

ONE YEAR ON



COVID-19

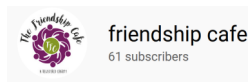
CORONA VIRUS

"I would like us all to stand shoulder to shoulder – metaphorically. Let's try not to get downhearted, we will get through this, whatever is thrown at us and together we can ensure that tomorrow will be a good day."

Captain Sir Tom Moore



WhatsApp
07807 869749
07969 187216



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The Commissioner's Fund
Breaking the cycle of crime

Ed Lines

So a year ago I thought “yeah this will be over in a couple of months!” Some scientist in a lab with a white coat and extra large glasses will have found the cure to the virus when they accidentally spill their Bovril into a conical flask of bubbling blue water with smoke coming out it! Then all pilots are asked to volunteer to diffuse the life saving serum into the atmosphere using aeroplanes, hot air balloons and drones!! And all this with only 1 second left on the timer. And then we all lived happily ever after!! (Sorry too much Netflix)

But alas it was not to be. As we slowly come out of Lockdown 3, I have decorated, DIYed (is that a word), baked, cooked, cleaned, walked, ate lots, exercised, distanced socially, washed hands, masked up, tested positive, self isolated, got vaccinated (dose 1), donated plasma* and written 5 Café News newsletters.

So we look forward to (no earlier than) June 21st when BoJo thinks we will back to normality. But what is normal now. Zoom meetings (other video chats are available) have become a cost effective, convenient and eco friendly way of talking with each other. This will defo stay as normal. WFH or working from home has also been a revelation to many. But the home made haircuts and excessive storage of loo rolls has to go!

I also look forward to real crowd noises at football grounds as oppose to the fake noise they put on TV at the moment, and also the socialising and meeting of long distance friends and family who I have missed immensely. The freedom to dine and travel wherever and whenever we want.

But to achieve this we still have work to do. Please if you are offered the vaccine, take it. And although June 21st is the date our PM has said we can all party again, we still need to abide by social distancing measures and continue to wear our masks until such time that we are able to remove them safely.

Together we can do it.

TTFN

Shoaib—Editor

*When able to do so I will be getting more people to donate blood or plasma regularly—watch this space—Ed



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



<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!

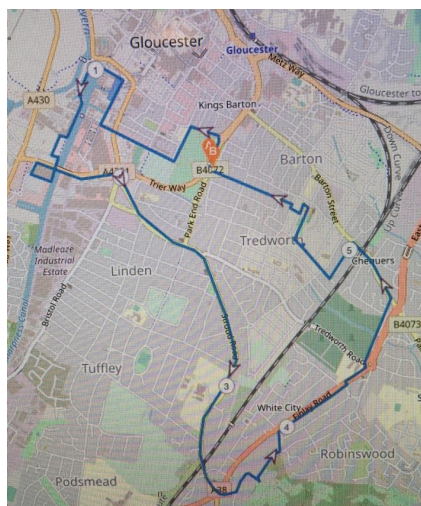


Local Explorer's' Activity

During the Feb half term 'Local Explorer's' Activity was launched for the Girls Group. Various challenges (Walk / Cycle) that could be completed anywhere between approx. 15mins to 3 hours.

These are local routes that can be carried out at any time.

Can you recognise the places?
(before checking on the maps)



World book day Such Creativity!



Future Activities



An educational talk for girls aged 10 and over on the benefits of Ramadan.



An ibadah chart competition during Ramadan with a gift for all the participants and a prize for those that are able to achieve the most good deeds/salat/dua's etc.



An Eid Zoom party (to take place the second weekend after Eid)



WildCat's Football will be returning! These will be outdoor football skills for Girls aged 5 years to 11.



**Updates for Future Activities will be posted on
WhatsApp and Facebook**

**Be sure to have numbers updated! Zahara
07436692955 & Fouzia 07578594680**

The Friendship Cafe is delighted to have received funding from Thirty Percy to expand our Youth Work provision to include Girls and Boys work. We look forward to introducing you to new members of the team soon.



All you need to know about the COVID-19 Vaccination



The NHS has been working hard to deliver the COVID-19 vaccines to people in Gloucestershire as quickly as possible. Over 300,000 doses have now been given to people in the county.

The NHS is currently offering the vaccination to the over 50s, people with underlying health conditions including those with a learning disability and people who are the main carer for someone at high risk from COVID-19. We are also scheduling appointments for people to have their second dose of the vaccine.



Local GP services will be in touch soon, to offer you an appointment at your local GP led vaccination centre. The centres in Gloucester are located at Rosebank Surgery and Churchdown Community Centre.



Many of you may also receive a letter from the NHS giving you the option to use the national booking website: www.nhs.uk/covidvaccination or phone 119, to book your vaccination appointment. If you prefer to use one of these options, you can choose to make an appointment at one of the two pharmacy locations in the county – Boots in Gloucester and Badhams Pharmacy in Bishops Cleeve.



Up-to-date information about the local vaccination programme is available at <https://covid19.glos.nhs.uk/vaccinations/> including information in [a number of different languages](#). We would like to thank people in our local communities who have recorded messages about the vaccination programme – you can watch and listen to Habibur Rahman, Imam of Masjid Umar, on [YouTube](#). Other messages will be live on the website soon.

Frequently

Why is it important to get your COVID-19 vaccination?

Getting your vaccination, should protect you and may help to protect your family and those you care for. It should help reduce the rates of serious illness and save lives, reducing pressure on the NHS and social care services.

What happens at the vaccination centre?

The vaccination centres are carefully managing attendance to ensure people adhere to social distancing requirements. When you attend your appointment you should wear a mask, unless you are exempt for medical reasons.

If you need an interpreter, or any other support during your appointment, please let the centre know in advance. Speak to your GP practice if you have any concerns about attending your appointment.

How effective is the COVID-19 vaccine?

The first dose of the COVID-19 vaccine should give you good protection from coronavirus, but you need both doses of the vaccine to give you longer lasting protection. You can have your second dose up to 12 weeks after the first one. There is a chance you might still get or spread coronavirus even if you have had the vaccine. It's important that you continue to follow social distancing guidance and wear a covering over your nose and mouth where it's hard to stay away from other people.

Asked

Does the vaccine contain animal products?

The approved COVID-19 vaccines do not contain any animal products, foetal products, or microchips. The vaccine is being actively promoted by the Mosques and Imams National Advisory Board (MINAB) and other faith leaders.

The vaccines do not use the live virus and will not give you COVID-19. They do not affect your DNA in any way.

Having your vaccination during Ramadan

The opinion of many Islamic scholars is that taking the COVID-19 vaccine during Ramadan does not invalidate the fast. A number of prominent national organisations have said that people should not delay their vaccination on account of Ramadan.

Most of the side-effects experienced by some people after vaccination are mild and last for just a few hours. However, if someone becomes more unwell after having the vaccination, the British Islamic Medical Association suggests the general principles pertaining to illness and fasting should apply.

Questions

Is the NHS confident the vaccines are safe?

Yes. The NHS will not offer any COVID-19 vaccinations until independent experts have agreed that it is safe to do so. The MHRA, the official UK regulator, have said that both of the current vaccines are safe and offer a high level of protection.

Following a rigorous scientific review of all the available data, the MHRA have specifically said that the available evidence does not suggest blood clots in veins (venous thromboembolism) are caused by COVID-19 Vaccine Astra-Zeneca. Their advice remains that the benefits of the vaccines against COVID-19, continue to outweigh any risks and that the public should continue to get their vaccine when invited to do so.

What are the likely side effects?

Like all medicines, vaccines can cause side effects. Most of these are mild and short-term and not everyone gets them. Very common side effects include:

- ✦ Having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine
- ✦ Feeling tired
- ✦ Headache, general aches, or mild flu like symptoms
- ✦ Feeling or being sick

So far, millions of people have been given a COVID-19 vaccine and reports of serious side effects, such as allergic reactions, have been very rare. No long-term complications have been reported.



St James City Farm & Riding School Gloucester

Yesterday at 09:32 · 🌐

10 years ago today! The City Farm was officially handed over to [The Friendship Cafe](#) charity by [Gloucester City Council](#) who were considering shutting it down due to budgetary restraints. Pictured is Faisal Atcha representing the Friendship Cafe, David Sutton (for the Council) and Sarah Hawkins (farm volunteer). We have a little video coming very soon explaining how this came about...

We hope that you continue to support us for the next decade and beyond with a monthly donation of £5 through the following link please <https://uk.virginmoneygiving.com/donation-web/charity...> 🙏🙏

HAPPY BIRTHDAY

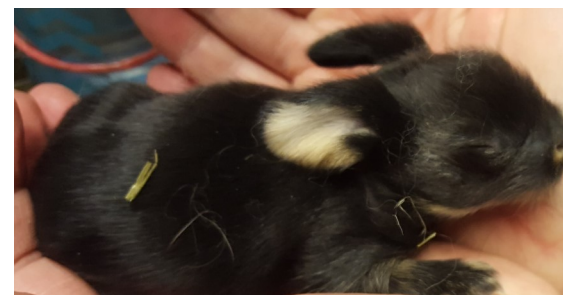
(we hope to celebrate when we can safely do so)



St James City Farm & Riding School Gloucester

17 March at 15:57 · 🌐

Ready to greet you when we re-open! Hopefully April 12th...





Hartpury University and Hartpury College

Student success story

Read about the personal experience of one of our international students Dhruvpal, who studied at Hartpury College and is now studying at Hartpury University.

Student: Dhruvpal Anchan

Course: MSci Equine Science (Integrated Masters)

Career aspiration: Equine trainer with scientific background

A brief overview about me

I'm not originally from an equine background, but my passion began in India when I was 13-years-old and started riding at a local stable. I've always wanted to work with animals in general and the welfare of horses is very important to me. My main goal is to further my knowledge in equitation training methods and to integrate this with scientific understanding, to ultimately advance the welfare of horses. I've had many role models, but my father was the one who motivated me to pursue higher education. I'm currently in my first year, but I've already learnt so much. My Hartpury College Level 3 Diploma in Equine Management gave me a good foundation, which supported my skills in industry. Now I want to develop my expertise to help improve the methods used to train horses.

Studying at Hartpury

I chose to study at Hartpury because of the rural setting and specialist equine facilities. It gives you the opportunity to study in a place where you see the horses every day, and can gain valuable experience working on the yard. The learning environment is very up to date, based on current industry research and the course content is very thorough. The lecturers cover all aspects of your subject in each module. Then we go and carry out our own independent study, to build on this knowledge. We get lots of support with study skills and great materials to help us to prepare for lectures. Hartpury is such a nurturing place to be and it provides a sense of community. My tutors always have an open line of communication and we're always encouraged to talk about our progress and plans for the future.

Going to university

The main reason for going to university for me was science. I believe you can't progress without knowledge. And when you do have that knowledge, you don't just contribute to the society or that particular industry. You evolve as a person and think about things more critically.

I enjoy everything about my current course. A module which has particularly pushed my knowledge is 'Exercise Physiology'. It makes you think a lot about the horse as an athlete. They are fit animals but there's a lot that goes behind that. This particular module has opened my eyes to the workings of the horse inside and out. We don't just refer to the physiology, we also look at their anatomy.

Being a Student Ambassador

It helps you come out of your shell and you get to meet people from different walks of life on all different courses. I've developed my communication skills and have regularly given campus tours to small groups of people where I have been able to share my knowledge of Hartpury. During the pandemic, I've adapted my digital skills and presented five virtual campus tours at events with 100-200 participants, which has doubled my self-confidence. It's also a source of income and great for your CV.

My advice for students thinking about university

Go for it! You gain life skills as well as life-long friends at university. It's certainly made me a better person and once you complete a university course you're passionate about, you'll live that passion through a job you love every day.

Dhruvpal measuring horses' heart rates on the high speed treadmill in the Equine Therapy Centre



For more information on Hartpury University and Hartpury College
Please visit www.hartpury.ac.uk.

If you would like to attend an open day to understand more about Hartpury
Please visit www.hartpury.ac.uk/courses/open-days/



Hartpury University and Hartpury College are among the UK's leading specialist education providers in agriculture, animal, equine, sport and veterinary nursing. Located in Gloucestershire, our 360-hectare campus is home to over 4,000 university and college-level students studying degrees to PhDs, A-levels and diplomas, as well as undertaking cutting-edge industry research.

MYTH - You can get COVID-19 from the vaccine.

FACT - You cannot get COVID-19 from the vaccine because it doesn't contain the live virus.

MYTH - The COVID-19 vaccine has severe side effects such as allergic reactions.

FACT - Some participants in the vaccine clinical trials did report side effects similar to those experienced with other vaccines, including muscle pain, chills and headache. And although extremely rare, people can have severe allergic reactions to ingredients used in a vaccine. That's why experts recommend people with a history of severe allergic reactions — such as anaphylaxis — to the ingredients of the vaccine should not get the vaccination.

MYTH - If I receive the COVID-19 vaccine, I am at a greater risk to become sick from another illness.

FACT - The vaccine is made up of **mRNA**, which boosts your immunity to the coronavirus. It does not heighten your risk to become sick from another infection such as the flu.

MYTH - Once I receive the COVID-19 vaccine, I no longer need to wear a mask.

Fact - Wearing a face mask, handwashing and social distancing remain necessary until a sufficient number of people are immune. The best protection we can offer each other right now is to continue to follow current guidelines.



MYTH - I'm not at risk for severe complications of COVID-19 so I don't need the vaccine.

FACT - Regardless of your risk, you can still contract the infection and spread it to others, so it's important you get vaccinated.

MYTH - The COVID-19 vaccine causes infertility in women.

FACT - Misinformation on social media suggests the vaccine could lead to infertility in women. Experts say the vaccination does not affect fertility.

MYTH - I've already been diagnosed with COVID-19, so I don't need to receive the vaccine.

FACT - If you have already had COVID-19, there's evidence that you can still benefit from the vaccine. At this time, experts don't know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

MYTH - The vaccine contains animal products and alcohols

TRUTH - The Covid-19 vaccines from Pfizer, Moderna and AstraZeneca do not contain any animal products or egg. The British Islamic Medical Association recommend people who are eligible have the vaccine and stress that there is negligible alcohol in it - no more than in bread, for example.



Be Well Gloucestershire

When life gets tough, find the support

Be Well Gloucestershire is a local campaign supported by the county's NHS and care organisations aimed at promoting health and wellbeing support and information to help when those challenges become hard to deal with.

www.bewellglos.org.uk

What do you think about the COVID-19 vaccine programme



Local health and care champion, Healthwatch Gloucestershire, in partnership with the NHS, has launched a new public survey asking local people what they think about the COVID-19 vaccination programme.

The aim of the survey, is to understand the public's views, needs and expectations, and to find out about the barriers which may be preventing some people from being vaccinated.

It's easy to share your views about the vaccine and your feedback will be anonymous. You can complete a short online survey:

www.smartsurvey.co.uk/s/HWG_Vaccinations/ (an Easy Read format is also available),

call 0800 652 5193 (freephone),

or email: info@healthwatchgloucestershire.co.uk.

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

NHS

A record number of people in the UK are living with Type 2 diabetes. This figure has more than doubled since 1996. Sadly, many people will experience potentially preventable complications because of diabetes, simply because they don't know enough about their condition and how to manage it.

Every 2 minutes someone is diagnosed with Type 2 Diabetes

The good news is if you're at risk of Type 2 diabetes there are lots of small changes you can make to prevent diabetes from developing in the first place. The first thing to do is find out if you are at risk by clicking on the following link to complete a short questionnaire on our website:

<https://preventing-diabetes.co.uk/know-your-risk-dtc/>

TYPE 2 DIABETES
KNOW YOUR RISK

Don't miss out on the opportunity to take the first step towards a healthier future.



Things you can do in 3 minutes:

1. Make a cup of tea
2. Find out your risk of developing type 2 diabetes

Marvellous Mums Perinatal Group

Although the pandemic has changed our lives in many ways, one thing that has remained constant is the compassion and support between the mothers at Marvellous Mums. The challenges of raising a new born and young children during the pandemic are huge with isolation & lack of support making life particularly difficult, however, the Marvellous Mums of our group have risen to this challenge and have supported each other through our remote sessions.



Currently there are four Zoom sessions a week covering a range of wellbeing activities for Mums. We offer free **Perinatal Core Exercises**... which one of our Mums has aptly remained 'Tummy Warriors', our new **Rhyme-Time** sessions have been popular and as it is especially important for babies and toddlers to see each their peers albeit virtually.

Mindfulness Yoga continues on Wednesdays allowing mental and physical wellbeing and the **Peer Discussion** sessions have brought about a wealth of discussions on varied topics including First Aid, Teething, Home safety and Career changes.... all interspersed with plenty of laughter... which is definitely the best medicine!

Finally, Marvellous Mums enjoyed a fabulous collaboration with Fairshares in providing a really fun **cooking activity**- bags of delicious fresh ingredients were distributed including fun and healthy recipe cards.... and then the Mums and their little chefs worked their magic creating delectable delights!

Thank you. Marvellous Mums will be resuming face-to-face sessions, by invitation only, from May. Please email mums@thefriendshipcafe.com for further information.





RisingStarsFCGlos

We Are Back (sort of). Having seen last season finish prematurely, we are delighted to be back just as we move into British Summer Time. The club is looking at two sets of arrangements, the first one covering the period April to May and the second period from June to August. Training and matches will be based on age specific groups and will take into account a shut down during the month of Ramadan (from wc 12th April).

Covid-19 The FA has issued new guidance for the return of grassroots football. Outdoor sports can commence on 29th March 2021. Travel is restricted in line with Government guidance for hygiene and social distancing measures. Coaches will not be able to provide lifts so parents will need to organise travel through their social bubbles. Only one spectator (parent or guardian) per player is permitted to attend where the club and facilities can safely accommodate this. Please consider this when planning travel for your child to attend a match or training.



COVID-19 Self Assessment Protocol

Before each session, participants must complete the COVID-19 Self Assessment.

IF YOU HAVE EITHER ONE OF THE FOLLOWING SYMPTOMS OR FULFIL THE CRITERIA OF ANY POINT BELOW, YOU MUST NOT ATTEND:

- A high temperature (37.8°C or higher)
- A new continuous cough
- Shortness of breath
- Sore throat
- A loss of, or change to sense of taste or smell
- Feeling generally unwell
- Persistent tiredness
- Been in close contact with/living with someone who is suspected of having COVID-19 or has tested positive for COVID-19.

Please ensure that you complete the COVID-19 Self Assessment prior to each session. Thank you for your support!

Both Rising Stars Under 11s teams will be playing in this tournament on Saturday 12th June (10am – 5pm) at Gloucester City AFC's stadium (near Sainsburys Quays). Please keep this date free in your diary. More details will be shared nearer the date.



GLOUCESTERSHIRE COMMUNITY CHAMPIONS LEAGUE

FINALS DAY

12-06-21

SPONSORED BY ATHELITE SPORTS



QUALIFYING ROUNDS TO TAKE PLACE BETWEEN MAY 1ST – JUNE 5TH

CONTACT MO - 07786510741

For more information please email the Club Secretary, Mo Patel at: moweava@gmail.com

Sponsorship and Fundraising We are grateful to the following organisations for their continuing support to the club in previous years and this coming season. As we move back to some form of normality with lockdown restrictions easing, we will be looking to organise fundraising activities and seek out new sponsors. Any support, potential contacts and ideas from parents are welcome.

The Weavers
CARPET WAREHOUSE
01452 521166
weavershopltd.co.uk

ASDA
FOUNDATION
Transforming Communities, Inspiring Lives

Gloucester
Wash & Dry
Launderette

moreton
Car Sales

FIVE STAR
TAXIS - PRIVATE HIRE
555-555



Beyond COVID: Race, Health and Inequality in Gloucestershire—A report by the Director of Public Health

We will all remember 2020. The COVID-19 pandemic has affected all areas of society and our physical and mental wellbeing, sometimes for the better but often for the worse. We quickly saw evidence of an uneven impact on different parts of society; for example, older people, men and some geographic areas. But by far the biggest impact was seen in people from Black, Asian and minority ethnic backgrounds. This is my fifth annual report as the Director of Public Health for Gloucestershire and I am thrilled that Gloucestershire County Council's Black Workers Network has agreed to co-author it. I hope this report helps you to think more about the inequalities affecting our BAME communities and what you can do to address this. If you would like to contact me, please email: sarah.l.scott@gloucestershire.gov.uk
SARAH SCOTT, DIRECTOR OF PUBLIC HEALTH September 2020



Report Summary - The following are excerpts taken from the report. The full report (also available in other languages) can be got by contacting Haroon.KADODIA@gloucestershire.gov.uk or Saleha.MOOLLA@gloucestershire.gov.uk



BAME Communities, Health Inequalities and COVID-19 The COVID-19 pandemic has highlighted longstanding health inequalities which already existed in our society. Health inequalities are the unfair differences in people's health across various population groups which are a result of social inequalities in the conditions in which people are born, grow, live, work and age. The social and economic impact of the virus and lockdown measures has shown that people on low incomes and people from a BAME background are at an even greater risk of physical and mental ill-health.



The Impact of COVID-19 on Gloucestershire's BAME residents Belonging to certain ethnic groups increases the chances of contracting COVID-19, developing severe symptoms, and dying from the virus. The pandemic has shown how important it is to have thorough equality data including faith and ethnicity.



Community Resilience The community support during lockdown and the Black Lives Matter movement has shown the wealth of knowledge and experience in our BAME communities and the huge role they can play in making Gloucestershire a more successful, healthy and inclusive place to live. To carry on playing this vital role, it is important that the sector get the necessary support.



Beyond COVID-19 in Gloucestershire When Gloucestershire moves out of fighting Covid, it is even more important to honour and expand on commitments to tackle the root causes of health inequalities. As organisations develop their recovery plans, we have a critical opportunity to rethink the methods of the past that led us to this point and to instead work in partnership with communities to create long-term, sustainable change.



Work with BAME and faith communities to develop and give out culturally competent COVID-19 prevention and health improvement communication plans at an organisation level and through Local Resilience Forum.



Provide the resources for joint research with BAME employees, organisations and community representatives to understand the social, cultural, structural, economic, religious, and commercial factors related to COVID-19. Using the results from this research, co-produce and fund solutions to reduce the risk of catching COVID-19 and improve health outcomes.

Now is the time to have conversations about race. These conversations are very important for us to have, no matter how uncomfortable, if we are serious about changing the lived experience of BAME people in Gloucestershire. Whilst this report does not hold all the answers, it aims to open a conversation about the issues. As we face the second wave and look forward to recovery planning we must ensure that BAME communities and employees remain at the heart of the conversation and are able to guide the discussion. The council's Black Workers Network are committed to working in partnership with colleagues across the system to improve the lived experience of BAME communities in Gloucestershire.

ALTHIA LYN, CO-CHAIR BLACK WORKERS NETWORK September 2020



Assalamu Alaikum

Thank you for staying at home and helping to keep yourselves, your family and the wider Muslim community safe. By working together and following the rules we have seen a significant drop in Covid cases in our county - a testament to the strength and determination shown by you all.

We would also like to thank everyone who has taken up their offer of the COVID-19 vaccination so far. If you are eligible and haven't yet had your jab, please get in touch with your GP, who can help. You will find answers to many of your questions here: <https://covid19.glos.nhs.uk/vaccinations/> including information in other languages.

Even though we are making great progress, it's important to remember that Covid hasn't gone away and your ongoing support to help keep reducing the rate of infection is vital. This is especially important as we approach this year's Ramadhan celebrations – a time when traditionally you will spend more time with friends and family.

Here are the steps you must take to help keep yourself and others safe:

Only mix with people indoors who you live with or have formed a support bubble with. This includes communal worship and at home. For the safety of yourselves and our community, please do not congregate outside the mosque before or after worship.

Anything you take into the mosque with you must leave with you. This includes face covering which should be disposed of safely at home, prayer mats, prayer beads, or any other ritual items

Washing your hands regularly, keeping two metres away from people you don't live with, or who aren't part of your support bubble, and wearing a face covering when social distancing isn't possible remain important actions to prevent the spread of infection.

Spending time outside means more fresh air circulating - making it more difficult for coronavirus to spread from person to person. Opening windows and doors inside will also help prevent the spread.

Only meet friends and family that you do not live with or who are not in your support bubble outside, and only in groups of up to six people or two households/bubbles. The six includes children of any age.

When someone at home gets any Covid symptoms, stay at home and get tested. Everyone in the household has to stay at home, until they get test results. This is called self-isolation and means you must not meet up with other people, go to the shops or any other public space.

Regular, rapid testing for people with no symptoms can help prevent the virus unknowingly spreading. Twice-weekly testing is available to people who need to go out for work or to care for others, as well as for households, support or childcare bubbles of school or pre-school aged children and those who live with staff in jobs associated to schools.

Visit www.gloucestershire.gov.uk/testing to book and find out more Thank you again for your support. Keep going ... it will be worth it.

Yours sincerely

Sarah Scott Executive Director of Adult Social Care & Public Health



Double Awards for G.F.T.H

Hash Norat was given 2 awards recently for all the work he and his team have done over the last year. Hash was presented with the Mayor's medal by the Right honorable Mayor Kate Haigh. The second award was given to Gloucester Feed The Hungry by Gloucester City Council.



"It's been a difficult, sad and very emotional year for all of us. Having lost loved one's myself due to covid I would like to give back to the community. Working with the NHS Charity Trust I will be doing a wingwalk on my birthday May 20th. The funds raised will go towards purchasing a large dandelion sculpture at a cost of £1k plus smaller ones to be added to a Commemorative Garden to be unveiled soon at Gloucester Royal hospital." - Hash Norat

You can donate via Hash's GoFund Me Page here—<https://gofund.me/eb598d78>



High Sheriff of Gloucestershire @HelenLovatt4 · Mar 20

It was my pleasure, Bren. You do so much to support the community which truly deserved recognition. Thank you for your friendship during my term of office has a HS. Long may it continue



Bren McInerney @BrenJMcInerney · Mar 20

Thanks to my friend Helen, High Sheriff of Gloucestershire for the award and recognition for my services to the local communities. BREN @Prerana_Issar @didoharding @HelenLovatt4 @CNOEngland @michaelkbrodie @NikkiKF @DavidBehan15 @chrisday31 @ProfLAppleby @JenniferTHF @NHS_RHO



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18



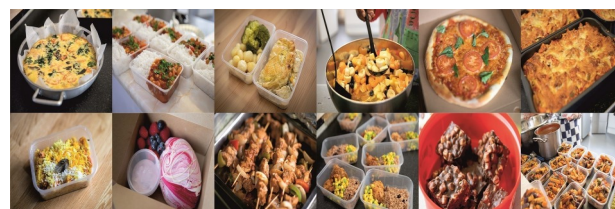
Another long term friend of the FC gets a well deserved award from the High Sherriff of Gloucester. Bren has been a great help and a good friend of the FC for many many years.



Fair Shares Community Time Banks

26 February ·

We cooked and delivered our 15,000th meal today!!!! Working with [The Friendship Cafe](#) and a team of highly dedicated community champions, over 90 people having given their time, skills and love to support others in the community. Thank you to everyone who have given your time, from those who are in every single day to those who have given up random days off work to come in and help out. We know this has made a massive difference to a lot of people who are struggling through Covid





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

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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.



We are looking for a MHELO Coordinator

Inclusion Gloucestershire is a growing, dynamic user-led organisation, run by disabled people for disabled people. We are passionate, person-centred, inclusive and have a track record of high-quality delivery.

We have an exciting opportunity to join our team as a MHELO (Mental Health Experience Led Opportunities) Coordinator, supporting the smooth running of a network for people with mental ill health whilst ensuring that it is member-led. MHELO exists to ensure the voice of people with mental health experience is heard and able to influence future policy and practice within Gloucestershire.

Job Purpose: To support the smooth running of MHELO whilst ensuring that it is member-led and growing and developing the network into new areas of Gloucestershire.

Reports to: Engagement Manager

Hours and pay:

Hours: 11 hours per week
Contract: Fixed term to 31.3.22
Pension: IG operates the NEST pension scheme and will contribute 3% subject to qualifying status
Salary: £6570 (£22 401 pro rata)

N.B. This post may be combined with the 7.5 hour CMHT Coordinator Post that is also being advertised. If you wish to apply for both posts, please indicate this on your application form.

This post will be based at

2 St Michaels Court, St Michaels Square, Gloucester, GL1 1JB and all posts have a holiday entitlement of 28 days + bank holidays pro rata

(Some home working may apply due to COVID-19 but staff should be prepared to work in face to face settings when safe to do so)

For individuals wanting more information on any of these jobs please download our Job Descriptions and Application form from our website

<https://www.inclusiongloucestershire.co.uk/jobs/>

You can also request a job pack by phone (01452 234003).

If you would like an informal discussion about any of the roles, please email dawnc@inclusion-glos.org and she will give you a call

Closing date: Midnight on 12th April

Intended Interview Date: 23rd April

N.B Interviews may be held via video call – instructions will be provided on how to set this up)



We are looking for a Community Mental Health Transformation Project Coordinator

Inclusion Gloucestershire is a growing, dynamic user-led organisation, run by disabled people for disabled people. We are passionate, person-centred, inclusive and have a track record of high-quality delivery.

This role coordinates the active and meaningful involvement of people with lived experience of mental ill health in the redesign of community mental health supports and services in Gloucestershire.

Job Purpose: To engage, recruit and support people with lived experience of mental ill health to have an active role in the transformation of treatment and support for people with mental ill health needs.

To facilitate participation of Experts by Experience in a co-production group and other forums as an integral part of Community Mental Health Transformation in Gloucestershire

Reports to: Director of Research, Strategy and Partnerships/Engagement Manager (To be confirmed)

Hours and pay:

Hours: 7.5 hours per week
Contract: Fixed term to 31.3.24
Pension: IG operates the NEST pension scheme and will contribute 3% subject to qualifying status
Salary: £4480 (£22 401 pro rata)

N.B. This post may be combined with the 11hour MHELO Coordinator Post that is also being advertised. If you wish to apply for both posts, please indicate this on your application form.

This post will be based at

2 St Michaels Court, St Michaels Square, Gloucester, GL1 1JB and all posts have a holiday entitlement of 28 days + bank holidays pro rata

(Some home working may apply due to COVID-19 but staff should be prepared to work in face to face settings when safe to do so)

For individuals wanting more information on any of these jobs please download our Job Descriptions and Application form from our website

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Closing date: Midnight on 12th April

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April 2021

Free English Classes for Beginners

for adults aged 19+ who speak little or no English

Online*

* our classes will be back in Bartongate Children's Centre GL1 4AW when it is safe

To book an online appointment go to:

www.gloucestershire.gov.uk/esol



or contact us on:
07500 066 231

learn@gloucestershire.gov.uk



An online support group for Ladies from the Asian Community who are caring for someone with memory problems or dementia

If you'd like to connect with other carers then join our monthly meetings.



The aim is to provide a space for carers to meet one another, share experiences and to get information and support

The meetings will take place on ZOOM
Thursdays 3pm-4pm

8th April 2021
13th May 2021
10th June 2021
8th July 2021
12th August 2021

Future dates will be reviewed with the group and it will be up to the carers involved to decide what they want from the meetings

For more information and joining details please call

Saleha Moolla, Community Development Support Team,
Gloucestershire County Council,

01452 425007 or email saleha.moolla@gloucestershire.gov.uk

or

Kathy Holmes, Managing Memory Together,
0800 694 8800 or email managingmemory@ghc.nhs.uk

The group is facilitated by team members from Gloucestershire County Council, Gloucestershire Carers Hub and Managing Memory Together (part of Gloucestershire Health and Care NHS Foundation Trust)



The Butterfly Hut

Recently opened in Gloucester Park (next to the play area)
Ruby will be happy to serve you hot or cold drinks along with a few snacks. Perfect after a jog or walk in the park

OPEN EVERY DAY—9am to 4pm



Gloucestershire

Carers **Hub**

Getting to Know Gloucestershire Carers Hub

Are you looking after someone at home, a neighbour, a friend or family member? If you are, Gloucestershire Carers Hub is here for you.

We appreciate how hard lock down has been for everyone and if you are caring for someone else, the isolation has made it harder. Sometimes, talking to someone else can have a huge benefit. You may be apprehensive about making contact with us for the first time but Haroon and the team at the Friendship Café can talk to you before you call us and discuss anything that will make it easier -perhaps you need someone who understands your language or way of life, that can help you reach out to us?

Gloucestershire Carers Hub can help you make plans to organise your care alongside of making time for yourself, work and family life. We offer a range of advice about benefits, other services and activities to help you with your wellbeing and health. We can also offer you a 'Carer Status Letter' that provides evidence that you are a carer and registered with us. It can help when you are accessing GP services.

If you are very unwell or in a crisis and you can't provide the care you normally would, we, can offer help to establish an emergency carer arrangement through our 'Carer's Emergency Scheme'.

You may feel you are managing very well with looking after someone else but please do still get in touch so that, if things change, we can help more quickly. Please be aware that we will do everything we can to help.

Haroon and his colleagues have kindly offered to visit some of you with information about what we do and we hope this helps with not feeling worried about being in touch with us.

Finally, can I also encourage you to take part in the upcoming Census. Its an opportunity to let government and local authorities know about your needs, your community and what will be useful for your future. There is one question, no 24, that asks you about your caring role. When you complete this question, please do share information about your caring role as this will help influence the allocation of resources within Gloucestershire to support carers.

If you would like to speak to Fatima Kazi in Gujerati, Urdu or Hindi, at Gloucestershire Carers Hub, her number is 01452 938154. Fatima works on Monday, Tuesday and Wednesday morning. If you would like to call our main number it is 0300 111 9000.

And finally...

