

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



Jubilee Sewing Project - see page 3



www.thefriendshipcafe.com



The Friendship Café



The Friendship Café



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@FriendshipCafé1



@FCYouth21



OPCC

Office of the Police &
Crime Commissioner
for Gloucestershire

ED-LINES

Well it seems like an eternity since the last newsletter, and I have to admit it is a tad late. BUT there is a good reason for this ..

1. The dog ate my work.
2. It got lost in the post.
3. Hackers deleted my work.
4. Lizzie wanted me to help plan a party
5. I had a bad case of IDLE-itis
6. My laptop broke
7. 007 was sick so I had to go save the world.
8. I got bitten by a radio active spider and my fingers kept sticking to the keyboard.
9. Whilst getting ready for a family holiday the rest of the family forgot me and I had to look after myself all alone in my home, and then I had to fight off two burglars who tried robbing my house!!
10. I was celebrating the fact that Liverpool did not win the Quadruple, which would have made my life a misery and that would have made this newsletter later than it is now.

Just pick one that makes you smile the most and we will leave it at that. As my school reports always used to say "Must Try Harder" and that in mind I will do my very best to get the next newsletter out in time (as long as there is no escaped cloned dinosaurs running amok in the city)

TTFN

Shoaib

Editor Cafe News (just about)

p.s Always remember

WHITEBOARDS ARE REMARKABLE

TIME FLIES

One day he is on an activity with you, the next he is getting married.

Congratulations Hamza Atcha
(and father of the groom Imran)



WING WALK



Our sessional worker Atique Miah recently did a wing walk to help raise money for a CT gamma scanner for Gloucestershire. His justgiving page is still live if you wish to donate

<https://www.justgiving.com/fundraising/atique-wingwalk>

Watch his video as he describes his experience

<https://www.youtube.com/watch?v=PTffww6XDO4>

The Emma Willis

SEWING STUDIO

It's been a year now since the lockdowns opened up and we started back with in person classes at the studio and what a busy year it's been.



A visit from Princess Anne

We teamed up with Hash Norat at Glos feed the hungry to make and distribute hats and scarves to the most vulnerable in our community

Bags for the nhs with thanks to Emma from @cheekysewandsewtextiles



Brogans Bears for Ukraine

We have stitched our way through many of our personal stories of change, personal loss, anxiety, and encouraged well-being.



Cotswold Walk May 2022

Around 5-6 times a year, I arrange a walk out into the Cotswolds. Along with my lovely friends from the Cotswold Wardens, I am joined by around 16 others from The Friendship Cafe. We meet up in the Cotswolds to go on a walk, which is carefully organised with ability, and interesting things to see in mind, and is always different to the last.

When I started these walks I really wasn't sure if people wanted to go, or were even interested, but I know now what I knew then, that nature is for our well-being what food is for our nourishment.

For more information or to join me on our next walk. Ask to be added to my WhatsApp broadcast list.
Aysha 07866387250

Here is a beautiful poem summing up our day on our last walk!

"A group of women from Gloucester we are
Ramblers not quite
But all the enthusiasm for sure
Ready to take on a walk to Cirencester and more
A coach journey packed with chatting and laughing
Sweets a sharing
Walking shoes to the ready
Wardens awaiting to lead us on our tour
Excited to see familiar faces
On name terms with many already
We found a little station stop to meet and greet
The streets we walked were so cute and quaint
The greenery in its glory and the flowers in full bloom
Colours all over just the image for an artist to paint
Some walked briskly some staggered behind but each taking interest in what was around
The grounds of Bathurst were vast
Acres of land we needed to cover fast
The views were awesome and did not go a miss
Our personal photographer Russ doing best at what he did
Photos features in the next cotswold magazine
Majestic trees standing tall as we learnt the names of them all
The woodlands as we walked
Appreciating the peace and beauty of it all
Garlic leaves a new discovery on our trek
Attentive and inquisitive was our group
Enjoying every step till the end
A feast for all in the square we ate
Exchanging food to every taste
Wardens provided us with coffees and teas
Even a sweet biscuit for a treat
In midst of all that of the day we encountered a little market that tempted the likes of one or two
So engrossed in buying that a call was made
Come on ladies
We have to be back on our way
Farewells and goodbyes as we clambered aboard
I'm sure all ready and eager for the next walk in store
A big thank you to Ayesha our organiser who does her job so well
Bringing out the country girl in each of us on the day"

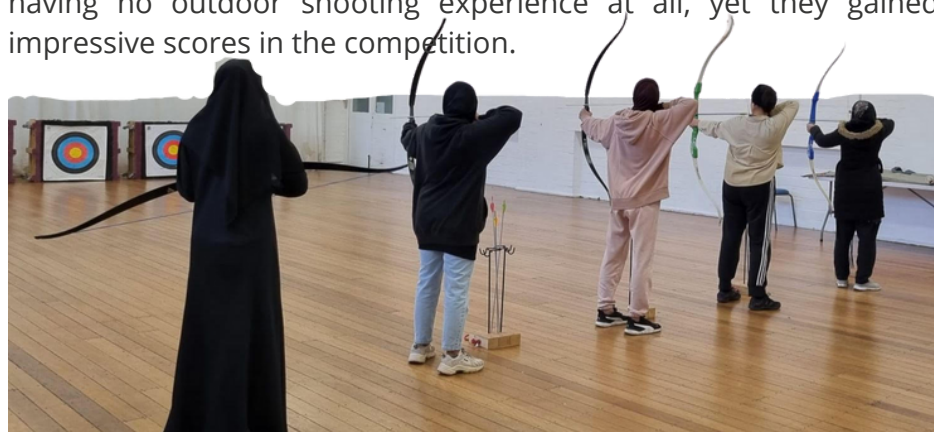
"Sajeda Hassanjee"



Archery



The Friendship Café Archery Club (adults) recently attended the Four Trees Willowbrook Field Archery Competition 2022. Our archers did the club proud by winning gold and silver in the women's competition. Both Renata - 3 finger & Karen - Thumb shooting (both regular attendees) won gold in their respective categories. Both also won silver medals for the Ladies Team event. Some ladies entered having only practiced for a few months and having no outdoor shooting experience at all, yet they gained impressive scores in the competition.



The Archery Club runs for children (7+) on a Monday evening (7pm), Ladies only Wednesday afternoon (1.30pm) and adults on Wednesday evening (7pm). Our skilled instructors welcome all that attend.



One of our students suffers from Parkinson's disease. She loves the social, fun and health benefits of attending the session.

Who knows as I get better with practice maybe I'll be as fast as Hawkeye one day?!

The women's group is great fun (lots of friendly competition!) We have the opportunity to practice both indoor and outdoor with super friendly instructors! Attending the Wednesday evening session allowed us to watch more experienced archers and pick up lots of tips to further improve our techniques. Hoping to make the next competition as I was unable to make it for this years.. and it seemed everyone had lots of fun..

What we had TO SAY



Archery has been a great opportunity to take time out for myself and to focus on something I enjoy doing. Especially now with two boys in the house!

Friendship Café archery club is an amazing experience. I joined as a complete newbie a few months ago and now I took part in my first competition. Learned so much from the experienced archers. The whole event was absolutely brilliant.

I'm very proud of the women who has done very well at the competition. I expected this from them all. The young girls did especially well considering it's their first time at a competition. I give a lot of credit to Ade and Phillip who also did well in their first competition. The traditional thumb ring shooters was much more competitive this year. This type of shooting takes a lot more skill and practice than any form of archery. Unfortunately the men thumb from our club did not pick up any medals but their performance was very good.

Fazel - FC Archery Instructor



Q: What's Better than badminton?

A: **GOOD**minton



Anyone can toast a marshmallow on a fire, but can you bake bread and make the most chocolatey hot chocolate ever in the wilderness? Our girls can! Thank you to Jenny from the Gloucestershire Wildlife trust who extended our girls skills beyond bushcraft. We foraged and took home leaves collected from the hill ready for us to make tea. Next time we promise to bring some back for you to try at the cafe!



Scrap Book
SESSION

Thank you to all the girls and volunteers who participated in our scrapbook session. We definitely worked together to save a lot of memories, one page at a time.



The Friendship Cafe Girls Group GIRLS RESIDENTIAL WEEKEND

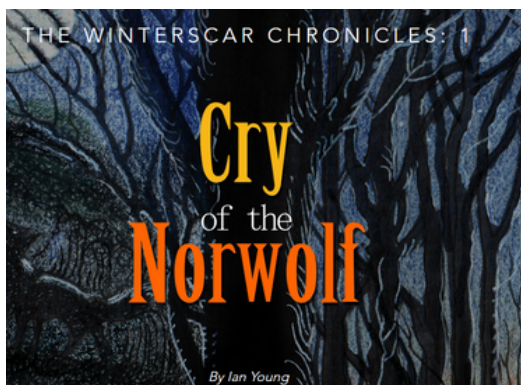


"When I say Jacobs Ladder.... You say NO, ITS MY LADDER" - (team chant)

The team at Kingswood Staffordshire were absolutely outstanding. We were busy from morning until night having fun building campfires, doing the nightline, orienteering and so much more. The catering team catered brilliantly for our halal preferences. And the adventure team were friendly, professional and really in tune with our young people. The dorms were immaculately clean, warm and well maintained. We simply can't wait to go back!



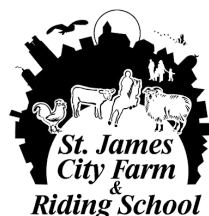
WORLD BOOK DAY



At the Friendship Café we do sometimes get to rub shoulders with local celebrities. Ian Young, Author of *Cry of the Norwolf*, visited us to celebrate World Book Day. The boys and girls couldn't hold in their questions, as one asked "How do you name your characters?" and another asked "How can I be an author?". We thank Mr. Young for coming to the café, reading and signing his book for us, and for inspiring our local Gloucester community. We also asked Ian to judge our character inspired costume competition. Even an accomplished guest judge found it hard to pick the winner! Winners and all the participants got lovely gifts and also made their own bookmarks.



The children's street smart knowledge was put to the test in the "tiny" model village at SkillZONE. We learned how to safely cross a road and approach a level crossing, as well as how to ride a train nicely. They also learnt what to do if you get lost and who to call should you need to find an appropriate adult. The staff were friendly and accommodating. They made the centre inclusive and fun for all. A special thanks to our event sponsors, the Gloucestershire Community Rail Partnership, who chatted with our group and ensured they were able to engage comfortably in all activities, whilst also checking our knowledge of train station protocols.



City
FARM

We visited the Annual Tumpy Green Horse & Dog show with some of our riders and volunteers where we had 2 x second place rosettes and one first place for most handsome gelding (male) pony with Percy.

A few months ago we had Gold Cup and Grand National Winner Rachael Blackmore visit the farm. More recently, we had 2011 Grand National winning jockey Jason Maguire turn up where he gave a demonstration to the children from Al-Ashraf primary school. Jason is now helping us with one of our ponies and also giving aspiring jockey Aamilah work experience.



A minibus full of young and old people were fortunate enough to visit Deer Park where rider Lydia Heywood (above centre) founder of Cool Ridings had arranged for Olympic rider Vittoria Panizzon to coach ethnic minority riders from across the country



City FARM

We have been "lamb feeding - daily at 1pm" at the farm. Thanks to Jane Tufnell from finding them and bringing them over to the City Farm. Volunteer Patti helping out with the many visitors over Easter.

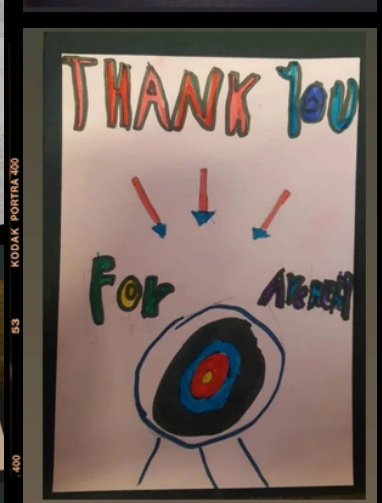
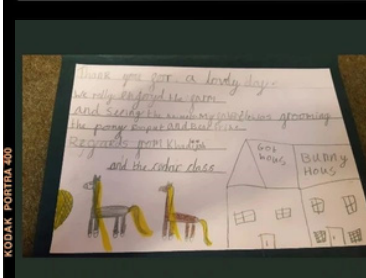


@stjamescityfarmgloucester

This is the official Insta page for the City Farm - ignore any others that may come up and were set up years ago and never updated.



A-LOT-MENT HELP!!



Great day with local children from Al Ashraf Primary who spent a day at the Friendship Cafe and City Farm doing different activities with our staff and volunteers and also the PCSO team from Barton St police and the Digibus crew...



Thank-You Friendship Cafe



Hi to all at The Friendship Café....

We at GWMV (Gloucester Windrush) Thank You for letting us have use of your kitchen every Friday for almost 2 years to prepare and cook Caribbean style meals to distribute amongst the vulnerable, elderly and disabled people and families (mainly Caribbean, but not solely) in our community.

Our numbers started at 49 with the offer of Patties that covered the Caribbean palate. Something that was important during lockdown, as getting to shops to buy this type of food was impossible for most, if not all. We were able to safely deliver (socially distanced) meals and make sure all their needs could be covered with a hot meal, dessert & fruit. This was often accompanied by taking food bags with fresh produce.

Most importantly though, was checking that they were OK. Often we, the drivers, were the only people they saw all week.

Our numbers increased rapidly to a maximum of 120, so by mid April 2022 we counted that a whacking 12,198 people had been served!

All thanks to our 12 person strong team of volunteers from cooks, packers & drivers, from Hucclecote- Kingsway & everywhere in between.

Most of this happened on a shoestring budget and donations from Imam Hassan, Black Elders Day Centre, Ebony Carers, Caribbean Wrap, HaVing and the Rotary Club

We had produce support from Fairshares, Asda, Morrisons Abbeydale and FareShares South West

We are sorry to have to move on - our plan is to continue to support this often missed community & hope to increase the support to many more, no matter who. If there's a need & we can provide it, we can & we will.

Thank You for all you did for us, never to be forgotten, ever!!
Being part of supporting the diverse community together was awesome

Thank You to Gary, Ashraf, Gill, & Belinda for their support on many occasions from getting tables out to help serving/packing amazing people

Many Blessings
Sharon & GWMV Team





Supporting

**MACMILLAN
CANCER SUPPORT**



We are delighted to share a series of videos narrated by different members of the South Asian community from across Gloucestershire; hopefully you will see a familiar face or two.

These videos are to help raise awareness of the signs and symptoms of cancer, gynaecological cancer and the role of the cancer support worker to encourage anyone that is worried to speak to their GP and what to expect if you are referred to the hospital. A huge thank you to all those who took part in these videos. Please share these videos with friends, family. Thank you for watching.

<https://youtube.com/playlist?list=PL2t2rl6Ugs0FJ5TIsVEZXb8770A4yyFG2>

GFM Cancer Awareness Events

GFM Community Link Show **6pm - 7pm**

Professionals from Gloucestershire Hospitals will be "Talking about Cancer" on the GFM Community Link Show

Sadly 1 in 2 of us will get cancer in our lifetime.

Have you noticed any unusual changes in your body recently? Although there may be many reasons for these symptoms, they could be signs of possible cancer.

The important thing is not to delay. Get yourself checked out.

In partnership with **MACMILLAN CANCER SUPPORT**

9 May 2022 Bowel Cancer

Find out what signs to look out for that could mean you have bowel cancer and what to do if you are concerned.

6 June 2022 Talking about Cancer

It might be difficult to talk about cancer and your personal experience. We will be giving advice on how to talk to your G.P. friends and family about cancer.

5 September 2022 Prostate Cancer

Find out how common prostate cancer is to men, how prostate cancer is diagnosed and what this might mean for you.

7 November 2022 Stomach Cancer

Learn about what stomach cancer is, when to go to your G.P. and how stomach cancer is identified.

Just drop in to meet the team from the Macmillan Information Hub between 10am and 3pm on:

12th May 2022	23rd June 2022
28th July 2022	15th September 2022
27th October 2022	8th December 2022
26th January 2023	9th March 2023

Friendship Café, Chequers Bridge Centre, Painswick Road, Gloucester, GL4 6PR

For further information please contact The Macmillan Information Hub on: 0300 422 8880 or email: ghn-tr.macmillanhub@nhs.net

In partnership with **MACMILLAN CANCER SUPPORT**

Macmillan Information Hub at The Friendship Café

"Are you worried about cancer?"

"Would you like to know more about the signs and symptoms?"

"Are you or someone you know affected by cancer?"

"Would you like to know more about the support available?"

Just drop in to meet the team from the Macmillan Information Hub between 10am and 3pm on:

12th May 2022	23rd June 2022
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Friendship Café, Chequers Bridge Centre, Painswick Road, Gloucester, GL4 6PR

For further information please contact The Macmillan Information Hub on: 0300 422 8880 or email: ghn-tr.macmillanhub@nhs.net

If you or anyone you know is affected by cancer and would like more information or support please drop into the Macmillan Information Hub based in the Atrium at Gloucester Royal Hospital or contact us on 0300 422 8880 or email ghn-tr.macmillanhub@nhs.net.

We are open Monday to Friday 9am – 4pm
No appointment necessary.

**MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU**



BITS & PIECES



The Friendship Café Ltd
Chequers Bridge Community Centre,
Painswick Road,
Gloucester
GL4 6PR

10th February 2022

Dear Sir / Madam,

Please find enclosed a donation to the value of £100.00, which we would like to be allocated to St James City Farm.

Our staff and children held a fundraising event at our School on 15th December 2021; we kindly enclose a donation from funds we raised on your behalf from this event.

Kind regards

Naomi Barradine

Naomi Barradine
School Business Manager
For and on behalf of Tredworth Infant and Nursery Academy

Thanks to Gary who has refurbished the memorial on behalf of the family of Matt Nicholls at the wood work shop at Friendship Café.



Just for clarification purposes, The Friendship Café is the overall registered charity and whatever is donated to the City Farm/riding School goes towards that only. Whichever side of the charity you decide to support, it's much appreciated!

WATCH OUT FOR VARIOUS VACANCIES COMING UP AT THE FRIENDSHIP CAFÉ, INCLUDING A CENTRE ADMINISTRATOR AND BOYS' YOUTH WORKER. ALL ADVERTS WILL BE PLACED ON THE FRIENDSHIP CAFÉ FACEBOOK PAGES.

Our swimming sessions have finally restarted – This is the male only session where we hire the Twyver Pool – we are not responsible for the children who attend – it is open to any boys and men who want to attend a single sex swimming session and can't attend the regular public sessions due to religious considerations.



SWIM SUNDAYS
1.30pm to 2.30pm
£1.50 per swimmer

Dates for the Diary

- Saturday 20th August – St James Park Cultural Fete
- Sunday 21st August Tough Mudder
- Saturday 3rd September Gloucester Day celebrations.



FREE English (ESOL) Classes



LISTENING



SPEAKING



WRITING



READING

When: Every Wednesday 1-2:30 pm

Where: The Friendship Cafe, GL4 6PR

Contact Zulekha 07872 425307 or Zahrah 07309 899499 for more details

<https://thefriendshipcafe.com/>

BEEZEE FAMILIES COMES TO GLOUCESTERSHIRE!



FREE, 10 WEEK COURSE TO A HEALTHIER, HAPPIER FAMILY

A fun, free, family-focused healthy lifestyles course, *BeeZee Families*, is coming to Lydney, Podsmead and Gloucester!

Aimed at 5-15 year olds and their families, the course covers topics including healthy snacking, balanced meals, portion size and keeping active together.

Our team of family nutritionists are experts at engaging children around healthy eating and fun exercise, and have plenty of tricks to help you and your kids turn a good behaviour into a healthy habit for life!

Kids will cook healthy meals, take part in fun games and sports, and make loads of friends! Parents are supported by our team to understand conflict resolution, and benefit from the support network of like-minded families

*To be eligible for this awesome free service, your family must live/be registered at a GP in Gloucester or the Forest of Dean and include one child who is above their ideal healthy weight (102nd centile).

	MONDAY	TUESDAY	WEDNESDAY
Starts w/c 2nd May for 10 weeks	LYDNEY Lydney Community Centre 16:30 - 18:30 Age 5 - 15	PODSMEAD Podsmead Community Centre 16:30 - 18:30 Age 5 - 15	GLOUCESTER St Paul & St Stephen's Church 17:00 - 19:00 Age 5 - 15
Starts w/c 30th May for 10 weeks	ONLINE 17:30 - 18:30 Age 5 - 8		ONLINE 18:15 - 19:15 Age 9 - 12

SIGN UP FOR FREE!
beezebodies.com/sign-up/
01452 717262



'Breaking the Sharam' Project

GAMBLING HARMS SUPPORT WITHIN THE SOUTH ASIAN COMMUNITY

At Ara we understand that people experiencing gambling harms often find it difficult to seek help. This may be due to shame, stigma and language barriers. This is also true for those affected by a loved one's gambling.

The 'Breaking the Sharam' Project provides **FREE** non-judgemental, culturally sensitive and appropriate advice. This includes accessing specialist, confidential support for anyone experiencing gambling-related harms. **We can help with:**

- Brief interventions
- Advice, information and support into specialist services
- Community based relapse prevention

We also provide **FREE** gambling harms education and training workshops supporting young people, community organisations, volunteers, professionals, faith leaders and Islamic scholars. **These address:**

- Gambling harms risk factors
- Identification of harmful gambling
- Cultural influences
- How to offer support
- Signposting and referral in to specialist services



For a confidential chat call **Parikshith Shetty** on: 07980 662808 or 0330 1340 286 or email: parikshithshetty@recovery4all.co.uk



FOR MORE INFORMATION PLEASE VISIT
www.recovery4all.co.uk



Thanks for reading



Gloucestershire Wildlife Trust

Celebrating Gloucester's diversity through food sharing



Cultural events series at Robinswood Hill

Sunday 5 June 11am - 1pm

China

Sample wild garlic dumplings, take the recipe card home, and make a traditional Chinese lantern.

Wednesday 24 August 11am - 1pm

South India

Learn how to make Achappam rose cookies, and make a traditional Kathakali mask.

Keep an eye out for more dates for:

Polish, Caribbean, Syrian, Filipino

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



Gloucestershire Wildlife Trust Registered Charity Number 252560