

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



LEAPING INTO 2024



www.thefriendshipcafe.com



The Friendship Café



The Friendship Café



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@FriendshipCafé1



@FCYouth21



Office of the Police &
Crime Commissioner
for Gloucestershire

ED-LINES

Hi Everyone

Wow! 2024 already!! And a busy start already. Already in the planning stages for 2 major projects in the first half of the year.

Here are my HONEST New Year resolutions.

- Eat Less Chocolate - i.e. don't get the bargainous "80p for one or 2 for £1" offer.
- Exercise more - walk to the shop to get my chocolate.
- Eat less take aways - order small chips instead of large!!
- Argue less - don't talk to as many people!
- Spend less time on social media - time to get back into gaming on Xbox!
- Be Nice - yeah I can do that unless you are a Liverpool fan who cannot stop banging on how wonderful your team is and how they are gonna win the league and that will make them the bestest ever team in the history of football!
- PUNCH ALL LIVERPOOL FANS!

DISCLAIMER: I do not condone violence in any shape or form and this was done for comedic effect! HONEST!! as you can see from the photo below. I just go around cleaning up other peoples ...

TTFN

Shoaib

Editor - Cafe News



One of our projects this Ramadan is to invite non-muslims to come and join us at FC to find out what Ramadan is all about and how it works.

Come and join us break our fasts as we explain our day whilst abstaining from food (and other stuff).

Saturday 16th March

If you are interested and would like to be a part of this experience please contact me for further information

editor@thefriendshipcafe.com

GUESS WHO

came to visit??



HINT : See City Farm pages

The Emma Willis SEWING STUDIO

Aysha - our womens development worker has had a busy few months. She featured on the front page of the Cotswold Lion - a free online magazine - talking about her walking group. Read more using the link below.



<https://www.cotswolds-nl.org.uk/about-us/cotswold-lion-magazine/f body text>



She also won the Rosa Hui Empowering Women Award at the MTM awards ceremony in Bristol. MTM Awards, launched in 2012 by Mast The Magazine in the South West of England, celebrating business and culture within diverse ethnic communities.



Some of the women who created the Christmas decorations at the Emma Willis Sewing Studio in Gloucester



Beautiful birds handcrafted from recycled saris in the Gloucester Services Farmshop

"In my heart I always knew this would be something special. It's given people a sense of belonging. Thank you to Westmorland Family for this incredible opportunity, and to Gloucestershire Gateway Trust for supporting us throughout this process."

Aysha Raderera

Aysha and her team have also been busy making decorations from old sari material to be sold at Gloucestershire Gateway Services - read more using the link below

<https://gloucestershiregatewaytrust.org.uk/about/publications/our-newsletters/>



Our fundraising meal for Gaza was an overwhelming success. We raised just over £3,000. This success would not have been possible without the hard work and tireless efforts of our fantastic FC Coffee shop staff- they truly went above & beyond the call of duty and all in their free time! So a big Thank You to : Tina , Shakira, Abeda , Sobia, Ferdushi, Shama, Haleema, Zahira, Robina , Ovaisha and Wajeda.

STAFF XMAS MEAL





BIKE MAINTENANCE WORKSHOP



270
CLIMBING





LINK CENTRE SWINDON





Cheltenham Literature Festival





T- Shirt Painting



FISH & CHIPS FROM CONEY HILL FISH & CHIPS





TREASURE

cooking club & cake decorating

SEEKERS



"Jazkallah so much for organising the cooking. My daughter thoroughly enjoyed the sessions and they made such lovely dishes. Very blessed to have Friendship Cafe"

"Salam just wanted to say the tart my daughter made was so tasty Mashallah. We all really enjoyed it! You must share the recipe so she can make it again at home."

"I think I'm getting better at seasoning and knowing what is missing. I think it was fun and more independent"

If interested in booking for our next cooking club please contact 07828204955



REGULAR ACTIVITIES

swimming is back

GIRLS THURSDAY CLUB:



The Friendship Cafe
SWIMMING @GL1

WOMEN & GIRLS:
Saturdays 1pm -2pm

MEN & BOYS:
Sundays 1pm-2pm

The Friendship cafe are not responsible for any persons attending the session
MODEST SWIM WEAR MUST BE WORN
Aged 12 + (competent swimmers) welcome.
Under 12 years OR aged 12-16 but not confident in water,
MUST attend with an adult.
Unisex 5yrs & under ONLY
1 Adult to 1 child under 4
1 Adult to 2 children aged 4-7
Swim nappies required for Toddler/Baby

£2

For Parents of child aged 12 - 16 attending alone
SCAN QR code & Complete Form

Thursday club runs every other week and offers fun and creative activities for girls group. So far, girls have had an opportunity to make their own aromatic candles, decorate coasters using découpage techniques and learnt to decorate cupcakes using buttercream and fondant. Mums got a chance to have a relaxing social evening with their daughters at the Pizza Night during half term.

Contact 07868201007
if interested in taking part.
Volunteers welcome.



TRAIN WITH US!

NON- CONTACT BOXING TRAINING

Every Thursday 7:30-8:30
Enquiries and booking contact Abdullah on 07436 629512

Boys Aged 11-14
Only £2 per child!

Limited spaces!
Weekly Booking essential!

Kempo Ju Jitsu –this class has been running continuously since 2010

(Except during the pandemic when lockdowns applied to all... apart from No.10).



(my son Hamzah who is now 23 - Ed)

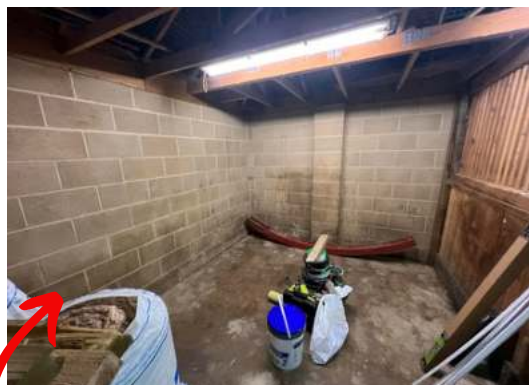


City Farm & RIDING SCHOOL



It's been a hectic time on the Farm over the last few months with several changes for the better.

Thanks to Gerry Watkins and his Moonlight Eclipse charity we have been able to create a playroom for pre-school children out of an old stable. They funded and arranged all the work and we are so grateful. It's full of fun things for children to do if it's cold and wet. We can also hold small animal encounters in there.



BEFORE AFTER

The room can also be for Wellbeing activities and, just before Christmas, we teamed up with Fair Shares and The Nelson Trust to run a



December saw the official opening of the café at the Farm. As the Everyman Theatre had given £10,000 to refurbish it, it was only fitting that Tweedy the clown came along to cut the ribbon along with Gloucester's Mayor, Kathy Williams





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.



We also ran a Festive Fun Day just before Christmas along with Tredworth Resident's Association. The event was an opportunity to offer rides to children on the waiting list and create a new timetable for young riders.

We also had arts and crafts; a Twelve Days of Christmas trail; cheeky Elves to spot and the Resident's Association turned our playroom in to Santa's Grotto which was very popular! We also sent visitors down to the allotment where Rachel and her team had created a magical Narnia Winter Wonderland.

Huge thanks to our fab team of volunteers, who helped organise and run the event and to Hester, Leah, and Chris who gave up their time to run the riding sessions.



Santa (aka Tony Ward) couldn't resist getting a lift off Mr Q and his legendary steed, Charlie.

**The farm is closed temporarily
due to staff shortages and
maintenance but look on the FB
page for updates. Most animals
can still be seen grazing outside.**



Volunteers were invited to carry the 'Snow Dog' lantern at Gloucester Park's Festival of Light which was great fun. They also carried it a day later around Tredworth.



City Farm & RIDING SCHOOL

BOXING DAY



Volunteers making sure the animals were fed and watered (and getting some special treats)



Thanks to all the support and generous donations from the public, staff, volunteers, and different vets including Cheltenham Equine Vets and Three Counties Equine Hospital, during Percy's illness. Percy returned back after having liver issues and colic episodes.

Good News is that Percy is now much better - however, everytime he returns to our setting he becomes ill, so we had to make a difficult decision to rehome him to an experienced home, instead of a riding school environment.

We think that this is best for his future and would like to thank EVERYONE for their tremendous generosity and support.



A fun RollerXpress trip for 24 farm volunteers.

Goodbye Percy

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

No waiting lists. Refer today!

FREE Healthy Lifestyle Support for Gloucestershire families

Refer families to our **FREE** community weight management programmes!

12-week programmes STARTING SOON
support available for families with children aged 4-18

Online support available all year round!

REFER IN 2 MINUTES

beezeebodies.com/refer
beezeebodies@nhs.net
01452 717262

Cooking tips! Fun activities!

beezeebodies Gloucestershire

*eligibility criteria applies, see website for details

Helping You Make Healthy Habits As A Family
Come along to our fun & free healthy lifestyle courses!

Day	Location	Time
Monday	The Wesley Community Centre 7 Belle Vue Road, Cinderford, GL14 2BA	18:30 - 19:30
Tuesday	Matson Baptist Church Matson Avenue, Matson, Gloucester, GL4 8LA	18:30 - 19:30
Wednesday	St Oswalds Church Coney Hill Road, Coney Hill, Gloucester, GL4 4LY	18:30 - 19:30
Thursday	Wheatpicks Community Centre Columbine Road, Walton Cardiff, Tewkesbury GL20 7SP	18:30 - 19:30

Places are limited, so get in touch with us today.
Sign up for your family's **FREE** place at
beezeebodies.com/families

*to be eligible for this awesome free service, your family must live in Gloucestershire and include one child aged 7 - 12 who is above their ideal healthy weight.

beezeebodies Gloucestershire

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.

HANDMADE LEATHER WARE...

ARM GUARDS, QUIVERS, TURKISH HATS, HOLSTERS

LEATHER REPAIRS, BELTS, RE-ENACTMENT ITEMS...

CONTACT:
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FAZEL.PATEL@HOTMAIL.COM
07585654278
INSTAGRAM: [ARRAMI.LEATHERWARE](https://www.instagram.com/ARRAMI.LEATHERWARE)

WOOD VETERINARY GROUP

BEGINNERS LAMBING COURSE
Wednesday 14th February 2024
Hartpury College
2:30-4:30pm

Ideal for **SMALL HOLDERS, FIRST TIME LAMBERS** or anyone who wishes to brush up on the basics of lambing.
CHILDREN ARE WELCOME!

WHAT IS INVOLVED?

- LAMBING SIMULATOR
- COMMON ROUTINE PROCEDURES PRACTICAL: including ringing, tail docking, stomach tubing, colostrum, and glucose injections.
- COMMON DISEASES AROUND LAMBING AND HOW TO TREAT
- "ANTHIBIOTIC USE AROUND LAMBING" a talk from NORBOOK

TEA, COFFEE & CAKE INCLUDED
£35pp

To book a place call the farm office on 01452543999
OR email largeanimal@woodvet.co.uk

Marvellous Mums Group
At Bartongate Children and Family Centre, Sinope Street, Gloucester, GL1 4AW (next to Widdien primary School)

FREE weekly STAY & PLAY sessions every **WEDNESDAY**: 1pm-2:30pm
FREE weekly SENSORY PLAY sessions every **FRIDAY**: 10am-11:30am

A welcoming perinatal support group for pregnant women & mothers with children aged pre-birth to 2 years old.
(older siblings up to preschool age welcome)

This service will support Black, Asian and Minority Ethnic children/young people and their Mums/ female carers.

- Mum's perinatal mental health advice.
- Advice/guidance and signposting.
- Midwives/health visitors for support and early identification of special needs.
- A safe space for you and your baby to build peer support & share experiences.
- Access to additional support hosted at the centre.
- Group facilitator can deliver English/Urdu/ Gujarati.

Come along, make new friends, and enjoy our safe space.

Please register and book a place on the Children's Activity Booking site by scanning the QR code here.

For further information contact:
078711 06931
fatemah.dhalech@barnardos.org.uk

Funded by
NHS Gloucestershire
Barnardos
Believe in children
Barnardos

Barnardos Reg. Charity No. 216250 & SC039088. 100484923

BITS & PIECES

Sebastian Wojtas from Gloucestershire Cleaning Company dedicated a day towards giving the main hall floor a good clean



Young people organised a separate bazaar day which raised a further staggering £14k – all funds went via another registered charity, Blackburn Trust, who together with several other Gloucester based efforts, have been supporting the desperate aid work in Gaza.



Trustee Haroon gave a tour of the mosque as part of raising awareness and understanding between communities



Coffee Shop refurb underway – the main cutting through has been completed by Jaffer Developments, and the converted room should be ready in a month, (hopefully!)



Amateur boxers Essa Mulla (left) and Hamza Atcha (right) recently showcased their talents in their debut matches for Truth Boxing Club under the guidance of coach Amin Khan.

CONGRATULATIONS

Ibrahim Mehta (son of our very own Farouk) who completed his Hifz - the memorisation of the Holy Quraan. Well done



Thanks for reading

