

# CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



رمضان كريم

RAMADAN KAREEM

from us all at  
The Friendship Cafe  
& St James City Farm



[www.thefriendshipcafe.com](http://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

Here I am after having my Iftaar (the fast ending meal) full of snot and cold, and a terrible cough.

Again this year i have started with the good intention of losing weight, which into day 9 I have not done too bad. Apart from the compulsory fried food that I **HAVE** to eat at my mum's house (cos she thinks I don't eat much anymore) I have abstained from eating the usual samosas, pastries and pink milk (if you know you know).

It's weird how during this month I can walk past the birthday cakes in the office, or the chocolate biscuits that are being passed around. I can even forego the left over buffet from the meeting rooms. But as soon as Ramadan is over, its like someone turns on the "FEED ME " light above my head and all of a sudden I am being offered a slice of leftover birthday cake from baby Stan's 6th birthday, which has 20 different kinds of chocolate in it!! How can I say no, it would be rude not to, especially as they have taken the effort and brought it all the way in from home. One slice won't hurt.

And albeit a very spiritual month, and one which is spent a lot in prayer and supplications, there is always time for a "fun" side of the month. Below are some of the "reminders" from me.

Enjoy Ramadan and Happy Eid Day!!

TTFN

Shoaib - Editor - Cafe News

## RAMADAN REMINDERS

### BEFORE RAMADAN

ME: Hey Bro do you know what time Maghrib salaah is today?  
BRO: Nah mate. No idea!

### DURING RAMADAN

ME: Hey Bro do you know what time Maghrib salaah is today?  
BRO: It's 8:03. Exactly 8:03

#justincase

DAY 9

# Eid Mubarak

## RAMADAN REMINDERS

If you fast every Ramadan for 33 years, you will have fasted on every single day of the year!!



DAY 30

## GUESS WHO



We found these drawings on the table where the kids were making their Ramadan Gift Boxes. Can you guess who they are supposed to be??

Bit early I know but the next newsletter is not out for another few months!!

I get asked this every year!!



#justincase

DAY 3

## RAMADAN REMINDERS

When you are trying to book holiday for Eid and having to explain to your boss it could one of two days!!  
#moonsighting

DAY 20

## RAMADAN REMINDERS

Me: No fried food for me this year!  
Day 3: Ok mum, just the one samoosa.  
Day 7: Community Iftaar - be rude not eat all this lovely food people have brought.  
NOW: Thel lewa jah!!! Fried chicken and chips tonight!!

DAY 16

## RAMADAN REMINDERS

You know it's Eid when... the masjid shoe rack has more, brand new trainers than JD Sports!!

DAY 25



# The Emma Willis

## SEWING STUDIO

### THE RED DRESS

374

EMBROIDERERS

50

COUNTRIES

1

DRESS



A 14-year, award winning global, collaborative embroidery project 2009 to 2023 visited the Friendship Cafe. An absolute stunning creation. Read more about it on <https://reddressembroidery.com/>



'Stained Glass' window interpretations



Gloucestershire Bundles

23 February · 🌍

A Big Thank you to everyone from The Emma Willis Sewing Studio ❤️  
A community Sewing Studio in the heart of Gloucester City run at the Friendship Cafe.

It was lovely to share tea and cake with the group, while showing them our Unit, and explaining how our charity works and who we help.

They have been busy making lots of items for us to send out in our referrals....and they went away with lots of ideas to make more ❤️

As a group they talk with such passion and love about the items they make, and want them to make a difference.... they certainly will! Thank you x



A visit from The Bishop of Gloucester and Emma Willis



# BUTTON ART AT DIXIE DOTS

Coinciding with mother's day, Mums and children came to Dixie Dot for an afternoon of fun activities, where they chose a canvas, paper pattern and a shape to fill in with buttons



## Flourishing Floodplains



photos by  
Rebecca Greenaway  
WWT

for more info go to  
www.wwt news page





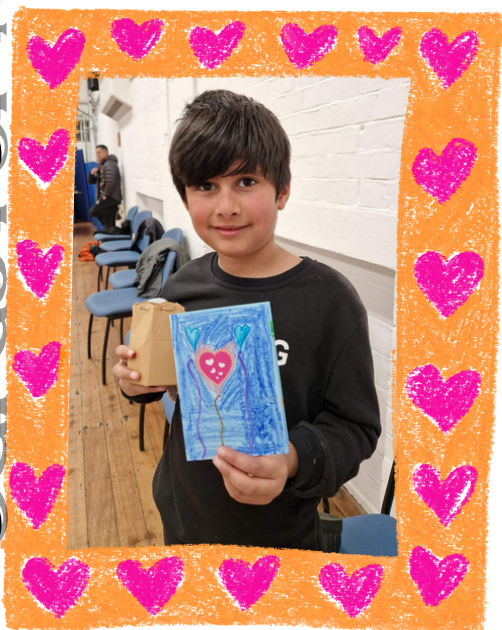
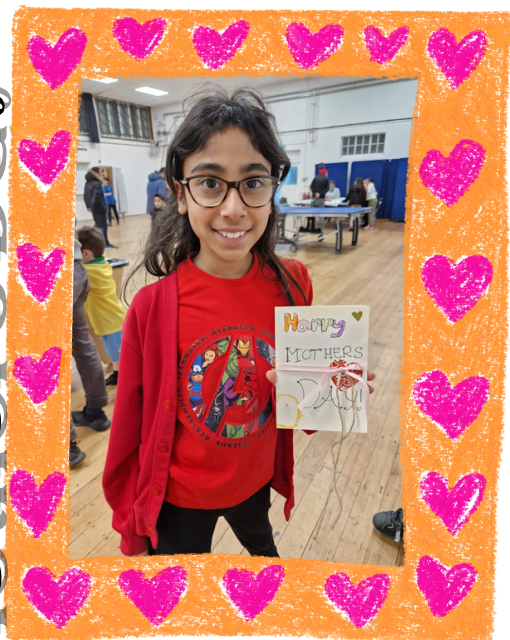
Homemade candyfloss made by our very own expert, Ibby! Kids watched in amazement as Ibby spun the sugar into fluffy, pink clouds right before their eyes. Needless to say the kids loved the sweet and sugary treat, and they couldn't get enough of it. They were talking about Ibby's amazing candyfloss for weeks wanting it again!

Disclaimer: FC will not be held responsible for any dental bills!!

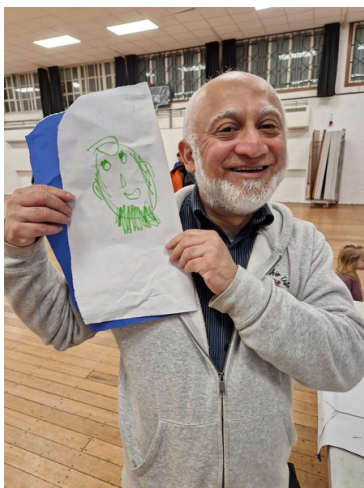


CANDY FLOSS KID V.2

# Cards for Mothers Day



GUESS WHO Apparently us!!!





# CAKE SALE

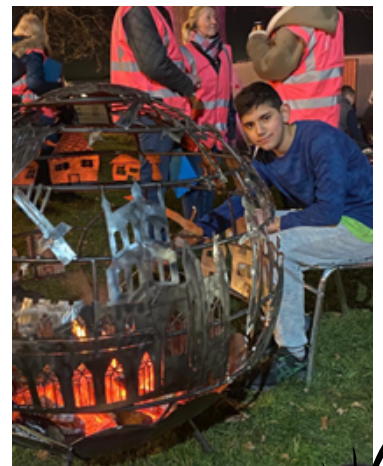
Dads n Lads Cake Sale to raise money for Farook Ginwalla & Zunaïd Raja who joined a convoy to drive from England to Gambia. Money raised was given to a local charity and the cars were sold off in auction to raise more money. We raised £150 on the night.



BRIGHT  
LIGHT  
NIGHT



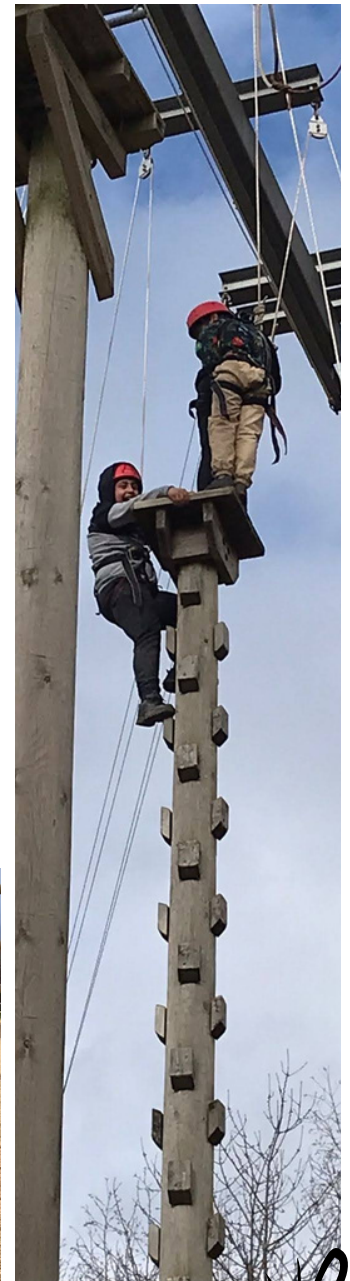
As the group stepped into The Redwell Centre, they were immersed into a world of technicolour games and neon lit activities. The boys were thrilled to try out everything from the retro 'Snake' to the neon mini-golf. We spent hours challenging each other and having a blast. The hot drinks and firepits provided a warm atmosphere on a cold night!!







Our day at Woodhouse Park with the youth group was an exciting adventure from start to finish. Taking the train to the park added an extra level of excitement the trip. Once we arrived, we tackled two thrilling activities, the High All Aboard and Low Ropes courses. Both activities were exhilarating and required trust, communication, and teamwork to succeed.





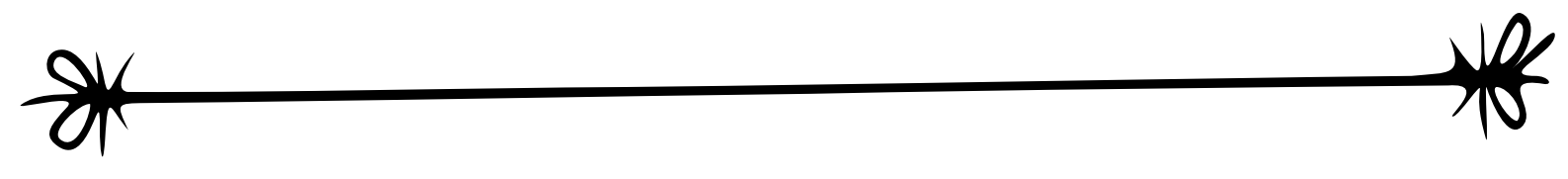


Making Ramadhan gift boxes filled with dates, sweets, and chocolates. An activity that put a smile on everyone's face whilst also helping get the children excited for the upcoming holy month of Ramadhan.

# RamadanREADY



Coffee Shop staff and community volunteers have been busy behind the scenes to provide 'Iftar' (fast breaking meals) to the many families and individuals who are living in temporary accommodation, newly-arrived to Gloucester and without kitchens. Thank you to the team behind this much needed service and to those who are sponsoring the related costs.





# REGULAR ACTIVITIES

(Currently suspended for Ramadan - will restart W/C 24/3/23 unless stated otherwise)

## ARCHERY

FOR BOYS & GIRLS  
AGED 7-14YRS

EVERY MONDAY 7PM-8PM

VENUE: THE FRIENDSHIP CAFE

£2 PER SESSION

### DRESS CODE

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



## KIDS ARCHERY MONDAY NIGHTS 7pm - 8pm restart Mon 1st May

Fazel & Ashraf continue to run Archery on a Monday (children) They are extremely skilled and bring their love for the support to the sessions.

## ADULTS ARCHERY WEDNESDAY NIGHTS 7pm - 8pm restart Wed 3rd May

It's great to know that the regulars in the adult classes recently did excellent in a national competition. So with Fazel & Ashraf teaching there is great opportunity to develop your skills.



## TUESDAY NIGHTS 7:30pm-8:30pm MARTIAL ARTS (JUJITSU)

with Sensei Malcolm

Our Sensei has a wealth of experience and skills in teaching children Martial Arts. With the regular help of Steve & Bod, the children have the opportunity to learn skills, follow instructions in the strict discipline of the sport whilst also having fun!



We've had a great start to our regular boxing sessions. Our trainer, Nick, has great enthusiasm for the sport having qualified for the Olympics in the past. His love of the sport is evident in his teaching style and you can't help but smile despite the hard workout!

## Boys Boxing Thursday 7:30pm-8:30pm for boys Aged 10 plus

## Taekwondo for Girls



SATURDAYS 11:15 - 12:15

£3 PER SESSION OR  
£15 FOR 6 CLASSES

We have been running a six week course in Taekwondo for girls aged 10+.

The course promotes skills development, keep fit, fun & games.

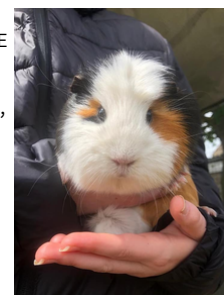
Our female coach, Safiya always likes to end the session with a playful challenge with a cheeky sweet treat for giving it a go!

## SATURDAY 11-12:30 FARM CLUB



ANIMAL CARE & ARTS N CRAFTS PLUS HOT CHOCOLATE & BISCUITS!

Taking groups of 6 children, aged 8 plus, Jackie (St James City Farm) along with FC staff and volunteers have given the opportunity to children to take part in the care of the animals.



## SWIMMING @ GLI

Ramadan Break  
Restards  
29/4 & 30/4

LADIES & GIRLS SWIM SAT 1PM - 2PM

MEN & BOYS SUN 1:30PM-2:30PM SUN

£2.50PP (NO CHARGE AGED 3 & UNDER)





# City Farm & RIDING SCHOOL

Huge Thank You to all involved from The Everyman Theatre in Cheltenham and beyond for a generous donation of £10'816.

This will help towards restarting the Cafe space at the City Farm, which we hope to start from mid-May and run until October each year.



Fruit tree being planted at our allotments by Gloucester Welcomes Refugees volunteers. Pictured standing is our home grown Olympian and Commonwealth Games champion Lorraine Shaw who had this to say:

"One of our aims is to plant a fruit tree in the local community for every £1000 Gloucester Welcomes Refugees raise. We feel that this is a way in which we can give back to the community and help build a pleasant environment for everyone.

One of the significant benefits of tree planting for communities is the environmental impact. Trees absorb carbon dioxide from the atmosphere and release oxygen, making them essential for combating climate change. By planting trees, communities can help to reduce their carbon footprint and make a positive contribution to our environment".



CPP Community Involvement team and volunteers support the farm on a monthly basis.





# City Farm & RIDING SCHOOL

# Thank You

## To our recent sponsors:

Peter O'Sullivan Trust - who are sponsoring the refurbishment of the riding arena (now 8 years old!),

Jo Foster Racing and The Richard Pate School with a donation towards running costs

Sumner Wilson Trust towards Noah the new horse...



Mr Q and Charlie...being interviewed by presenter Kate Clarke from BBC Gloucestershire. Mr Q took Kate out for a tour of the area. To listen to the 6 minute interview follow this link [https://fb.watch/jl\\_kTM0c8q/](https://fb.watch/jl_kTM0c8q/)



Staff and volunteers pictured with the Gold Cup which was on tour before the big races at Cheltenham Racecourse. We may get a rider from here enter one day!

## PLEASE NOTE : UNTIL FURTHER NOTICE,

Due to our tiny space and very few ponies, as of March 2023, we will be unable to take any new learners as we go through our huge waiting list.





# City Farm & RIDING SCHOOL



We've had a busy time down at the allotment recently!

Our allotment's resident insects are now living the high life in their new bug hotel, complete with attached bath. Pete's keeping the colourful vibe going with his in-progress table which is waiting to be varnished inside the poly-tunnel.

We had our seed swap where people dropped by and could pick up some seeds from a variety of flower, herb, and vegetable ones. A few people also gave a few seeds of their own which we'll make use of.

Heather & Francis from Gloucestershire Wildlife Trust helped visitors create their own miniature gardens. It was a fun way to reuse old sweet tubs and as always seeing all the different ways our young guests decorate their work never gets old!



Easter holiday activities at the farm run by Jackie and the volunteers...



More volunteer teams helping out with improvements....

Donations to the City Farm & Riding School-via Local Giving

<https://localgiving.org/donation/thefriendshipcafe?ref=865a9f660f&src=stjamescityfarm&emb=8950656927>

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!



# COMMUNITY NOTICES

<https://thefriendshipcafe.com/expanding-our-work-team/>

## **JOB OPPORTUNITY (re-advertisement)** **Operations Centre Manager @Friendship Café**

F/T 35 hours per week. Permanent, subject to funding. Salary: £27,375 p.a.

This is an exciting opportunity for a dynamic, visionary and self-motivated individual to support the operational, financial and administrative duties related to the day to day running of the Friendship Café.

The post will be based at the Friendship Café, Gloucester GL4 6PR.

Preferred skills and experience;

- Experience of organisational management, including supervising staff at varying levels.
- Excellent interpersonal and communication skills to liaise effectively with staff, centre users, funding bodies and relevant stakeholders.
- Knowledge and experience of financial/budgetary management, working in the community sector, including ability to fundraise.
- A high level of general education and IT proficient.

For further information or to receive an application form, please contact: Imran 01452 308127 [imran@thefriendshipcafe.com](mailto:imran@thefriendshipcafe.com)

Closing date for completed applications: Friday 5th May 2023

If you do not hear within 2 weeks of the closing date, please assume that you have been unsuccessful on this occasion. We do not have the administrative capacity to respond to every application so only shortlisted candidates will be contacted.

### **NO AGENCIES PLEASE.**

In line with The FC Safeguarding Policy, appointments will be subject to an enhanced DBS check and satisfactory references.

Safeguarding is everyone's business. There is an expectation and a requirement that staff/volunteers will pass any child/vulnerable adult welfare concerns that may arise in the course of their duties to The FC Designated Safeguarding Lead.

## **Opportunity to work at The Friendship Café as an Outdoor Learning Officer.**

We will be looking shortly for an Outdoor Learning Officer soon. What is Outdoor Learning? Well, it's when the Great Outdoors is the office instead of a desk and a screen, and the natural environment such as the countryside and the natural world is the classroom. The Officer's job will be to arrange groups to get involved and participate in activities making the most of the countryside that is so close to us such as the Forest of Dean and Robinswood Hill and all the other beautiful sites that many people (especially people of colour) in the inner-city areas often take advantage of. The post will be a half time (18.5 hours) post initially funded generously by the Ernest Cook Trust for a period of 3 years but we hope that it becomes a permanent post in the long term.

Look out for this position which will advertised shortly on The Friendship Café <https://www.facebook.com/TheFriendshipCafe1> and City Farm <https://www.facebook.com/stjamescityfarm/> facebook pages and through the Whats app circulation lists.

For an informal chat, please contact Imran on 01452 308127.  
[imran@thefriendshipcafe.com](mailto:imran@thefriendshipcafe.com)

## **Hartpury University and College invites applications to join governing boards**

**Hartpury University and Hartpury College are inviting applications to join their Boards of Governors to support Hartpury in continuing its journey as an outstanding specialist education provider.**

Our boards set our vision, values and strategic direction, and hold the Chief Executive Officer to account for the leadership of Hartpury. Becoming a governor presents an exciting opportunity to positively impact upon the lives of thousands of learners, staff, our communities and the industries we serve.

With a strong focus on equality, diversity, and inclusion, both institutions seek governors from a wide range of backgrounds to benefit from the heritage and life experiences of individuals from the local community and further afield.

Opportunities are available on the boards of both Hartpury University and Hartpury College, two outstanding specialist organisations that work side-by-side on one campus, with a shared mission and values as well as a reputation for excellence in agriculture, animal, sport, equine and veterinary nursing.

The role of governor is highly respected and personally rewarding. Leadership and working together as a team provides governors with an exciting opportunity to make a difference as well as boosting their individual career development. The board is supportive yet questioning, with independent-minded individuals working as a team in the interest of learners and their communities.

While the positions are voluntary and unpaid, governors are reimbursed for any expenses they may incur as they carry out their work. No previous governor experience is necessary, as individual applications will be considered on their individual merits and skillset.

Edward Keene, Chair of Governors at Hartpury, said: "You don't need to have previous governor experience, and the post is highly rewarding and a great opportunity to develop new skills whilst making a difference to our two outstanding specialist organisations."

"We're very excited about this governor recruitment campaign and look forward to welcoming new governors from all walks of life to shape the future of our unique institution."

See Edward describe life on the Board on our website:  
<https://vimeo.com/704206766/6acb6134f5>

To learn more or register your interest in attending a Potential Governor Open Evening on Tuesday 2 May at 6pm at Hartpury, contact Gillian Steels, Clerk to the Boards, on 01452 702159 or email [gillian.steels@hartpury.ac.uk](mailto:gillian.steels@hartpury.ac.uk) by 24 April 2023.



# BITS & PIECES



## Turkiye & Syria Earthquake Fundraiser

A total of £6772 was raised by a group of volunteer ladies from the community on behalf of the Turkiye-Syrian Earthquake appeal. The 'Sisters of Gloucester' mobilised all their troops to put on a fete and food sale at the Friendship Café and the people of Gloucester contributed towards this urgent appeal. Shows just what can be done when people work together!

Our wonderful Project Coordinator Razeya steps down to spend time with her family. We wish her all the best and thank her for all her efforts in setting and running this group.



People from all walks of life get together to enjoy a free lunch and a social every Monday from 12.30-1.30pm in the main hall at Friendship Café.



The Coffee Shop hours during Ramadhan are Monday to Friday 10-3. We will be closed on Saturdays, and on 21 and 22 April due to Eid. Have a blessed Ramadhan and Happy Eid



These ladies who work for the complex care at home outreach team (NHS) were winners of the inequalities award within Gloucester Barton/Tredworth. Most of them attend the sewing groups and Rey is part of the FC Youth Work team.



# BITS & PIECES



## PROJECT : VERGE



There has been exciting plans to utilise the space by the car park!

We've made planters which spell "Friendship Cafe". We plan to have these planters installed and planted up with some pretty flowers very soon with help of our girls and boys group.

The planters were made by some very talented volunteers who have recently arrived in UK and are living in temporary accommodations. They had some help from a local group Young Gloucestershire. A huge thanks to all those who are involved with this project.

## TEAM TRAINING DAY:

PHONE PHOTOGRAPHY WITH

Thanks to GCRP, the youth work team traveled to Batsford Arboretum to develop our phone photography skills. Kate from Moments Photography shared her passion and skills of photography with us. Giving us different ways to take a photo i.e. framing and using negative space. Those more aged reminisced of negative film exposures and sending off our photo's in small bags to be developed. And then the anxious wait to see how many photos were any good!! A vast difference in today's digital age.



Be prepared to be amazed by the photographic quality from our team in the next newsletter!



Thanks for reading

