



CAFÉ NEWS

Newsletter of The Friendship Café & St James City Farm



April/May/June 2021

ROYAL ANNIVERSARY VISIT

HRH The Princess Royal visited us recently to celebrate the 10th Anniversary of The Friendship Café charity running the City Farm, which in 2001 was otherwise planned for closure by Gloucester City Council due to budgetary cuts. The wet weather did not deter her from talking in length to all the staff, volunteers and invited guests.



She also visited both Fair Shares Community Time Banks and The Friendship Café at Chequers. Her visit was mainly around the work we've been doing through the pandemic, in particular with providing meals and food to vulnerable members of the local community. She met and spoke to many of our participants who have given their time over this last year, to make life better for others in their neighbourhood. She also popped in to our community wood workshop and met some of our younger participants, as well as The Friendship Café's sewing studio where volunteers had been making masks as well as clothes for NHS workers during COVID-19.



A HUGE thank you to all the supporters, volunteers, visitors and staff over the years and we hope that you continue to support us for the next 10 years and beyond.



WhatsApp
07807 869749
07969 187216



friendship cafe
61 subscribers



Instagram
fcyouth21 Follow



The Commissioner's Fund
Breaking the cycle of crime

- Ed Lines -

Oh! It seems like an eternity since I last did one of these. So much has happened since the last one I really don't know where to start.

As the restrictions are loosened, we are now able to do more and more (safely and within guidelines of course). Ramadan came and went as did the Festival of Eid. The bonus this year was we could go the mosque and we were able to spend Eid with family. And we could hug people!! YAY!

Talking about family get togethers, many weddings have been celebrated finally, unfortunately due to restrictions invites were only given to immediate family which meant I have missed out on a few reception meals.

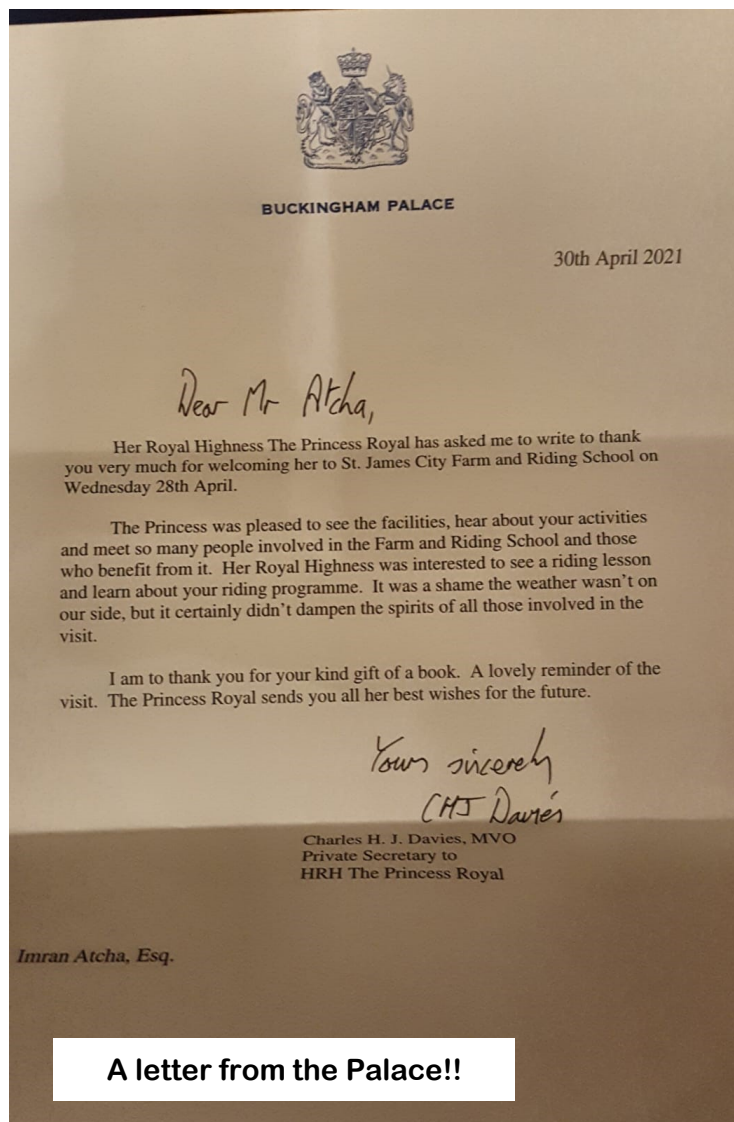
My mum made a good point though. She said to me "Good time to get married, very CHEAP!!"

I know a couple of lads who were regulars at the youth club are going to tie the knot soon...GOSH! I feel old! Worst still there are ex "Lads" now bringing their children to the club. And now I feel even older.

And of course as you have already read, we met Princess Anne. When I told Bilaal, my youngest, he couldn't stop bouncing around the house screaming "I'm going to meet OUR Queen's daughter!". A proper loyal Royal fan!!

TTFN

Shoaib—Café News Editor



Man running into wood in snow?



Or Dog running out of wood in snow?



Meet the Team

We have a new structure to help deliver our Youth Work Programme at The Friendship Café.



Zahara — Team Leader

I can't think of anything else that would bring such diversity as is gained in working with children and young people. I love the energy, emotion and insights that children & young people bring. I consider Childhood and Youth a time when anything and everything is possible. I consider youth work to be the opportunity to help children & young children channel these possibilities into realities. I am so pleased that our team has expanded as it provides the opportunity to build on the Youth Work activities at the Friendship Café.

A huge thank you to our funder Thirty Percy for recognising the need and providing the means to deliver a core and essential service to our children & young people (with an added benefit to families and the community too of course!).



Fouzia Youth Worker

I started off as a volunteer when my daughter joined the group. But eventually seeing the opportunities & joy this group brings for young people in our community, I wanted to be a part of it. It gives me a sense of satisfaction and pride to see the young kids of the community flourishing and some of them even coming back to volunteer (my daughter included).



Zahra Youth Worker

The fun of working with young people is that each activity is always different in its requirements. Each young person is unique, they bring their own life experience, needs and expectations. They bring their belief that anything is possible. So far in my journey of youth work, every day has stimulated me to grow as an individual, It's this kind of work that I find fantastically rewarding!



Ibrahim Youth Work Assistant

I'm interested In youth-work because I'm very grateful for the opportunities that I have had when I was younger. I always used to attend multiple events that The Friendship Café would host and I thought it would be a brilliant idea to help and support this organisation to benefit the youth of our community.



Abdullah Youth Work Assistant

Ever since a young age I have attended the various activities organised by the Friendship Café. I realise the impact that these opportunities have on the social and educational development of children, and hopefully can help to develop a voice for young people whilst aiding them in reaching their full potential as they enjoy themselves.



Atique Miah — Sessional Youth Worker.

Planning, preparing and delivering Summer School programme on financial literacy for 16-18 group. Also works as a University and Hospital Chaplain. Grew up locally in Barton, now lives in Linden with his wife and two kids. If you've met him before you'll know, his smile enters the room before he does! He also occasionally writes poetry.

We also have Ameenah who is the Girls sessional youth worker but at the time of print we did not have her photo or write up—hopefully for the next issue!!



YOUTH WORK

Activities—what we have been doing!!

Pony Trekking

With thanks to funding from the Notgrove Trust we have been able to offer 6 weeks of pony trekking to both Boys and Girls at Cotswold Trail Riding, which is just up the road in Brookthorpe! The staff were great, and (CAN YOU BELIEVE IT!?) the weather stayed on our side, with all groups across the 6 Saturdays all remaining dry!



Football Skills

Weetabix Wildcats sessions have been continuing with regular and new girls attending most weeks. We have recently welcomed Destiny (in her second year at Gloucester University Sports Studies & herself a keen footballer) to our fantastic regular coaches, Donna & Lilly. Our fortnightly sessions will run up to 17th July.



Potting Activity

To promote love of nature and outdoor gardening, girls were invited to the allotment at the City farm where they made little pots out of toilet rolls and planted sunflower seeds. They also potted some bedding plants in pots to take home to nurture and enjoy the pretty blooms. We are expecting some lovely pictures of sunflowers, petunias and alyssums in the near future. Girls also enjoyed looking around the allotment and learnt names of many different flowers and vegetables growing there. They also loved looking at the tiny tadpoles in the delightful pond.



Pizza Making

On Fathers Day itself we ran a Dads, Lads (and little Lassies) pizza making activity at the farm. Sorry about the flour! For all those that attended, they know what we mean - it was great fun despite the stickiness of it all and great to see the thriving allotment and animals at St James City Farm & Allotment.



Bushcraft Event

Working with Gloucester Wildlife Trust as part of Return to the Hill. How great it was to have mums/dads/brothers/sisters children all getting stuck into the bushcraft event. What more could you ask for! Adventure / Skills and tasty treat rewards!



**DONT MISS OUT!
ADD OUR NUMBERS TO YOUR
CONTACTS**

Zahara 07436692955
Fouzia 07578594680 Zaz 07868201007
Ibrahim 07868208790



Father's Day Gift Boxes

The day before Dads Day, girls came along in small groups to the Friendship Cafe, where they hand designed their own gift boxes for their Dads. We hope that some of the chocolates the boxes were filled with, did get to the intended recipient! (or was that just my household!?)



Ramadan & Eid Activities

Suhur & Iftar food packs: During Ramadan, as face to face sessions weren't possible, we gave out packs of ingredients with healthy recipe suggestions, for our Girls Group to prepare a Suhur & Iftar. This was very well received and we had lots of yummy food pictures with very proud looking girls. We also had some very grateful parents as one of the recipes was banana bread, which required the minimum adult help, yet enjoyed by all within the family!

Ibadah Chart: We invited the girls to participate in a challenge during the blessed month of Ramadan. We designed and used our own Ibadah chart to include things we felt were achievable and inclusive to children. All that participated received a sweet box at the end of Ramadan...Well it was EID after all! Prizes were given to those that resubmitted their forms and indicated a commitment to all that is encouraged during Ramadan.

Ramadan Talk: We were delighted to have Mariam Qureshi, a former girls group attendee give a talk to girls aged 12 plus on Ramadan. We felt this was important as the talk covered female specific matters and how to achieve the most from the blessed month. The talk was delivered over Zoom, with a downloadable booklet full of activities & ideas for the month. A great interactive and informative talk. Thanks Mariam and all that participated!

Eid Zoom Party: Fouzia and Zaz kept the energy and fun flowing in an interactive and fun Zoom delivery. We had some reflections on the month of Ramadan and girls shared stories of how they spent their Eid - which was a great cultural exchange! We were joined by new girls for whom English is their second language, with a more regular attendee offering to translate. What wonderful peer development and inclusion!



**COMING
SOON!!**

Our summer sessional workers will be running a 6 week programme

Skills 4 Independence - a 6 week course to prepare 16plus for adult life in relation to managing money (setting up a bank account/being 'credit' risk aware/savings) and leaving home (budgeting for meals/choices for university accommodation etc).

'Summer School' - a 6 week fun programme of activities for children (8+) with an interest in enquiry / experiments / hands on learning).

**Local Day Trips will also be run throughout the summer.
WATCH THIS SPACE**

City Farm & Riding School

Gloucestershire Constabulary Police horses visited us at the City Farm. Thank you so much for dropping by and answering lots of questions from the staff, volunteers and of course the children from Tredworth Infant and Nursery Academy. We look forward to seeing them again.



Thank you to the family of the late Jean Boltryk

The family contacted us to say that they would like donations in memory of Jean to be donated to the riding school at the City Farm, as Jean was a keen horsewoman. About £1000 was raised which has been used towards buying a mounting block and also a cart which will be used for giving rides.

Thank you to British teen show jumping champion Tatiane Mauree, and horse Tino (aka Valentines Troublemaker) who visited us for a demo for our local Tredworth Infants School group. Thanks also to mum Arlina Mauree who drove her champion daughter and horse down and also donated some equipment for our ponies. We look forward to seeing Tatiane in Team GB Olympics in the near future!



Pics copyright Reyaz Limalia.



THE COFFEE SHOP

Open 10-3pm from Wednesday 2nd June 2021
Saturday's 10 to 2pm

LOOKING FORWARD TO WELCOMING YOU

AT THE FRIENDSHIP CAFE, PAINSWICK RD,
GLOUCESTER

NOW OPEN FOR BUSINESS



Super Tina

Coffee shop Manager

Making dinners for the needy

Firefighter? (Dressing up as)

Is there no end to this woman's talents?



Congratulations



Congratulations to Jane Tufnell who is the new High Sherriff of Gloucestershire for 2021-2022, taking over from Helen Lovett. Jane (pictured 2nd left) is a long term supporter and friend of The Friendship Café and City Farm and we look forward to seeing her out and about in her latest volunteering role.



Congratulations to Dr Nair, one the county's new Deputy Lord Lieutenants. Dr Shanta Nair is a GP partner at Bartongate Surgery. Her ethos as a family physician is to form a bond with patients in the context of their family units and as individuals, listening to them and giving them confidence to discuss their

problems. This helps her to earn their trust and to understand them as people. She is also the chief executive of The Hindu Cultural Association, Gloucester where the main aim is to promote cohesion and understanding in the community. Shanta is passionate about support for carers and also supported events at The Friendship Café.

As well as fulfilling their main role, supporting the Lord-Lieutenant, Edward Gillespie OBE, during royal visits to the county, Deputy Lieutenants are expected to promote voluntary service and to take an interest in local business, industry and the social life of the county.



Hash Norat of Gloucester Feed the Hungry completed his wing walk in June. 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. All surplus funds will be used for setting up the garden too. A peaceful place for patients, staff and families who have lost loved ones to visit. Hash has also successfully raised funds for 12 benches to be added to the garden too.



We said goodbye to another two long term supporters of The Friendship Café and City Farm. Police Crime Commissioner Martin Surl and his Deputy Chris Brierley following the election in May. Both of these gentlemen have been instrumental and key supporters for not only our organisation for the past decade but also hundreds of other charities, through the Community Fund. We look forward to working with the newly elected Commissioner Chris Nelson as we move into the future.

Goodbye & Thank You



Goodbye also this year to Ray Harland. Ray will be focusing on family after having volunteered diligently for over 7 years at the City Farm. Ray's specialty was the owls and many, many people young and old have fond memories of meeting the owls and learning about them. It has been a genuine pleasure to work with Ray over these years and we wish him and his family well.



We said farewell to Pat who has been a key person in the background, making sure both the City Farm and Friendship Café stayed safe and clean. We wish Pat well in her retirement and thank her for her efforts over the past two years.



Goodbye to Saeed Hansdot, who is no longer one of our local Councillors after 11 years in the Barton & Tredworth area. We are pleased to see Saeed is still working in a voluntary capacity in the area.



Gloucestershire Champions League Finals Day @ Meadow Park

Rising Stars Comets

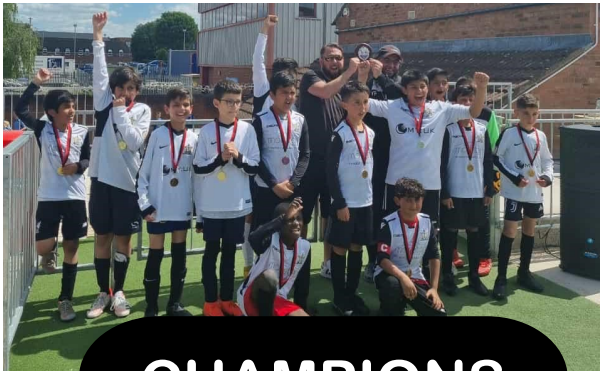
As the much awaited football returned Rising Stars Comets battled with Bears, jostled with Jets and locked horns with the Lions to qualify for the Champions League Finals Day.

Finals Day Results

Semi Final Comets 3 - 0 Eagles
Yusha Patel 2
M Bhaiyat 1

Final Comets 2 - 0 Pumas
Yusha Patel 2

The whole squad enjoyed the tournament and every single player contributed to the teams "success". They are all true warriors as Finals Day was how they've played for nearly 2 seasons so it was a well deserved end to a very warm, enjoyable day.
#itcamehome



CHAMPIONS

Rising Stars Galaxy

On a baking hot summer's day Rising Stars Galaxy U11s suffered the slings and arrows of outrageous fortune.

A battling semi final performance against Stonehouse Town saw the youngsters prevail 4-2 on penalties.

The team dominated the final against Longlevens, overcoming a freak own goal to equalise then hit the woodwork twice whilst the opposition keeper made some excellent saves.

Alas the penalty shootout went Longlevens way 4-2 as two other penalties hit the post. A great effort by all, reflecting the character of the team throughout the season.



Runners Up



Rising Stars Men's Teams

The club has registered a team in the Saturday Stroud League and Sunday League for next season.

The club will start their preseason training on Thursday 1st July

All Players are welcome to join.

The session will be run by Jim Hart, Former Academy coach of Fulham and Gloucester City.

7.30pm Start
Grass Pitch, Plock Court



FREE STREET CRICKET

Age 8 - 15

THE GLEBE, GL1 4NJ
For Boys and Girls

12.00 - 1.30PM **8-15**
YEAR OLDS

EVERY **SUNDAY**

CONTACT - Maz Khan
07958 271 415

- All abilities welcome
- Explosive action
- No extra equipment needed
- Wear what you want

Join our WhatsApp Group



for more info





CHANCE TO SHINE
STREET



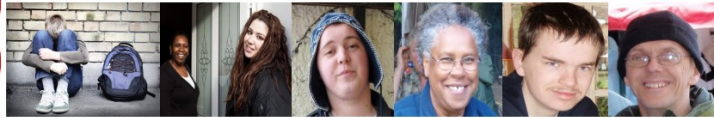
STREET CRICKET



Maz Khan is the Urban Development Officer for Gloucestershire Cricket Board. He has been successfully running the Chance To Shine street project in Bristol for a number of years. The opportunity arose to spread that success to Gloucester and engage with the local community.

A free Cricket Camp was set up for the children of Barton & Tredworth. This has now progressed to free weekly sessions at The Glebe for boys and girls aged 8 to 14 (although extremely keen 6/7 year olds would be welcome). The aim is to increase these sessions into bigger separate boys and girls sessions and to develop the sport by working with the community.





DO YOU HAVE A SPARE ROOM?

Gloucestershire Nightstop is setting up a Countywide Supported Lodgings Scheme for young homeless people aged 16-25. The scheme will provide young people with accommodation from a few weeks up to 12 months in the homes of trained and vetted Host Providers.

We are now recruiting for Host Providers for the scheme. If you can say "yes" to the following you might be the person we are looking for:

- Do you have a spare bedroom?
- Are a good listener?
- Do you have empathy with young people?
- Do you want to help support and assist young people with life skills?
- Do you want to make a difference to young people's lives?

In return you will get full training and support from the Nightstop team and receive at least a £140 per week.

Please call today on 01452-331330 or email Keesha on advice@glosns.uk

Charity Number 1102988
Gloucestershire Nightstop, Morrow House, Station Road, Gloucester, GL1 1DW



www.gloucestershire.police.uk/careers



**STEP UP
MAKE A
DIFFERENCE**
Join us



MAKE A DIFFERENCE EVERY DAY

We'll shortly be recruiting for police officers. Want to find out more about joining us?

Register for our online webinar:

The first webinar on Monday 5 July at 6pm is here: <https://bit.ly/POWebinar5July21>

The second webinar on Friday 9 July at 10 am is here: <https://bit.ly/POWebinar9July21>

During the webinar you'll have the opportunity to find out about the recruitment process, the support on offer and hear from serving officers about their experience of joining the Force. The webinar will be hosted by our Better Together team, who provide positive action support to people from underrepresented and diverse communities who are considering a career in policing.



Roots & Rhythm

A new Singing for the Brain® group in Gloucestershire celebrating songs and music from around the world. Join us to share your musical **roots** and move to the **rhythm**.

This group aims to bring people affected by dementia together from different and diverse communities to celebrate and share music and song in a friendly environment.

It's **FREE** to attend.

Weekly groups start Monday 17 May 2021

Mondays 4pm - 5pm

Thursdays 11am - 12pm

Due to current restrictions these sessions will initially be delivered via Zoom and when it's safe to do so, we will resume face to face.

Help available on how to use Zoom.

To join or for more details please contact
Rachel Stephens: 07715 804312
rachel.stephens@alzheimers.org.uk





MACMILLAN CANCER SUPPORT

Hi, my name is Helen Hicks and Welcome to The Macmillan Information Hub, developed in partnership with Gloucestershire Hospitals NHS Foundation Trust. It is the first service of its kind for our hospital, and offers a friendly environment in the main atrium at Gloucester Hospital, for anyone affected by cancer; providing access to a comprehensive range of information and support, and most importantly, a listening ear from trained staff and volunteers. When you're affected by cancer, you may feel overwhelmed or struggle to get the information you need and that's where the Information Hub can help. The Hub has been in place now for 3 years and in that time we have supported nearly 4000 people affected by cancer across Gloucestershire and beyond.

We offer support and help to anyone affected by cancer; from information about finances with the help of our Macmillan Welfare and Benefits Advisor Richard, to work related concerns, travel insurance, and advice on to eating problems.

If you're worried about cancer we have information on the signs, symptoms and causes to look out for, as well as information on healthy lifestyles, nutrition and diet.

We can offer information and support about various treatments for cancer, including the potential side effects and impact of treatment.

Our resources and knowledge of the local area means that we can put you in touch with other local cancer support services that we think might be helpful, such as Maggie's or Charlie's, as well as national support services.

Information can be made available in different languages upon request and we can provide it through books, email, over the phone and virtually; we are happy to connect with you on both Zoom and Teams.

We want to be sure that the Macmillan Information Hub is meeting the needs of your community and we would welcome the opportunity to discuss how we can improve and better serve you and in particular, how we can ensure those needing and wanting the support are able to access it. To discuss this further please contact me on: 0300 422 8880 or helen.hicks3@nhs.net.

The Hub is a drop-in service and is open 9am – 4pm Monday to Friday. Please feel free to drop by.

Being diagnosed with cancer can be frightening, but the Macmillan Information Hub can provide support at a time that's right for you; whether that's stopping by for a chat or to collect some information, please come by and see us.

Thank You

Helen Hicks

Macmillan Information Hub Manager





Gloucestershire
Wildlife Trust



Gloucestershire Wildlife Trust Registered Charity Number 232580



Summer Events at Robinswood Hill



Tuesday 27 July - Minibeasts and woodland wildlife

Learn about the wildlife and invertebrates on Robinswood Hill, make a bug hotel, and hunt the stone-painted ladybirds

Wednesday 4 August - Wellbeing Wednesday

Come and try different ways of looking after your physical and mental wellbeing with nature's help. Suitable for all the family.



Monday 9 August - Be a Wildlife SuperHero

Come and learn about and sample different ways you can take action for nature.

Thursday 12 August - Bird table making

Make your own bird tables and food



Tuesday 17 August - celebrating Robinswood Hill

A chance to come together and share our memories of Robinswood Hill and what makes it special. Take a mindful walk in the woodland and enter the wild photography competition



Wednesday 25 August - Young People's takeover

Bring your own picnic, dancing, music, make a tiktok video about wildlife, share your Instagram story of the best view in Gloucester

For more information and to book, please visit www.gloucestershirewildlifetrust.co.uk/events



**Intentionally losing a game of
rock, paper, scissors**

Is just as hard as trying to win one!



**What if my
dog only
brings the
ball back
because he
thinks I like
throwing it?**

**In the word SCENT
Which letter is silent?
The **S** or the **C**?**

**THE
WORD**

SWIMS

upside
down
is still
SWIMS



**If poison is past its
expiry date,
Is it more poisonous or is
it no longer poisonous?**



**"The only part
of your
reflection
you can lick is
your tongue."**



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.