



CAFÉ NEWS

Newsletter of The Friendship Café & St James City Farm



OPENING SOON

As restrictions are lifted and life returns to the “NEW NORMAL”, we at The Friendship Café are slowly getting back to how it was pre COVID. With safety measures still in place, The Coffee Shop at FC has reopened already and is bustling with customers (especially on a Saturday).

The hall has now been vacated by the “The Testers” and we have now had the ceiling and lighting in the main hall replaced, and how smart it looks too!!



This will now enable us to return to our regular activities like archery and self defence, and eventually Dads & Lads on a Friday night.

And it's not just inside that things have changed!! Outside the big ugly poster boards have been taken down and the ground tidied up and made to look smarter. In time we hope to plant some wild flowers on the land that has been cleared.



We hope to make more improvements over the next few months in our quest to make the site more practical.



WhatsApp
07807 869749
07969 187216



-: Ed Lines -:

Hello All

Ever wondered how or why the first person to ever do one of those viral challenges actually decided to do it?

I mean, who sits there and thinks “I know, pour some ice and water over me. And whilst you do it film it!!”

I mean it’s the same as the person who decided to eat the first egg. Who sat there and thought “I am going to eat that thing that just popped out from that chicken’s butt!!” On a similar note I also feel sorry for the first people who ever tasted anything poisonous. “Hmmm...these mushroom thingies are.....aaaaarrgh!!

On the subject of popular things what happened to fidget spinners and loom bands, how do they become so popular and then disappear??

I suppose these fads are not new things, back in my day they had a Rubik’s Cube, which everyone had. Then to take advantage of its success, they made associated spin offs like the Rubik’s Cylinder, Rubik’s Snake and the Dodecahedron!! P.s. I couldn’t do the cube. So I used to take it apart and put it back together when no one was looking.

I wish I could think of something that would take the world by storm, but I have trouble deciding what to write in “Ed Lines” every newsletter. I will just stick to watching endless Insta Reels and Tik Tok videos.

TTFN

Shoaib—Café News Editor

P.S. I got a new pair of gloves today, but they’re both ‘lefts,’ which on the one hand is great, but on the other, it’s just not right.

The Friendship Cafe have been really pleased with the success of the new FC Women’s Cycling Club kindly sponsored by Active Glos & supported by British Cycling.

The courses are led by qualified female instructors in private locations to ensure ladies are both comfortable and learning in privacy.

Cycling is an excellent form of outdoor Covid secure exercise and the courses have enabled many women within the community to learn to ride safely and with confidence.

Courses run regularly so look out for the next one if you are interested.





Congratulations

To Hashim Norat who was inaugurated as the Mock Mayor of Barton at FC. He was joined by family, friends, and the outgoing Mock Mayor as the ceremony was played out in front of over 50 people. And there was food!!!





YOUTH WORK

Activities—what we have been doing!!



LIDL MUDDER

A mud run on Badminton Estate for little kids. Lots of fun in lots of mud.



COP26 Climate Change Youth Summit



at Westonbirt Arboretum

Through partnership working, The Friendship Café were made aware of this event through Barnwood Trust. We then approached Al Ashraf secondary school to see if any girls would be interested to attend. We were delighted with the response, we had a minibus full of year 10-11 girls who attended the event. The girls made an important contribution to voicing concerns and considering solutions to climate change and sustainability.

Girls Archery Sessions



Girls were given a chance to practice their archery skills for 3 consecutive weeks with Farzana and Renata.



Eid Wreaths & Henna Painting

Girls made very pretty and unique wreaths to adorn their houses to celebrate Eid ul Adha.



In addition, to celebrate Eid, we arranged traditional henna painting.

A huge thanks to the henna artists who made the girls' Eid all the more special.

Confetti Fields

Flower Walk

Open for a limited time during the summer, our Girls Group were given the opportunity to stroll through rows upon rows of vibrant and colourful Delphinium flower fields! Blessed with the weather, a picture perfect day out.





MORE of what we have been doing!!

Ice Skating:

The girls group went to Ice Quest in Malvern to experience ice skating. Whilst it was a new experience for most of the girls, some were there to practice their prior skills. They all did great and helped and supported each other when needed. It was a great team building, and fun activity. We are super impressed by their abilities.

Archery for Boys:

A handful of boys were given an opportunity to try out some outdoor archery at the Glebe. It was brilliant for some kids to learn about the sport and was great for others to perfect their skills. Few bullseyes here and there!

Camping at Biblins:

A very first camping trip for the girls group! The whole trip was an amazing experience and for most of the girls it was their first trip away from home. Crammed pack with activities including outdoor climbing, abseiling, canoeing in the picturesque River Wye and Archery provided by our FC female archery Instructors (volunteering their time! - thank you to Farzana and Khatija). The campfire was no easy achievement and a big thank you to the persistent efforts of Ameena and the girls who working together, managed to get the damp wood aflame! And of course no campfire is complete without s'mores and stories. A great team effort for all involved.

Boys Caving:

A group of 7 boys were able to explore the artificial caves at The Warehouse. Thankfully they all made their way out and it took a lot of courage to wiggle in and out of the ball pits and tiny cracks.

Tubing:

Both boys and girls group had great fun on the slopes of Matson ski centre. So fortunate to have this venue so close to our community!

Escape Rooms:

Both the boys and girls group tested their bravery and problem solving skills in trying to escape the Zombie Apocalypse and the Butcher at Trapped Escape Rooms!

Theatre Trip:

Two minibus full of Horrible History fans went to Cheltenham Everyman Theatre to enjoy a very funny and interesting live theatre show called Barmy Britain. Being both educational and entertaining, there was much laughter and delight at the antics of the performers.



Youth Work Job Opportunities

@ [the Friendship Café](#)

[The Friendship Café](#) have an opportunity in our Youth Work Team for a Boy's Youth Worker.

- **Youth Worker – 25 hours per week @ £10/hr (£13,000 per annum)** (subject to experience/qualifications).
Plus National Insurance & Pension

You will also receive:

- Holidays pro rata 24 days plus 8 days bank holidays.
- Staff discount in the Café at the Friendship Café!

You will be required to work evenings, weekends and school holidays. You must also be free to attend at least two residential trips per year.

Click here for further information.

If you have any questions **after reading** the additional information please email: Zahara@thefriendshipcafe.com

[CLICK HERE for more INFORMATION & APPLICATION FORM](#)

Completed applications to be returned by:

Email: Zahara@thefriendshipcafe.com

Or Post: FOA Zahara, The Friendship Café, Chequers bridge Centre, Painswick Rd, Gloucester GL4 6PR

Please note CV's will not be accepted.

Closing deadline: Friday 22nd October.

Interviews: Thursday 28th October 2021

Start Date: Immediate (subject to successful reference checks).

NO AGENCIES PLEASE.

Genuine Occupational Requirement statement: *Each youth worker post is run for specific genders only and is therefore gender restricted.*

In line with The FC Safeguarding Policy, appointments will be subject to satisfactory references and an enhanced DBS check (and therefore not exempt from the Rehabilitation of Offenders Act 1974).

City Farm & Riding School

WELCOME TO THE FARM



Nick Waters, is one of the new farm staff working on Mondays and Tuesdays.

The other new member of staff is Jackie Rogers who is the new Volunteer Wellbeing Coordinator.



At the City Farm, we have plans afoot and fundraising efforts in place to re-open the café seating area which (we can't use as it has a leaking roof), improved pathways, a dedicated petting area and a re-vamped Chicken and birds area.

British showjumping champion Tatianne Mauree visited us for a second time in October with her own horse Ben. After helping to give introductory rides to some small children, she did a little demo around our riding arena. One lucky young volunteer and rider was then given a chance to ride Ben himself!

Photographs copyright of [Trevor Ray Hart Photography](#)





We were very saddened to learn of the passing of Neil Howe on 11th July. Neil was a key volunteer for several years, who was instrumental in a lot of work in the background, that all our visitors and animals benefit from today. He started the clearing of the grounds in order for it to become the new stable block, used to take the owl and other animals out to events and talk to visitors. A very hard grafter but also very knowledgeable in different animals (worked in a zoo at some stage!), Neil led a group of us to take part in a fundraiser cycling from Cardiff to Gloucester. Neil was a true gentleman who tried to return to volunteer recently but ill health prevented him from continuing regularly. Our sincere condolences go out to his family - A real loss for Gloucester.



The other loss in September was the passing of Tracey. Tracey was a local resident who was a regular visitor to the farm and although not formally a volunteer, she would chat to people outside the gates and give them her warm smile, welcome and would know enough to be able to point visitors in the right direction. Tracey surprised us one day with a gift of a much needed wheelbarrow. She saved her pennies to buy this as she saw that we could do with one and I remember her saying how the farm gave her a reason to come outside the house, see the animals, meet people and it made her feel much better.



ITV News West Country presenter Cari Davies visited us to find out about Aamilah's progression to the Riding A Dream Academy at the The British Racing School in Newmarket.

Aamilah's space is sponsored by the Jockey Club at Cheltenham Racecourse.

<https://youtu.be/OwWoFDGX2Fc>

Hartpury University and Hartpury College is a close-knit community of people with an impressive reputation. We're passionate about our subjects including agriculture, animal, equine, sport and veterinary nursing. We are located in Gloucestershire on our 360-hectare campus, 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.

Read about the personal experience of one of our **international students Taira**, who is currently studying a degree at Hartpury University.



Student success story

Student: Taira Ribeiro

Course: BSc (Hons) Equestrian Sports Science

Careers Aspirations: To compete professionally in showjumping and work as an analyst for top athletes.

A brief overview about me

Hi, I'm Taira and I've just started studying my third year of a BSc (Hons) Equestrian Sports science at Hartpury University, and essentially living the dream. I've always love horses and knew I wanted to work with them ever since I was very young, hopefully as a professional rider like Luciana Diniz, but due to the lack of infrastructure and quality back home in Mozambique I decided to look elsewhere. My mother supported my choice, and wanted to ensure I pursued higher learning to further my knowledge and gain skills that I would otherwise not have received if I left education at the age of 18. After some searching, I found Hartpury University in Gloucestershire which appealed to me more than other education providers due to the quality and specification of its courses, not only in equine but in the other subject areas too.



Meeting new people

Hartpury has a very interesting atmosphere where there are loads of like-minded people in one place and is a great for meeting new people, especially in the student accommodation blocks. Hartpury prioritises first year students in their accommodation, but Gloucester and the surrounding towns have no lack for suitable student accommodation. I'm currently living in a shared student house in Gloucester, having lived in student accommodation in my first year at Hartpury.

Lectures at university

I've always enjoyed my lectures; taught by some top-notch lecturers who always strive hard to give us their best every lecture, and of course being surrounded with people with similar interests means when doing work, we all share our thoughts and ideas. Overall, I enjoy my course a lot due to the horse and rider balance in the course, and the fact that I can learn to analyze factors of performance and eventually assist to get the most out of both team members.



Student support

Although there have been times in my university career where things have not always been the easiest, Hartpury has always been supportive when I've reached out to them. I have used the assistance in learning support when I declared my ADHD at the beginning of my university career and, had guidance from the wellbeing team when I reached out with a few concerns.

Social activities

Another thing to keep an eye out for is the many clubs that are on offer on campus spanning through, rugby and equestrian club to green leaders and the student union who is always interested in new voices. Having spent some time on the Student Union myself, I can appreciate how much time and effort they put into helping students have a voice.

Advice for you

For students thinking about their future education I can only recommend that you take the time to think about pursuing an education in something that interests you, and to experience as much as possible whilst at university as there will never be another time like it.

Support at Hartpury

As a small university, we can provide personalised support, based on your individual requirements and aspirations. Our teams cover wellbeing, achievement and success, learning support, careers, and more.

You'll be assigned an academic tutor as soon as you arrive, who will support you to reach your study goals. Our student advisers, based in our University Learning Centre, are on hand to help with course-related matters and, of course, provide the guidance you need on all library resources. Experts from our Achievement and Success Centre are dedicated to helping you with your studies.

You'll have access to our student wellbeing team, including nurses at our Medical Centre, counsellors and wellbeing officers - they can provide advice and guidance on everything to do with your health and happiness. Our chaplain who can offer a reassuring ear to those of all faiths, as well as spaces for quiet reflection or prayer.

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/



Goodbye & Thank You



Very sad to see Val leave for pastures new. Val was only here for a short time as a cleaner but managed to make a real difference.

BIG THANK YOU to BELL TOOLS

in Eastern Avenue, Gloucester, who have donated to us a brand new and much needed drill and impact driver to the city farm, to help with all





Marvellous Mums With Bumps & Babies

Having a baby is an exciting and happy time but can also be an overwhelming & emotional experience

Marvellous Mums is a friendly group which welcomes & supports all expectant & new mothers from the whole community. It is a social group which understands the challenges of motherhood and focuses on the wellbeing of mothers.

Come along, enjoy a coffee, share experiences & make new friends

Marvellous Mums Cookery Activity Packs

Collection from The Friendship Cafe	Wednesday 25th August	Thursday 26th August
A Friendship Cafe-Marvellous Mums Collaboration with FairShares & Glos County Council	2:40-4:30pm No Booking Required-Just Turn Up & Collect First Come Basis	11:30-2pm No Booking Required-Just Turn Up & Collect First Come Basis



Coffee & Cakes with Marvellous Mums

Friday 15th October - 10am-11:30am
Meet at the Welcome Centre next to the Cafe

Allow your babies to connect with nature
Enjoy a well deserved cake & cuppa for being a Marvellous Mum!

TO BOOK PLEASE TEXT OR WHATSAPP 07724 762134

Baby Massage

Babies from 1mth to pre-crawlers
Friday 24th Sept. 10-11am
Peace Room, The Friendship Cafe
Booking essential
Please text 07724 762134 to book



Time to Trim & Tone

POWER HOUR!

Thursday 9-10am
Zoom ID 882 8873 8084
Passcode 987092

Join us for 6 weeks of aerobic & cardiac exercise from the comfort of your own home - suitable for all women to help strengthen core muscles & focus the mind

- If you have any medical conditions, consult your GP first.
- Safe for post-natal mums who have had their GP check.

All classes are FREE. Cameras not required





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.



GIRLS FOOTBALL

Sundays

GET INVOLVED & HAVE FUN

1-2pm

@ GLEBE (GI14NJ)

Contact Nat
07539 303088

To get involved

AGES 7-11 (YEAR 3-6)



MYUK_MY

RISINGSTARSFCGLOS

RISINGSTARS_GLOS

Sunday Training

@The Glebe

U7

U9

10-11am

U12

11am-12pm

U11

12-1pm

**7-12
GIRLS**

1-2pm



MYUK_MY

RISINGSTARSFCGLOS

RISINGSTARS_GLOS

Stars have teams playing in the league for U9/12/15 and development teams for U6/7/11s

U15s training on Wednesdays at Plock Court

Rising Stars FC held their Annual Summer Celebration at the Glebe with fun activities and treats for all the players





Dynamos and All Stars Cricket sessions were ran over the Summer holidays by Gloucestershire Cricket Board. This included a trip to The Big Cricket Celebration at Cheltenham Racecourse where around 4000 children aged 5—11 gathered to enjoyed a days cricket!



Double Session

FREE STREET CRICKET

12pm-1.25pm
Ages 5-9

1.35pm-3pm
Ages 10+

GL1 Leisure Centre, GL1 1DT
For Boys and Girls

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

Join our WhatsApp Group
for more info

MY:UK
CHANCE TO SHINE STREET





Law Clinic @ The F.C

Free legal advice by law students under the supervision of a solicitor

20th October
17th November
15th December
(10:00 - 12:00)

We cannot assist in immigration, welfare or criminal cases

Friendship cafe @ Chequers
Gloucester
GL4 6PR

For more information,
Lawclinic@glos.ac.uk



The
Friendship
Cafe

WOMEN'S ONLY ARCHERY

Limited places
Contact Farzana
07880793450

WHEN: 1:45-2:45pm
WHERE: Friendship Cafe
PRICE: £2 per session or £5 for all 4

DRESS CODE:

- NO OPEN TOED SHOES
- LONG SLEEVES
- HAIR TIED BACK

DATES:

6TH OCT	20TH OCT
13TH OCT	27TH OCT

SCRIPTURE AND CRAFT FOR WOMEN

NEW BEGINNINGS

Learn how to quill cards to give to others,
reflect through colour on passages about gardens in
the Bible and the Qur'an

SATURDAY AFTERNOONS OCTOBER 30 & DECEMBER 18,
2-4PM FRIENDSHIP CAFE
PLUS
MONDAY EVENINGS ON ZOOM 7PM-8.30:
NOV 1, 15, 29, DEC 13

COST £3 FOR MATERIALS. SIGN UP:
HENRIETTA 07746 860659 / ZAHEERA INFO@WINGZ.ORG.UK

LEVEL UP

WITH TENNIS

LTA —
YOUTH

AGES 4-11

TENNIS

@OXSTALLS TENNIS CENTRE

MORE SESSIONS
COMING SOON

YOUTH START

6 DYNAMIC COACHED SESSIONS



FAIR SHARES COMMUNITY ALLOTMENT PROJECT AT CITY FARM SOUP & SPARKLERS EVENING

THURSDAY 28TH OCT. 16:00PM TILL 17:30PM



With fewer day light hours and the cooler, changing weather, it's even more important to get outside and keep active for our health.

We would like to invite you to pop down to the community allotment for a free cup of home-made soup, take a tour around the allotment and put some sparkle in the air!

**ADULTS & ACCOMPANIED CHILDREN WELCOME!
WRAP UP WARM AND JOIN IN THE FUN!**

IF YOU'RE PLANNING ON COMING ALONG OR HAVE ANY QUESTIONS PLEASE CONTACT -
RACHEL (ALLOTMENT@FAIRSHARES.ORG.UK / 07365 623 462)
OR THE OFFICE ON 01452 415900



f @FAIRSHARES

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

t @FAIR_SHARES



FAIR SHARES COMMUNITY ALLOTMENT PROJECT AT CITY FARM BULB PLANTING WORKSHOP

**WEDNESDAY 20TH OCT. 11.00 - 11.45AM
WEDNESDAY 17TH NOV.**

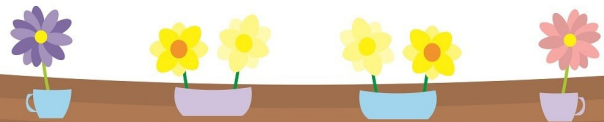


Come along and learn how to **plant bulbs** in a container and create a **miniature bulb display** you can **take home**.

Please note this workshop is for adults only.

**COMMUNITY ALLOTMENT,
ST JAMES CITY FARM,
ALBANY STREET**

SPACES ARE LIMITED SO PLEASE BOOK VIA ALLOTMENT@FAIRSHARES.ORG.UK
OR BY PHONING THE OFFICE ON 01452 415900 OR RACHEL ON 07365623462.



f @FAIRSHARES

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t @FAIR_SHARES



FAIR SHARES COMMUNITY ALLOTMENT PROJECT AT CITY FARM FREE PUMPKIN CARVING

**WEDNESDAY 27TH OCT. COMMUNITY ALLOTMENT,
ST JAMES CITY FARM,
ALBANY STREET**



There will be **4 sessions**, each **one hour** long at the times shown to the right.

All children must be accompanied by an adult, with up to **2 children per adult**.

**10.00AM - 11.00AM
11.30AM - 12.30PM
1.00PM - 2.00PM
2.30PM - 3.30PM**

SPACES ARE LIMITED SO PLEASE BOOK VIA ALLOTMENT@FAIRSHARES.ORG.UK
OR BY PHONING THE OFFICE ON 01452 415900 OR RACHEL ON 07365623462.



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t @FAIR_SHARES



**Come along and ride with Rehana @ Louie
Spin on Things 🎉🤪💪**

9am Saturday 23rd October - £6

**All levels welcome, get fit in a fun
environment 😊**

Get in touch today to book 07918106666

**Unit 7, St James Trading Estate, Barton
Street, Gloucester GL1 4JJ**

