

The Friendship Café_{LTD.}



TRUSTEES' ANNUAL REPORT: 1ST APRIL 2022 - 31ST MARCH 2023



**REGISTERED CHARITY NO . 1098562
COMPANIES HOUSE NO . 4403457**



The Friendship Café Trustees' Annual Report 2022/2023 (Including St James City Farm and Riding School)

The Friendship Café aims to provide social, educational and recreational facilities to people in Gloucester in accordance with the Memorandum and Articles of Association, as updated on 16th December 2014 and this report intends to give a glimpse of how these objectives have been achieved.

TRUSTEES:

Reyaz Limalia - Chairman
Mohammed Junaid Ghanti - Treasurer
Richard Corfield
Haroon Kadodia
Firoza Shaikh

This report has been produced as the summary of the financial year 2022-23. Independently examined accounts for each year are available on request or via the Charities Commission website.

Activities are updated in the newsletter (quarterly and available by email subscription or through the website) and more frequently through the various Facebook, Instagram pages and our own YouTube channel.

Imran Atcha, Coordinator,
on behalf of the Trustees, 31st July, 2023

" Dear Shoaib

*We love reading your newsletter so much,
it's upbeat and fun and gives us a great
flavour of what's happening @the
Friendship Cafe.*

Don't change a thing ! "

DIANA ACLAND
TRUSTEE OF THE NOTGROVE TRUST



**SHOAIB, NEWSLETTER
EDITOR AND MAIN BOYS'
YOUTH WORKER**

WELCOME...

The past 12 months has seen another active and productive year, as the following pages will show, each giving a glimpse of the charity's work.

At the Friendship Café, we've had repairs and refurbishments continue in different parts of the venue, and more improvements are planned for the year to come. It's been nine years since we took over the derelict site and each year improvements are taking place.

At the City Farm, it's been 12 years since we took over the site that was due to for closure, and we're on the verge of re-opening the Farm Coffee Shop, and refurbishing the tired riding arena, which is coming up to nine years old. However, whilst the physical improvements are welcome and certainly overdue, it's the changes to people and communities where our strength lies and time and time again, we do our best to make small but significant contributions towards this.

and GOODBYE...

I have been the 'Coordinator' for the organisation for nearly 22 years, and a participant and founder member in the years before that, when we were a tiny garage gym for Asian lads in the nineties, with no paid staff or volunteers. Now, ('Alhamdulillah' = by the Grace of God), we have over 20 separate regular activities ranging from a Sewing Studio, cookery classes, English classes, multiple sports and youth projects, to the City farm and riding school and allotments, and over 30 part time staff and 60 regular volunteers between our two venues. None of this has been possible without the dedication and hard work of staff and volunteers, as well as the many different supporters, both new and old. I therefore would like to thank everyone who has played their part in these achievements, especially my family and wife for their support in the background. I plan to step down this year as the full-time Coordinator and be in a more supportive part-time role, so look forward to seeing the organisation continuing to thrive, God-willing. Whilst much has been achieved, there is still so much more to be done...

Salaam/ Peace



IMRAN, AGED 21 AND TRAINING WITH EBRAHIM PATEL IN HUSAIN JAFFER'S GARAGE (CONDUIT ST, 1992 - NOW 'MASJID-E-UMAR')

IMRAN ATCHA
COORDINATOR,
2001-2023



IMRAN (2022), NOW A GRANDAD, WITH FREEDOM FROM URBAN EQUESTRIAN (LEICESTER) AT AVON RIDING CENTRE

BOYS' ACTIVITIES



COTSWOLD WATERPARK



T20 CRICKET

CLIMBING

NIGHT HIKE

NINJA WARRIOR



ROBOT WARS





WEEKLY SWIMMING

JU-JITSU

STRIKE A LIGHT BRIGHT NIGHTS

RESIDENTIAL

LITERATURE FESTIVAL

ICE SKATING

WEEKLY ARCHERY

MUD RUN



**SWIMMING, SEPARATE FOR
BOYS & GIRLS, STILL VERY
POPULAR, STARTED IN THE
1990S!**





GIRLS' GROUP



Over the past year, we've had attendance from over **1000** boys and girls who have been on **47** different activities thanks to our main funder Thirty Percy along with many others. We've held activities from 'Eid Arts n Crafts' and 'Sewing club' to 'Grass Sledging' and a trip to the Cotswold Water Park.



SEWING STUDIO

In addition to our regular classes in the studio, our collaboration with the Cotswold Wardens continues. Monthly guided walks with up to 16 women attending and walking for their health, well-being and to explore and learn about rural communities in the Cotswolds. We have also been provided with maps, walking poles, rucksacks, and rainproof jackets to help those that don't have the correct equipment they need.





Our canaries were so popular they managed to grab attention from families and friends of those that created them as well as teaching the community about climate, change. They were displayed in the reception of Robinswood Hill country park and we have been invited back again this October with another display, this time composting is the theme. Keep a look out for another fantastic collection of creations from the studio. Led by our talented volunteer Emma Morris.



"
*I really do feel at home in the studio as we always have a laugh with each other, talk about absolutely anything & everything, its like having a **HUGE** amount of Sisters that we can talk to whenever we need to ask advice or encourage one another* "
 "

THE COFFEE SHOP



**FEEDBACK:
TOM SWANNACK
GENESIS CTE**

" I just wanted to say what a difference the Friendship Café has made to Julia's life. Without going into too much detail, due to her background and childhood, she has constantly struggled with social situations and new people/environments. ...

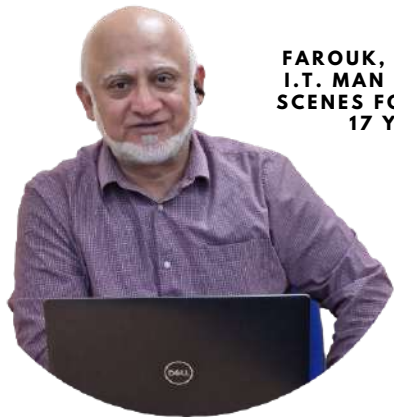
Julia's time at the café has gone from strength to strength, knowing that she now has people she trusts who will monitor, support and reassure if she encounters issues while working.

The support and nurturing provided by The Friendship Café has been exactly what Julia needed. It has allowed her to believe that there are other good people who want to help in the world. It has also given her the opportunity to feel part of a team that work towards a worthy cause whilst making others smile.

We're all really proud of Julia and glad she has found a place that can make all this happen – if you'd have told her she'd be volunteering at a café 2 years ago she wouldn't have believed it possible"



ZAMZAM, VISITOR



**FAROUK, IMPORTANT
I.T. MAN BEHIND THE
SCENES FOR THE PAST
17 YEARS**



**THE COFFEE SHOP
FLOOR WAS
ROTTEN
UNDERNEATH AND
HAS NOW BEEN
REPLACED**



MEET THE COFFEE SHOP TEAM



**LAURA, FINANCE
OFFICER**



ST JAMES CITY FARM

JACKIE RODGERS



We have a core team of volunteers at the farm with a wide range of ages and abilities. While volunteers can start from the age of 12, we have been working on engaging younger members of the minority community as traditionally they access the farm for riding but not hands-on farming.

**VISIT TO
SCRUBDITCH CARE
FARM**



**LORRAINE SHAW, FORMER
OLYMPIAN, PLANTS A TREE
FOR 'GLOUCESTER
WELCOMES REFUGEES'**

Farm Club (runs every other Saturday) takes local children aged 8-12 and we teach them farming skills as well as interacting with, and learning about, animals. We also do arts and crafts and grow plants and vegetables. Many of them are now keen to join as regular volunteers when they are old enough.

Other volunteers have been doing the BHS Leadership award and Riding Assistant award to gain certificates. Carole – one of our 'Golden Oldies' – has been supporting them and also helping volunteers learn English.



Several of our volunteers have a spectrum disorder and find the farm to be a welcoming, supportive space for them. I am able (through lived experience) to support them on difficult days and signpost to helpful organisations. Some just need the farm and the animals as a place to not feel judged and to feel appreciated.

St James City Farm also welcome refugees and asylum seekers. We have volunteers from South America, the Middle East and Africa with us. Many of them are highly experienced farmers from their homeland.



**NEW PATHWAY:
BEFORE
AND AFTER**



**RAIN DAMAGED
FARM COFFEE SHOP
ROOF (ABOVE)
FINALLY GETS
REPAIRED- READY
TO OPEN IN
AUTUMN 2023**

**COMPLETED BY UV
ROOFING BUILDING
SERVICES**

RIDING SCHOOL AHMAD'S STORY -

Ahmad is 16 years old and originally from Syria. His family left Syria due to the war and Ahmad 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 as a volunteer. He always wanted to ride but there was a big waiting list so after waiting three years, his opportunity came up last year and he has been learning and volunteering at the same time. Ahmad is working towards his British Horse Society 'Riding Centre Assistant Award' and has also been offered a fully sponsored 1 week placement at the British Racing School in Newmarket in August this year. At the Coronation volunteering event held at the Cathedral, Ahmad spoke to HRH The Princess Royal about his passion for horses and his volunteering, and was interviewed by Bishop Rachel, the BBC and ITV.



A number of the children who learnt to ride with us now work in the equestrian industry as apprentice jockeys, grooms and riding school staff.



**ANDY COLLOP, PRINCIPAL OF
HARTPURY UNIVERSITY, VISITS
CITY FARM WITH DUFFY**

My Story - from dreams to reality...

My parents moved to England a year before I was born, and growing up, I attended my mum's work with her due to childcare expenses. I remember going to a massive farmhouse where mum was a cleaner at the time, with horseshoes, 'bits', old nose bands and photos of racehorses hanging on the walls. I would always stand in awe and wish to one day be in these animals' presence. Every summer, my parents and I would return to Poland to visit family and I would have horse riding lessons because they are much more affordable there than in England.

Just over a year ago, a family friend learnt about my passion for horses and recommended St James' City Farm as a place where I could gain hands on experience. I began volunteering and I have learnt more than I could ever have imagined. In the space of a year, I have passed my BHS Riding Centre Assistant award and my riding has come on hugely and I can now walk, trot and canter confidently and can even do a bit of jumping!

I am now a student at Hartpury College, and the experience that I gained through volunteering at St James' City Farm has benefited me hugely. I would love to have a career within the equine industry and am leaning towards veterinary and physiotherapy.

Horses have made me realise that anything is possible as long as you don't give up. They have helped me mentally, because after a long week I can look forward to volunteering. I know for a fact that four-year-old me who stared at those pictures on the wall of the farmhouse wouldn't believe me if I told her where I am now. I am so thankful to St James' City Farm.

Olivia





**PCSO ADAM, ADAM
JENSEN AND LUKE
REPAIR THE FENCES...**



FROM HORSE
DENTIST
VISITS TO BBC
REPORTER
VISITS...



THE A TEAM



ALLOTMENTS AT THE CITY FARM

Throughout the year our allotment was open three days a week, Monday, Wednesday and Thursday, to all in the local community. We welcomed a whole range of people through our doors; people of all ages, including some in their 80s, individuals and groups, those with English as a second language, and more. Over 700 adults and 350 children have visited our allotment, coming to look around and enjoy the space, see what's growing, or simply to meet and socialise. We have continued to improve accessibility by making some raised beds, widening paths for pushchairs and wheelchairs, creating signs to signpost people, and also having a portaloos placed on site. (The allotments are managed by Rachael who is employed by Fair Shares).



For more information contact: Rachael:
allotment@fairshares.org.uk



Unreflected Reflections

Unreflected Reflections is an archival and creative project celebrating the Muslim communities in Gloucester and their significant contribution to Gloucestershire and more widely.

This video project follows on from the Untold Series (2003) of books and the History of Muslims in Gloucester (2008) booklet to provide a glimpse into the history and narrative of Muslim communities in Gloucester.

The narrative and direction of the work was to produce something creative and visual to showcase some aspects of the community and their influence.

One of the key factors and drivers for this project is that we are rapidly losing the first generation of migrants, and with them their stories are also lost and uncaptured. We want to take this opportunity now and make a start in gathering as much of this rich history before we lose those who are present, and our future generation are at a loss in understanding and valuing their ancestry.

We launched the first 2 initiatives in 2022, one was a photography exhibition of people, places and stories called - 'Through the Lens' working with the Uni of Gloucestershire and secondly, was the launch of a Muslim-led documentary called ' Gloucester's Glory'. To date we have had 12 showings, ranging from Community launch, Gloucester History festival, schools, Universities and the NHS.

Following the the first initiative, Many community members have come forward and asked for more stories to be told and captured. Hopefully we plan to produce more films in 2023.



ACCESS TO SOCIAL CARE

FOUZIA QURESHI

WWW.ACCESSCHARITY.ORG.UK
REGISTERED CIO NUMBER: 1186714

CONTACT:

07795553566
FOUZIA.QURESHI@ACCESSCHARITY.ORG.UK



Since being appointed as Advice Coordinator as a Secondee to Access to Social Care, I've been reaching out to local communities to make them aware of their rights to social care as not many people know much about their rights, accept the council's decision without any challenge if it is declined or limited.

We want to empower people to ask for help when needed and challenge the Council if they are struggling and have any doubts about their decisions.



We organised a Social Rights awareness and training event at Friendship Café in May, which was attended by around 40 people. Most of them were from the local community and some were professionals from Complex Care at Home team and Social Prescribers. Since the event, we've had many referrals and hope to reach out to more families through word of mouth.

We've had a few cases where we were able to help families receive the initial assessment from GCC and have been advising a few families with various Social Care concerns.





DIABETES PROJECT

FOUZIA QURESHI

As a Diabetes Coordinator, I've been organising focus groups for diabetic patients from different communities to inform them about various diabetes services available for them to control their condition. Through the Focus groups, I also explored the barriers these patients might be facing to access these services and how to improve the services according to their cultural, religious or any other needs. I've managed to reach out to Bangladeshi, Arabic, Pakistani and Gujarati communities and hope to work with the Chinese and African Caribbean community in the near future. I've had interesting conversations and received many promising leads and ideas to take to the ICB who has commissioned this project.

I'm hopeful this project will eventually help change the way services are offered to different communities in the future by taking into account the differences and barriers faced by them.



INCLUSION GLOUCESTER

An independent organisation who works in partnership with us.

We are a women's group who meet every Wednesday and undertake many different activities on-site as well as trips away.

Friendship Café: 10:30-12:30

Contact:

Zareen 07525848499 or

Sana 07767695111

COOK, SPEAK & EAT

'Cook Speak Eat' is about culinary education and cultural sharing.

Every week a group of ladies meet and cook a dish from one of their home countries, speak about it in English and eat it together.

Led by Susan Hepburn, the class has 13 nationalities so everyone is encouraged to speak English, providing a great opportunity to practice English conversation, pronunciation and vocabulary.



It also supports wellbeing and good mental health, giving everyone a chance to be visible, showcase skills and learn new ones, as well as providing the nurturing aspect of sitting at a table together and enjoying delicious food that our learners may not have eaten since they arrived in the UK.



'Currently, most participants are women new to the country but, in the future, we hope to run this project out to include anyone from the local community and men.' says

Susan 'We love using different community spaces as well as the kitchen to learn in, we often cook in the community allotment.

Our learners are working towards their Level 2 food hygiene certificates and we are giving them commercial experience through cafe takeovers and a farmers' market stall. It's a great project and we are all very proud of it'.

SOUTH ASIAN CARERS

HAROON KADODIA

One of the greatest points of satisfaction in community development has been the ability to engage and reach out to those people who are amongst the most disadvantaged in the entire County. People who for various reasons find themselves excluded or marginalised from the wider community in which they live.

Much is spoken about defining hard to reach groups : some of the terms used include : marginalised, hard to hear, vulnerable , disadvantaged and seldom heard. CET's (Community Engagement Team : Haroon , Saleha Moolla , Amina Kathrada) method of working has empowered groups and engaged with people whose level of involvement rarely extended, if at all, beyond the family home or immediate family - to have a say in their own care, developing strategies to improve the availability , improve access and uptake of culturally appropriate services.



With this in mind ,we try hard to ensure carers are supported and that service providers make practical support for carers a high priority.

Carers from our communities face many difficulties in gaining equal and easy access to support services. This lack of access as well as being unaware of what support is available is precisely why working with carers over the years has been important and will continue to be so. Currently FC is supporting a support group for women (Gujerati/ Pakistani) , carers from the Bangladeshi community and more recently a men's support group. The support groups provide a source of social interaction, comfort, wellbeing, respite and information for those attending . Carers have a voice, are empowered and have the opportunity to have their voices heard and influence service providers to ensure their identified specific needs are addressed.



YOUNG THINKERS



Young Thinkers Gloucester has concluded study club for the academic year, giving children and volunteers a well-earned summer break! It's been a fantastic fourth year of service for our weekly free study club at the Friendship Café. We have also put on various health events including teaching free CPR, diabetes, and Ramadan education. We can't wait for September to welcome new children to our study club and recruit new volunteers. The Young Thinkers are an independent organisation but one of several that are regular and of mutual benefit to The Friendship Café users and our area!

MARVELLOUS MUMS

After 5 wonderful years at The Friendship Cafe, the Marvellous Mums Perinatal Mental Health Project will now be delivered by Barnados at Bartongate Children's Centre.

Thank you Razeya Mohamedy for all your work through which Marvellous Mums was able to support over 165 families in Gloucester, helping expectant and new mothers by providing support and empowering them to cope with their motherhood insecurities, isolation, struggles and wellbeing.



LUNCH CLUB

Every Monday, different volunteers from Fair Shares organise a get together for anyone to enjoy free lunch and a social 12.30-1.30pm in the main hall at The Friendship Café.



SOME OF OUR 2022 - 23 SUPPORTERS...



Approved Riding School



EMMA WILLIS
LONDON



JULIA AND HANS RAUSING
TRUST



EVERYMAN THEATRE SUPPORTING
THE CITY FARM COFFEE SHOP

**SIR PETER O'SULLEVAN
CHARITABLE TRUST**

**GLOUCESTERSHIRE FARMERS
MEMBERS TRUST**

**GLOUCESTER SHARED
PROSPERITY FUND**



**NOAH, NEW HORSE,
SPONSORED BY THE SOMNER
WILSON TRUST**

MERCURE
HOTEL
GLOUCESTER



British
Equestrian

**Thirty
Percy**



**THE LEGENDARY GOLD CUP FROM
CHELTENHAM RACECOURSE VISITS ST JAMES
CITY FARM**

PHOTO CREDITS:

This report was compiled by Haleema (aged 17) during her school work experience placement with contributions from staff and volunteers.

Pictures thanks to to Mia Benton photography, Mohammed Jaffer Productions, Reyaz Limalia, Frankie Bray, Berry Snaps, Gloucester Cathedral, Trevor Ray Hart, Rider Shafique and Amy J Lewis

THE FRIENDSHIP CAFE
WWW.THEFRIENDSHIPCAFE.COM
CHEQUERSBRIDGE COMMUNITY CENTRE,
PAINSWICK RD, GL4 6PR
01452 308127
IMRAN@THEFRIENDSHIPCAFE.COM

ST. JAMES CITY FARM & RIDING SCHOOL
WWW.STJAMESCITYFARM.CO.UK
ALBANY STREET,
GLOUCESTER, GL1 4NG
01452 305728
IMRAN@THEFRIENDSHIPCAFE.COM



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