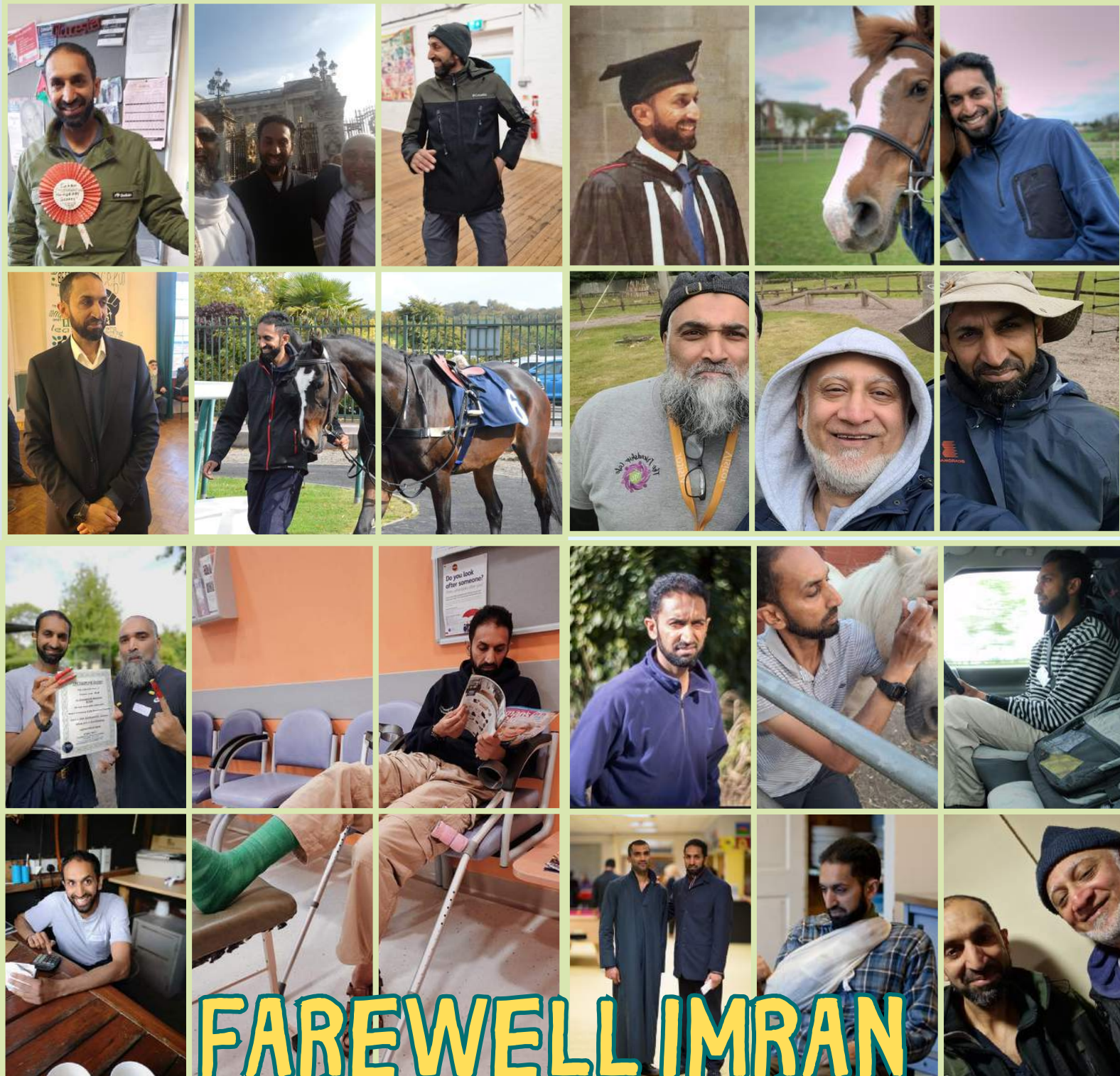


CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



FAREWELL IMRAN



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

It is with heavy heart that I am writing this as my long term boss, colleague and childhood friend has actually left the building. We waved goodbye to Imran at the end of February as he set off on ventures new.

For over 20 years he kept the FC ship afloat and ensured hundreds of children, volunteers, families and many others had an opportunity to do something they may never have been able to do. Activities that he introduced them to (and also me) included camping, gorgewalking, rock climbing, archery and many many others. His passion for horses showed most as he taught innercity children how to ride horses at the City Farm.

A very humble and kind person, and i know that he will be cringing at this editorial (and moreso at my grammatical mistakes). He always avoided the limelight and stood back for others to take the plaudits.

Many of his colleagues will miss him dearly, but all wish him well in his new office job LOL!!

And we look forward to seeing him bring his grandchildren as a participant rather than as a youth worker.

TTFN
Shoaib
Editor - Cafe News



Out with FROM IMRAN *the Old...*

Thank you to all the staff, volunteers, trustees and public who gave me a lovely farewell when I stepped down from my role at the end of February.

Because of the different timings that people work and the different teams, I ended up with a few different send-offs, an unexpected number of interesting gifts and many different cards and souvenirs, ranging from chocolates to flowers and even a voucher to try horseback archery!

Thank you to all of you and many others who I still meet whilst out and about in the area, and to the many, many people who have supported me to undertake my role over the years. I am confident that Ismail Kholwadia, (taken over from me) who has several years of experience in community work and has actually both been a user of the FC (since his childhood!) and a volunteer over the past few years will be able to take the organisation forward, ("inshAllah"/God-willing).

In with FROM ISMAIL *the New*

I want to first thank Imran foremost for his decades of service and dedication in developing The Friendship café and St Jame's city.

He has diligently given his time and energy in supporting and impacting so many in Gloucestershire whilst creating a platform for many to try and pilot new ideas and activities. Personally, Imran took me on my first residential and helped with various aspect of community work.

Just from me, I want to thank all the well wishers and the kind comments received in joining the Friendship Café, this moment in time and for the next few months, I'll be soaking in the atmosphere and all things Friendship Café to get accustomed with the organisations and its work.

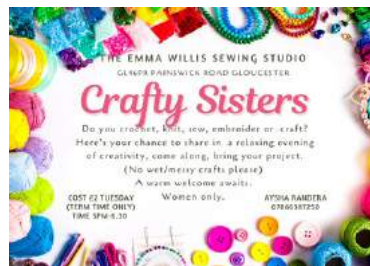


'Sewing the seeds of hope together, one stitch at a time.'

www.avsharandera.com



Please contact: Aysha on 07866387250
aysha@thefriendshipcafe.com
Booking priority to those living in Barton and Tredworth, Gloucester.



Fantastic achievements from our beginners group who successfully made themselves an apron trimmed with the most gorgeous bias binding, both fabric and binding are from @higgsandhiggs. The women love sewing with our teaching volunteers Emma and Faz. And these moments show how very proud they are of their achievements.

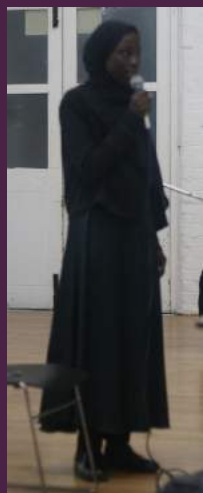




The Ramadan Experience

On the first weekend of Ramadan The Friendship Cafe hosted the Ramadan Experience.

An event for non muslim friends , work colleagues, neighbours or indeed anyone who was interested in what and why Muslims do what they do during Ramadan. The event attended by over 120 people from all walks of life, listened, as the speakers explained all about this holy month, that is practiced by muslims all around the world. Then with the call to prayer the guests joined in the iftaar (breaking of the fast meal).





The Ramadan Experience

would like to thank...



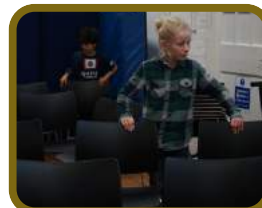
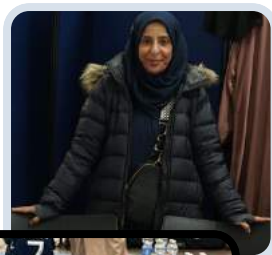
TESCO

Every little helps

Former club attendee, Ismail helped us get fruit for the iftaar kindly donated by Tesco



Finally to all the volunteers who gave up their time to help make this event the success it was. Fantastic job and a massive thank you to all.



THE DATE HUT

The best of Madinah Munawwara under one roof



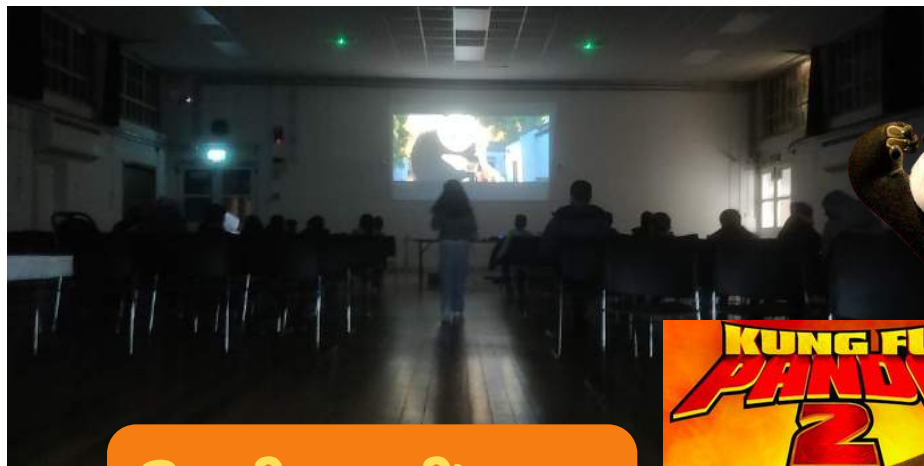
Qing Cables





What have we been up to??

FIRE PIT FUN



Big Screen Showing



TRIP TO CATTLE COUNTRY





FAMILY EID DECORATIONS

What have we been up to??

COURGETTE FRITTERS - CHICKEN WRAPS



COOKING CLUB

@ Treasure Seekers



KHEEMA NAAN - CHICKEN PASTRY

PAINT Ball!



Ramadan Workshop



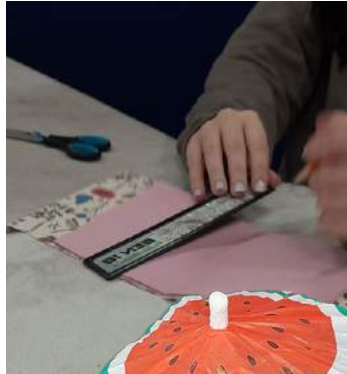
ICE SKATING





THURSDAY NIGHT GIRLS CLUB

Pizza & Quiz Night
Arts & Crafts
Cupcakes



REGULAR ACTIVITIES

ALL OUR REGULAR ACTIVITIES WILL
RESUME FROM MONDAY 15TH APRIL



The Friendship Cafe
SWIMMING L1
WOMEN & GIRLS
Saturdays 1pm

SWIMMING STARTS 27TH & 28TH APRIL

The Friendship Cafe is offering a swimming session for girls aged 5-11. The session will be held on Saturdays at 1pm. The cost is £2 per child. A parent or guardian must accompany the child. A swim cap must be worn. Under 12s must be accompanied by a parent or guardian. Under 12s must not be in the water. Under 12s 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. For Parents of child aged 12 - 16 attending alone SCAN QR code & Complete Form

GIRLS THURSDAY CLUB:

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 **CLOSED** RIDING SCHOOL

It's all change at the city farm recently. We had a perfect storm of events at the start of the year with staff shortages, mysterious animal illnesses and of course Imran moving on. This meant we had to have a bit of pause in the farm project, and took the animals offsite. But what we realised was that it then suddenly gave us a great opportunity to take stock of the whole project and have a rethink of how it all works.



As we were tidying up and cleaning up the old animal pens and enclosures, we realised just how much wear and tear everything has taken. As you know we've been running the farm for 13 years now and it's all grown and developed organically. This has been the first real opportunity for us to fully evaluate the whole site without any animals. But instead of just doing repairs here and there, we've decided to be more ambitious and totally redesign and revamp the whole place.



So at the moment we're tearing down all the tired old structures, and we're working with staff, volunteers and locals who have used the place to completely redesign the outside areas and figure out what animals we'll have and where they'll go, and what new and exciting things we can build for visitors. So this might take a bit longer than we first thought, but it's the perfect time for us to make a massive change like this and plan ahead for the next 13 years!



A MESSAGE FROM **JACKIE**

St James City Farm is currently closed and all the animals are off site but volunteers are still hard at work behind the scenes.

Huge thanks to all those who have given up their time to take down the old buildings which were in need of replacement and to help plan for the future. We need to secure funding to create long-lasting animal housing and a welcoming experience for visitors.

We are asking people who live near the Farm or visit it frequently what YOU would like to see? What animals do you think we should have? Should we offer riding lessons again? Would you like to see a pre-school playgroup running there? If you have any ideas email jackie@stjamescityfarm.co.uk or call her on 07943 622663.



Amidst all the demolition and renovation we have signs of of life!!

The bulbs our Farm Club planted are looking beautiful!

Signs that new life is springing up.





City Farm & RIDING SCHOOL

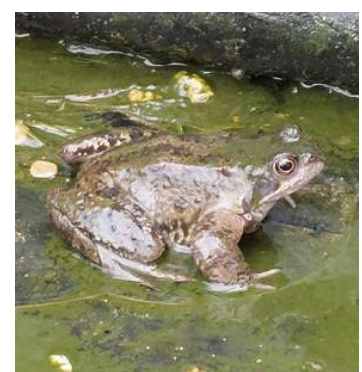
The CCP Community Involvement Team spent a morning on the Farm and smashed through a long list of jobs. Massive thanks to everyone who took down fences; broke up old tables; jet-washed pens and moved logs we thought were impossible to move. You're all heroes!



Girl power! Oh and help from Jordan who joined us later on. These women are unstoppable when it comes to demolition! The former duck and bagot goat houses were soon ripped down thanks to Mandy, Taylor and Patty. And thanks to Jill who sorted out the stable and started on the classroom. We have a hard-working team determined to get the farm looking fabulous so we can welcome animals and visitors back through the gates. Watch this space!



While the pond was draining, Taylor spotted frogspawn so Mandy and Patty jumped in to action to rescue it with her. The saved spawn was carefully moved to the Fair Shares Allotment next door where Rachel will keep a close eye on it!



Some of our volunteers went to Hartpury College to take part in a Beginner's Lambing course run by Wood Vets.

Thanks to Lottie and Madison for saving the frog found on the following day from the stinking pond slime!



City Farm & RIDING SCHOOL

Some of our volunteers visited Windmill Hill City Farm in Bristol. It was a fun morning out but also an opportunity to take a look at how they run their farm and what ideas we can use when we reopen. We'll be asking YOU and the local community what you'd like to see soon! Big thanks to Reyaz for taking us



Farm volunteer Ahmad Tizini is one step closer to achieving his dream job as he's been accepted onto a Foundation course leading to a Level 2 apprenticeship in Racehorse Care. Ahmad is currently on the Riding A Dream Academy Scholarship programme and studying for A levels at Chosen Hill School. He will spend 18 weeks at the British Racing School then 18 months gaining experience at the famous Kim Bailey racing yard in the Cotswolds.

Ahmad also featured on TV's Sunday Mornig Live recently talking about his time at the Riding A Dream Academy.

Link to FB video <https://fb.watch/rnMaivxLKZ/>



Celebrating the successes of our volunteers again! Raven Thomson was at an award ceremony for all those who attended the Gloucestershire Constabulary and Gloucestershire Outward Bound Association Outward Bound course.

The trip ran over 5 days in Snowdonia and Raven was nominated by the City Farm for the dedication she shows as a volunteer and how she has grown in confidence since starting with us.

Raven tackled everything from abseiling to climbing up waterfalls and camping out overnight in freezing conditions- they even had snow! Congratulations Raven! She was presented with her certificate by team leader, PC Mark Evans

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



**Help a refugee
rebuild their life**

**If you have a spare room
you could help a refugee
and receive £600 per month.**

Short-term placements last up to 3 months while your guests find employment and long-term accommodation.

You'll get wrap around support from the Homes for Refugees team to help you every step of the way.

If you could become a Homes for Refugees host,
we need to hear from you today.

HFR@gloucestershire.gov.uk
www.gloucestershire.gov.uk/homes-for-refugees

 **Gloucestershire**
COUNTY COUNCIL

I am delighted to let you know that Gloucestershire County Council has launched a scheme called **Homes for Refugees**, to provide short-term supported accommodation to help refugees to rebuild their lives in the county.

The scheme is for refugees who have been granted asylum, meaning they have the legal right to live and work in the UK, having fled conflict or persecution in their own country.

Once an asylum claim is approved, an individual is generally only given a short notice period to leave the accommodation they have been provided by the Home Office, and do not have enough time to make longer term plans, such as securing employment and more permanent accommodation.

The **Homes for Refugees** scheme gives this group of new refugees a little more time to look for their own housing, secure benefits, find employment and work out their next steps.

On this scheme, UK residents offer a short-term home by providing spare rooms, properties, or annexes as accommodation and are offered a monthly 'thank you' payment of £600 to cover extra household expenses.

These short-term placements last up to 3 months, and both hosts and guests get wrap-around support during this time. Guests will receive professional help to look for employment and long-term accommodation, so that they are ready to move towards independence by the end of the placement. The **Homes for Refugees** team offer guidance to hosts throughout the placement and can also support them if they wish to turn the arrangement into a longer-term formal tenancy.

You can find all the information you need by using the following link:

www.gloucestershire.gov.uk/homes-for-refugees

Don't hesitate to reach out to us if you have any questions: HFR@gloucestershire.gov.uk

If you would like to speak to someone, please contact:

Haroon Kadodia – 07714 206201
Amina Kathrada – 07970 908072



Homes for Refugees

www.gloucestershire.gov.uk/homes-for-refugees

EXAM STRESS How to Calm the Hell Down

It's exam time – the silly season – when stress levels rise, and things can get a little fraught.

I've been studying the science of happiness for 20 years and here are a few lessons, for all the family, to help us calm the hell down and sail through the silly season:

Lesson #1: The 8:1 Ratio

The modern take is that you should be helping your child nurture a growth mindset, that is, an attitude that equates success with hard work. But, 'nagging', 'punishment' and 'pointing out what's wrong' means kids will learn to stick to what they know to be safe which, over time, leads to a fixed mindset (example: 'I'm rubbish at maths, I'll never be able to learn it'). If you mix in a healthy dose of positive reinforcement, you will be rewarded with discretionary effort.

One of the most effective things a parent and/or grandparent can do is to use a positivity/negativity ratio of about 8:1. It may seem a lot and it can be difficult to get it right, but catch your child doing things well. Notice the little things and tell them. Oh, and mean it!

Lesson #2: Praise for effort rather than talent

The advice from positive psychology is that if your child accomplishes something, don't say, 'Well done, you are such a little genius' but rather, 'Awesome, you put the effort in and got the reward'.

Here's a concrete example: If your daughter does well in a mock maths exam, don't high five: 'Holy cow, total genius girl! You were born to do quadratic equations.' You'd be better off saying, 'Amazing result! That's what practice and hard work gets you!' and ruffle her hair in a friendly but unobtrusive fashion.

Lesson #3: Never pay your children for exam results

A very common parenting trap? It's so tempting, but let's examine the sub-text of your well-meaning 'payment by results' system. What you are effectively saying is, 'I understand that studying is a horrible thing to do. And I appreciate that you will only do it for money,' and hang gives their love of learning. You are teaching them (albeit innocently and subconsciously) that learning is a chore.

You'd be better off suggesting that you'll do a family day out as a reward for all their hard work.

Lesson #4: Celebrate strengths

A lot of people beat themselves up about what they're not good at to the point that it stops them celebrating what they are good at. As a parent, it's important that you are a strengths spotter.

Lesson #5: The 4-minute rule

Your emotions are contagious which is why I love Steve McDemott's 4-minute rule. It's so simple... all you've got to do is be positive and present for 4 minutes. If you nail the first 4 minutes, the whole atmosphere changes. So instead of 'How was school?', try asking (enthusiastically but not sycophantic) 'What was the very best thing about school today?' or 'What was the most amazing thing you learned?' or 'The funniest thing that happened?' And then, the hardest part, give your child undivided attention and active listening for the full 4 minutes. Boom! You've changed them by being a better version of yourself. Watch things fall into place. The only hard and fast rule of parenting is that your children won't do what you say. But they will do what you do. So, here's a bonus lesson... you will massively improve the odds of creating an enthusiastic, confident, optimistic, positive teenager by being enthusiastic, confident, optimistic, positive yourself.

Be the change!

Halaina Gilliam

Commissioning Business Manager

Older People Commissioning Team

Integrated Adults Commissioning Hub

Gloucestershire County Council / NHS Gloucestershire

Gloucestershire Cultural and Diversity Dementia Network

The Network is a group of committed people working and living across Gloucestershire who want to do better for people affected by dementia.

We recently organised a community education event at the Friendship Café, where we had over 100 people attend from south Asian, polish, Chinese and Afro Caribbean communities who came to learn about dementia and how to support a person with dementia. We also had a wife of a person living with dementia who shared her experiences and also a local GP gave her top tips on reducing your risk, maintaining a healthy brain and the importance of getting diagnosis.

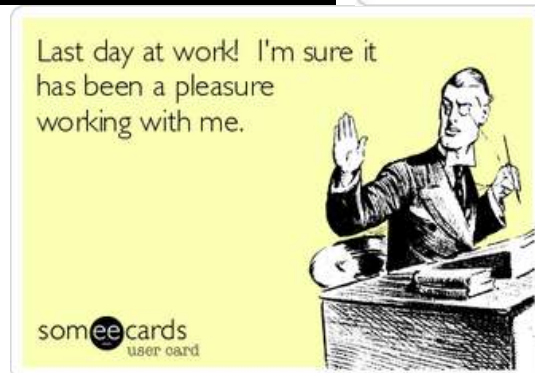
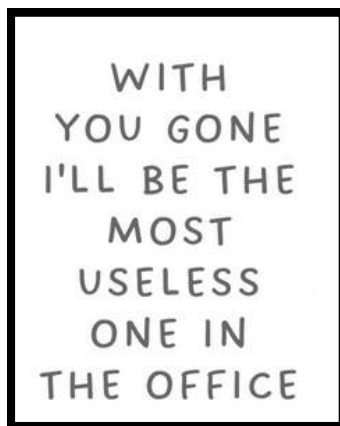
If you would like to find out more about dementia or would like to join the network,

Please contact Steve Shelley-King (Consultant Dementia Nurse and the Clinical Lead for Dementia)
steve.shelley-king@ghc.nhs.uk

BITS & PIECES



Imran had to have his car to take all his leaving gifts with him. Aysha and the sewing team, Tina and the Coffee shop staff and all the Youth Working team ensured he did not leave empty handed.



Thanks for reading

