

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



www.thefriendshipcafe.com



The Friendship Café



The Friendship Café



Zahara - 07436 692955
Fouzia - 07828 204955
Abdullah - 07436 629512
Rey - 07868 201007



@FriendshipCafé1



@FCYouth21



OPCC

Office of the Police &
Crime Commissioners
for Gloucestershire

ED-LINES

Since our last newsletter, we have seen one coronation, two Eids, and a fantastic treble by a Manchester football club. That's right Manchester United finished 3rd in the Premiership. An absolutely magnificent achievement, considering their position last year. And with that comes Champions League football too. So a great effort in an otherwise dull season! Ahem!!

Why is it that even though my mother has been in this country since the late sixties, that in a middle of a heatwave she still sits in her chair with a blanket on? I remember when real gas fires were the only source of heating a room that it would be constantly on!! (in today's cost of living crisis we would have been broke!!) Even in the kitchen she will have the gas rings on as well as the heating if the temperature goes below 19 degrees celsius. Is it just us or do other mums from warmer climates do this?

And is it hereditary? Because I now find myself being cautious and wear an extra layer when I go out, find myself shouting "shut that door" ala Larry Grayson (if you are old you will know him - if not Google it) to the kids when a cool breeze flows through the house and reverted to wearing a hat 90% of the time to warm my head due to the lack of hair on it!!

Well my siblings always said I was mum's favourite or did they say I was a mummy's boy??

TTFN

Shoaib - Editor - Cafe News



TALHA JEEVA

I chose this work as I've been coming FC since I was a little kid. Now I'm in a position to give back to the community that gave to me, why would I not take it, it's a pleasure!

YOUTH AMBASSADORS

- (ambassador - a representative or promoter of a specified activity).

We have taken on three young people as Youth Ambassadors. Their roles will be to assist the Youth Workers in organising and running activities. All three of them have come through the youth club at The Friendship Cafe and now it's their turn to give something back.

MUHAMMED JABBAR

As an Ambassador, I was drawn to the role because of my deep passion for working with communities and making a positive impact on the lives of others. The opportunity to engage with children and interact with a diverse range of individuals excited me, as I believe in the power of connections and the potential for mutual learning and growth. Setting up activities and fostering a sense of togetherness not only allows me to contribute to the local community but also creates an environment where everyone feels supported and valued. Being an Ambassador is a fulfilling role that aligns with my values and allows me to make a meaningful difference in the lives of the people I serve.

p.s. too shy to submit his photo - Ed

AMMANA PATEL

Ammana has only very recently joined the team but hope to have something more about her in the next issue

The Ladies who put the "Cafe" into



THE COFFEE SHOP

Tina and her team (pictured below) Ovaisha, Sobia, Shakera, Robina, Sharma, Wajeda, Amu The Marine Biologist, Haleema the Poet, Abeda, Firdoushi and Rosy Roule (too shy for photo) make up the the part time staff who work in the ever increasingly busy Coffee Shop in The Friendship Cafe.

Victims of their own success these ladies work tirelessly to cook up your breakfast, lunch or mid afternoon snack, often without having a break.



Thank You

p.s. that is a big one!!

AHMED JEEWA & SONS

of Walsall



We had been looking for a new pool table as our old one was looking a bit worse for wear. So there I was trawling through the "tinternet", one weekend, searching for a reasonably priced table, when I get some photos of a smart looking pool table sent to me by a friend (thank you Lil Punch aka Zahid Panchbaya) asking me if FC would be interested in this table. After some conversations it turns out that this table is free and needed picking up from the Midlands. It seems the owner bought the table, played on it for a few months or so, but now wanted the space for something else. So we arranged a pick up company to go and get it for us. After one failed attempt the pool table was picked up and dropped off for us to re assemble and use.

It is a very good table and the queues (not cues) to play on it extends throughout the evening.

So if you ever have any needs to visit a butchers in Walsall please make sure and check out our kind donor who gave us the table free of charge. Please remember them in your prayers.





EID PARTY



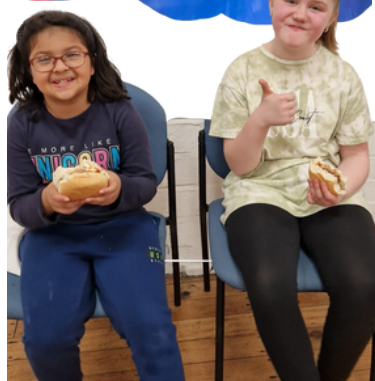
Artwork created in
collaboration with
GRCP - to be
displayed in
Gloucester
Train Station





BOUNCY CASTLE and B.B.Q.

Our first session after the Ramadan/Eid break was a busy night!!





Making Crowns



POTTERY AT DIXIE DOTS



PROJECT : VERGE

The verge was a mess before being undertaken as a project by Fouzia Qureshi and a great team of volunteers young and old and from near and afar.



The team made planters which spell 'Friendship Café' and filled them with pretty flowers so they can be seen by people passing by.

These planters were made by some very talented volunteers who have recently arrived in the UK and are living in temporary accommodation.



Eid & Coronation Celebration



BUCKINGHAM PALACE

Both my wife and I are enormously grateful to all the communities, families, neighbours and friends who are coming together across the United Kingdom and the Commonwealth to mark our Coronation.

We greatly appreciate everyone's efforts to organise such celebrations, and very much hope that they will be enjoyable and happy occasions.

As we look towards the future, we feel deeply touched and sustained by the heartfelt good wishes and support of so many kind people around the country.

CHARLES R.

CAMILLA R.



Joint Eid and Coronation celebration at the Friendship Café, attended by people from all over and attended by Lord Leutenant Edward Gillespie who had a message from the HM The King and Queen Consort Camilla





REGULAR ACTIVITIES

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

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

I So with Fazel & Ashraf teaching there is great opportunity to develop your skills.



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

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!



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 cant help but smile despite the hard workout!

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

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.



LADIES & GIRLS SWIM SAT 1PM - 2PM

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

£2.00PP (NO CHARGE AGED 3 & UNDER)





City Farm &
RIDING SCHOOL

City Farm Volunteer meets Royal



Ahmed (15) and his family are originally from Syria. He came to the Friendship Café as a young person at the youth club and put himself forward as someone who could help repair and maintain bikes when he was about 13 years old, something that he did as a volunteer. He always wanted to ride but there was a big waiting list so after waiting his opportunity came up last year at the city farm and he has been learning and volunteering at the same time. He mucks out stables, helps the instructors, welcomes the little children, fills the haynets and is working towards his 'Riding Centre Assistant Award'.

He has also been offered a fully sponsored week placement at the British Racing School in Newmarket in August this year. As well as meeting HRH The Princess Royal, who we have inside info to say that she found him the most interesting volunteer that day, he also gave four interviews to various media outlets including the BBC and ITV that morning.



Great time at the superb facilities of Ivy Lodge Farm Equine Rehab in Birdlip using the canter track, gallops and woods for two of our volunteers. Thank you Jason and Lauren Maguire for letting our learners use it for free!



More of our volunteers gaining their Riding Centre Assistant Awards, kindly sponsored by the British Horse Society. This award sets the basic health & safety standards and knowledge so that they can support our qualified riding instructors.



City Farm & RIDING SCHOOL



After his interview with BBC Radio Gloucestershire, ITV decided to literally join the "pony" bandwagon and did a TV piece with local legend Charlie and MR Q

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



They also gave a little tour to Sunflowers Suicide Support chief Abbie, who was undertaking a 'risk assessment' before they plan a community event at the farm to support children in families bereaved through suicide in August.

We said a fond farewell to our lovely farm volunteer Daisy who is focussing on her exams now that she has received some practical education through volunteering for 5 years...

**PLEASE NOTE : UNTIL FURTHER NOTICE,
Due to our tiny space and very few
ponies, we will be unable to take any
new learners as we go through our huge
waiting list.**



City Farm & RIDING SCHOOL



Group visit to Hartpury equine facilities which traditionally includes the gruelling fitness test.

Which both parents and youth workers have to take part in.

Half-term holiday activities at the farm run by Jackie and the volunteers



Huge Thank you Wick Court - Farms for City Children farmers John & Stevie - such a great opportunity for city children to see the hard work going in to getting the wool off sheep...





City Farm & RIDING SCHOOL

BEFORE



Our allotments, now, and how they used to be a few ago... Thank you to all who have helped in the transformation and for Rachael Laffort for leading the way...

AFTER



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

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

We are looking for an Outdoor Learning Officer.

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 be 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 further details please email
imran@thefriendshipcafe.com



BITS & PIECES



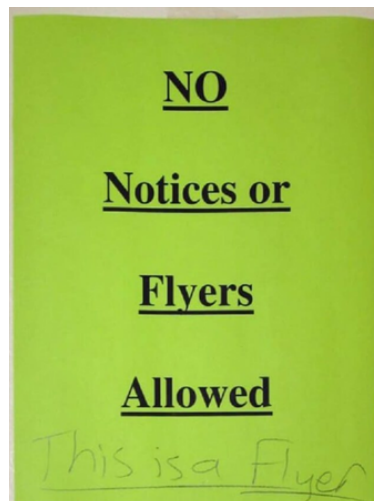
HUSSAIN

ZAHRA



Age is creeping up on us, when one day these two children who have just come out of their nappies are coming to FC, and then you blink, and then they are getting married!

Congratulations to Hussain Kadodia and Zahra Moolla!
The Friendship Cafe - Matchmakers!



*Thanks
for reading*

