

Thank You!

To all of our regular volunteers helping with the Covid support work



Please note that these are only some of the volunteers that have helped



WhatsApp
07807 869749
07969 187216



Ed Lines

So what's happened since the last newsletter? On a personal level I have fasted in Ramadan and celebrated Eid. All of which was a bit surreal and spiritually dampening. I missed my mum and her cooking, as well as the neighbour's cooking and the daily communal iftaars (breaking of the fast) at the mosque and at GARAS on a Sunday. On the plus side I lost a few pounds in weight. Loving the fact that you can watch football every day at the moment but Liverpool did become Champions (#taintedtitle) but on the plus side they can lift the trophy in front ofno one...an empty stadium. And thanks to Spring Watch I came home from work one day and found the kids (with permission from mum) had dug a big hole to make a nature pond! Chris Packham and chums have cost me a few pounds. On the plus side at least they weren't watching Grand Designs that would have cost me lost more. And my dad always used to tell me "Money doesn't grow on trees"

TTFN

Shoaib—Editor

Helen Lovatt High Sheriff of Gloucestershire 2020-2021

As I prepared for my role as High Sheriff of Gloucestershire, attending events and speaking to my predecessors in the county, there was nothing in the guidance on what to do in a pandemic. The office of High Sheriff is over 1,000 years old, so the last times High Sheriffs faced a similar situation were during the Great Plague of London (1665-1666) and the Spanish Flu in 1918. I couldn't find anything on Google to guide me on what to do.

The Legal Service and Declaration planned for 15th March with over 400 people due to attend was scaled back to a much smaller Declaration for friends and family. It was clear that lockdown was coming. My diary emptied overnight. Initially I was like a rabbit in the headlights not sure what to do. So, I reflected on the remit of the High Sheriff as the Queen's Legal representative in the county; to take an active interest and offer encouragement to any organisation or individual involved, directly or indirectly, in the administration of justice, law and order in the County e.g.: the Courts, the Probation service, Witness Support, the Prison Service, Police, Fire and Rescue and Local Government officers, Mayors and Councillors. This also includes voluntary organisations, particularly those involved in offender rehabilitation, victim support and preventing crime. It includes both preventing people getting into the criminal justice system and supporting those already in it. The aim is to be a force for good in the county and to proactively seek out organisations of special relevance. It is also to take an interest in the people and organisations we meet, to listen to their stories and to offer encouragement, thanks and to make them feel valued.

Before the Covid-19 pandemic gripped the world, the intended theme for my year as High Sheriff was ACES – Adverse Childhood Experiences, which science shows has considerable impact on health and life outcomes, and the likelihood of engaging in criminal activity. I realised that as a result of lockdown, this is more relevant than ever. I became a virtual High Sheriff, learning

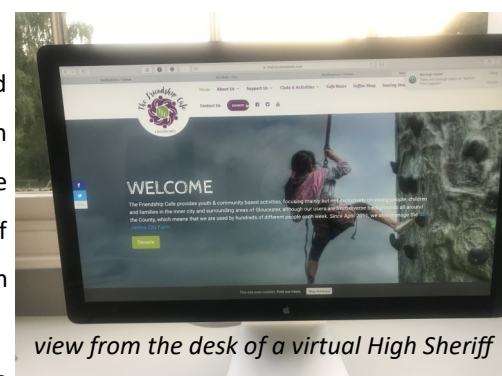


Daily walk in Pittville Park in the height of lockdown

new skills and meeting on Zoom with organisations supporting Action on Aces through their amazing work supporting and engaging with young people and their families, including of course the wonderful Friendship Café and St. James City Farm.

I have been so impressed by the innovation and response to support the vulnerable, highlighting 3 key elements on the road to recovery: COMMUNITY; COMPASSION COLLABORATION

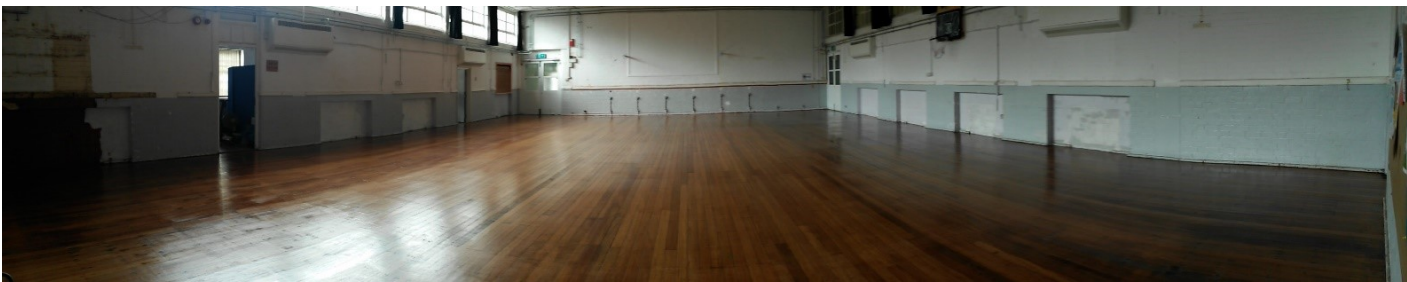
My hope as we approach the new normal is for the next pandemic to be one of kindness.



view from the desk of a virtual High Sheriff

Whilst you have been away...

Work has started in earnest with the removal of the DJ booth, the 30 year old carpets, and sanding down of the floor in the main hall. This will give us the extra space to get The Coffee Shop functional again - hopefully August. Thank you to Office of the Police and Crime Commissioner for Gloucestershire and Gloucestershire Constabulary for nominating Friendship Cafe for this project.



Chief Constable Rod Hansen came along to the Friendship Cafe one morning to learn about the work taking place to support the community during the crisis. No-one leaves FC without volunteering so we got him to fill a crack in the paintwork.



City Farm Open again 9.30am—5pm

We are hoping to re-open for visitors. To keep everyone safe, we have to take extra measures that include **limiting the numbers** at any one time, **closing off the indoor sections including the toilets**, having a **guided route, extra cleaning, and extra hand sanitiser stations**. Please remember to **wash hands**, not to attend if you have the dreaded symptoms, are in a vulnerable category or in contact with anyone who has shown symptoms, and **maintain social distancing**. Unfortunately, **no petting or feeding of animals** at the moment. We will see week by week how practical it is and adjust accordingly. **Please be patient** with our **volunteers** who will let in small numbers at a time – but at least it's a start to normality. Thank you all for your continued support.

A big THANK YOU to some of our main volunteers who have been busy in the background caring for the animals during the Covid lockdown: Luke, Jess, Ray, Alex, Rhea, Charlotte, Meg and George.



Riding Lessons

We have suspended all beginner lessons until further notice.

Please feel free to contact
imran@thefriendshipcafe.com or 01452 308127
 with any queries.

Can you help?

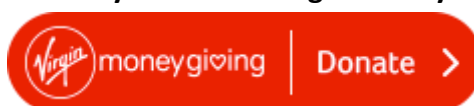
We need your support! Please become a Friend of St James City Farm!

We keep our services free or as low cost as possible, but we still have many overheads to pay to keep things running. It costs over £70, 000 per year to run the farm, and that is on a shoestring budget using only essential staffing, donations and the dedicated volunteers. Animal feed, vet bills, transport, insurances, water and electricity bills and replacing tools and repairs all cost money. You can help by becoming a Friend of St James City Farm by making a regular payment of £5 to £10 per month (or whatever you can afford!).

Or you can make a one-off donation:

- £100 pays for a vet to visit and treat a sick animal
 - £50 helps to buy tools essential to maintain the animals' homes
 - £25 helps towards buying food for the animals
 - £10 funds a child's life-changing pony riding experience
- £5 pays for a bale of hay and straw – our animals need at least 3 a day!

Please donate securely online via Virgin Money Giving webpage



<https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1018888>

Alternatively you can contact Imran or Juliet at The Friendship Cafe, Chequers Bridge, Gloucester GL4 6PR to arrange your donation. We are registered charity run by 'The Friendship Café' and for 'Gift Aid' purposes, if you are a UK taxpayer, we get a bit extra back from the Inland Revenue on top of your contribution.

Collectively, your contribution will help us to keep the farm running and free to access all year round!

Business & Organisation Sponsorship

If you are a business or an organisation, speak to us about sponsoring one of the animals or a specific project. Previously we have had donations of all sorts of things, including a water pump for the pond, timber to make the educational cow, a kitchen and appliances, even the sponsorship of two cows.



**HELP
US TO**



**HELP
THEM**



Did you know we had a YouTube channel?

Don't forget to subscribe to keep up to date with what is going on
<https://www.youtube.com/channel/UC8jmdPwv4zQhaT6HfJEIhgw/videos>



Pony Racing - St James City Farm Riding School & the...

460 views • 1 month ago



Learn about Horses: What is 'Eventing'?

162 views • 1 month ago

You can a 10 min documentary on our racing pony Zara which aired on Racing TV and then a summary version on BBC Points West. And also An introduction to 'Eventing' by Cheltenham rider Lydia Heywood.

Notgrove Trust

who have provided us funding to put on trekking trips over the course of the year.

Gloucestershire Community Foundation

for funding a commercial dishwasher

Hartpury College

for increased sponsorship this year to help run the farm.

Tesco

Bags of Help – money to buy food for the meals for isolated people.

Gloucestershire Funders

with funds to help keep the Friendship Café running during lockdown

Gloucestershire County Council

Growing Your Communities grant for giving us funding to help us re-open and run the farm again.
 (Thanks Councillor Saj Patel for nominating the farm!)

Sumner Wilson Charitable Trust

for sponsoring us our next beginner's pony – to be bought soon!

Gloucester Gateway

for an extra freezer to help us store the food.

British Horse Society

funding to help our horses' keep during lockdown.



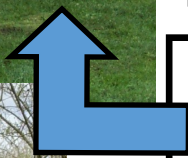
To lots of different people but in particular to:

Boyz II Men

Evolution from the lads at 'Dads & Lads' to these young men serving their community



Above—Huzaifah was a regular at The Friendship Cafe back when he was a wee lad. And as you can see he always fancied being in uniform. And most recently donning the FC tee shirt whilst helping to feed the community during lockdown due to COVID 19. What next Ambulance service or RNLI Lifeboat Crew???



All 3 boys can be found on the group photo taken at The Wilderness Centre circa 2005—see if you can spot them



Hassan (far left) and Abdul Ahad (not so far left) recently completed their training and are now police officers on the beat. Another two regulars at Dads & Lads who are now giving back to their community. Well done lads!

Masks/face coverings will most likely be mandatory in most places very soon. They are now available in many high street stores, pharmacies and online to buy. You can choose between disposable ones, trendy patterned ones, or plain ones. We are all being asked to use these to protect each other and also protect the supply of vital medical masks for professionals in the Health system.



You can make no sew ones out of T-shirt's and scarves or make your own. I have simplified two styles in the YouTube tutorial video below, copy the link to watch, if you require a template for the shaped one please email me (aysha@thefriendshipcafe.com) and I'll send that over to you. You will need a printer to print out.

<https://youtu.be/wqlpZ4036kk> https://youtu.be/pVPgf_u7NQY

For the mask/face covering You will need:

Sewing machine Or needle and ? thread if you are hand sewing.

(Some very clever Children on my COVID sew with me group have made them by hand see my status for photos)

Something to measure, pin, and cut with.

Cotton or other breathable fabric.

(A cotton pillow case will make several masks)

Approx. 22" of Elastic or make your own ties with fabric.

Interfacing lightweight or a third layer. (Lots of ideas online) jay cloths, thin muslin layer or the same

fabric as your outer.

Happy sewing #bigcommunitysew #sewwithme #theemmawillissewingstudio



The Emma Willis Sewing Studio is in Gloucester, Gloucestershire.

16 May · 🌐

Emma Willis Raspberry linen scrubs. The linen is so very soft and drenched in colour. It is a pleasure to make, finished with beautiful flat seams, with perfect edge stitching around the pockets made for #styleforsurgeons @emmawillislondon making these helped me revisit my training with @kathmuir. Kath is Emmas head seamstress, and my go to for everything sewing related. A cool comfortable pair of scrubs! @thefriendshipcafe #sewingbee #theemmawillissewingstudio #sewing #covid19 #madeinengland 🇬🇧 #nhs #scrubs #hospitallife @ Gloucester, Gloucestershire





Marvelous Mums

Although the perinatal group have been unable to meet due to Covid-19, our Marvelous Mums have been busy supporting their peers through this tricky time. Lots of ideas have been shared to help each other including tips on how to keep the little ones entertained, sleeping patterns, weaning and how to get toddlers to brush their teeth.... which, as we all know, can be a huge challenge! Mums have been super creative and have mastered the art of entertaining the family whilst juggling working-from-home, homeschooling & home chores etc..... the unsung heroes!



The Friendship Hub - Inclusion Gloucestershire

Our hub members have really missed the group during the lockdown period. The weekly meet ups, coffees, creative arts, Wellbeing and relaxation therapies have been missed by us all and we all long to 'return to normal'. However, one thing that hasn't changed is the positivity and cheerfulness of the group - members continue to stay in touch online and we have shared creative activities, relaxation therapies and creative challenges to keep everyone connected. We have focused on keeping 'healthy and well' and we know that when it's safe, we will meet again, so it's something to look forward to!



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 Aysa on
07866 387250

Fair Shares
community
time banks



What made me smile during lockdown? Whistle wearing my hat in the field. And the poppy fields in Plock Court.

- Imran

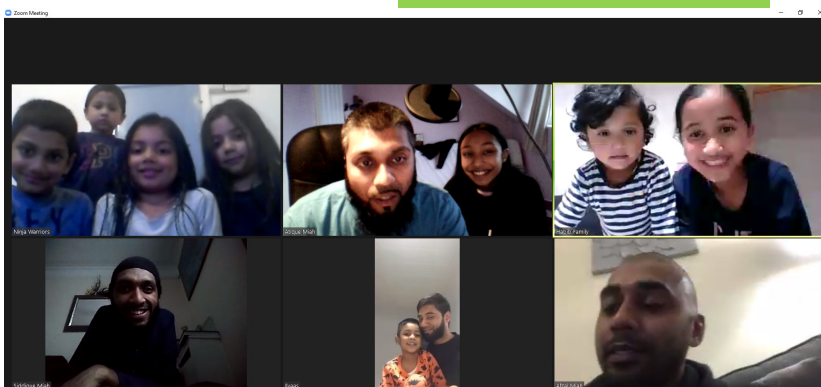
Our foster cat had 6 kittens at home

-Bilaal Kathrada



My new best friend Dawn Hayward, in charge of PPE and laundry at Glos Royal who worked crazy hours throughout the height of the pandemic but kept anyone lucky enough to be dealing with her laughing and finding the best in life. I could never wait to see her on my daily scrub drop offs at the distribution entrance!

-Emma Willis



What has made us smile during lockdown is our regular games of Kahoot Quiz via Zoom. We all take turns in creating a series of questions and even the kids have a go at hosting. I like to think this is giving them confidence :)

-Atique



Name:

Haleema – S A
(Teenager)

What has made you smile during lockdown:

I think spending lots of time with my family has made me so much happier than sitting in my math's lesson listening to Pythagoras' theorem or algebra.

I have also been volunteering with Fair Shares and The Friendship Café, helping Tina get the food ready - It has actually been quite enjoyable, as normally I would be doing plenty of school work! Being able to get away from that and doing something different has been quite fun and time passes very quickly. I have made new friends. I was thinking about becoming a beauty therapist or working with computers but I think I will become a community worker instead!



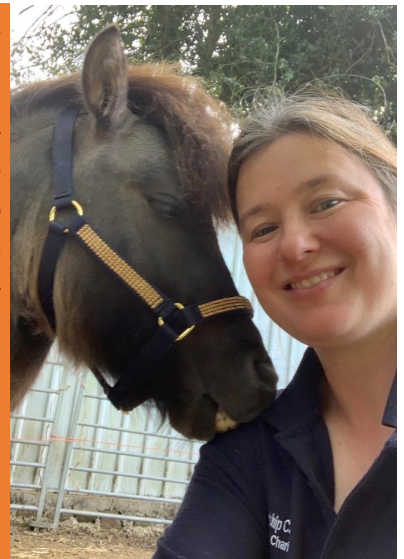


Couple of things that made Sarah and myself smile

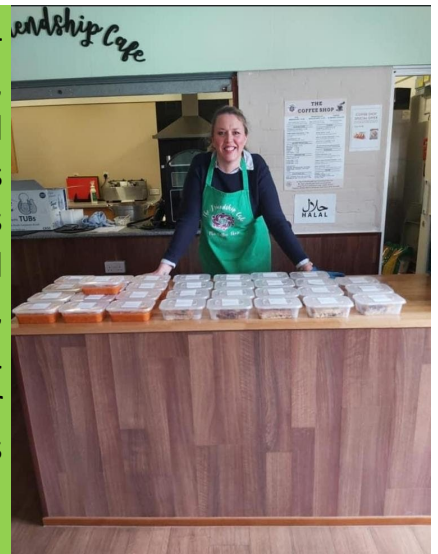
The arrival of our very own miniature horses Rupert the brown one Beatrix the white one. Brother and sister born a year apart So far they have visited The Friendship Cafe to see Imran and Reyaz plus few other volunteers.

Last week they visited Haroon at his home. They checked his garden out see what was worth eating.

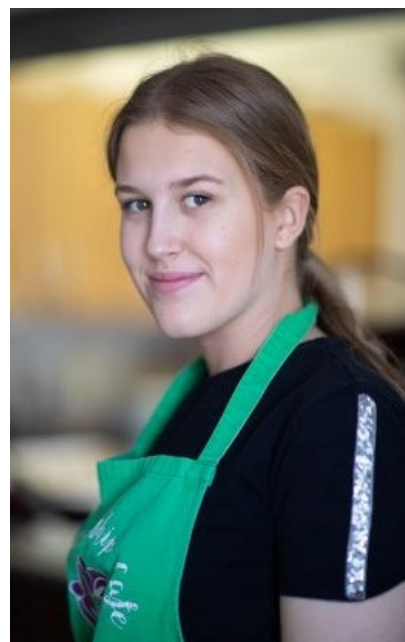
- Rich



Going on walks and Spending quality time with my kids, when usually life is so busy and you forget about the simple things in life that costs nothing but makes you smile. Also feeling very proud and doing something worthwhile, working in the Friendship Café & Fair Shares and cooking food for those in need. I love it and this makes me smile every day. -Tina



Camping out in garden —Zahara



Maisie
teenage volunteer

What has made you smile during lockdown? During lockdown I have enjoyed not going to school because that means I get to spend more time with my family. I have also enjoyed getting ready with nowhere to go.

The things that have made me smile during lockdown is spending more time with my mum and meeting her work colleagues that make me laugh. :)

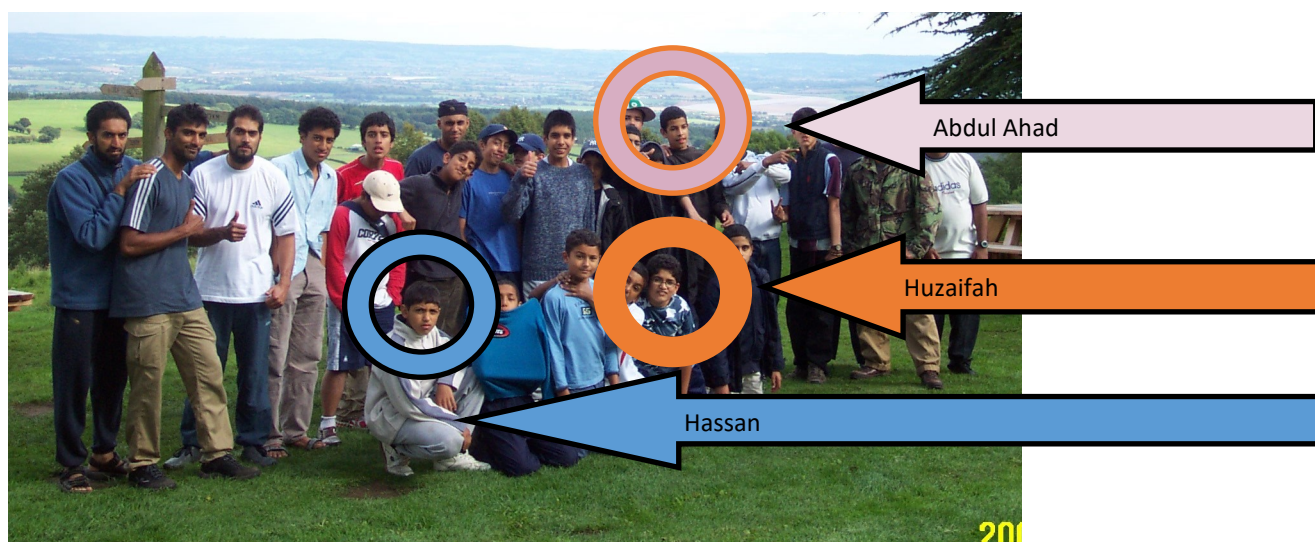
New Organ donation law is now in place..

I have written before about this, but the change in the law has finally happened. On the 20th May 2020, the law in England changed so that every adult is on the organ donation register, automatically, unless they or their family say no. Most people want to save lives by offering their organs when they don't need them any more, and this will make them even more available. Don't forget, every day three people die because there aren't enough organs.

It's best to think about it and then make your views known to your family. They will be asked for their views, which will be followed, but you need to help them by telling them what you want. This is your chance to save a life, and maybe someone else will do the same for you or those you care about.

And, if you already have kidney failure, please think about supporting your local kidney patients support group - Gloucestershire Kidney Patients Association - by looking at our website - gloskpa.org or email gloskpa@gmail.com.

Geoff and Lily Gidley



MundaneRiot 261 points 4 years ago

You can drink a drink but you can't food a food.

cherlishPanda 218 points 4 years ago

The word "queue" is just a Q followed by four silent letters

saranowitz 1 point 10 years ago

Why is a "w" called a "Double-U" when it is clearly a "Double-V"?

Sherman_Beardman 1.3k points 2 years ago

The fact that Kansas and Arkansas are pronounced differently bothers me way more than it should.

madamplease 13.7k points 1 year ago

Pronouncing words that end in 'ough'. Cough, bough, rough, dough, through, though....

Vaxtin 4.7k points 4 years ago

Is the "S" or "C" in scent silent?

"A woman, without her man, is nothing."

"A woman: without her, man is nothing."

Punctuation is powerful.

Grammarly Cards



AdventurousMan 4.6k points 4 years ago

Why does fridge have a "D" in it, but refrigerator doesn't?

Djimmieboy 248 points 1 year ago

Why are Zoey and Zoe pronounced the same but Joey and Joe aren't?

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www.digitalchampionsnetwork.com



Being a Digital Champion is a great way of making a real difference to other people.

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Typical tasks for a Digital Champion include:

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- ✓ Helping someone research their family history or other hobby online.

In return for being a Digital Champions you'll get free training and support with self-study courses and teaching resources, the chance to meet and work with other Digital Champions in your community and immense personal satisfaction that you've helped people to get connected!

Get Involved today: To get involved please contact us using the details below or visit www.digitalchampionsnetwork.com to find out more about the programme.

IT Schools Africa
Unit 8 Mead Rd, Leckhampton
Cheltenham GL53 7EF
jenny@itschoolsafrica.org



Need someone to talk to?

You're not alone. We're here for you.

tic+chat is an anonymous, 1-2-1 support service for young people aged 9-21 living in Gloucestershire.

Speak to our friendly team about anything that's troubling you.

No problem is too big or too small.

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There are 2 ways to get in touch:



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chat with one of our team members over the phone*

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FOOTBALL TRAINING SCHEDULE



Small Groups - Training Restart

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U7/8s	U10/11s	U13s	U14s
Sunday 5th July	Sunday 5th July	Friday 26th June	Wednesday 24th June
10.30 - 11.25am	11.35am - 12.35pm	7-8pm	7-8pm
Glebe Pitch Moor Street GL1 4NJ	Glebe Pitch Moor Street GL1 4NJ	Gloucester Park Bandstand	Plock Court Longford

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September 2020

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