



# CAFÉ NEWS

Newsletter of The Friendship Café & St James City Farm

October/November/December 2020

## A NEW YEAR—A NEW LOCKDOWN

So since our last newsletter we have been in lockdown, out again, had Xmas and now back into lockdown. 2020 has been the most challenging year, but God willing, we shall do our best to make 2021 a better year. Thank you to everyone for all your support. Pictured below are some of the volunteers who have been helping us with the Covid relief support work, which we are running at Friendship Café in partnership with Fair Shares, together with other local groups and individuals. Together we have managed to distribute over 12000 meals since the start of the pandemic.



WhatsApp  
07807 869749  
07969 187216



friendship cafe  
61 subscribers



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The Commissioner's Fund  
Breaking the cycle of crime

# Ed Lines

Morning All

I am writing this edition whilst self isolating. As a precaution and a couple of symptoms I took a COVID test and the result was positive. So here I am on my own in my front room with my food made for me, full access to the TV and laptop, unlimited use of phone and I can have a nap whenever I want without any disturbances. This sucks!!

Whilst I am being lighthearted here, as we approach the end of what has been a truly difficult year for everyone I would like to remember the good things that have happened over the last 9 months.

The endless efforts of our NHS staff, and all our essential key workers. Along with The Friendship Café there have been various charities like Gloucester Feed the Hungry, Gloucester Helping Hands and Fair Shares to name but a few who have helped distribute thousands of items of food and cooked meals throughout this pandemic.

Let us remember all the good and happy times with the ones we had loved, and lost to this cruel illness. Let their memories live on forever in our hearts.

Give thought on how communities have pulled together regardless of race, religion or colour (and that's not only the blue and red of Manchester).

How we have become better bakers and cooks. How now we can get fit in our homes in front of a TV. And how we have all connected through video meetings.

And finally how we have all learnt that loo roll was not the cure to the virus.

TTFN

Shoaib—Editor

\*\*\*\*UPDATE\*\*\*\*

Well I am now out of isolation and 2021 has started fabulously. New season of Cobra Kai on Netflix. I have had plenty of cake made for me and most importantly Manchester United are back on top of the Premier League. I am going to enjoy them all whilst they last!!

## 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 admin- istration – 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



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



The Friendship Cafe



Donate now

Give monthly

What your gift could provide

£5

helps us keep the community classes affordable - e.g. sewing, cookery, etc.

£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!





One of the few activities we managed to arrange, just before Tier 4 came upon us. The Ski Centre is a great asset on our doorstep & easily accessible.



Cycling trips are most definitely on our agenda in the New Year, so please keep a look out for our new projects where we hope to be teaching cycling and going out on trips around the county.

We also have plans for activity days and learning events with Hartpury College.

## Employment opportunities coming soon at FC

Thanks to funding from the Thirty Percy organisation, we will shortly be looking at **creating a youth work team**, to develop and build on the existing work and activities.

We will be looking for a part time manager, and part time youth workers for work with boys and girls in the community. Look out for information very shortly on the Friendship Café Facebook page. <https://www.facebook.com/TheFriendshipCafe1/>

## Our History Project 2021

We are in the planning stages of bringing together an initial creative piece of work around the history of Muslims in Gloucester. We will be looking for old stories, photographs and early memories of the people and places that helped shape Gloucester's Muslim community to create a legacy, and be an inspiration for current and future generations.

We are looking for creative artists within the community to come forward - if you are a keen photographer, graphic designer, researcher, historian, interested in journalism, capturing stories or want to be part of this project, please mail

[imran@thefriendshipcafe.com](mailto:imran@thefriendshipcafe.com) or

Call Imran on 01452 308127.





## City Farm: Closed again – until we get back down to Tier 3!



Please do give some thought to buying this beautiful calendar - especially as the proceeds will support the City Farm and another animal charity. Thank you to Natural Animal Health and Karen Berry Photography.

<https://www.naturalanimalhealth.co.uk/blog/2020/11/5/2021-natural-animal-health-calendar>

Thank you to those kind people who have sent in donations or useful items such as saddles, following the airing of the Countryfile programme on 22nd November. Especially liked reading the hand written letters that arrived. Some were anonymous so I can't even thank them.

If you missed the programme, it's on BBC i-player (watch from 26minutes)

(<https://www.bbc.co.uk/iplayer/episode/m000prjh/countryfile-lincolnshire-wolds>)

There was also a mention on ITV Racing, BBC Points West, various horsey publications, and there will be another programme on CBBC in the Spring. We had lots of messages of support from far and wide, including various racing correspondents and a personal visit from Zara (Philips) Tindall. Thank you to **everyone** who helped with the achievement!



In a year when we were very limited as to what we could do, we managed to enter one race and win! Aamilah and Zara al Buraaq won by a very, very narrow margin at Lingfield Racecourse.



Hibba Bibba visits Tredworth Infants & Nursery Academy with our volunteer Sharon (who also works at the school) and joins in the nativity play. The school has children from over 38 nationalities!





We are saddened to report the passing of 'Fat Boy', the legendary European Eagle Owl of City Farm. She was aged approximately 11 years old and despite all efforts, she could not be saved. Fat Boy earned her name because when she was bought originally by Faisal as a chick, he thought she was a boy. She had been resident at the farm since approximately 2013. She brought happiness to hundreds and hundreds of visitors over the years and was THE showstopper at many public events. A huge thanks to all the different volunteers who took care of her over the years



## Good bye to Shiv

who has been volunteering every Sunday for the past 3 years. What a great volunteer, who stuck through all weathers.



## NEW KITS ON THE BLOCK



## 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.



# ROBERT : CITY FARM VOLUNTEER



I was first introduced to the City Farm, when I was on the Prince's Trust course in 2018 and I did a week there on work experience. I really enjoyed it there, so I asked If I could come back to do volunteering. My favourite animals are the goats and the bagots. I enjoy looking after them, putting fresh hay and straw and feeding them. I think it has made me more confident by working on the farm and I look forward to when I can go back after the covid restrictions are lifted.



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 time the guys were helping us build a safe area for the tractor.

## Some of our Christmas and Boxing Day volunteers



Thank you to Anne-Marie Smith and the team from QMS Skills in Swindon who donated a box of beautifully embroidered sweaters for the farm volunteers!





**THE COFFEE SHOP** has had to close AGAIN!

Keep an eye out on our FB page for the latest developments and thank you for your continued support and we hope to see you again when it is safe to do so.

## WINDRUSH CONNECTION

At the start of Covid-19 I was contacted by Councillor Said Hansdot who asked if I knew any vulnerable people. I said yes, '6 or so...'. From then on, I supported families around Gloucester with help and support runner, my daughter Ayleanah. We served mainly members the Black community too, who were asking for culturally appropriate food. One day, a batch of Jamaican patties came in and Reyaz said "You can use kitchen at Friendship Cafe". This was on a Monday: by Friday the first patties went out to 49 people, with salad & fruit, it's now increased to 102 vulnerable people that we cook and deliver for every Friday. We decided to call ourselves 'Windrush Connection', as the support was from different groups, All Nations Community Centre, Black Elders Day Centre, Crafty Ladies, Dapper, Ebony Carers, Fairshares, GlosJam, GFM, and the St Anne's Society, all coming together at the one and only amazing Friendship Cafe to support each other and our community.

All individual groups working together, so diverse yet together, so very Awesome!

Thank-You  
Sharon



## CONGRATULATIONS

To 3 people who are good supporters of The Friendship Café and all doing good work.

They each received well deserved honours from HRH The Queen recently.



**Julie Kent**



**Rod Hansen**



**Teresa Fisher**

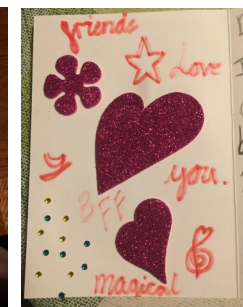
Fouzia and I miss the Girls and the adventures and activities. We have enjoyed putting together home craft packs and seeing the photos of what has been created.

## Jewellery



## Card Making

For Girls to connect with family friends during the lockdown



## Cookies



Thanks to Morrison's for the discounts

## Mindfulness Jars

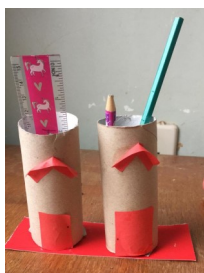


glitter jars, fun & easy to make, can be used to relax the eyes and mind

### The Junk Box Challenge!

Girls were given a list of objects and a time limit in which to create something.

It was the first Girls Group Zoom meet up. We had a brief on-line and then had free time to create their models. We then came back together again to show our work. Great imagination and skills from ALL and a special Ma'shAllah to the girl that was able to use ALL the objects on the list!



**PLEASE NOTE:  
WE HAVE NEW PHONE NUMBERS!**

**Zahara: 07436 692955**

**Fouzia: 07578 594680**

For **WHATSAPP BROADCASTS** The Contact numbers **MUST** be SAVED to your contacts, otherwise the message will not be delivered).

We love hearing from the Girls - so do send idea's and or Photo's of arts & crafts projects completed at home.

Suggestions so far have been  
Knitting / Sewing / photography / button art / fabric painting / decorating jars / cross stitch.



## Girls Giggles & Riddles

Having spent lots of home time with my own children and sometimes needing a lighthearted break- we've been sharing jokes... (my kids are young!)

Q: What did the big flower say to the little flower?

A: Hi bud!.

Q: What do you call Bears with no ears?

A: B!

In line with the many unanswered questions of the time I thought I would introduce a riddle section.... (answer's at bottom of page)


**Riddle:** What begins with T, finishes with T, and has T in it?

**Riddle:** What five-letter word becomes shorter when you add two letters to it?



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@thefriendshipcafe.com](mailto:imran@thefriendshipcafe.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.



**YEAR 4 & YEAR 5 CEM 11 PLUS TUTORING**


**LIMITED SPACES** available.  
Register now to avoid disappointment!

- ✓ Qualified teacher with 15+ years specialist 11+ experience
- ✓ 100% pass rate in 2020/Year-on-year outstanding pass rate
- ✓ Baseline assessment & feedback report
- ✓ DBS certified
- ✓ Small group sizes for personalised teaching and learning
- ✓ Regular pupil assessment and parent feedback
- ✓ Mock exams to simulate test conditions

TO REGISTER CALL OR TEXT: 07859013209 or Email: [fatimabhaimia@hotmail.com](mailto:fatimabhaimia@hotmail.com)

Under Mrs B's guidance and support our child has excelled; her passion for teaching is contagious!

Mrs B is a highly driven, skilled, and competent tutor. We are extremely fortunate to have our child tutored with her.



**100% PASS RATE**

**THE RESULTS ARE OUT!**  
HOW DID WE DO IN THE 2020 11 PLUS EXAMS?

Mrs B's 11 Plus Tuition is proud to announce outstanding results yet again...

- ✓ 100% of children passed
- ✓ 40% of children ranked within the top 150 students in the county
- ✓ 20% of children ranked within the top 150 students for Pates Grammar School

**LIMITED SPACES NOW AVAILABLE FOR YEAR 4 AND YEAR 5 11 PLUS COURSE.**

Call or text: 07859 013209 | Email: [fatimabhaimia@hotmail.com](mailto:fatimabhaimia@hotmail.com)

Mrs B's teaching style and ethos are unparalleled. The outstanding results of all her students are a testimony to this.

Don't forget that we now have a clothes recycling bank at the Friendship Café.



## WHOLETIME FIREFIGHTER - GLOUCESTERSHIRE FULL-TIME PERMANENT

**SALARY - £33,144** (Once competency is completed)

Gloucestershire Fire and Rescue Service are looking to employ Whole-time Community Fire Fighters. We would like forward thinking, dynamic, innovative people to apply to join the team.

Could this be the career choice for you? For more details and to apply go to [https://myjobs.gloucestershire.gov.uk/pages/job\\_search\\_view.aspx?jobId=4876](https://myjobs.gloucestershire.gov.uk/pages/job_search_view.aspx?jobId=4876)

**Solution 1:** A teapot.

**Solution 2:** Shorter. (Short + 'er')



Sarah Scott, Director of Public Health has issued her Annual Report 2019/20: Beyond Covid: Race, Health and Inequality in Gloucestershire. Her report has been co-authored with the Gloucestershire County Council Black Worker Network.

The report looks at the long-standing health inequalities faced by people of a BAME background in Gloucestershire and the impact of the COVID-19 pandemic.

You can read the full report here:

<https://www.gloucestershire.gov.uk/gloucestershire-county-council-news/news-october-2020/public-health-report-calls-for-action-on-health-inequalities-faced-by-bame-residents/>

## TYPE 2 DIABETES KNOW YOUR RISK

Modern life can make it hard to be healthy, with Type 2 diabetes adding to this challenge. Making small lifestyle changes can help you reduce your risk even if Type 2 Diabetes is in your family history.

Did you know that in Gloucestershire there are about 34,000 people diagnosed with Type 2 Diabetes and about 21,000 people are known to be at risk of developing the condition. Recent statistics published by NHS England show that 26% of those that have sadly died from Coronavirus, were also living with diabetes.

### WHAT'S YOUR RISK?

Find out your risk of developing Type 2 diabetes by completing the Diabetes UK Questionnaire at <https://preventing-diabetes.co.uk/Know-your-risk-dtc/>

### Your **Free** local Healthier You: NHS Diabetes Prevention Programme

**What you can achieve on the **FREE** Healthier You: Diabetes Prevention Programme.**

- Improved health & wellbeing via supported;
- Weight loss
- Reduced blood sugar levels
- Reduced blood pressure & risk of developing cardio vascular disease
- Becoming more physically active
- Developing healthier eating habits
- Growth in confidence to self-manage your own health
- Learning how to manage stress
- Achieving better sleep
- Understand barriers & obstacles to change
- Achieving personal goals

**Start your journey to lower your risk.**

Receive support to make sustainable changes to your lifestyle now by referring yourself to your local Healthier You – Diabetes Prevention Programme.

The service is completely remote through group telephone or video calls, or you can choose the 1:1 app/computer based service with a Health Coach so there is no need to travel

You will receive support with healthy eating and lifestyle, help with weight management and physical activity. Together this has been proven to reduce the risk of developing the disease and other long term conditions such as cardiovascular disease.

**To join or find out more about your local Healthier You Provider by:**  
Visit the website: [preventing-diabetes.co.uk](https://preventing-diabetes.co.uk)  
Calling: 0333 577 3010  
Email: [info@preventing-diabetes.co.uk](mailto:info@preventing-diabetes.co.uk)



If you wish to chat about the report or share your views please contact

[Haroon.kadodia@gloucestershire.gov.uk](mailto:Haroon.kadodia@gloucestershire.gov.uk) ; 07714206201

[Saleha.moolla@gloucestershire.gov.uk](mailto:Saleha.moolla@gloucestershire.gov.uk)

[Amina.kathrada@gloucestershir.gov.uk](mailto:Amina.kathrada@gloucestershir.gov.uk)

# Do it for Barton & Tredworth

Scan this code for Coronavirus information in other languages.

**Keep on protecting your community**

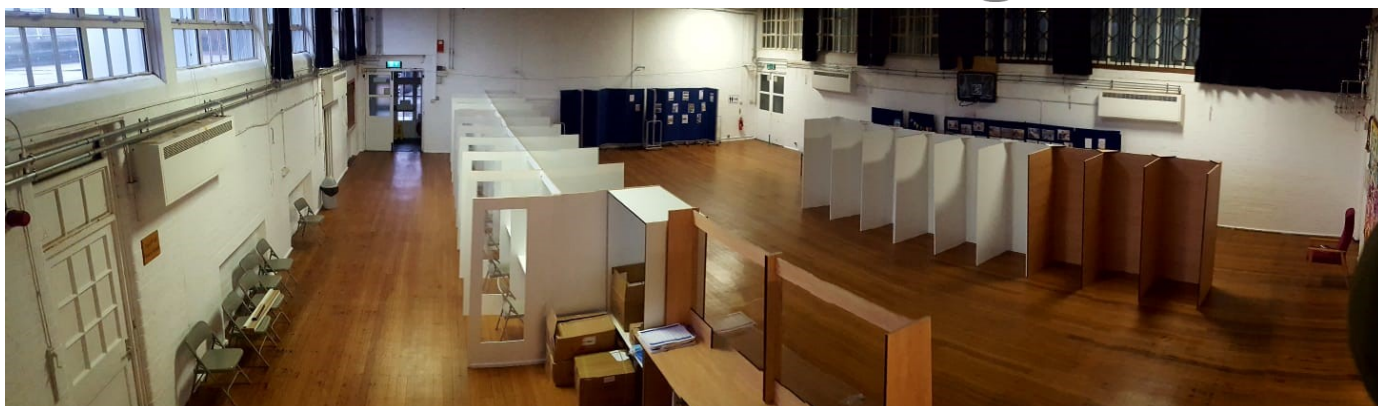
HANDS
 FACE
 SPACE

**You can still help your community by not meeting anyone indoors unless you live with them or have formed a support bubble**

**If you require help go to:**  
[www.gloucestershire.gov.uk/gloucestershires-community-help-hub](https://www.gloucestershire.gov.uk/gloucestershires-community-help-hub) or call 01452 583519.



# Community Testing @ FC



Due to the significant numbers of Covid-19 cases in the area, Gloucestershire County Council is setting up a community testing facility at the Friendship Café, Painswick road Gloucester.

With a national lockdown currently in place, testing is being offered mainly to those who for work or caring responsibilities, are still having to leave the house.

The test on offer uses a Lateral Flow Device which is designed to detect the virus in people who are not showing any symptoms (asymptomatic) but may be unknowingly spreading it to family members or work colleagues. The test only takes a few minutes and you will have results in 30 mins, which means anyone who does have the virus, can quickly take action to protect others.

The site will be open 8am – 7pm Mon to Fri, 10am to 4pm on Sat and Sunday.

You must book an appointment – you will not be tested if you turn up without one. You will need to be able to come for a test twice a week for up to 6 weeks

The above testing is for those without any symptoms that have to continue to go out to work or have caring responsibilities particular focus on Barton & Tredworth and surrounding areas and can be tested every few days

**BOOKING - Link to booking form: <https://forms.gloucestershire.gov.uk/CovidTestGlos>**

**(please use this and DO NOT call The Friendship Café)**

**Vaccine Time—**Two of our volunteers had their vaccines done recently. Farouk Mehta and Idris Bobat both work at GRH for the NHS. Farook even had the Duchess of Cornwall supervising his being done!



The Duchess of Cornwall met with front line health and care workers administering and receiving the Covid-19...



## Bernie's Story



"I had some unwanted material and I was telling my Daughter Trudy she told me to take it to the Emma Willis sewing studio, I had just lost my Husband who passed away suddenly and I was also feeling very lonely so I turned up at the sewing studio and met Aysha God bless her she made me feel so welcome she invited me to join her on the sewing club day I met some lovely ladies and I felt very welcome then lockdown happened I continued to come to the cafe when it was safe to do so I met Tina and the lovely Ladies who work there and I must admit the latte is the best and also the cakes and the beef sausage sandwich is really good I recommend them. I now help in the kitchen on a Monday morning preparing the vegetables and delivering food to the needy I have also joined the book club and started reading for the first time in a long time and really enjoying it , so you can see what one meeting with Aysha has done for me I am so pleased I turned up that day with my scraps of fabric, I have had 4 great grandchildren during lockdown and learnt to crochet, here is one of the blankets I've made. I've also helped with mask making. I have now got a new lease of life thank you everyone I'm really looking forward to getting back to our happy days AGAIN "



**The Emma Willis Sewing Studio** is in Gloucester, Gloucestershire.

31 December 2020 at 21:53 · 🌐

A very happy, healthy, prosperous new year to all. Blessings and peace for the coming year. Stay safe, healthy, and happy. And I hope to see you all in 2021 #newyear #newbeginnings #memoriesforlife





## 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.