

# CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



**"HAVE YOUR SAY DAY"**

**CITY FARM**



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



# ED-LINES

IT'S NOT COMING HOME!!  
IT WAS NEVER COMING HOME!!  
AND I DONT THINK I'LL EVER SEE IT COME  
HOME!!!!

Although my frustrations at losing another final were shortlived, as being a Manchester United fan the last few years have acclimatised my emotions to this sort of disappointing performance.

One of the reasons for the delayed newsletter was that each night I sat down to do the newsletter I would end up watching the footy! That with a 2 week holiday in Wales and a dodgy laptop all added to my long list of reasons for my tardiness!

However earlier in the month I had a happy football moment, as Rising Stars FC celebrated their 50 year anniversary - another successful project completed this year, with the wonderful help of Ayoob Moolla, Idris Bobat & Mohammed Patel along with Ismail Kholwadia & Unreflected Reflections.

And now it's nearly time for the start of the new Premiership, and suddenly all my negativity of previous failures and disasters disappear and my hopes and expectations of a season full of great football, great goals, and great success has lifted my optimism to heavenly lofty heights and along with my fellow, eager & avid fans we are ready to cheer on the mighty Red Army.....

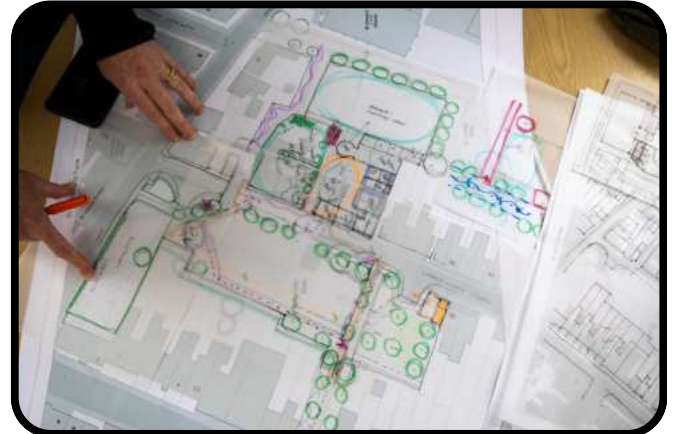
....only, I'm guessing, to be knocked back down to earth an almighty thump when we play out a tame draw at home against Fulham in our first game!!

AND THEN AS THEY SAY  
NORMAL SERVICE WILL HAVE BEEN RESUMED!

TTFN  
Shoaib  
Editor - Cafe News



## It's happening!!!



The fabulous team from Austin Design Works spent a day on the Farm chatting to staff and volunteers and putting pen to paper to create exciting plans for the future.

The team listened to what people had put forward in the recent consultations and are creating a Farm to best suit the needs of animals, community and staff teams.

Once the plan is drawn up we'll share it with you and this will be a starting point for us to go forward and explore funding and resources to make it all happen.

Watch this space!







# The Emma Willis SEWING STUDIO



*quirky  
quilters*



The "quirky quilters" aka Maggie and Pauline were back with evening classes for the spring term. What a wonderful start, choosing fabrics, using the rotary cutter for the first time, learning to measure and cut accurately, and adding seam allowances.



The quirky quilters catch ups are proving that it was just what we needed to get our patchwork quilted bags finished. Look at these faces, the pure joy on completion of their projects is the best reward from a class.



Cyanotype and over embroidery. Participants in this class have been carefully continuing to embellish their work with just white thread. The contrast against the indigo blue is so stark and gives a lovely effect to their cyanotype.



A nursery teacher who attends the studio, needed some outfits for their tiger who is going to a home with children. One of our teachers made the cutest little outfits for the tiger.





What have we been up to??

**FRIDAY**  
**ICE CREAM**

with ice cream  
left over from  
RSFC 50 year  
presentation.  
Donated by



**BBQ & BOUNCE**



As FC was booked for a private event , we all went to the cinema on a Friday night!! Thank You Sherbourne Cinema for hosting us.





# What have we been up to??







# *Trips with Sameera*

OUTDOOR LEARNING OFFICER







cooking club







# FIELD WREATHS

## THURSDAY NIGHT GIRLS CLUB

Glass painting

### CARDBOARD FLOWERS







Unreflected  
Reflections

RISING STARS FC: SINCE '74

Rising Stars FC celebrated their 50th Year anniversary held at The Friendship Cafe. Bringing back players from the past along with the current ones, we had an evening of reminiscing, good food, and a great laughs. Unreflected Reflections also made a film to capture the history of the first Asian football team to play in the Gloucestershire leagues.

THE  
70'S  
TEAM



EIGHTIES TEAM

NOUGHTIES TEAM

CURRENT TEAM



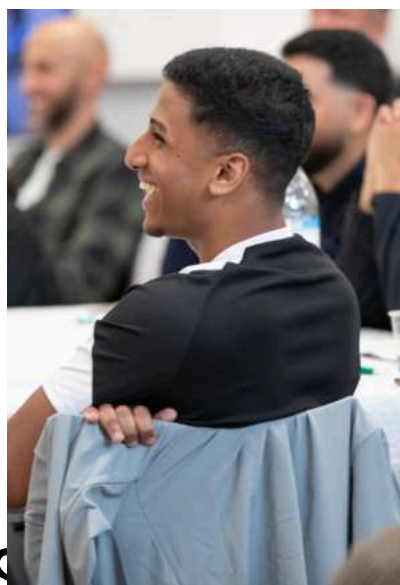
Celebrating in style in what was the most succesful season ever in RSFC history, with the current team winning two cups and gaining promotion.





# 50 Golden Years

## RISING STARS FC



- FRESH MEAT & POULTRY
- FRESH FISH
- FRESH FRUIT & VEG
- VEGETABLE WHOLESALER
- ETHNIC FOODS (WORLDWIDE)
- RANGE OF FROZEN FOODS
- SUPPLIERS TO THE CATERING TRADE

**CONTINENTAL FOODS**

Food from Around The World

17A, Barton Street  
Gloucester GL1 4EU  
01452-503786  
07710 418961

ESTABLISHED SINCE 1974  
BUY FRESH.. BUY QUALITY

**WALL'S**

**SINBADAC**

**Thank You**

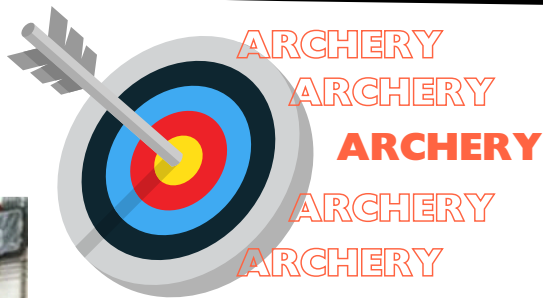
**Tuffley Pharmacy**

**TO ALL OUR DONORS**

**ALLCARE PHARMACY & TRAVEL CLINIC**







Come for some fun! Join the women's only archery session every Wednesday!  
For further info contact: 07880793450

## Four Trees Archery Competition

WILLOWBROOK FARM



Archery is another skill that I'm enjoying learning at the Friendship Cafe during my retirement. It's in a lovely relaxed atmosphere with Farzana instructing us. Oh, and Yes I did pop the balloon !!  
- Carol R



4 x GOLD  
Renata - Ladies 18+  
Kiahna Girls U14  
Michelle - Girls U14  
Amaan - Boys U18



# AMAZING





# CITY FARM & RIDING SCHOOL

**CLOSED**



Superstar volunteers Robert and Lottie have been hard at work clearing the overgrown path that leads to the allotment. So many brambles and nettles but it's finally safe to use! Robert also found a pansy growing in the yard - some plants thrive in the most unlikely of places!

Lovely session with our volunteers yesterday. We painted signs that will soon be up on the fence linking the Farm with the allotment. Lots of conversations about the different cultures and languages used in the area and we hope we've covered a few of the main ones! Ibraheem impressed us with his Arabic and Antonia is Hungarian so that helped! Thanks to Polly for her support.



## 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. 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? If you have any ideas email [jackie@stjamescityfarm.co.uk](mailto:jackie@stjamescityfarm.co.uk) or call her on 07943 622663.



Congratulations to our former volunteer/placement student Tyler Howarth who has just started a dream job - driving tractors! Tyler studied at Hartpury College and has now started work at A.S Green - a family run 1400 acre farm near Malvern which supplies Marks & Spencer and Waitrose among other big name supermarkets. He has also just passed his driving test. He's an all-round lovely person and we wish him well!



Volunteer Jill has been taking some time out recently as she's taken up art classes. Her first mosaic piece was this fabulous duck which she has donated to us. It'll be hanging in the cafe so come and take a look!



Adding some colour to the Farm! Our 'resident artist' Pete is giving the tables in the volunteer room a makeover.





# CITY FARM & RIDING SCHOOL

June marked the 40th anniversary of Volunteers' Week which celebrates the amazing contribution volunteers make to communities across the UK - and we want to say a huge THANK YOU to all of ours! The Farm has always been run by volunteers, supported by staff, and despite being closed for a rebuild, their help is as vital as ever. We have a fabulous team aged 12-70+ and are totally inclusive



These kids! Billy and Jack got down to work yesterday and went home hot and messy! Not one complaint and they made the job so much fun! ❤️



Still plenty of beautiful wildflowers around the Farm but we now have mowed areas thanks to Hayden, a PCSO doing it in his own time.



More thanks - this time to Gerry Watkins from The Moonlight Eclipse charity who yesterday transformed a dirty old stable into a gleaming white welcoming space.



Thanks to Pete and support worker, Victor for being the muscles today and moving heavy paving slabs. And to new volunteer Louisa who has been jet-washing, getting rid of moss



Congratulations to our Volunteer, Ahmad Tizini (centre) who graduated from the Riding A Dream Academy. Ahmad started riding here at the Farm and has worked hard to achieve his goal alongside studying for A levels at Chosen Hill School in Churchdown.





# CITY FARM RIDING SCHOOL

**CLOSED**

Don't forget to visit our amazing cafe at the farm! Open Thursday to Saturday 10-4pm. Delicious food and the best hot chocolate! We also have our playroom on site to entertain your little ones. The space itself is now available to hire. The space itself (seats 15) is £12.50 per hour (without use of the kitchen) or we can arrange catering for you. Meetings/group sessions all welcome! For details contact Reyaz - [reyaz@fairshares.org.uk](mailto:reyaz@fairshares.org.uk)



**"HAVE YOUR SAY DAY"**

**CITY FARM**



**Thanks to all who came to the Farm  
on "have your say day" to share  
your hopes for the future; getting  
involved with activities and meeting  
the animals.  
What a fabulous day!**







# 해동검도

UNITED KINGDOM HAIDONG GUMDO ASSOCIATION

*"The true principles of Haidong Gumdo® is to execute justice with the sword light, that is obtained at the break of day from majestic and brilliant sunlight that glows over the East Sea."*



Haidong Gumdo is a sword based martial art based on battlefield techniques that can be traced back 2000 years through Korean history.

Six years ago, Ibraheem took up Haidong Gumdo. Under the guidance of Master Harry Limer he has recently achieved his 1st dan Black Belt during his grading.

"Ever since I joined, Master Harry and all the instructors have always made me feel very welcome and included. Everyone is so supportive and friendly, it's like having a second family. We have children, young people, and adults all training together."

- Ibraheem Kathrada



WORLD HAIDONG GUMDO FEDERATION  
사단법인 세계해동검도연맹

Ibraheem Kathrada  
이브라힘 카트라다



If you are interested in joining a friendly & welcoming group please contact  
Triumph Martial Arts 07817 991493  
For more info go to [www.triumphmartialarts.co.uk](http://www.triumphmartialarts.co.uk)



# A ROYAL garden party



**TINA**



**SHAKERA**



**RULIA**



**CARL**



...and they also bumped into Hash from GFTH who was there with his wife Shenaaz

Staff at the coffee shop & farm were invited the King's Garden Party....



**Eid in the community was a phenomenal success! The Office of the Police and Crime Commissioner for Gloucestershire and Widden Primary School school along with The Friendship Cafe held a huge event that oozed community spirit and togetherness at the time of Eid 2024**





# COMMUNITY NOTICES



## PEACEOPHOBIA

**26-28 SEP // FREE!**

**ASDA CAR PARK // BRUTON WAY GL1 4AS**

**Live – 3 days only //**

**Common Wealth and Fuel present  
Peaceophobia, an unapologetic response to  
rising Islamophobia around the world,  
conceived and created in Bradford. Featuring  
cinematic lighting, modified cars and an  
original electronic sound score //**

**Written by Zia Ahmed – with Mohammad Ali  
Yunis, Casper Ahmed, and Sohail Hussain //**  
**Co-created by Common Wealth, Speakers'  
Corner and Bradford Modified Club //**

[https://www.ticketsource.co.uk/  
strike-a-light/e-qlqae](https://www.ticketsource.co.uk/strike-a-light/e-qlqae)

**RISING STARS FC**  
Year 1/2 & 3  
GLEBE PITCH  
£2  
**RISING STARS GIRLS  
FOOTBALL  
COACHING**  
Sundays | 10-11am

## PAPPA CHAI

EST. 2019

GLOUCESTER

# NOW OPEN

## 6:00PM

## TILL LATE

7 DAYS A WEEK

95-99 VICTORIA STREET  
GLOUCESTER  
GL1 4EP



#PappaChai

## SAVE THE DATE CALL FOR VOLUNTEERS



FROM  
12PM - 5PM

AT OUR ANNUAL  
SUMMER SOCIAL



11th August

## SUMMER SOCIAL

BBQ . FOOD . GAMES . GIFTS AND  
CLOTHES STALLS . BOUNCY CASTLE

ELMSCROFT COMMUNITY CENTRE,  
CORONATION GROVE, GLOUCESTER, GL2 0SS

Full details and  
registration link  
coming soon

HubbGloucestershire@gmail.com





# COMMUNITY NOTICES



Gloucestershire County Council and NHS Gloucestershire would like to hear from all Adult carers aged 18+ about the support that carers need to help them continue in their caring role. You do not have to be in receipt of Carers Allowance to be considered a carer. The feedback that you give us will help to shape future services for carers in Gloucestershire.

A carer is... "somebody of any age, who provides support or who looks after a family member, partner or friend who needs help because of frailty, physical or mental illness, addiction or disability."

The feedback that you give us is anonymous and will be treated in the strictest confidence.

<https://haveyoursaygloucestershire.uk/engagementhq.com/carers-survey-2024/surveys/carers-survey-2024>

The survey will take roughly 10 minutes to complete.

Please note the survey will close on Wednesday 4 September, at 5pm

If you have any problems completing the survey, please contact [commissioninghubadults@gloucestershire.gov.uk](mailto:commissioninghubadults@gloucestershire.gov.uk)



## GLoucestershire CONNECT AND OFFLOAD

Our helpline is here to support adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood or depression, including support for self-harm. We can also provide support and information to friends, family, carers and professionals.

Telephone: 0808 801 0606

Text: 07537 410 022

Email: [cando@rethink.org](mailto:cando@rethink.org)

## \*Unreflected Reflections: The Trilogy\*

Following many requests, we are excited to bring to you an all in one immersive session to experience all 3 documentaries at The Friendship Café.



Booking link and details can be found below:

<https://www.eventbrite.co.uk/e/unreflected-reflections-the-trilogy-tickets-951986787107>

Book your  now!

**Unreflected Reflections**  
PRESENTS  
THE TRILOGY

Join us as we bring to you the screening of all 3 short documentaries in one session!

**GLoucesters GLORY**

**PIONEERING GLIMPSES**

**RISING STARS FC: SINCE 74**

**FRIDAY 2ND AUGUST**

THE FRIENDSHIP CAFE  
CHEQUES BRIDGE,  
PAINSWICK RD, GLOS,  
GL4 6PR

EVENT STARTS AT 5:30 PM  
DOORS OPEN AT 5:15 PM

TICKETS COST  
£10  
BOOK HERE

@unreflectedreflections

DESIGNED BY  
PREMIUM GRAPHIX



# BITS & PIECES

**"AND THEY'LL ONLY WALK 175 MILES!"**





**50K FUNDRAISING TARGET**

**WALKING FOR HUMANITY**

WALK WITH US FOR GAZA  
PLEASE SUPPORT HASH & NEPHEW JAVID ON THIS HUMANITARIAN MISSION WITH YOUR KIND DONATIONS & PRAYERS

**Saturday 20 - 28 July**

**Location**  
Mullaco Supermarket to Gloucester Kings Square

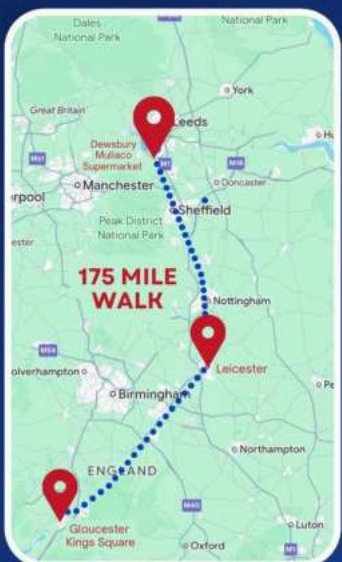
**Target 50K (Funding)**  
Bread Ovens (£120 Each)  
Hot Food ( £2500 Per Programme)  
Clean Water  
Shelter

**100% DONATION POLICY**

**SCAN TO DONATE**



AQSA ISLAMIC CENTRE  
SORT CODE: 538121  
ACC NUMBER: 83295127



**175 MILE WALK**

Hashim Norat

Hashimnorat@hotmail.com

07905 417266

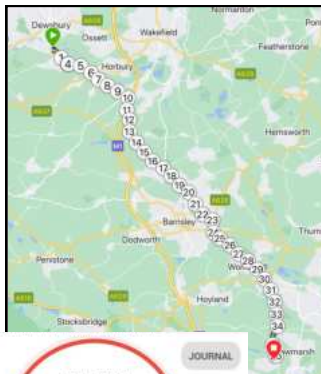
Designed By @Emblemgraphics



**GLOUCESTER'S OWN PROCLAIMERS  
HASHIM AND JAVID NORAT  
WILL WALK 175 MILES FOR CHARITY  
FROM DEWSBURY IN YORKSHIRE  
TO THEIR HOME TOWN OF  
GLOUCESTER VIA LEICESTER**

**PLEASE CAN YOU DONATE  
WAHTEVER YOU CAN TO HELP  
THEM RAISE THEIR TARGET OF £50K**

**DAY ONE**



*Thanks for reading*

