



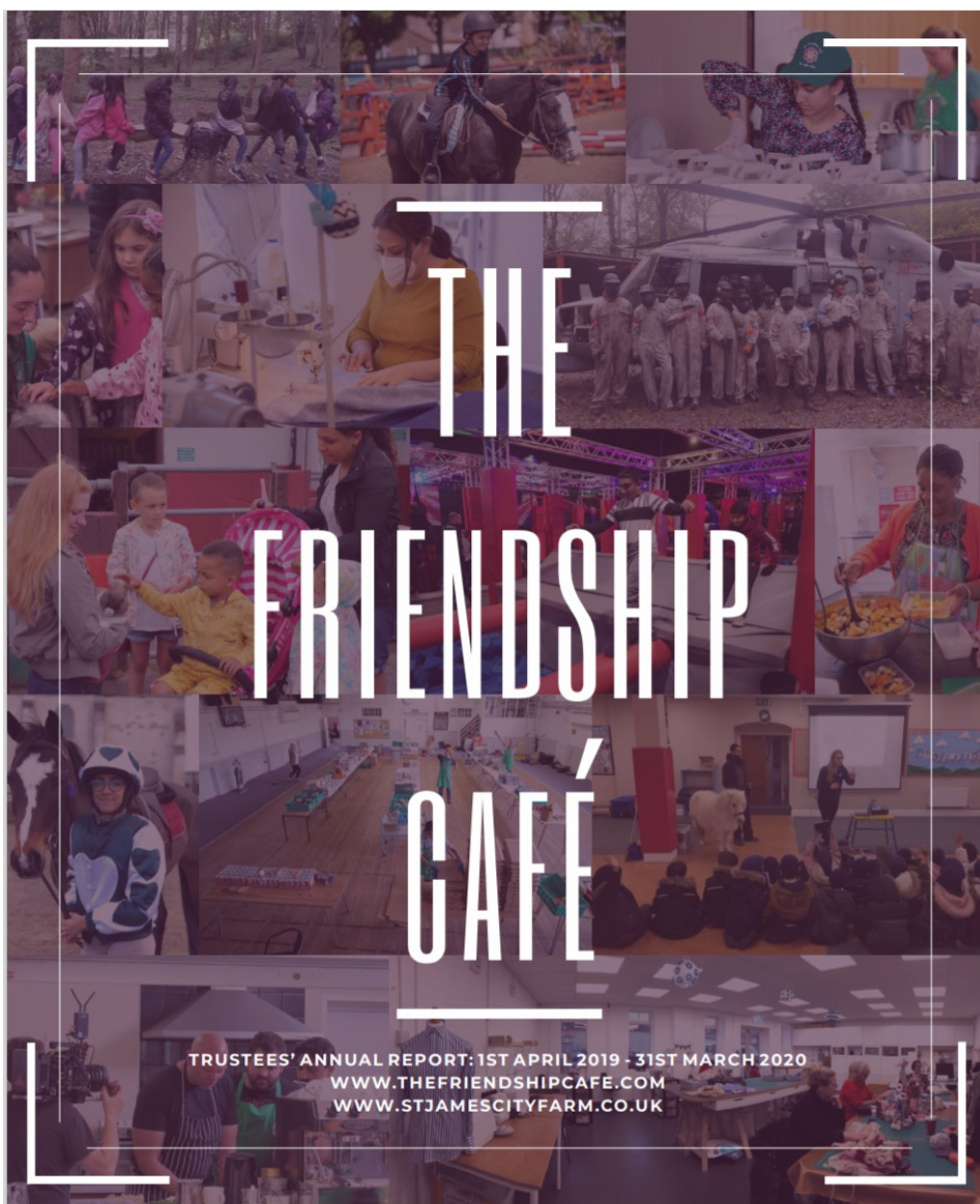
# CAFÉ NEWS

Newsletter of The Friendship Café & St James City Farm

July/August/September 2020

## Friendship Café — The Annual — OUT NOW!!

You can read our annual report on our website [www.thefriendshipcafe.com](http://www.thefriendshipcafe.com)



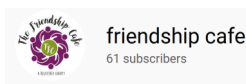
TRUSTEES' ANNUAL REPORT: 1ST APRIL 2019 - 31ST MARCH 2020  
[WWW.THEFRIENDSHIPCAFE.COM](http://WWW.THEFRIENDSHIPCAFE.COM)  
[WWW.STJAMESCITYFARM.CO.UK](http://WWW.STJAMESCITYFARM.CO.UK)



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The Commissioner's Fund  
Breaking the cycle of crime

# Ed Lines

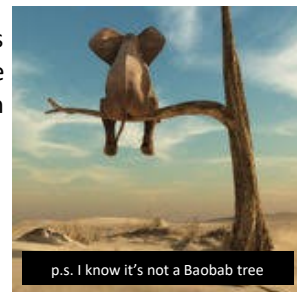
I always find this bit the hardest to write. Sometimes I am inspired and can write the editorial in minutes. Other times (like now) I can sit for ages thinking of something to pen and end up making a cheese toastie and watching Line of Duty re runs. So I am going to try something new, I would like you all to shout out random words and I will try and write about 3 of them and incorporate them into my intro. So here goes.....Elephant! Thanks whoever shouted that.....next.....football team....I can work with that...one more—keep it clean please.....tree! OK then!!!

Liverpool FC (hate them as much as I do) find themselves as Champions of England (but still not as many league titles as Man Utd). They remind me of an ELEPHANT (an African one—you know whose ears are bigger and shaped a bit like Africa) that sits on the top of a tree (obviously a strong tree in Africa like the Baobab tree).

NO ONE KNOWS HOW IT GOT THERE BUT WE ALL KNOW ITS GOING TO FALL!!

TTFN

Shoaib—Editor



p.s. I know it's not a Baobab tree



## FAREWELL

We said goodbye to Juliet Sheppard our Finance Officer, who has moved on to work for GL Communities (another community organisation). After working with the Friendship Café for almost 6 years we will be sad to see her go. We would all like to thank her for her hard work and wish her well in her new job!



## The Genius within....

Mohammed Luqman has been attending the Friendship Café since he was about 7 years old. Luqman (now aged 16) is on the autism spectrum so can find it difficult to communicate with others but over the years has made many friends. Recently, we discovered that you can give any date to Luqman and he can tell you what day of the week it was. Even if it is a date in history 100s of years ago! This normally requires a complex formula or the use of a computer, but Luqman can calculate it in 2 SECONDS!

## Can you spare a fiver each month?

We are trying are best to be less reliant on grants – they usually take up a lot of time to complete and involves plenty of administration – time that could be better spent on actually running services and helping people.

If you can donate a small amount monthly (£5) that would be much appreciated.

Visit our Localgiving page

Thank you

Localgiving

<https://localgiving.org/donation/thefriendshipcafe/monthly>



The Friendship Café (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/donation/thefriendshipcafe/monthly>



## OF EARTH AND SKY—<https://ofearthandsky.co.uk/>

*Of Earth and Sky*, is a large-scale poetry installation by [Luke Jerram](#), taking place across Gloucester from Mon 24 August – Sun 1 November 2020. The poetry, created by Gloucestershire residents has been installed as a sculpture trail in 31 parks and public places across the city for people to discover and interact with.

Two of the poems chosen were by people I know very well. One is by my big sister. I have known her all my 51 years and never knew she had this talent. Family are very proud of you. The other is by Halima who is a family friend and has helped and organised numerous charitable and community projects. Well done to both of you.

### What has happened to the world?

Why is it crying out in pain?  
What have we done so wrong?  
Who has caused this pain?

I feel a numbness, around me  
I smell fear in the air  
The deserted streets  
No sound of laughter  
But children crying in fear

### What has happened to the world?

Why is it crying out in pain?  
What have we done so wrong?  
Who has caused this pain?

The flowers all still blooming  
The birds still sing their songs  
The bees buzz all around me  
The butterflies spread their warmth.

### What has happened to the world?

Why is it crying out in pain?  
What have we done so wrong?  
Tell me who caused this pain?

Humans now all dress in masks  
Walking away, without a hello  
No good mornings  
Or I'll see you soon  
No come round for tea  
Or a pop in and how are you?

### What has happened to the world?

Why is it crying out in pain?  
What have humans done so wrong?  
Who really caused this pain?

Blossom has now been and gone  
Just like the daffodils of spring  
Tulips now colour the ground  
And lavender has spread her wings.

### What has happened to the World?

Nature is pushing us far away  
Humans are not wanted anymore  
Mother nature is screaming out in pain

—Halima Malek  
Llanthony Secunda Priory



### Our Guest

You came uninvited and you decided to stay  
No red carpet or banquet was prepared for your way  
Although no transport by sea, road or air,  
You still managed to enter places no one would dare.  
No restrictions, no rules, you were free to roam the world.  
From China you set forth, no baggage or passport,  
no visa required you came alone.  
Traveling from one country to the next enjoyed and rested well.

No immigration laws of Brexit could stop you on your way,  
Nor the walls or barriers of Trump's USA.  
No missiles of Putin's Soviet could deter your track  
No race, religion, or colour do you have,  
yet you still enjoy the freedom of your travel.  
You prey on your host making them weak  
you do not choose rich or poor  
Your aim is to control and leave the world despair.

Your Presence caused "a lockdown" a word we never knew.....  
Families distanced, prisoners in our own homes  
A life so unreal in this modern world.

Yet you made us reflect, made us think.  
The value of "life" —  
Kindness, care, helpfulness, appreciation were no longer just words but  
the actions we took.

However a small request now,  
It's time for you to depart,  
Please "guest" leave us now.

So we may love, laugh and hug once again.

—Sajida Kathrada  
Gloucester Quays The Sabrina





## City Farm: Now open again daily 9.30am to 5.00pm

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 step towards normality.



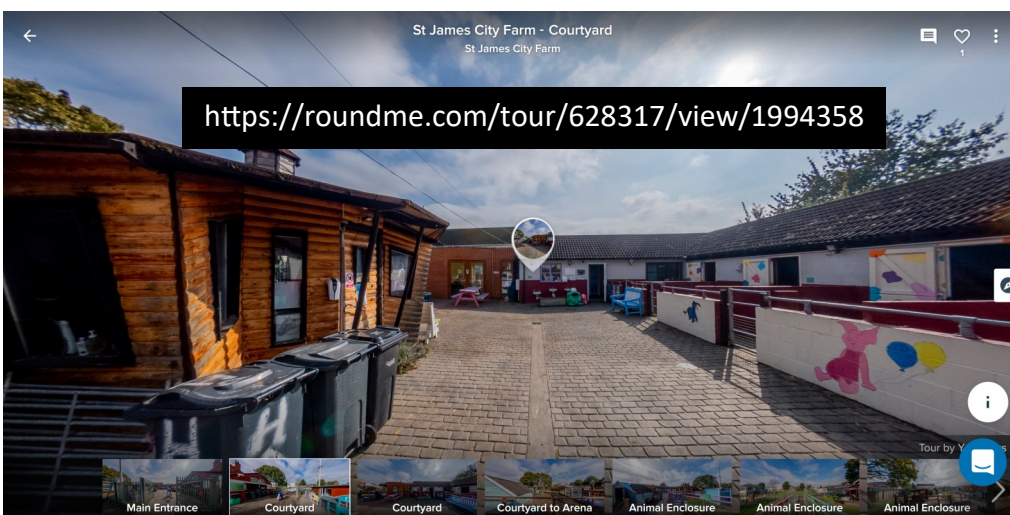
## Gloucester Day

Our volunteers attended the historic Gloucester Day in the City Centre.

It was a very subdued affair compared to previous years but it was a much welcomed change of scenery for the volunteers and the animals.

## Countryfile visit

Adam Henson from BBC's Countryfile came along to the City Farm to see the riding school he formally launched almost 6 years ago.



Visit the city farm through this amazing VIRTUAL TOUR put together by David Burn from Kingfisher Treasureseekers (for FREE!)

Look for the owl, the cat, the goats, sheep, ponies, chickens and the lovingly cared for community allotment area. Enjoy!!!

(To use copy and paste the RoundMe link on photo)





Don't forget 'Social Wednesdays' at the allotments at the City Farm from 10.30-12.00 where you can stop for a drink, have a chat and a look round.

The allotments are managed by Rachael from Fair Shares who is doing a grand job of getting the allotments up together again.



**Kulchalee** and his young people from the Lion's Den project came along to paint some poetic wisdom at the gates of the farm. (part of the OF Earth & Sky project).

Kulchalee has a fabulous growing project hidden away in nearby Parry Hall and we went along to two of the Summer events that they ran to support the events.

Thank you!  
MARKS &  
SPENCER

M & S store in Kingsditch who unexpectedly sent a cheque for £226 towards the City Farm, raised by their staff.

## 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.







**The Coffee Shop** has now reopened

Monday to Fridays 10-3pm.

We have extended our table seating into the main hall to allow for social distancing measures to be put into place.

Watch out for the 'desi' breakfasts coming soon.

This is traditional Indian breakfasts with 'rotis' and spiced scrambled eggs, beans, potatoes and special 'masala' tea.

We look forward to seeing and welcome all our "regulars" and hopefully some "new regulars" back in the shop soon.



**The Coffee Shop at The Friendship Cafe** is at The Friendship Cafe.

7 September at 08:18 · Gloucester · 🌐

Breakfast at its best! The coffee shop was extremely busy during August for the eat out out to help out scheme. We are open continue to support your local café. Why not come in and enjoy the perfect cuppa and something off our Menu. [#café](#) [#coffeeshop](#) [#local](#) [#community](#) [#bestbreakfast](#)





Thank you to [Gloucestershire Constabulary](#) and the team of PCSOs who came down to security mark and register bikes at The Friendship Cafe recently. It means that if your bike gets nicked and found, it can easily be traced back to you. I know it works as someone told me that their stolen bike was returned to them ONE YEAR LATER! #bikettheftshouldbeacapitaloffence!



The next dates will be:

Tuesday 27th October 5pm-6:30pm

Tuesday 17th November 5pm-6:30pm

Thursday 18th December 5pm-6:30pm

It normally costs money to get it done but they will do it for FREE!!!



We made two treks through the stunning Black Mountains in Wales with Tregoyd Riding Centre. We hope to run more of these trips during the holidays for children and young people aged 10 or over from the Barton & Tredworth areas of the City. The next trips will probably be during the October half-term – unfortunately, unlike our normal large groups, we can only take groups of 8, ideally from the same 'social bubble' in order to transport safely. Contact [imran@thefriendshipcafe.com](mailto:imran@thefriendshipcafe.com) to find out more.



**Congratulations** to Mohammed Ibrahim who came third in the annual Sacred Archery competition organised by the Ribat Institute. Mohammed, a regular at the Friendship Café Archery Club, has come a long way and finally achieved his dream of beating his former mentor Imran (who was having a bad day and did not do very well!)

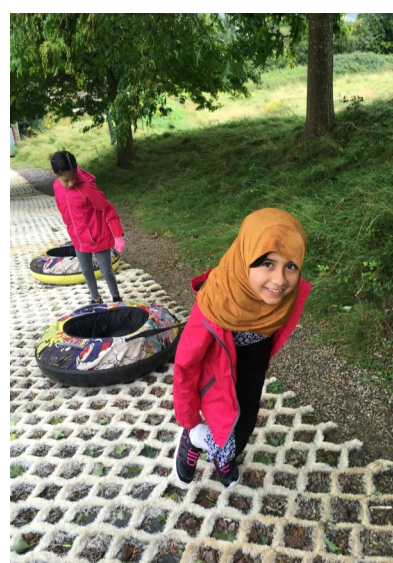
Do, send in suggestions for anything that you think will be worth trying. Especially during these restricted times

We are always looking for new things to try out!

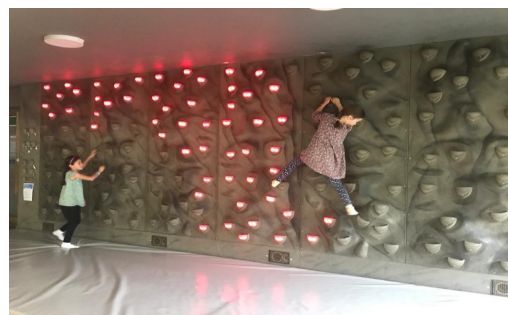
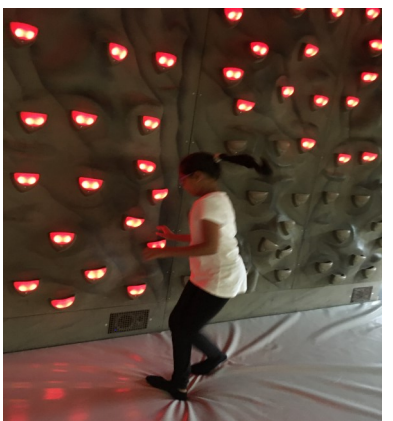




TUBING @ MATSON



SKI SLOPE



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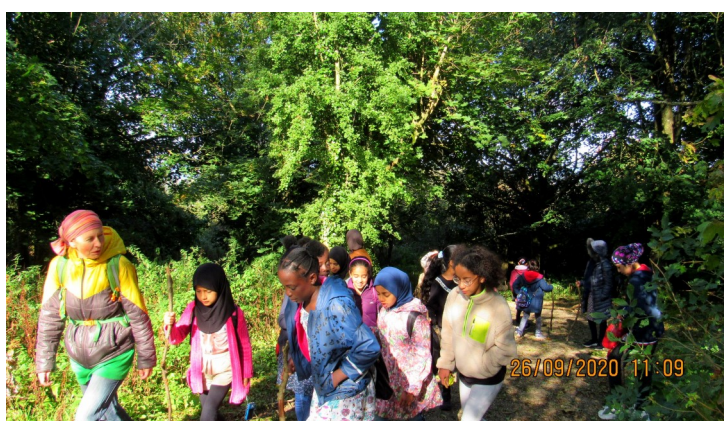






## WILDCATS

### Girls Football Skill Sessions



A deep breath of fresh air as we climb  
to the top of Robinswood Hill

### Volunteers Required

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

[@thefriendshipcafe.com](mailto:@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!



Rich is from the Community Payback team and along with his fellow colleague Steve, supervise offenders who put back into the community by doing work around the farm and the Friendship Café. This particular patch alongside the Friendship Café building has been lovingly restored by Rich and a member of the team, who have cleared the patch and reseeded it with grass. They've also put in place extra bike racks, ready for a cycling project in the near future.



## Thinking of joining the Constabulary????

Gloucestershire Police will be recruiting in the future and if it's something you want to know more about or help with, please contact [imran@thefriendshipcafé.com](mailto:imran@thefriendshipcafé.com) 01452-308127 and we can put you in touch with people who can tell you more about the process and support you through it.



Rising Stars YFC is 🙏 feeling blessed.

A much deserved recognition of our wonderful players, parents and coaches this morning at our U10s Awards Presentation 🏆

Thank you to all those that make this such an inclusive and special #Community Club



## End of Season Awards - 2019/20

Each team held their delayed end of season awards in August after training with prizes for players and parents. Awards across all age groups were given for:

**Best Team** – Rising Stars U10s Comets.

**Best Keeper** – Habib Aswat.

**Golden Boot** – Tyler Nicholson, Adam Chand, Amir Bouchireb, Umar Faruk Tarki, Jacob Davis.

**Players' Player** – Jacob Davis, Danyaal Patel, Muaaz Ghanti, Tyler Nicholson.

**Coach's Player:** Luke Defause, Abdur Rahman Ouiles, Abdallah Hassan, Max Dawes.

**Star Man:** Zahid Turnbull, Salifou Bah, MZ Tai, Yaseen Saleh.





## BECOME A FRIEND OF ST JAMES CITY FARM!

**We need your help! Please Support Us**

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

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

## St James City Farm & Riding School



Find out more

Home  
Events  
Campaigns

### Homepage

St James City Farm & Riding School is an award winning community project run by 'The Friendship Cafe' a registered local, charity.

Based in the inner city area of Gloucester, where over 50 languages are spoken in the space of one square mile, you will find a variety of small and large farm animals, poultry, owls, and a small but friendly British Horse Society Approved riding school to teach beginner local children all about riding.

### Support us

If you'd like to support St James City Farm & Riding School just click the links below:

Start fundraising

Make a donation

Make a monthly donation

Donate your stuff

Or you can contact Imran 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!

If you are a business or an organisation, speak to us about sponsoring one of the animals or a specific project. 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.

# COVID 19: Vitamin D and BAME Populations

There is evidence of higher rates of infections and death from COVID-19 amongst Black, Asian and minority ethnic (BAME) people in comparison with the White British population. Queries are mounting over the role Vitamin D has in differing the COVID-19 outcomes.

Healthy vitamin D levels are good for immunity, vitamin D helps regulate the amount of calcium and phosphate in the body and this is essential for healthy bones, teeth and muscles. A lack of vitamin D can lead to bone deformities in children and a condition called osteomalacia in adults.

## Sources of Vitamin D

Vitamin D is made in the skin by the action of sunlight when we are outdoors and this is the main source of vitamin D for most people. Skin colour and the amount of skin exposed to sunlight can affect how vitamin D is made. Here in the UK, we get most of our vitamin D from sunlight exposure around late March/early April to the end of September. From October to the beginning of April there is insufficient sunlight exposure for our skin to make vitamin D.

Vitamin D is naturally present in very few foods; food sources of vitamin D include oily fish (mackerel, salmon, herring, and sardines), red meat, liver and egg yolk. Vitamin D is sometimes added to some foods (fortified foods) such as spread fats and breakfast cereals.

Another source of vitamin D is supplements.

## Who is at risk of Vitamin D deficiency?

People with darker skin are at increased risk of not having enough vitamin D as their skin is less efficient at producing vitamin D. In other words, they need to spend longer in the sun to produce the same amount of vitamin D as than someone with lighter skin.

People of African, African-Caribbean and South Asian family origin, and those who remain covered when outside, are at particular risk. Also, people who are housebound and older people are at increased risk, particularly if they are frail, because they may spend more time indoors and have limited sun exposure.

## Public Health England recommends

That you should consider taking a daily supplement containing 10 micrograms of vitamin D throughout the year if you:

- ☐ are not often outdoors – for example, if you're frail or housebound
- ☐ are in an institution like a care home
- ☐ usually wear clothes that cover up most of your skin when outdoors
- ☐ have dark skin – for example you have an African, African- Caribbean or south Asian background – you may also not get enough vitamin D from sunlight.

## Vitamin D and Coronavirus

There have been some news reports about vitamin D protecting from COVID 19, there is however currently not enough evidence to support this. While we don't yet know whether vitamin D reduces the risk of coronavirus complications, you may still want to take a supplement at the moment in line with the Public Health England recommendations below.

## Buying Vitamin D supplements

Vitamin D supplements can be purchased over the counter from your local Chemist and a 3-month supply of 10 micrograms vitamin D tablets currently costs about £2.30 (as at 30.06.2020).

## Gloucestershire Covid-19 Emergency Grant

This fund provides practical support to eligible adults and families for food, gas/electricity top ups and household items such as furniture including white goods/appliances and furniture. You will need to meet the criteria and provide proof of your eligibility to receive the support.

For more information visit Gloucestershire County Councils website or telephone 0330-123-5550

<https://www.gloucestershire.gov.uk/media/2097744/emergency-assistance-grant-form.pdf>

## Healthy Lifestyle Referral Service

Service to support clients who want to lose weight, stop smoking, get more active and reduce their alcohol consumption. For referrals and online referral portal see: <https://www.hlsghos.org/referral/>



## Let's Talk about Memory and Dementia – Dementia Videos

The Gloucestershire Black Minority Ethnic (BME) Network for Dementia is pleased to announce the completion of Dementia Videos in English, Gujarati, Polish and Cantonese and would like to invite you to join us at an online launch event.

The project funded by Gloucestershire Health and Care NHS Foundation Trust and Gloucestershire County Council Dementia and Education Strategy is the result of a joint venture between a number of local organisations involved in the Gloucestershire BME Network for Dementia. The aim was to produce videos in four different languages to raise awareness of the signs and symptoms of dementia, to increase understanding of the illness and to reduce stigma associated with dementia. One of the key aims is to provide information for people from BME communities living in Gloucestershire on where to get help, support and advice.

The films feature local community groups in Gloucestershire and are currently uploaded to YouTube.

- English version - <https://youtu.be/6hRRqmMf2f8>
- Gujarati - <https://youtu.be/YxbU7X2lx54>
- Polish - <https://youtu.be/DYMnTSpUwA0>
- Cantonese - <https://youtu.be/IGGzg2F8LR0>



Please contact Kathy Holmes at Managing Memory Together 0800 694 8800 or email [managing-memory@ghc.nhs.uk](mailto:managing-memory@ghc.nhs.uk) for more details.



working together | always improving | respectful and kind | making a difference

## Covid 19: Community help hub

We all need to support each other to cope with the lifestyle changes we have to make to delay the spread of Covid-19.

Gloucestershire's councils, police and health services have created a community help hub to connect local people who need help, with others who can provide the support they need.

- ✓ If you or someone you know needs help, use the hub to tell us.
- ✓ Or if you or your business can offer help, let us know what you can do.

Visit [www.gloucestershire.gov.uk/helphub](http://www.gloucestershire.gov.uk/helphub)  
Or call 01452 583519 Monday to Friday 8.30am till 5.00pm  
#GlosCommunity

Would you have kept your child off school before Covid?

Yes

No

Keep your child off school

Do they have:

1. A new continuous cough?
2. A fever (high temperature over 38°C using a thermometer)?
3. A complete loss or change of smell or taste?

Yes

Keep your child off school and at home.  
Ring 119 or go to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) to order a home test kit.

**You cannot access a test through 111 or 999. Please do not go to A&E.**

Your child and your household must self-isolate until you have the result of this test

No

Does your child have an underlying chronic medical condition such as cystic fibrosis?

Yes

Speak to their specialist team about testing criteria if you haven't already spoken to them or had a letter in the post telling you when to act

Children who are otherwise well with:

- Runny noses
- Sore throats without a fever
- Mild colds

Can go to school as NORMAL

## POST COVID 19 SUPPORT (Barton and Tredworth only)



delivering food, eradicating hunger

## Mental health & wellbeing through counselling, sport and recreational activities

### For primary to secondary and post 16

- Building resilience and self esteem
- Body confidence / Body image
- Anxiety
- Depression / Stress
- Feeling sad / lonely
- Self worth
- Self harm / Suicidal thoughts

### For adults

- One on one mentoring
- A chance to talk
- Life coaching
- Zoom mentoring
- Anxiety
- Depression / Stress
- Suicidal thoughts

Contact  
Mumtaz 07794 431422  
Michelle 07810 001055  
Charity number 07725 36579  
Email: gloucesterhelpinghands@gmail.com  
Facebook: @gloucesterhelpinghands



## FREE SUPPORT

## Kick start your career today

Want to get into work  
or education but not  
sure where to start?

### Take the first step with our Workstart programme

Whether you're looking for  
your first job or want to return  
to work after a career break,  
we can support you to develop  
the skills you need to succeed.

If you want to increase your confidence  
and progress into work we'll help you get  
where you want to be!

Our dedicated team will work with you to develop a personalised  
action plan, which could include:

- Careers advice and guidance to help set you on the right track
- Work skills including communication and team building
- Support searching and applying for jobs
- Help writing and tailoring your CV
- Interview skills
- Short work related courses such as first aid or food handling
- Work placements

There's no charge for taking part (subject to eligibility criteria).  
You could also get financial support for your travel.

### What next?

Contact a member of the Workstart team: Robert Watkins

Tel: 07919 555154 Email: robert.watkins@dimensionstrainingsolutions.co.uk

Find out more at: [www.dimensionstrainingsolutions.co.uk](http://www.dimensionstrainingsolutions.co.uk)

# FAIR SHARES COMMUNITY ALLOTMENT'S SOCIAL WEDNESDAYS

STARTS WEDNESDAY 12TH  
10:30AM - 12PM  
SAME TIME & DAY EVERY WEEK



COMMUNITY ALLOTMENT,  
ST JAMES CITY FARM,  
ALBANY STREET

Come down to our community  
allotment for a cup of tea or  
coffee, conversation and enjoy  
a wander around the allotment.



CONTACT RACHEL ON 07365 623 462 OR [ALLOTMENT@FAIRSHARES.ORG.UK](mailto:ALLOTMENT@FAIRSHARES.ORG.UK) IF  
YOU'D LIKE TO ASK ANY QUESTIONS ABOUT THE SESSIONS OR TO JOIN!

f @FAIRSHARES

t @FAIR\_SHARES

SUPPORTED BY

Active  
Gloucestershire



We'll be trying our best to adhere to guidelines around  
social distancing due to COVID-19 and our main priority  
will be keeping people safe by using the outside spaces  
available to us.

Adult Education  
in Gloucestershire

## Improve Your English and Help Your Child on Zoom

A \*free course for parents!

- 🇬🇧 Learn English
- 🇬🇧 Find out how to help your children
- 🇬🇧 Build your skills

Fridays from 11<sup>th</sup> September  
9.30am - 11.30am

The course is being delivered via Zoom  
You can access this through your smartphone, tablet or computer  
We can help you to use it

To book a place, please email [fay.tucker@gloucestershire.gov.uk](mailto:fay.tucker@gloucestershire.gov.uk)

\*free subject to eligibility



# ARE YOU IN YEAR 9 ? DO YOU LOVE FOOTBALL?



Would you like to **join your local team?**  
**IF THE ANSWER IS YES!**

**RISING STARS YFC**  
**ARE LOOKING FOR**  
**PLAYERS TO JOIN**  
**THEIR NEW U14s TEAM**



Email - [info.risingstarsfc@gmail.com](mailto:info.risingstarsfc@gmail.com)  
Facebook @RisingStarsFCGlos



## Rising Stars U14s (Y9) Goalkeeper Needed



[info.risingstarsfc@gmail.com](mailto:info.risingstarsfc@gmail.com)

FB- @RisingStarsFCGlos  
Zak- 07800 746702

**EVENTS**  
**VACANCIES**  
*training*  
**NOTICES**

ADVERTISE IN THE  
CAFÉ NEWS

FOR FULL DETAILS  
CONTACT  
[editor@thefriendshipcafe.com](mailto:editor@thefriendshipcafe.com)

**THESE WILDCATS ARE  
JUST GETTING  
STARTED**



**GIRLS FOOTBALL SKILLS**



**SATURDAY 19 SEPTEMBER**

**3pm- Ages 5-11**

**@The Glebe**  
Moor Street  
GL14NJ



• THE FA GIRLS' FOOTBALL CENTRES • **REGISTER YOUR  
CHILD NOW**

**Zahara - 07578594680**



**Rising Stars YFC**

We have a squad of exciting and talented Y4 players.

We need a coach or an interested parent who we can support through the process.

If interested please speak to any club official and join our team.

We Only Do Positive



**COACHES  
NEEDED**



**U9s**