1>







Name: Tina Cuthbert

What do you do? Coffee shop manager

What have you been doing during the lockdown?

The first two weeks I stayed at home with my loving family. I did lots of gardening and we built a memorial area for our late son. I love it x. Then I have been working on my own in the coffee shop cooking for the community in cooperation with Fairshares

Best thing about the lockdown?

Spending quality time with my family and giving a helping hand to the community.



Worst thing about the lockdown?

Not being able to spend time with my parents.

Who is the first person you will hug when this is over?

My parents .

And where will you go?

I will go to see my parents.

Did you have plenty of loo roll?

I managed to get loo roll but not sure how long this will last!!!



Follow all the work Tina has been up to on The Coffee Shop and Fair Shares Facebook pages



**The Coffee Shop at The Friendship Cafe** is in Gloucester, Gloucestershire.

1 April · 🌐

Meals cooked at The friendship café coffee shop today and delivered to Bartongate surgery and others. Bartongate health officer commented .."this really touches the heart - thank u " @ Gloucester, Gloucestershire



**Fair Shares Community Time Banks**

26 April at 17:11 · 🌐

Working with [The Friendship Cafe](#) and [Gloucester Helping Hands](#) we cooked and delivered a massive amount of hot meals last week. At our community centre we cooked 183 meals and a further 70 meals were cooked by volunteers off-site. Almost all of the ingredients were donated by local individuals or supermarkets and the food went out free to doctors, nurses, key NHS staff as well as to local residents who might enjoy a good hot meal.

Here are pictures of some of the people who have been involved in the process. A huge thank you to everyone here and those not photographed too!







Name: Reyaz

What do you do? Chair of Friendship Café and Timebroker for Fair Shares, two local community organisations and charities – I basically manage and support community work.

What have you been doing during the lockdown? We've turned The Friendship Café and Fair Shares into food distribution centres. The main hall has become a food bank and we've been collecting food from a number of different places. Local residents have been donating supplies to us as well as generous donations from supermarkets such as Sainsburys Local and Morrisons. We've been working with Gloucester Helping Hands, The

Barton Covid Group and a number of other groups and individuals. Our focus now is how we get food to people who need it. We know that lots of people are struggling in all sorts of different ways, and we need to find ways to help.

Between Friendship Café and Fair Shares we're also cooking hot meals to go out to the people. We cook about 50 meals every day and these are delivered all across Barton and wider. Many go to elderly people who are struggling without their usual support, or families who have been hit financially because of the Covid lockdown. We're also giving meals to some of our key NHS workers at Bartongate surgery as well as Gloucester Royal Hospital. Meals have also gone out to hospital cleaners as well as the guys from Amey who are working hard to keep our streets clean.

I'm also getting in calls on a daily basis from people who are isolating and can't get out. Lots of people are very vulnerable because of their health and have been told not to leave their homes. But they still need to do shopping or picking up prescriptions. So I'm coordinating lots of volunteers across our Fair City to get help where it's needed.

Best thing about the lockdown? It's brought out the kind generous spirit of Gloucester that we all know is there. Every day I get people offering to help out, or I hear stories of someone's generosity.

Worst thing about the lockdown? We've spent years making our community centre into a vibrant place. I work at Chequers and normally hundreds of people come in and out of it on a daily basis. Right now it's empty – that's sad to see. (oh and all the death and stuff of course)

Who is the first person you will hug when this is over? I believe in social distancing at all times – I'm never hugging anyone ever again!

And where will you go? To throw my smartphone off the tallest building in Gloucester and watch it smash to pieces below (I've had to finally get a smartphone for work during this crisis)

Did you have plenty of loo roll? I don't want to talk about it.

## What makes you smile?

Everyone has something that makes them smile, especially during times like this.

We want you to share your favourite things with us and help us create a big wall of 'smiles' inside The Friendship Café!

**Snap a photo!**

You can use your camera to take a photo!



**Draw!**

Or you can draw a picture!



Send your photos and drawings to  
gloucester@fairshares.org.uk  
or Whatsapp Aysha on  
07866 387250

Fair Shares  
community  
time banks



## The Small things that make us smile

*We know life is strange at the moment and everyone is doing the best we can with our new situation but often it's times like this we're reminded of the small pleasures in life and those tiny things and moments that can make all the difference. We all have those things that make us smile and bring us some joy and happiness. What we want to do is capture those moments and really celebrate them together.*

*So have a think about what makes you smile and take a picture. It can be anything: your favourite book, your child being silly, flowers in the garden, a pet, a musical instrument, a stupid hat, that toy that you're far too old to be still playing with, the neighbour that you talk to from across your garden fence, a present from a loved one, a child's artwork, chocolate!!! It can be anything at all – this is about what makes you smile. (I've shared some of my examples)*

*We want to collect all these photos and create a massive collage. We have this big empty wall inside the Friendship Café and we want it filled with photos. You just have to attach your digital photos to this post and we'll print them out and stick it on the wall. When all of this is over and it's safe to come back together we'll throw a big party in the hall and we can share and enjoy the photos together.*

*You can photograph anything you like using anything you like - you don't need a latest camera, that dodgy old phone is good enough; we just want to see what makes you happy. We only have two rules – 1 It has to be a new photo you take (no old holiday pictures) 2 Stay safe, no going out to your favourite beauty spot or meeting up with your best friend – we all still have to maintain our social isolation.*

*You can attach your photos here, or email them to [gloucester@fairshares.org.uk](mailto:gloucester@fairshares.org.uk)*

Name: Zahara

What do you do? Girls Group Leader (approx 6hrs per week) & Youth Justice Worker (30hrs per week), Mum of three kids aged 8,6 & 4 (24:7).

What have you been doing during the lockdown?

I've been unwell for part, as have the kids, so a big refocus on simple ways to stay fit and healthy. Lots of lemon, ginger & honey drinks alongside vegetables & fruits (although not always easy to get hold of when on lockdown & self isolating), black seed oil, fresh garden air and gentle exercise (playing with kids / badminton /kicking ball in garden). When we were all poorly we did lots of colouring in (simply to arrange), then as we got better we became slightly more creative, baking, woodwork (or rather putting holes in wood) , and home school projects - mostly centred around spring or whatever kids would ask a question about. We don't have TV and screen time is an 'earned' activity for 1 hour max.

The difficulty in accessing fresh stuff renewed our motivation to grow our own, so we've spent some time digging and planting seeds in our garden. This kept kids involved with playing with the mud or an interest in worms (the 4yr old boy) and learning about insects/plants etc (the girls). I've now also returned to work in my full time work so it's a bit of juggle wfh, but I feel blessed to have additional time at home with the family. My patient husband, as well as his usual stuff, with me being at home, also means he's had to take on additional roles of home builder/carpenter/plumber/painter & decorator/cook (he is much better at it than I!).

Best thing about the lockdown?

Being unwell, as it made me reflect and reevaluate the important things, with renewed gratefulness. Also, we were touched with kindness as our neighbours who helped out during our isolation. A special thanks to Sarah, Shabana, Jenny & Sue. Connecting more with loved ones (even if it is virtually). Creating better relationships with neighbours. Increase in family time. Getting all those odd jobs done (although my husband may have a different opinion).

Worst thing about the lockdown?

Children getting fed up with each other, and energy/attention needed to keep them entertained. I realise this is a battle we take on by limited screen time, but I do feel it pays off. Mostly they settle down and find/get into something, or if it is a major meltdown with the kids, we have a group hug/wrestle. Jump on bed/ Run around a bit, make some lion sounds then settle back down. I also miss mountain biking.

Who is the first person you will hug when this is over?

I would like to say a stranger but that will get me arrested. But seriously, I hope after this trial is through we will find connection with others and show kindness to strangers willingly.

And where will you go?

To see my mum! Forest of Dean for a bike ride :-)

Did you have plenty of loo roll?

Yes! The kids were rationed.



## Do you know the difference between a Fire Fighter and a Paramedic?

I would hope so - one drives a big red fire engine and the other a shiny yellow ambulance. Unfortunately one of our Team Covid-19 response members was not feeling quite so alert.

Imam Hassan had promised Biryani as a thank you to a hardworking team of 20 hungry ambulance workers. This was lovingly prepared by some volunteers and off went one volunteer with clear instructions to drop off precious home-made food to the ambulance workers in Churchdown. A while later, Imam gets a call from ambulance service saying that they are still waiting, plates out and forks ready. Imam calls our delivery driver who proudly confirms that he has indeed given the food to some very grateful and pleasantly surprised FIRE FIGHTERS!

We won't be nominating him for any quiz shows! How can one make such an error is difficult to answer Never mind, if you want a job done, sometimes you just have to do it yourself. And we shall make a Specsavers appointment after the lockdown for our driver.





Name: Emma Willis

What do you do? Normally make shirts but now my skilled shirt making team are making scrubs to donate to the NHS.

What have you been doing during the lockdown? Researching scrub, gown patterns and fabrics, liaising with Aysha Randera and her ladies who are making scrub bags, collecting the finished scrubs from our factory at Bearland House each afternoon and delivering to the amazing team at Gloucester Royal to be allocated to the DCC's there and at Cheltenham Hospital and lots of walking and cooking!

Best thing about the lockdown? Seeing family, empty diary and simplified life.

Worst thing about the lockdown? Not being able to see my 84 year old parents and the day sales just stopped after 25 years of building a business.

Who is the first person you will hug when this is over? My 84 year old beloved mother.

And where will you go? To my shop in London to sell as many shirts as possible!

Did you have plenty of loo roll? Yes!



A huge thank you to the Emma Willis Sewing Studio, who worked alongside volunteers to sew **350 laundry bags** (by hand) for Gloucestershire NHS staff in just 48 hours! The fabric was kindly donated by Emma Willis, World of Fabrics (Cheltenham) and individuals from in and around Gloucester. Nursing staff are able to use them to put their uniforms in, ready to take home for washing.

We would also like to show our appreciation to **The Friendship Café**, who appointed volunteer Haroon to deliver the bags to the GRH distribution store.

Abdur-Rahman Dhalech, who has been volunteering in stores alongside Barry Conway, then made sure to distribute the laundry bags amongst the COVID wards across both hospital sites. At GRH, the laundry bags were distributed around wards **4A, 7A, 9A, AMU, DCC** and **ED**, and at CGH around **Woodmancote, Dixon and Knightsbridge** wards, as well as the **ED**.

For more info: Website - <https://thefriendshipcafe.com/sewing-studio/>  
Email - [aysha@thefriendshipcafe.com](mailto:aysha@thefriendshipcafe.com)

For information about the work the studio has been doing follow them on their Facebook page



**The Emma Willis Sewing Studio**  
13 April at 13:06 · 🌐

Our bags are already with their recipients in Gloucester and Cheltenham  
Thank you ❤️🙏🏻🙏🏻  
Asheiyah, Martina, Lidia, Kathy, Mifra, Noor Bibi, Salonas, Shaheda, Sandra, Sameera and Someyyeh. #women #community #grh #thefriendshipcafe  
World of Fabrics Emma Willis The Friendship Cafe



Name: me

What do you do? Mum & Women's Development Officer

What have you been doing during the lockdown? Sewing spending time with family

Best thing about the lockdown? Time with family

Worst thing about the lockdown? Not being able to get essential meds

Who is the first person you will hug when this is over? My mum

And where will you go? Lunch with friends

Did you have plenty of loo roll? Yes





## B&T Street Rep Update

We now have 102 Streets in and around Barton and Tredworth who have a street rep. Referrals have come from the city council hub as well as some direct to the team. Most of the elderly and vulnerable are now on a Government Shielding list and hopefully most should now be catered for, however as we found out recently, unfortunately some are being missed out.

Many reps have also supported their neighbours with shopping and medication throughout the week. Our ward is very fortunate to have a wonderful team of kind street reps and a strong community spirit.

Fair Shares Community Time Banks are also delivering fresh food twice a week to our local doctors surgeries and identified vulnerable families. These have been prepared by the lovely staff The Coffee Shop at The Friendship Cafe

Local primary schools are supported with food parcels they identify, as well as support for deliveries of their free school meal provision.

The B&T support group have also launched a kids competition in our primary schools, rewarding the winners with gift prizes.

Gloucester Helping Hands are doing daily parcel drops in the ward.

Gloucester Feed The Hungry have overwhelmed the city with their ongoing support around Gloucestershire, working around the clock, whilst continuing their projects they had established before COVID. Namely supporting the homeless and residents in sheltered accommodation and delivering Easter Eggs to local hospitals and treats for the staff.

Both GFTH and GHH have been supporting families city wide as well as organising weekly support for Hospital Staff.

Local families from the ward have also kindly donated food, cup cakes etc which have been passed onto hospital departments.

The Emma Willis Sewing Studio at The Friendship Cafe have kindly supplied the hospital staff with scrub bags and continue to kindly sew items requested by the nursing team.

Please continue all the great work .

#Stay Home #SaveLives #ProtectNHS



**GLOUCESTER MUSLIM COMMUNITY**  
MASJID E NOOR • JAMAA AL KARIM • MASJID E UNAR

**COVID-19 Rapid Response Appeal**  
Supporting our Local NHS

**£5901.54 Total Raised**  
**THANK YOU**

Those of you who place others ahead of yourselves.  
Saving one life is equivalent to saving all of humanity.  
You are fulfilling the dire needs of society, saving millions of lives and securing our safety.  
We thank you all and your families for the sacrifices you are making for all of us.  
Our prayers are with you, your families and all our communities.

<https://www.glos-hospitals.nhs.uk/charity>  
Gloucestershire Hospitals NHS Foundation Trust

## RE: Re Gloucester Muslim Community Covid-19 Rapid Response

This is fantastic and we are very, very grateful for your support both financially and knowing that we are in your thoughts.

KR

Deborah

Deborah Lee  
Chief Executive  
Gloucestershire Hospitals NHS Foundation Trust  
[Deborah.lee2@nhs.net](mailto:Deborah.lee2@nhs.net)  
PA [fiji.wood3@nhs.net](mailto:fiji.wood3@nhs.net) or 0300 422 4721

A huge thanks to everyone who has helped to raise such an incredible amount from Gloucester Muslim Community for our COVID-19 Rapid Response Appeal.

£5,901.54 is an incredible amount to have raised in such a short space of time, and your support is already making a direct difference for local NHS staff as they care for patients with COVID-19.

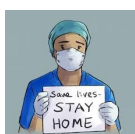
Here's an update on how the funds are making an impact for staff: <https://www.glos-hospitals.nhs.uk/charity/what-we-do/campaigns/update-our-covid-19-appeal/>

And the page also shows some of the many thank-you messages which have been coming through from staff - we'll be putting a video of those together soon and will send through so everyone who has supported can see how they have boosted staff.

Thank you for your determination to make a difference for our NHS staff.

Very best wishes

Richard



Richard Smith  
Head of Fundraising  
07970 531473

[Please support our COVID-19 Rapid Response Appeal](#)  
[Donate today to support NHS Wellbeing](#)  
[www.justgiving.com/campaign/GlosCovid19](http://www.justgiving.com/campaign/GlosCovid19)

## Gloucester Helping Hands

24 April at 13:14 · 🌐

Barton & Tredworth COVID Support Group

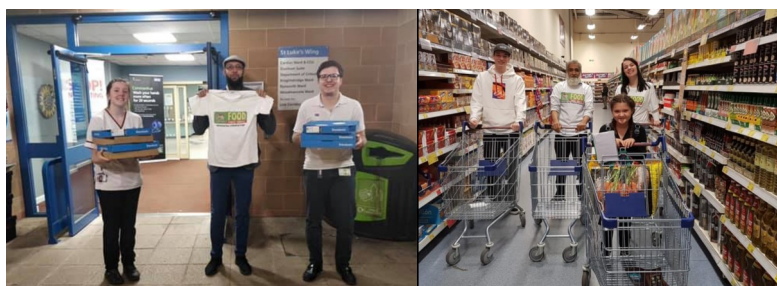
It was an absolute pleasure delivering to the fantastic teams below, we are so fortunate to have such dedicated staff in our city;

Bereavement support team

Patient support team

Staff support team

Covid Management Team Gloucestershire Hospitals NHS Foundation Trust  
The Friendship Cafe



Follow Hash and Imam Hassan's great work on their Facebook pages





## Gloucester Feed The Hungry

9 May at 22:02 · 🌐

Today GFTH distributed 60 plus hot lunches to the residents of 4 Gloucester shelters.

We also had the pleasure of serving treats to the Ambulance crews at A&E as well as the Air Ambulance crew.

Thank you to Sumeya and Daughter Safiyyah Vaid for the chicken and chips as well as the home made choc chip cookies.

Thank you to Abu's fish and chips for preparing the meals and donating cans of pop for all.

Thank you to Fajila Kholwadia and neighbour for the lovely spaghetti lunches and sweet treats.

Team work at its best.

Hash



Read about the work being done in Barton & Tredworth on Gloucestershire Live website

<https://www.gloucestershirelive.co.uk/news/gloucester-news/gloucester-community-support-group-says-4062442>

### Message from Cllr Sajid Patel

The speed and manner with which our community in Barton & Tredworth has pulled together has been truly remarkable and breathtaking.

Within hours of the lockdown being announced, a voluntary working group led by Mo Patel was mobilised in quick time resulting in a deluge of volunteers coming forward to help in whatever possible - from helping with co-ordinating and organising, to acting as street rep ambassadors, to even helping with funerals. Did you know that we have almost 100 resident volunteers ambassadors covering 102 streets in the area (almost every street in the entire Barton & Tredworth area)!

It is fantastic to see everyone playing their part during this unprecedented crisis. Residents of all ages and nationalities, the City and County Council's, local councillors, the city MP, local and national businesses, local churches and mosques, the Gloucester Muslim Burial Committee, the community and voluntary organisations such as the Friendship Cafe, Fairshares, Barnwood Trust, local charities such as 'Gloucester Feed the Hungry (GFTH)' led by Hash Norat and 'Gloucester Helping Hands' run by Imam Hassan (Imam at Masjid-e-Noor) to name a few.

We have really seen the best in humanity as shown by the various community led initiatives mentioned above. A special mention must go to Hash Norat for his energy, enthusiasm, hard work and drive (literally driving thousands of miles delivering food parcels etc). And nationally, WWII veteran 99 year old Captain Tom Moore, won the nations hearts and raised an astonishing £29 million for the NHS Covid crisis fund. Last but not least there are the many hundreds of thousands of amazing front line workers in the nhs as well as other key workers who have been doing a great job going above and beyond the call of duty to put others first.

Unfortunately the tragic side of the Covid-19 crisis is that there are many patients currently unwell in hospital, and also many families who have unexpectedly and sadly lost their loved ones. Our thoughts and prayers are with you all at this extremely difficult time.

As a local resident and local councillor, I am incredibly proud of the Barton and Tredworth community and indeed the City of Gloucester for once again working together well in the face of adversity.

My heartfelt thanks to everyone for all the kindness, compassion and resilience shown, and would like conclude by echoing the words of Captain Tom Moore, "We're in this together" and "tomorrow will be a better day."

Ramadan Mubarak, stay at home, protect the nhs and save lives.

Name: Idris Bobat

What do you do? Work as a pharmacist at Gloucestershire Hospitals NHS Foundation Trust & FC Volunteer

What have you been doing during the lockdown?

Well by the grace of Allah, I (well my wife) gave Birth to a Baby Girl (Rumaysa Bobat) on 25<sup>th</sup> April (no boxed gifts please). Took some paternity leave but then had to go back into work. Working on the wards has been different but the support and donations provided by all especially the B&T community has been greatly appreciated by all. From the weekly pizza's organised by Moulana Abdullah and iMam, Harry K and the biryani runs, Hash Norat just being Hash and now feeding the entire NHS and all the folks at friendship café assisting with creating masks, sewing scrub bags, cooking and ongoing distribution. The list of thanks would go on.....



Best thing about the lockdown?

Spending more time with 4 females in the household. Playing board games and just spending time with family in the garden, with great weather.

Worst thing about the lockdown?

I hate going shopping and I hate supermarkets. So now having to go to supermarkets and look for things is awful. A 15min shop could take me 45mins. Thanks to technology a facetime call and I can be guided to correct aisle and correct item. But on the brightside buying all the random things you'd never buy, even things you think are on offer but really aren't and watching wife's face when I unpack is priceless.

Who is the first person you will hug when this is over?

Will have to be my mum, although I'm sure if you ask her, she can't wait to give her new granddaughter a cuddle.

And where will you go?

Not being able to go to the masjids has been difficult. So that would be the first place followed by the swimming pool and the golf course.

Did you have plenty of loo roll?

No but I have plenty of wet wipes.

Name: Emma Wood

What do you do? I work at Gloucestershire Royal Hospitals as the Director of People and the Deputy CEO

What have you been doing during the lockdown? I have been working from home. I have a chronic health condition so have to work from home to make sure I don't mix with clinical staff at the moment (which is a challenge when you work in a hospital!). So I am spending a lot of time on the phone and on video calls focusing on how we can keep staff safe and well as they manage the COVID pandemic, how we can ensure patients have the best treatment possible, and how I can make sure staff can come to work where possible (by arranging accommodation, child care for staff, rest facilities...).



Best thing about the lockdown? Being at home with my family and being able to have a spot of lunch with my husband, 2 kids and 2 dogs! A real treat

Worst thing about the lockdown? Not being able to see my colleagues and friends at work or being able to hug my family. My family is so important to me and being isolated from them is the worst thing by far

Who is the first person you will hug when this is over? My dad. He was diagnosed with prostate cancer at time of the lock down and I haven't given him a hug yet and then my Mum, sorry I have 2 people, maybe I will hug them at the same time – a group hug. My Mum lost her mum a few months ago so I know my dad being unwell and a 'mothers day' without her family or her mum was really tough – watching her cry behind a closed door on that Sunday nearly killed me!

And where will you go? I will go for a long walk with the extended family and the dogs in the Forest of Dean and try to keep them out of the water.

Did you have plenty of loo roll? Oh yes – before lock down I asked my hubby to buy a pack if he went to any shop – whether a supermarket, garage or the local DIY shop – he did this for a few weeks - so I have enough for many lock downs and happy to share!!!



Name: Haroon.

What do you do? Work for Glos. County Council, Adult Services, Older People's Support Work (Black & Minority Ethnic)

What have you been doing during the lockdown?

Supporting the Covid 19 Barton & Tredworth work (based at FC) delivering the supplies, checking up on people, linking up with all the other workers and volunteers involved.

Best thing about the lockdown?

Time to do gardening.

Worst thing about the lockdown?

No Masjid, no jamaat!

Who is the first person you will hug when this is over?

Mahmoud Patel, following his chemo and op

And where will you go?

Jamaat (and maybe an emergency service recognition course)

Did you have plenty of loo roll?

Yes. Used sparingly.



Name: Mandy Newbould

What do you do? By day I am the Assistant General Manager for Trauma & Orthopaedic in Cheltenham General – I have worked in the NHS for 34 years

What have you been doing during the lockdown?

I work full time during the week so by the time I get home, shower, wash my work clothes have dinner etc there's only time to check in on family and friends to see how they are.

However at weekends I have done bits of shopping for neighbours and checked in on them to make sure they are ok. Was asked if I could help an elderly gent mow his lawns and found I had to use a sit on mower so I felt like Forest Gump when I go there – it's so therapeutic! I organised a virtual Easter Bake Off within my local villages using social media as a judging platform, the responses were amazing and there were lots of donated prizes which was fab. Working in the NHS there are so many people who want to help and donate things to us so I collect and distribute laundry bags, face masks and hair bands to my NHS colleagues. One of my villagers carved a lovely piece for the NHS which is now takes pride of place in the Plaster room in CGH.

I use social media as a means of sharing positive messages and stories to friends and thanking colleagues who are going above and beyond. I have also taught my mum how to use Skype which is brilliant as she can see all the family. Am teaching my daughter about gardening and we are growing our own veg! Of course we , joined in with family quiz sessions via Zoom which has actually been lots of fun!

Best thing about the lockdown?

Appreciating what we have and not spending money!

Worst thing about the lockdown?

This is a really hard one for me to narrow down so I have had to write a few things; seeing people suffer, either through loss, through the role they play i.e. NHS workers etc. Not being able to hug my mum and comfort her in person; Encapsulating all this is a genuine wish to do so much and yet feelings I have done so little and the guilt that gives me L

Who is the first person you will hug when this is over?

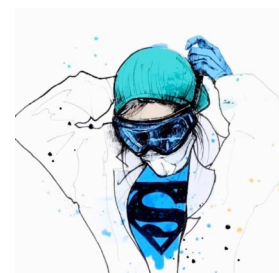
My children

And where will you go?

I have already said that when this is over I am booking annual leave and I am going to go on a hug marathon because there are just so many people I want to hug

Did you have plenty of loo roll?

Indeed I do



Name: Sam

What do you do? I'm a Family Support Worker at Hatherley Infant School. I also run a monthly family art and craft session at TFC.

What have you been doing during the lockdown?

I've been working at school one day a week and supporting children and their families by phone and text. I've also become a call companion (phone buddy) to an isolated elderly person and have been writing to residents in care homes with pictures and news from school.

Best thing about the lockdown?

I've made links with some amazing volunteers and groups in our local area. I've had time to think about and reassess what's really important in life and what actually doesn't matter.

Worst thing about the lockdown?

I miss family members who are not at home with me and working with the children and their families at school.

Who is the first person you will hug when this is over?

My Mum

And where will you go?

I will go and see my Mum who is self isolating near Andover.

Did you have plenty of loo roll?

Yes - with some family members not being at home we have!



We have still been open during lockdown at Hatherley Infant School and have all been enjoying spending lots of time outside. We've been gardening, looking at the pond, making dens and practicing our hula hooping skills. We've also been making posters, Easter chicks, birds nests as well as using our reading, writing and number skills.

Reyaz has helped us to deliver hampers to families and we've enjoyed waving to everyone from a safe distance as we do that. He's also delivered hot meals to some of families who very much appreciate this help. Our children who've been coming into school have been brilliant and are getting the hang of social distancing. We are very proud of all them all.



**SUPPORT DURING COVID19 LOCKDOWN**

These are difficult times. Let's support each other and stay connected. Sam and Hayley are still here to offer friendly advice or just to listen - feel free to get in touch. Sam: 07812246762 Hayley: 07568552578 Email: families@thefriendshipcafe.com

**Food and essentials - HELPI**  
The Friendship Cafe 01452 308127 and the Long Table 01452 234831 are providing free hot meals.  
The Barton and Tredworth Covid 19 Response group can help with shopping and food parcels. 07786510741.

**Routine** - young children need routine. Stick to getting up and dressed in the morning and having a proper bedtime. This will help to reduce their anxiety and stress. Use mealtimes together to talk about feelings and answer questions.

**Exercise** - can help to lift your mood. Join in online workouts, dance with your children or set up a mini-bootcamp. Use your phone timer and go through a short warm up of marching and then move on to jumping jacks, spotty dogs, squats, high knees etc. Put some music on whilst you do it if that helps. If you can - take a walk, get some fresh air and look for any signs of Spring.

**Screens and games** - we're all watching more TV and spending time on tablets, xbox etc but try to break up the day by doing other things too, especially before bedtime. Board games, reading stories, exercising, drawing, art and making things will help you all to de-stress and sleep better.

**Social media** - it's easy to constantly check news and social media but DON'T! There's a huge amount of negativity out there and it can drag you down. Limit yourself to looking only at certain times rather than every few minutes.

**Reach out** - keep in touch with family and friends. Share what you're doing and help each other to stay positive. Make sure that everyone has what they need. Use Face time/whatsapp/ texts and call OFTEN.

**Mindfulness and meditations** - If you haven't tried this yet then now is the time. It helps to manage anxiety and stress and to keep calm. Try this one with your child - [https://youtu.be/9\\_vEZTrmtyA](https://youtu.be/9_vEZTrmtyA)

**Look forward to the future** - this is a time like nothing we've ever seen before. It will be something we all remember and look back on. Try and find some positives despite the fear and uncertainty we are all feeling. Record what you've been doing, keep drawings, rainbows, photos and journals in a memory box. You can show these to your grandchildren and other younger relatives in years to come!






### ***Marking International Women's Day at The friendship Café***



**Inspire** @ The Friendship Café marked International Women's Day for the second time on Saturday 7<sup>th</sup> March. The event had taken months of planning and we were lucky enough to manage to hold it before the impact of COVID-19 became apparent. Last year saw an extravagant event, with guest speakers, international food boxes and workshops and was a tough event to follow for 2020. However, this year's event, whilst more informal and relaxed proved, to be an enormous success with all tickets selling out in advance of the event. The evening was opened by Inspire's Chair, Khadija, followed by talks by Aysha and Zuleika on what International Women's Day means, why we've chosen to mark it and the importance of support of friends and community.

The theme of the evening was 'Time for You' inspiring our guests to try new things, new food, and meet old friends and make some new ones. Four workshops were quickly booked by the participants, who had a choice of learning new ways to style a scarf (thank you to Saleha for sharing her skills), making your own skin care products from ingredients in the kitchen cupboard (thanks to Rose for facilitating this), hair styling (thanks to Liana) and a make-up and skin care tutorial using Body Shop products (thanks to Emma).



Whilst guests were taking part in these workshops, others took the opportunity to have some henna art applied to their hands (thanks to mendihi artists Tahera, Rehana, Fazila, Shabana and Mariam). Throughout the evening food was available to buy from a range of local entrepreneurs; women who have started their own businesses making a range of food from Mexican food to Middle Eastern and Asian delights, along with sweet cakes and deserts.

This was a chance to show case their skills, promote their talents and for those of us buying and eating, to just indulge in good quality food that you can't buy from any high street. It was also an opportunity to sit and eat with old friends and new ones in a relaxed and positive atmosphere, little did we know that this was to be our last opportunity before a lockdown that has deprived us of wider company.



The Friendship Café was transformed on the evening, thanks to the hard work of Zohra Patel and her beautiful silk flowers, table decorations and décor, which immediately set the tone of the evening. Inspire@The Friendship Café continues to provide opportunities for women to come together for support, learn new skills and have some fun. We are always looking for new ways in which this can be done and ideas for the future. Please get in touch with Aysha if you have skills or ideas that you'd like to share (aysha@thefriendshipcafe.com).



Many thanks to Aysha and Frankie Bray for the photographs.



## COVID-19 update

The Football Association has notified all leagues that the 2019/20 season is completed.

As a result the league season is declared null & void for all age groups bar U12s A and B which already had clear winners.

### Under 7 & 8s

A new group of enthusiastic players that has grown during the year. The emphasis is on learning the basics and making friends. We played our first game and had fun despite the result and look forward to more training and matches in the new season.



Under 7 & 8s – Fancy a game?

Team	Win	Draw	Loss	Goals For	Goals Against
Under 13	4	0	9	33	55
Under 12	4	0	7	26	54
Under 10 Comets	7	3	10	36	41
Under 10 Galaxy	4	5	12	31	70
Under 8	0	0	1		

### Under 10 Galaxy

Our second season in the Severn Valley League started with 9 losses to bigger, technical teams, but we kept battling as new players bedded in. The team then had a great run from December to February, going unbeaten in 7 out of 8 matches. Best team performance was a 4 – 1 win against the Rangers.

Best goal: versus Rovers. Habib to Eesa, up to Umar Faruk who turned his marker, ran down the wing & crossed for Yunus to score – Exactly as practised.



The Galaxy – With team mascot in the buggy

### Under 10s Comets

A new team with 27 players of varying abilities playing in the Mid Gloucestershire League. The players had fun, learnt a lot about teamwork, wearing the right kit and turning up on time.

Best performance was the 6 – 0 win over the Forest with a great team effort by everyone. Best team goal: 30 seconds into Amateurs match, Danyaal passed to Adnan, then a through ball from Yusha for Abdur Rahman to score the first in our 5 – 0 win.



The Comets – It's all about having fun

### Under 12s

Having lost several players from last season, we had to rebuild the team and formation to integrate new players. Hence the team struggled early on but improved during the season with plenty of commitment shown by all.

The main highlight was progressing to the 3<sup>rd</sup> round of the County Cup which included winning a penalty shoot-out with Ammar saving 4 penalties.



Under 12s – Hanging together

### Under 13s

A difficult start to the season with a few changes in personnel and results not reflecting how well the team played. We picked up as the season progressed and were looking to challenge for a top 4 place before the lockdown.

Highlight includes the 3-2 victory over a Forest team including Tyler's wind assisted corner.



Under 13s – Ready for action

The Gloucester Rugby HITZ programme has gone remote! To ensure our students still get the support and education they need, the Gloucester Rugby HITZ team has been completing all lessons and enrichment activities online. Moving from the classroom to Microsoft Teams, we've ensured that students can still get 'virtual' face to face contact with staff.

Being creative with how we deliver the qualifications and enrichment has proved that when one door closes, another opens. Without the ability to participate in team sports, or gym activities, our students have engaged with many other opportunities. These range from hosting a HITZ home Olympics (setting students different challenges to complete with household objects), to a very first HITZ cooking lesson.

We have also managed to gain a bigger insight and understanding into the support we can offer our students. Whether that's teaching them how to tune a guitar, providing communication and interview skills, or gaining an understanding into the science of happiness, HITZ has managed to stay a consistent support tool throughout a time of great difficulty and change.



## English Language Café.

April 2020.

Greetings all and a warm welcome to ESOL classes at The Friendship Café,

Our class have been working diligently over a couple of terms, so Iris & I decided to set this term's challenge by moving the classes up a level and tackle a few new grammar structures. This might seem paradox but learning a language is a sport and it trains your brain cells. Listening to new terminologies, studying new words and grammar as well as speaking the language stimulate your brain muscle and keeps you healthy and fit. It's fair to say we had a good workout and kudos to the students for returning each week to rise to the challenges. Take a look at the examples of work below.

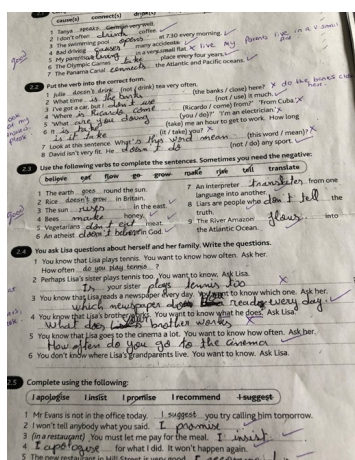
Monday 16<sup>th</sup> March 2020 was our last lesson where we took the opportunity to cover the Government guidance on Covid-19 and social distancing advice for everyone. From the pictures below you will see the students busy concentrating & taking on board all guidelines that had been set at that time.

Physical teaching has stopped for Iris & I but we recognise not knowing what is around the corner while being advised to self-isolate from each other brings on further shared apprehension and concern for everyone, so we continue to share key information, tips to maintain a different healthy lifestyle (nutritional & mental aspects) and even the odd online squat challenge !!

We leave you all with a quote that is intended to motivate until life resumes in some form we recognise as normal:

*Today, give yourself permission to be outrageously kind, irrationally warm, improbably generous. I promise it will be a blast.* – Sasha Dicter

Best wishes,  
Zulekha & Iris.  
ESOL Tutors  
@ The Friendship Café.



محفوظ رہو

Rester en sécurité

सुरक्षित रहो

Güvende kal

در امان ماندن

Suraksita rahō

Mantente segura

Salamat bmenawa

STAY SAFE



பத்திரமாக இருக்கவும்

Pattiramāka irukkavum

ابق آمانا 'abaq amanaa Figue Seguro



Produced by students at The English Language Café @ Friendship Café – April 2020.

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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!

DONATE TODAY

Now that the BT My Do-nate 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!

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