



Farewell 2019



As another year passes everyone at The Friendship Café & St James City Farm would like to take this opportunity to thank everyone who has helped, volunteered, donated, visited, sweated, cried and laughed with us over the last 12 months. Without your help we would not be able to do the things we do. And with our thanks, we humbly request for your continued support over the next 12 months. We look forward to working with you again.



WhatsApp
07807 869749
07969 187216



Ed Lines

Hello 2020! Another year, another decade, another year to conquer the world. (Dream BIG)
I wonder what you will bring for us this year?

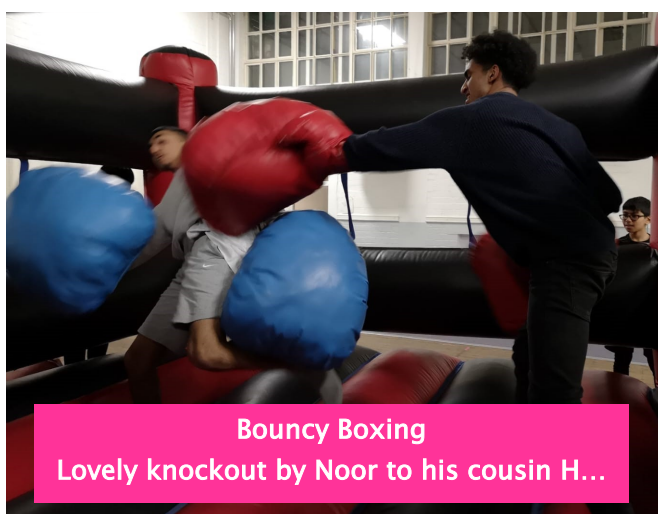
I want to take this opportunity to discuss 2019, from the perspective of Manchester United's successes and the demise of Liverpool FC.....

Thanks for reading.

TTFN
Shoaib
Editor



Paintball or Pain-ball?



Bouncy Boxing
Lovely knockout by Noor to his cousin H...



Pizza Making on Friday Night

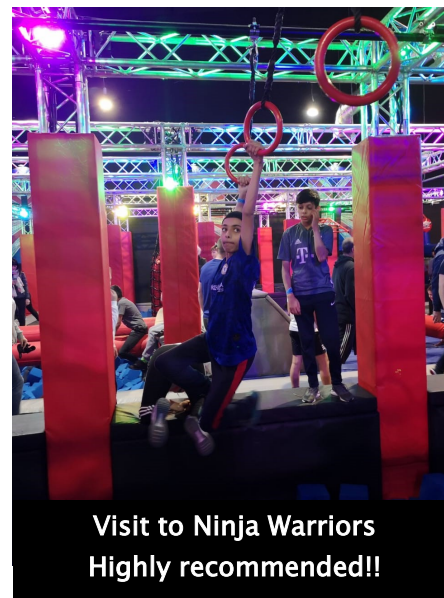
What did the Boys do?



Sumo Suits Challenge



Ice Skating



Visit to Ninja Warriors
Highly recommended!!

Do, send in suggestions for anything that
you think will be worth trying.
We are always
looking for new things to try out!

Pizza & Poppies

With a thought to Remembrance Sunday (the following day), the girls made poppies. The activity required great patience and the girls did excellently, creating some beautiful delicate paper poppies.



We also planned to make Pizzas and melt marshmallows in the pizza oven. Unfortunately the pizza oven did not reach the right temp in time (a lesson learnt) and some pizzas needed to be baked at home. Feedback indicated that families were delighted by this as they were able to share in freshly baked Pizzas!

Ice Skating @ Old Down Estate

Arriving with one hour before our skating session, we had the opportunity to run around the two play areas, meet the animals and warm up with a tasty hot chocolate, before then hitting (or gliding) on the ice for our skating sessions. The girls were great and showed bravery, persistence and rapid skills development in the skating. It was great fun!



Lunar City @ GL1



The last activity of 2019 for the Girls Group was at Lunar City GL1. Playing games of Tag, Hide & Seek, simply running around – high energy entertainment.



COMING UP NEXT!

Football skills Course—Look out for poster further in Newsletter
This is for Girls under 11 years. If you are aged 11 or older and interested in this course, then please do get in touch and let us know!

Volunteers Required

If you would be interested in volunteering with the Girls Group, do get in touch with Zahara

@thefriendshipcafe.com

Thank you!

To all those that gave their time volunteering for the Girls Group Activities mentioned above and to the Activity Providers for allowing use of their facilities!

Award Winner Rich



To add to his list of much deserved accolades, Farm Manager Rich was awarded the Police Crime Commissioners Award for his work with young people at the farm and with 'Fair Shares'.

Farewell Ryan

Early December, we said a very sad farewell to Ryan, the weekend duty farm manager.

Ryan came to the City Farm about three years ago via Fair Shares' work with young people – all we knew is that this shy young man was interested in animals.

An initial visit to see whether he would like to come again, soon became a regular visit, and Ryan started volunteering. Ryan grew in confidence and we soon realised that he could turn his hand to anything and was very reliable and hardworking. A vacancy for weekend staff came up and Ryan was selected. Ryan also undertook an agricultural course at Hartpury College and was responsible for many of the improvements at the farm. The chickens in particular owe a lot to him as Ryan led a team of other volunteers to a complete revamp of their area which had long been overdue. Ryan will now be a full time bus driver and we wish him well in his chosen career path. Thank you for everything Ryan!



Pony Club - Finally!

We are now the latest riding place to become an official Pony Club centre – a big thank you to all the volunteers, supporters and sponsors who helped us achieve this significant milestone. We will be introducing horses to small children at the nearby inner city primary schools, actually in the class room and also at the city farm. As a Pony Club centre, our coaches will also be able to certify children with badges confirming their different levels of progress, from grooming and plaiting horses ready for shows to entering them into the national pony racing competitions held at Cheltenham Racecourse each year.

As it happens, we are also the first out of 480 centres nationally in the Pony Club's 90 year history to be run by anyone from an ethnic minority background!





Say Hi to Hibba Bibba

Our latest member of the farm family

She is a 9 year old Shetland pony, who made her debut at the Tree of Light switching ceremony in Gloucester Town Centre, organised by Gloucester Rotary Club. Hibba Bibba also took part in a parade in Matson.



Thank you: to the volunteers who came on Christmas Day and Boxing to help at the farm, some of whom are pictured.



Bream Sands Beach ride...



The next pony race will be the Cocklebarrow Race in the Cotswolds on January 26th. Visit <https://www.cocklebarrowraces.com/> or please contact Imran or Sarah for details.

LEARN TO RIDE

Our lessons are only £5 each (for 20mins).

The price is subsidised at this rate to give children, mainly from the inner city, a chance to learn basic riding skills, something they would generally not be able or afford to do.

If you would like your child to learn, please email imran@thefriendshipcafé.com

or call 01452 308127 or 305728 and leave your contact details, and one of our instructors will contact you when a place becomes available.

<https://www.facebook.com/InnerCityFarmRidingSchool>

DIY JOBS

Contact Imran

01452 308127

**If you can help with DIY tasks
there are always plenty of jobs
to be done at The Farm or at
The Friendship Café @ Chequers**



Manure – free to collect

Just turn up at the farm. We have loads every day, so please feel free to come to collect. It will help us with clearing it each week.

inspire@
thefriendshipcafe

Cancer Awareness Event

On a cold and wet November day, the Friendship Café's women's group, **Inspire** @The Friendship Café, hosted its first Cancer Awareness event which was in partnership with the Clinical Commissioning Group. The target audience were women from BME communities, some of whom may



not have access to information about spotting the early signs of cancer in themselves or family members.

Dr Sadaf Haque (Clinical Lead for Cancer) opened the event and spoke to the packed hall, reminding the delegates of the importance of screening programmes, what to expect when you've been called and the value of these programmes. This was followed by a series of mini talks and discussions by consultants, supported by some staff members, about a range of cancers (breast, head and neck, lung and gynaecological). Images were shared during the talks, giving clear indications of what to look out for, and translators were on hand for those whose first language was not English. Women from the South Asian communities were represented, as were women from the Arab, Chinese, African Caribbean and Eastern European communities.

Delegates were then able to hear a very personal story about one woman's journey from initial symptoms to diagnosis through to treatment. Naseema reiterated Dr Haque's message of being persistent and also insistent about being listened to.

Those attending were then spoken to about a healthy diet by Macmillan specialist dietician Laura Kent. This provoked a good number of questions about particular types of food and also about internet rumours regarding foods that allegedly 'cure' cancer. This led on to a very late lunch, which was a positive as the lateness was only due to additional questions being asked during the presentations and the clear interest of those listening.

Tina and her staff in the Café provided an extensive and healthy buffet, which was very well received by all. The lunchtime also provided an opportunity to speak to stall holders who had set up their stands and tables in the hall. Many thanks to all the contributors; The Bowel Screening Service, Maggies (offering free practical, emotional and social support to people with cancer, their families and friends), Macmillan Cancer support, Cancer Research UK, Healthy Lifestyle Service, Charlies (Cancer support and Therapy Centre), Artlift (a charity running creative courses and projects with proven health benefits), People Plus (Glos Carers Hub), and Gloucestershire Moves (Active Gloucestershire).



The day was a resounding success with positive and valuable feedback being received. On behalf of the Inspire group I'd like to extend my thanks to all the consultants and other medical professionals who gave up valuable time to attend, Kathy Gibbons and Becky Parish from the Clinical Commissioning Group, Bren McInerney for getting all interested parties together, The Friendship Café staff and volunteers and everyone else who made the day interesting, informative, and valuable as well as highly enjoyable.

The new Families Advice Service – for advice on family and children matters

If you can't pop in, contact us via: families@thefriendshipcafe.com or

Call/Text/WhatsApp 07395188537 for free and confidential advice and support.



BBC Two Wednesdays 8.30pm

Tom Kerridge and a team of volunteers are spending two months together eating lower calorie meals and doing regular exercise. Will they see the life-changing results they crave?

Ep 1: Jan 8
Ep 2: Jan 15
Ep 3: Jan 22
Ep 4: Feb 5
Ep 5: Feb 12
Ep 6: Feb 19



Bone Soup Productions
Presenter: Tom Kerridge
PM: Jo Boyle
Cameras: Richard Hill
Producer: Rosa Brough
Director: Sarah Myland
Exec Producer: Richard Bowron

Look out for our staff and volunteers on BBC 2 in this new series in the New Year! We're in episode 3 on Jan. 22nd, 8.30pm which was filmed in The Coffee Shop and our boxing gym.

The Coffee Shop

The opening times

10.00am – 3.00pm

Mondays to Fridays

9.30am – 1.30pm

Saturday mornings

Call ahead.....

the direct mobile line number
is **07496388146**.



The Coffee Shop at The
Friendship Cafe

Thank you to the chair Of Inspire@thefriendshipcafe, Zainab Kadodia for her time and commitment to our women's group. Her support and direction has been invaluable to us all.



We would like to welcome Volunteer Khadija Goga as our new chair.



A group of local ladies reached new heights when they tried an indoor climbing taster session at the Warehouse in Gloucester. The majority of them had climbed for the first time. A massive thanks to Jeremy of the Warehouse for arranging this and to his staff who were fantastic during the morning's climb.

Women swimming: On going issue GL1 / Aspire can only provide a session monthly as they state that they don't have adequate female lifeguards! We have complained officially and will hopefully try to resolve this issue which has been on-going since 2018. Next session **Sat. 18th Jan. 5.15–6.15pm**



Spotlight on hidden volunteers:

Les Hackwell and Nick Odore are two of our qualified boxing coaches who have been running sessions on a voluntary basis on Mondays and Wednesdays (6.30–7.30pm/£1). Nick fought in the 1992 Olympics for Kenya so knows his stuff and Les has a long history of training and coaching.



Our Treasurer and lifetime volunteer Junaid proves that there is still some life left in the old boy, mountain biking with the FC T-shirt in the Atlas Mountains in Morocco.



Rare image of the elusive Shebaz Razvi, taken around 2000 in the old Gymnasium.

Farewell Shebaz...

Shebaz has left us to take up a teaching career...

Shebaz was originally one of the young people attending and volunteering at the gym in the 90's and then came in as Centre manager for the Friendship Café when we were based in Barton St, for approximately 2 years, during 2002. He then returned as Centre Manager in 2014 when we took on the current premises, and had been with us for 5 years. Shebaz had many talents so even though his title was "Centre Manager", he was mostly 'Mr Fix It', doing electrics, plumbing, painting as well as helping people out in all sorts of ways. His paid hours were only 18 a week, but he often spent the entire week volunteering and supporting the organisation.

Congratulations!

To Olivia who has started her course to become a vet at the University of Surrey. Olivia came to us in 2017 to build up her work experience whilst studying A levels at Sir Thomas Rich's school and was a keen weekly volunteer for about a year. This is Olivia's message to us and we look forward to her coming back fully qualified! We are very proud of you!

"I'm writing to let you know I have successfully gained a place at the University of Surrey to study Veterinary Medicine. I just want to thank you for allowing me the opportunity to carry out my work experience at St James City Farm. I really enjoyed my time there, especially when all the staff were so friendly. The experience has been invaluable to me and I will never forget it".

*Thank you for everything,
Olivia E.*





Sewing studio has been well attended, look out for the new session to be added soon. We reflected on what we had learnt and shared our makes. At the end of term party! Knitting and crochet groups have been busy knitting for family, friends and charity.



Fabulous cooking from the sewing group ladies at the end of term party.



Becky on our hand knitted/crochet stall at the Cancer Awareness event raising funds for charity.

Thank you to Imran Jadwat @Fabric World in Cheltenham for their kind donations of Fabric, also Andy, Aisha, Dymrna, and the many others who have donated resources this past term a huge thank you.



ART SHAPE

Art Without Barriers

Art Sessions: Dementia

2020 dates

January: 8th, 22nd
February: 5th, 19th
March: 4th, 18th
Wednesdays, 10.30am-12.30pm
Gloucester Resource Centre



Creative Sessions for people living with Dementia and their carers. Throughout the art sessions, there will be opportunity to have a go at many different approaches to art including drawing and painting, printing, textiles and clay led by artist Alison Cockcroft. £3 per session.

Adult Education Courses

Scrap Art

Gloucester Resource Centre
Jan - March 2020
Fridays, 10.00am - 12.15pm

Work with artist Gemma Woods to explore a variety of arts and craft techniques using recycled materials. Using some weird and wonderful materials, you will be amazed at what you can create with a bit of recycling!

£16 a term
This is a subsidised course for people who face disabling barriers.

Make Do and Mend

Gloucester Resource Centre
Feb - April 2020
Fridays, 1.30pm - 3.30pm

Explore a number of ways in which you can re-vamp, up-cycle and re-use existing items rather than buying new! You will consider the impact this practice can have on the environment, and your own pocket, while exploring your creative style as you make items that are exciting and unique.

Fully subsidised for learners who meet the criteria for employability courses. £50 contribution for non-subsidised learners.

In Stitches: Leather

Venue TBC
Feb - March 2020
Date and Time TBC

On this course you can have a go at hand sewing techniques using soft leather to create small but beautiful pieces for yourself or gifts for others.

Fully subsidised for learners who meet the criteria for first steps courses. £30 contribution for non-subsidised learners.

To find out more or book a place email bookings@artshape.co.uk or call 01452 863855



Flourish

FREE 13-week arts courses for people moving on from cancer

Between Jan & Apr 2020

In Matson, Tredworth & the Forest of Dean

(through health professional referral)

Contact referrals@artlift.org / 03000 200 102
Go to www.artlift.org



"It has made me feel better physically and my sleep has improved."

Are you moving on from cancer?



Join our specially trained artists for:

Flourish

Try different art forms, e.g: drawing, textiles and many more.
Build confidence & friendship through creativity.

"I enjoyed meeting up with people and making friends... it makes you feel not so bad in yourself."



"It has made me feel better physically and my sleep has improved."

MATSON - BARTON - FOREST OF DEAN

FREE 2-hour sessions over 13 weeks between January & April 2020

FIND OUT MORE
- Ask your GP / healthcare professional about a referral
- Contact referrals@artlift.org / 03000 200 102
Go to www.artlift.org



@artstomakeyoufeelbetter



@artliftcharity



@artsonprescription



UNIVERSITY OF GLOUCESTERSHIRE



MATHS AND ENGLISH SUPPORT

FREE ASSESSMENTS AVAILABLE AT THE FRIENDSHIP CAFE

- ✓ Suitable for Year 1 - Year 11
- ✓ Follows National Curriculum
- ✓ 24/7 access to lessons
- ✓ Tuition Centre
- ✓ Includes other subjects
- ✓ Individualised support
- ✓ Qualified Tutors
- ✓ Weekly reports
- ✓ Teacher helpline
- ✓ Shop2Learn Savings

www.myowntutorgloucester.co.uk

CALL ZABREEN NOW: 07790933551

OR EMAIL: motgloucester@gmail.com

Made with PosterMyWall.com

My Own Tutor has been running successfully at The Friendship Cafe since September 2019. Zabreen runs two sessions for English and Maths tuition; the first catered towards year 1-8 and the second towards GCSE. The programme operates using a diagnostic approach to apply targets that are specific to each individual student. It includes access to a learning portal that contains material aligned with the UK's national curriculum and is accessible to students 24/7, although at The Friendship cafe the service is fully provisioned with qualified tutors that help students reach their maximum potential.

It is not too late to sign up, though spaces are limited!

Please visit www.myowntutorgloucester.co.uk for more details on the various packages available. Discounts are available for siblings. Alternatively, please feel free to contact Zabreen on 07790933551.

4 sessions for only £12!

The friendship café Girls Group

Football Skills



Football Skills for GIRLS

Girls 5-7 years
2:30pm - 3:20pm

Girls 8-10 years
3:30pm - 4:20pm

An opportunity to get active, play games, develop ball control, learn new skills AND have fun with friends.

Venue: INDOORS @ The Friendship Cafe

Dates:
25th Jan
8th Feb
22nd Feb
7th March

Female Qualified instructor.
Please note: Sign up must be for the 4 sessions running over 8 weeks.

If interested contact
Zabreen on 07578594680
Zahara@thefriendshipcafe.com

Healthylifestyles Gloucestershire

Planning on losing weight this year?
And/or know someone who is
Let Healthy Lifestyles Glos help you for free



Come along to the Friendship Café @ Chequers between 17:00-18:30 on Wednesday 15th January to sign up or for more info call 0800 1223788 or email aysha@thefriendshipcafe.com

Inspire@TheFriendshipCafe
Be Inspired, Do More!

Supportive Female Coach

New!! £20 (usually £35)

Ladies Only Running Course for Total Beginners
You can get from your couch to 5km in 10 weeks

Lose Weight, Get Fitter, Be a New You!
(Jilbaab, hijab and niqaab are welcome)

10 week course starting Thurs 23rd Jan 1-2pm @ Gloucester Park

Contact Fazeela on 07574 424975 for more info or to book your place (limited spaces)





Prince's Trust

Get Started with Adventure Sports

Taster Day: Thu 23 Jan 2020

Programme: Mon 27 - Fri 31 Jan 2020

Search 'Prince's Trust Get Started Programme' or call us on 0800 842 842

Are You 16-30? Interested in Adventure Sports?

Our Get Started with Adventure Sports course will give you the opportunity to gain experience in a variety of Adventure Sports, giving you the chance to improve your skills, confidence and resilience along the way.

Spend a week immersing yourself in the outdoors and develop your team building, communication skills and confidence.

- Develop transferable skills
- Grow your leadership potential
- Take part in a range of outdoor activities, such as mountain biking, rock climbing, bushcraft and canoeing

To join the course or find out more:
Search 'Prince's Trust' or
Call for free on 0800 842 842



YOUTH CAN DO IT



Ladies' Cycling Course for Improvers

- 5 week cycling course for improvers
- Sundays 9am-10am (from 12th January - 9th February)
- Meet at Gloucester Academy
- Come as you are - no special 'cycle clothing' required
- Bike and helmets available
- Course total £20

Two qualified female instructors will guide you gently through the core skills needed to cycle comfortably and confidently with friends or family and be able to go out on bike rides on your own.

Limited spaces so booking and payment essential.
Go to [eventbrite.co.uk](https://www.eventbrite.co.uk) (search 'cycling with confidence') or contact Kirsty Dunleavy on 07515656481

To book go to:

<https://www.eventbrite.co.uk/e/ladies-cycling-course-for-improvers-tickets-87951777133>

(New beginners course starting in March - watch this space)

LET'S GET UP AND HAVE SOME FUN!

18+ only

Ladies at Lunar City

Exclusive women only session!

Monday 13 Jan 9.45am-11am

At GL1 Gloucester Leisure Centre

Last few days to book!!
Go to [eventbrite.co.uk](https://www.eventbrite.co.uk) and search for Lunar City

This Coming Monday, Don't Miss Out!!



Special Price Only £5

Lunar City is a physical activity and you are responsible for deciding if it is suitable for you.
If you have any health concerns please consult a medical professional before booking.

Ladies at Lunar City - to book

<https://www.eventbrite.co.uk/e/ladies-at-lunar-city-tickets-87662311333>

"Organ Donation - how the changes will affect you"

In only four months time, the organ donation law in England will change. The idea is to save more lives. Today, if you want your organs to be used to save the lives of others, you should say so by joining the organ donation register. If you don't join no one assumes anything.

In April it all changes. Every adult (with a couple of exceptions) will be presumed to be willing to have their organs used to save lives. This should make more organs available, for people are dying because there are not enough organs. If you really don't want to then you don't have to, but you must say so on the organ donation website, and that will be the end of it. But most people are happy for their organs to be used - after all, someone they love may need one.

So, if you want to save lives this way then the best thing to do is tell your relatives what you want - they will be asked - and do what we have done, which is to register our willingness on the website. That way everyone is clear, and your wishes will be followed.

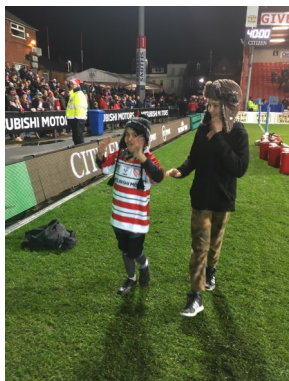
There is another option for those who find it hard to agree with organs coming from someone who has just died. It is called a "living donation" and for example as we have two kidneys, we can often spare one without harming ourselves. Afterwards, the donor recovers fully, and the patient leads an ordinary and full life. However, this not for every organ, and not everybody can do this.

We've been through it and know how hard it is. Please have a think, take advice, make your mind up and then tell your relatives so they know what you want. But remember, it's not just your life at stake here - it might be your child or loved one, and if you can help save them then that is something incredibly good that you can do.

If you have any questions please let us know.

Geoff and Lily Gidley

gloskpa@gmail.com



Bilaal the Mascot

Young Bilaal Kathrada was the official mascot for Gloucester RFC in the match against Worcester Warriors.

After being nominated by Hashim Norat for the help Bilaal does at the GFTH events, Helen Chu the Community & Charity Manager at Glos RFC chose Billy to be the mascot for the match.

On match day, Helen, also kindly took Bilaal's older brother Ibraheem around too. They both got to walk around the pitch, being applauded by the fans, watch the players in the pre match warm up, visit the players changing room and finally for Bilaal he had the honour to lead the team out with captain Willi Heinz onto the pitch.

The added bonus:- it was live on BT Sports!

I, proud Dad and Editor of the Café News would like to thank firstly Uncle Hash for the nomination and Helen, who also helps us on GFTH events, for making this happen and in doing so making two boys extremely happy.



Gloucestershire Live ran a very interesting article about families those who don't celebrate Christmas. They talked to a number of people at The Friendship Café. Read what they had to say here.

<https://www.gloucestershirelive.co.uk/news/gloucester-news/how-gloucester-families-who-dont-3657903>

Cattle Country

A big posse from Barton & Tredworth went to Cattle Country at the end of October.

Many thanks to our local councillors and Gloucester City Council for subsidising this great day out. They do more than just point at pot holes and litter!

As driver, I heard a comment from a small child which sums up the place in their mind: "I wish that I could have a house and live at Cattle Country... the ball pond would be my bed".

A HOME EDUCATION PROJECT FOOD COLLECTION FOR GLOUCESTER FOOD BANK

Please message the following for details of drop off locations:

Shoaib - 07807869749
Sarah - 07954359655

URGENT
NEW
YEAR
APPEAL

DEADLINE FOR
DROP OFFS
SATURDAY 25 JAN

All items to be in date
and unopened please

DROP OFF POINTS

- 17 Blenheim Road (daytime only up til 7pm)
- 8 Blenheim Road (front yard recycling box)
- 13 Vicarage Road (front yard recycling box)
- 75 Regent Street (front yard recycling box)

The food will be distributed by the charity Gloucester Food Bank to needy families in Gloucester. Last year over 7000 emergency food supplies were given out in Gloucester. Let's try to help even more families in 2020! Your kindness will help the most vulnerable in our community and your generosity is much appreciated. Thank you



Find a charity, fundraiser or appeal



Join

Login



The Friendship Cafe (includes St James City Farm)



We also run the City Farm!

<https://localgiving.org/charity/thefriendshipcafe-cityfarm/>

Donate now

Give monthly

What your gift could provide

£5

pays for a bale of hay to feed the animals at St James City Farm

£10

pays towards a child to try a climbing experience

£100

buying some kit towards our activities e.g. archery target or play mats

Fundraise for us!

DONATE TODAY

Now that the BT My Donate page has ceased to exist, we have created a Local-Giving Page where you can donate a one off payment or set up a monthly direct debit.

MUCH APPRECIATED!