

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



www.thefriendshipcafe.com



ED-LINES ONE COMMUNITY ONE LOVE

Hi All

I have lost something and maybe some of you may have seen it around??

I saw the sun for about 5 or 6 days in early June but since then NOTHING! No prolonged appearances, just the odd "Hey I'm OK message" and then it was off again. I have tried looking for it around the country, up North in Bolton but the sun was last spotted there before COVID!!

And not much better in the South, where on the odd occasion it was spotted, everyone wanted a bit of it and the roads got so busy that families had to enjoy it from their sunrooves on the motorway. And those fortunate enough to get the picnic mat out, were soon greeted by our nemesis, THE RAIN!!

So now Autmn falls upon us and the heating has already been switched on - to dry the washing of course!! And as the days get shorter so does the red line on the weather thermometer.

Time to get the "long johns" out (apaprently named after John L Sullivan - a boxer from USA who used to wear them in fights), get the electric blankets out of the attic and for those old enough to remember buy in some Ready Brek (just look up the Ready Brek advert from 1982 on YouTube).

And finally in my search for this years Summer...

**I STAYED UP ALL NIGHT TO
SEE WHERE THE SUN WENT.
THEN IT DAWNED ON ME.**

TTFN
Shoaib
Editor - Cafe News

During the riots around the country in early August, We put out the following statement

In the face of a terrible weekend of hatred and violence,

We at The Friendship Cafe want to celebrate the welcoming and diverse space we have.

We live, eat, work, and socialise in our communities with each other daily and we will not let a few misinfomed individuals come between us, we will continue to do all we can to bring communities together.

Thank you all for making us a place of friendships.

We are working with the police to have officers in the cafe for them to hear concerns of the community.

Thank you to all who have reached out with your support.

PC Jess Weaver and PCSO Kara Fraser were available for anyone that need any support during this time at The Friendship Cafe,

As were Pcsos Adam and Stuart





The Emma Willis

SEWING STUDIO



Our fantastic Collaboration with @gloswildlife has begun, 10 women met over a few weeks in our stories and stitches group with volunteer @emmamorris10_ to create an interesting display for the reception area at the information centre and cafe.

Beautiful Dorset buttons were taught by Sue to some of our participants. Using a size 5 Dmc embroidery thread, curtain rings, and a large eye needle.



Lovely block printing workshop with Emma Lou @emma_p_24 and @fazkholwadiapatel for a mother and daughter day. Super block prints that were turned into beautiful cushion covers.



Fantastic workshop from @calamitykatedesigns using luxurious @designersguild wallpaper waste from the @grc_scrapstore the notebooks we made used staples and cardboard packaging from household waste like cereal boxes and biscuit boxes, we then moved on to using cartridge paper to make the signatures and sewed them together with a running stitch and chain stitch expertly taught to us by Kate.





What have we been up to??



A-LOT MENT PIZZA



GIRLS CANOEING

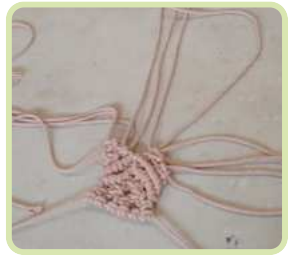


DEER PARK COWLEY GIRLS RESIDENTIAL





MACRAME



Family Trip COTSWOLD PARK & BEACH





BOYS CANOEING



"It is never too late to learn"

2 days in August, has given a group of staff and volunteers, who love nature to start their lowland walk leader qualification, thanks to Forestry England (Forest of Dean team) Johnny and Raw Adventures Dan and Tom.

Walks in nature are never easy as it seems, but we have a whole new level of appreciation for outdoor leaders!

New leaders in the making, watch this space!! Forest of Dean -

Forestry England RAW Adventures The Friendship Cafe

Photography: with thanks to Staff, Volunteers, and Participants.



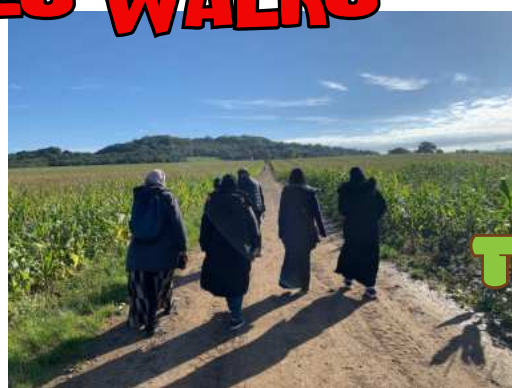


Sameera's Sessions

FC working in collaboration with @Severn rivers trust to facilitate a well being enrichment day in July, for the secondary school students at the local Islamic Secondary school, incorporating a 5 mile walk from the school to Alney Island nature reserve where students engaged in water marbling, sound scaping, and team games



LADIES WALKS



Toddler Play & Craft Sessions





CITY FARM & RIDING SCHOOL

CLOSED



Meet Madison! Our creative volunteer has spent time giving a new lease of life to our faded and miserable Farm pig! With help from her Dad, Adrian, he looks better than ever!



A VISIT FROM POLICE HORSES, TEDDINGTON AND CHALFORD WHO CALLED IN TO MEET THE CHILDREN AND HAVE A DRINK.

A MESSAGE FROM JACKIE

Slowly and surely we're getting there! The Farm might look unloved and overgrown but it's all part of the process. The paddocks - which had been grazed down to nothing - have rested and regrown and we've seen a huge number of pollinators (bees/butterflies/beetles/wasps) returning to all the wild flowers. We are starting to clear areas that have died back.

We have had some interesting meetings with the architects - Nailsworth based Austin Design Works - who have come up with some fabulous plans. We aim to hold a public consultation/Fun Day on Wednesday 24th October with other dates for people not available then.

Once again, thanks to all our hard-working and dedicated volunteers who make everything possible!



Congratulations to volunteer, Izzy who achieved 3 distinction stars in Animal Management! She's also been hard at work creating a fabulous bee hotel for the farm!



The land has been allowed to rest and recover over the past few months but we were out cutting back brambles last week! The end paddock (which housed our pigs) has been rewilded and has an abundance of wildflowers. Volunteer Izzy created a fantastic Bug Hotel for pollinators to live in. We've seen so many bees/beetles and butterflies around there and they are all vital to our ecosystem.

Congrats also go to Aliyah and Aoife who got excellent grades in GCSE and BTECs.



Closed City Farm & RIDING SCHOOL



We had an amazing morning out at Wick Court Farm yesterday! Our volunteers got a much needed fix of farm animals and a tour of the beautiful manor which is used as a residential centre for schools and youth groups from inner cities. Huge thanks to Stevie for a fascinating guided tour. It was lovely to meet the Old Spot pigs...we had looked after their piglets at the Farm previously.



The PAs to NHS bosses in Gloucester swapped spreadsheets for paintbrushes and transformed the row of animal pens on what was a very hot day. Two of the team tackled the ivy growing inside the stables and got covered in cobwebs making it look all clean and tidy. Thanks also to Bilaal for 'supervising'! We are so grateful and the team enjoyed the change of scene and seeing each other in person rather than as names on emails.



Huge congratulations to Aamilah Aswat who learned to ride here at the Farm and came second in the prestigious Magnolia Cup at Goodwood! What a role model - so proud!



Grateful to the Community Payback Team (led by Alan in yellow vest) who worked hard mowing, strimming and generally taming the weeds in preparation for the Cultural Fayre.



KIAN WAS GIVEN HIS OFFICIAL VOLUNTEER'S T-SHIRT NOW THAT HE IS 12.



Volunteers Carole and Alex have been helping with wildflower surveys on the farm. Using Google Lens to identify plants we found so many flowers and 'weeds' growing where previously the horses and sheep had eaten everything. Lovely to see the land getting some rest and rewilding



FAMILY FUN DAYS PHOTOS



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

Goodbye

Haleema the Poet, is moving on to pastures new, to study Architecture at Lancaster University. She was a familiar face at FC, as part of the Coffee Shop team. However she was also the unofficial PA to our former coordinator Imran, running the social media accounts, publicity and generally turning her hand to anything and everything.



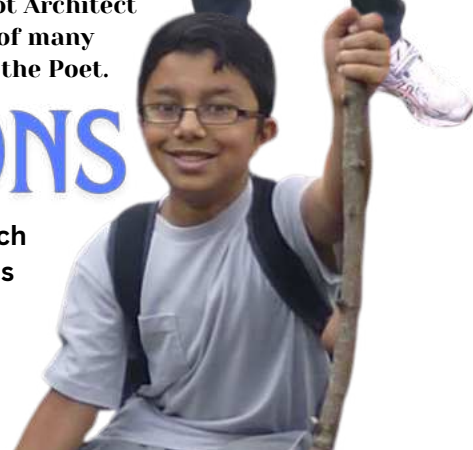
Haleema started her volunteering when the pandemic started in 2020, but was also a volunteer at the city farm when she was younger and a regular participant in the girls groups; truly a child of FC! Let's hope that she doesn't forget her humble roots when she becomes a big shot Architect wearing sunglasses and driving a Tesla (because that's what architects do). A girl of many talents, she enjoys writing prose and elaborate artworks, hence her name Haleema the Poet.



CONGRATULATIONS

To Aadil Mehta and wife Khatija and Abdur Rahman Dhalech and wife Sana. Both of whom got married recently. As kids both regularly attended FC activities and that is why we have embarrassing photos of them as youngsters.

May you both have long, happy and prosperous marriages and hopefully by the time you have kids I will be retired!!



COMMUNITY NOTICES

creative sustainability OPEN DAY

LEARN MORE ABOUT OUR COMMUNITY PROGRAMMES

MONDAY 21ST OCTOBER
DROP-IN ANY TIME 2-6PM
Find us at Fromehall Mill, Lodgemore Lane, GL5 3EH

You can walk or cycle to us along the canal towpath - including from Stroud train station
Or from Cainscross Road by Bus or Car - limited parking opposite the Millpond

Gloucestershire Youth Climate Group
+++ camps, residential, & more!

Digital Inclusion

360 SHOPS

WE ARE HERE!

ADHD Foundation The Neurodiversity Charity

FREE Webinar For Young People
Join for our **Living successfully and Achieving with Neurodiversity** webinar
hosted by **Stephen Ortega and Sophie Scanlan**

Gloucestershire Neurodiversity Youth Project

The ADHD Foundation - Neurodiversity Charity are hosting 4 webinars for the young people of Gloucestershire.

2 sessions will be held for ages 11-15 and 16-24. Please do not worry if you cannot join us for our sessions in July, as these sessions will be repeated in November.

During these sessions, we will be sharing our professional and lived experience knowledge around neurodiversity.

- Explore ways in which young people can support and have a deeper understanding of themselves and others around them.
- Play games, take part in activities, have fun and laugh lots.
- Discuss how Young People can thrive in the Glorious Gloucestershire County?

You don't need to have neurodiverse condition to attend these webinars

Select each date to be redirected to the Registration page

Age 11-15	Wednesday 24th July 2024 - 14:00-15:00
Age 16-24	Wednesday 24th July 2024 - 15:30-16:30
Age 11-15	Thursday 14th Nov 2024 - 17:00-18:00
Age 16-24	Thursday 14th Nov 2024 - 18:30-19:30

Gloucester.Project@adhd.foundation.org.uk

Archery for adults

FREE opportunity to learn archery, whilst improving maths confidence through keeping scores and shooting challenges

You can take part if:

- You've been a resident in Gloucestershire for 3 years or more;
- You're age 19 or above; and
- You have a below Level 2 maths qualification

- ✓ Learn a new sport
- ✓ Meet new people
- ✓ Boost maths skills in a fun way

Tuesdays from 24th September - 15th October 2024
11am - 1pm
The Friendship Cafe, Chequers Bridge Centre,
Painswick Road, Gloucester GL4 6PR

Email info@blackbridge.org.uk or call Jim on 07923 445327 to sign up or for more information.

Gloucestershire diabetic eye screening programme

are looking for Diabetes Champions from the Asian, African and Caribbean Communities.

Diabetes is more prevalent in these populations due to less Beta cells in the pancreas.

Would you like to help your community by being a communicator, helping to prevent the complications of diabetes?

You can become a Diabetes Champion! You will be given some background information so that you know where to sign post people in your community.

There will also be updates every 4 months, and you will have a helpline for any queries you don't know how to deal with.

If you are interested in finding out more, please contact:

Vanessa Jones: vanessa.jones10@nhs.net

Amina Kathrada: amina.KATHRADA@gloucestershire.gov.uk / 07970908072



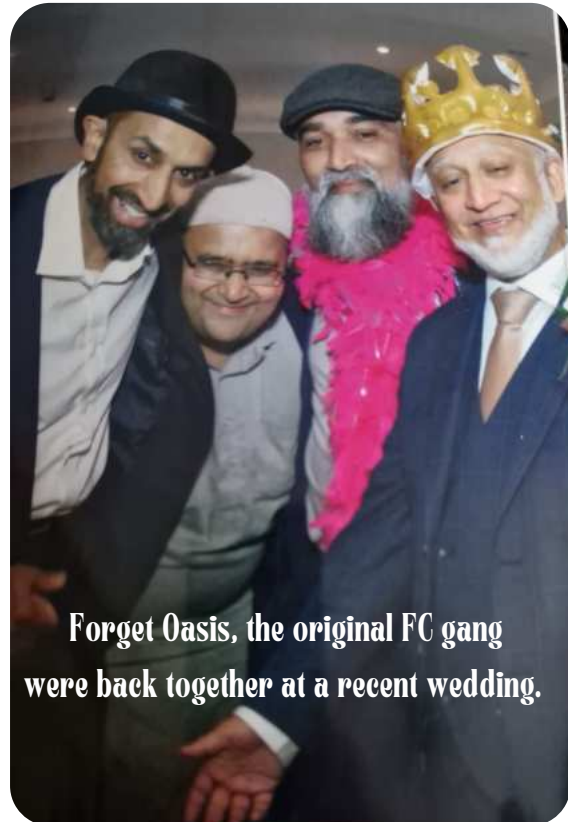
Gloucestershire Hospitals
NHS Foundation Trust



BITS & PIECES



One of our customers at The Coffee Shop arrived on this amazing bike!



Forget Oasis, the original FC gang were back together at a recent wedding.



A Family (plus friend) Run

Past FC attendees/volunteers/participants - Ebrahim , Abdur Rahman, Ismail, Juwayriyah, Maariyah, Safoorah & Hamzah (All Dhalech's) plus Hanzalah Randera and friend Abraar Mansuri all ran the Cardiff Half recently for their nominated charities. Hanzalah had the best time in the group 1 hr 45mins followed closely by Ismail 2:04 and Abraar at 2:10.

Amazing effort by all!