

# CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



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



The Friendship Café



The Friendship Café



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Rey - 07868 201007



@FriendshipCafé1



@FCYouth21



OPCC  
Office of the Police &  
Crime Commissioner  
for Gloucestershire

# ED-LINES

I've been involved with the Friendship Café from Day 1 - way back in the 90s when we were just a little garage gym moving from venue to venue, with Haroon Kadodia, and my older brother Faisal (the Fireman) as the driving forces along with a handful of different volunteers. I was the ambitious law graduate who would get sent to meetings and I recall one of my first fundraising applications was to raise £500 to support the archery club. I decided that courtroom battles wasn't my cup of chai and in 2001 I was appointed as the 'Development Worker'. So after 3 decades where I have seen enough to write a few books about community work, met many interesting characters from royalty to convicts and been involved in everything from powerlifting to poetry, canoeing, beekeeping demos, chasing sheep and runaway racing ponies, I feel it is time to step back and let someone new take the helm. Hopefully someone with the skills necessary to take the organisation to the next level to benefit future generations of young people and the community as a whole. Thank you to all the people and supporters, staff and volunteers who have helped the charity grow and watch this space over the next few months to find out who gets appointed as the new Chieftain of Friendship Café and City Farm.

Salaams

Imran Atcha,  
Coordinator

## NOTE FROM EDITOR

I for one will be extremely sad to see my childhood chum leave to concentrate on, whatever he is going to do next!! He has been using Grandpa duties as an excuse his absences so maybe take his grand kiddies to the farm and tell them how he used to own all that they could see.

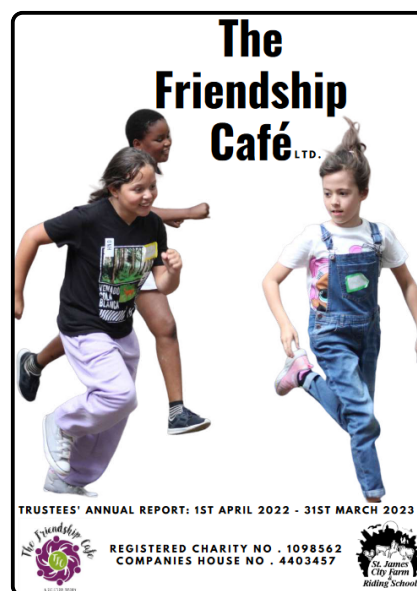
I know Imran is very humble and shy and thinks that by submitting this so late in the day I will not make a big deal about him leaving, and in a way he is right....not this time, but wait till the next edition!!!

I personally want to thank him for everything he has done for the community and for me as a tutor, as a colleague but mostly as a friend. See ya around!!

## ANNUAL REPORT

The Friendship Café's 2022 - 2023 Annual Report is now available to read featuring information on all of the previous years activities, including the city farm and riding school.

Read it on the website now  
<https://thefriendshipcafe.com/wp-content/uploads/2023/08/The-Friendship-Cafe-Trustees-Annual-Report-2022-2023.pdf>



# TALHA JEEVA

Has left the building.



Talha got the Alevel grades he needed and has now gone to Aston Uni to study Law. We wish him all the best and thank him for his hard work whilst he was with us as a Youth Ambassador.





## MOTORBOATS @ GLOS DOCKS



# LASERTAG!



# AND AT THE GLEBE



Archery  
&  
Sports  
Day!







# BAKING

@ TREASURE SEEKERS

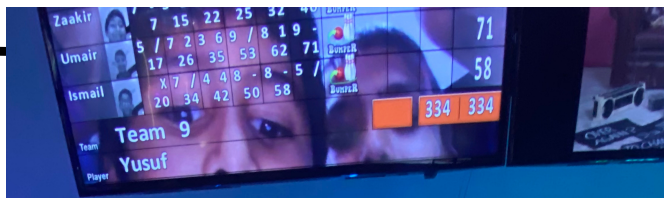


# TRAINING @

AVON RIDING CENTRE







# TEN PIN BOWLING







# Butterfly Zoo

## AND HEDGE MAZE



and a round of golf!





# FARM CLUB VISIT ...



.....Hartpury College, animal collection.

Farm club enjoyed a trip to Hartpury college for a tour of their animal collection.

The college has over 70 different species in their animal, aquatic and reptile centres. It was a great opportunity to see all the animals and to experience what it would be like as a student on the animal care course, learning about animal health, biology, welfare and husbandry. We even got to handle a snake skin and the very shy skunk came out to greet us.



.....Scrubditch Farm

What a lovely place! Staff were really friendly and helpful. The children picked their own ingredients from the farm and then cooked up a feast in the farm's kitchen.

The kitchen is suitable for children and young people with SEND and we are looking to take another group (of children/young people with ECHP's) to a cooking class soon. Do get in touch if this is something your child would be interested in.





# campfire cooking

We made great use of the allotment space for a CAMPFIRE COOKOUT! The idea was to use a different range of outdoor cooking methods to whip up a (freshly picked) feast. We harvested veggies from the allotment and made a delicious vegetable spicy soup over an open camp fire. On the second occasion, a BBQ for Veggie Kebabs & Choc Banana's. Of course on both occasions we had toasted marshmallows (it would have been rude not to!).



## BIKE



We are running bike maintenance classes for young people with GC Cycles where children can learn essential bike safety & maintenance. Our next class will be during the October half term. Sign up to receive updates.



## workshop



# REGULAR ACTIVITIES

Archery takes place on Monday (children) and Wednesdays (adults). Women only sessions due to start soon...



Our lunch club is every Monday in the main hall of The Friendship Café with food served around 12.30pm. Everyone's welcome to join us - whether you're a familiar face or someone new looking to pop in and see what's happening. During these occasions, you will realise that Chairman Reyaz does actually exist and can be spotted doing some work...

THE FRIENDSHIP CAFÉ'S

## THURSDAY CLUB

### CHILL WITH FRIENDS

**EVERY THURSDAY**  
7:30PM - 8:30PM

**OLDER GIRLS (14+)**  
AT FRIENDSHIP CAFÉ

**TALK, PLAY GAMES, OR JUST CHILL!**  
**ONLY DROP IN, NO BOOKINGS REQUIRED**

**VARIOUS FUN ACTIVITIES AVAILABLE!**  
**ONLY PAY IF YOU TAKE PART**

**USER-LED**

**SATURDAY 11-12:30 FARM CLUB**  
PRAYER FACILITIES AVAILABLE AT FC

**CONTACT +44 7828204955 FOR MORE INFORMATION**

Farm Club (running on a Saturday morning) has gone from strength to strength with growing numbers of children from ethnic minority groups taking part in farm activities with Jackie and the youth team from the Friendship Café. A City Farm volunteer who studies at Hartpury has been employed to work with them too.

The group are aged 8-12 with the aim of them joining as volunteers when they reach the age of 12.

**DUE TO THE UNFORSEEN CLOSURE OF GL1 THERE WILL BE NO SWIMMING SESSIONS UNTIL FURTHER NOTICE**





City Farm &  
Riding School

## SOME NEW FACES TO LOOK OUT FOR

### Chantelle



I'm the new Manager at St James City Farm. I come from a care background having managed a children's home, but previously had run a Husky Ride business based in Tewkesbury.

I'm looking forward to starting at the Farm and bringing together my two real passions of animals and helping people.  
[chantelle@stjamescityfarm.co.uk](mailto:chantelle@stjamescityfarm.co.uk)

### Chris & Katie



Our riding instructor volunteer couple. Chris has a background in the Household Cavalry and is a qualified horse instructor so he would have been one of those serious looking guys parading outside Buckingham Palace with a massive bearskin hat on.

## AND GOODBYE TO

### Sameera



I am very passionate about mental and physical well being as well as personal development (for children and adults alike). Research (as well as personal experience) has proven that interacting with nature has a huge impact in this regard and therefore I am very excited about my new role as an Outdoor Learning Officer at Friendship Cafe.  
[sameera@thefriendshipcafe.com](mailto:sameera@thefriendshipcafe.com)



The Farm said a fond farewell to Holly as she leaves us after volunteering since 2021 to study to be a vet at the Royal Veterinary College. We'll see her again at Christmas for a catch up. Good luck Holly!





# City Farm & RIDING SCHOOL

Coffee Shop at the Farm  
finally opens...

Only Tuesdays,  
Wednesdays and  
Thursdays between 11  
and 4 at the moment  
but we will be  
extending hours  
hopefully in the future.



Ahmad, volunteer, (second from right) has been selected as one of eight young people nationally for the Khadijah Mellah scholarship at the British Racing School.



As we are too small to cater for the demand we made an arrangement this Summer for a group of lessons to be held at the Avon Riding Centre.



Staff and volunteers in Westgate St for the annual Gloucester Day celebrations in September. Pic credit: David Miller





# City Farm & RIDING SCHOOL



Visit to Gloucester Cathedral with volunteers to attend the Harvest Service. Thank you for the gifts from Gloucestershire Federation of Young Farmers' Clubs around the county who bought in a selection of their harvest to be distributed to needy people.

Three of our young volunteers spoke to the congregation about their involvement with the city farm which was very well received. We also collected £205 in donations from the congregation.



A hard-working team from a local audit department took time out of the office to help down on the Farm recently. They tackled everything from weeding, putting new posts in, cleaning (and cuddling!) the guinea pigs and even putting suncream on the pigs!

Thank you!

## Fancy being a Farmer?

St James City Farm is seeking reliable all-weather volunteers to help run the little farm in the heart of Gloucester. Experience with animals not essential, just enthusiasm, passion and a willingness to be part of a friendly team.

Sessions are 9.30am-1pm or 1-5pm (earlier in winter) every day of the week and we are looking for people to pick up one session and be regular. You need to enjoy meeting people as much as you enjoy being with the animals.

It's an opportunity to help your local charity whilst making friends, learning new skills and improving your mental health by being outdoors in nature.

For further information contact Jackie Rodgers on 07943 622663 or [jackie@stjamescityfarm.co.uk](mailto:jackie@stjamescityfarm.co.uk)

or apply online at  
<https://stjamescityfarm.co.uk/volunteering/>



**Safeguarding:** In line with our Safeguarding Policy, appointments will be subject to an enhanced DBS check (Criminal records) and satisfactory references.





# City Farm & RIDING SCHOOL

**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.

HUGE thank you to Carole and Matt. Carole has been supporting Matt to go through The British Horse Society challenge books and now Matt has secured a place at college to formally study animal welfare. Matt also made a beautiful birdbox and raised some funds for the city farm as part of his challenge. Both Carole and Matt have been great 'welcomers' to the farm, showing our young visitors and generally helping all year around.



Congratulations to volunteer Tyler who has successfully passed his level 3 qualification in Land, Wildlife & Countryside Management. Tyler is a very helpful young man who helps with all the animals but is very skilled especially when it comes to repairs and maintenance.



Some pics from the different arts and crafts activities that took place over the Summer at the farm...

**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



## Unreflected Reflections 2.0

Stories & Narratives of change.

Join us for the next installment of Unreflected Reflections.

The event will see the launch of a brand new short documentary called **Pioneering Glimpses** which delves deeper into some of the early history of the Muslim community of Gloucester.



**Guest Speaker - Sanjeev Bhaskar**

Sanjeev Bhaskar is an actor, writer and presenter. He first came to notice in the ground breaking television comedy sketch show Goodness Gracious Me and the Emmy and Peabody award winning The Kumars at Number 42, (Both BBC) and both of which he wrote and appeared in.

His other TV credits include The Indian Doctor, Dr Who, Midsomer Murders, Horrible Histories and The Sandman (Netflix) and five series of Unforgotten (ITV) with series 6 filming in March 2024. Movie credits include Notting Hill, Arthur Christmas, The Zero Theorem, Paddington 2 and Yesterday.

**Monday 6th November**

**The Friendship Cafe**  
Chequers Bridge Centre,  
Painswick Road,  
Gloucester  
GL4 6PR

**Doors open 11am**  
**Event starts 11.30am**

Tickets are limited and must be booked online -  
<https://unreflectedreflections.eventbrite.co.uk>

A light lunch will be provided.

Logos: Create Gloucestershire, NHS Gloucestershire, The Friendship Cafe, unreflectedreflections



One Gloucestershire NHS Gloucestershire

Breast Cancer Awareness Month

## Breast Cancer Awareness TALK

**Friendship Café, GL4 6PR**  
**Tuesday 24th October, 11 – 12.30pm**

A Breast Care Nurse and Breast Screeners available to advise on

- signs and symptoms of breast cancer
- screening appointments
- Q & A session

A Community Outreach Worker will be on hand to assist with any translating

A room has been booked for this event to ensure privacy and to encourage open discussion



GP Access

Have you had contact with your GP practice over the past 12 months?

We would like to understand your experiences of accessing GP services, communication with staff and use of technology.

You can take part by completing the survey  
<https://www.smartsurvey.co.uk/s/T4FMBN/>  
or by joining a small focus group or having a 1:1 conversation with us.

Whichever way you want to talk to us, we will keep your experience completely anonymous and confidential.

To take part in the conversation please contact us at:  
[info@healthwatchgloucestershire.co.uk](mailto:info@healthwatchgloucestershire.co.uk)  
or call us on 0800 6525193 or 01452 504989

healthwatch Gloucestershire




Our volunteers hear children read, one to one.

**Read with me**

## VOLUNTEERS NEEDED IN TREDWORTH!

**Can you spare 1-2 hours a week?**

[Linda@readwithme.org.uk](mailto:Linda@readwithme.org.uk)

07791110906

[www.readwithme.org.uk](http://www.readwithme.org.uk)



To take part and tell us more, use the link below and complete our Survey.

<https://www.smartsurvey.co.uk/s/T4FMBN/>  
Alternatively, please telephone us on 0800 6525193 or 01452 504989 to arrange a 1-1 chat.



# BITS & PIECES

## 'BARTON STREET GARDENING GROUP – CALL FOR PARTICIPANTS.'



Since March 2022, a small group of local residents has been supported by Gloucester Wildlife Trust and Fair Shares to revitalise and maintain the planters along Barton Street. GWT also installed 3 more large planters and commissioned a mural! The idea is to brighten up the street for those who live and work here as well as to provide flowers for pollinating insects and also to develop a sense of shared purpose for the people who are involved.

So far we've had a season of wild flowers followed by shrubs and perennial plants paid for by a grant from Gloucester Rotary Clubs. The shrubs and perennials were planted in response to feedback from local people that they wanted more year-round colour than the wildflowers could give.

The group is informal, we arrange to meet when there is some work to do. We usually meet for an hour or two on a Wednesday morning. People are very welcome to come along and do as much or as little as they want and are able. The morning usually involves refreshments and a good chat.

We plant, water, weed and prune. We also litter pick around the planters. We've had some lovely positive feedback from passers by who have said that it cheers the area up and shows that people do care about the environment in Barton.

If you would like to join us or find out more, please contact Kathy at Fair Shares on 07859 062789.'



## Congratulations

to our staff member Rimi, who has now graduated with very high results with MSc in International Business Studies from the University of Gloucestershire...



Thanks  
for reading

