

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



www.thefriendshipcafe.com



ED-LINES

Hi All

Goodbye 2024 – another year over and a new one just begun!

So, interesting fact, any babies born from this year (till 2039) will be a Generation Beta baby. (I am sure that is going to be in quiz at some point). They obviously follow babies born between 2012 and 2024 who were the Gen Alpha babies. And before that the Millennials and before that, my lot, who were the Generation known as X. (not to be confused with the English Punk Rock band headed by Billy Idol).

So what does 2025 bring for us, well for FC hopefully more of the same, although we will be looking for a new Captain of the ship after Ismail's departure. It will also be the year we plan to reopen the farm (fingers crossed). This will also need a new manager – I wonder if Imran could be persuaded to leave that comfy armchair of his, that he sits in when “working from home” – I did accuse of him of becoming lazy since he took an office job!!
PROVE ME WRONG.

It will also be the year when I will only have one teenage son left – My 2030 newsletter will leave me having none.

I am getting old and cantankerous (love that word) – I reckon that if you looked it up in a dictionary, it would just have have a photo of me!!

And finally just a massive thanks to all our volunteers for everthing that they do, without them we could not do half the things we acheive. We hope you keep going in 2025. See you then!!

TTFN
Shoaib
Editor - Cafe News

Goodbye

It was short but sweet. Ismail who took over from Imran earlier in 2024 has moved on to pastures new. All at FC wold like to thank him for all the work he has managed to squeeze in during his stay. I personally have benefitted from his help when organising a couple of major projects last year. We wish him all the best for the future.

We also say goodbye, and thank you to Firoza Shaikh, one of our Trustees, whose invaluable HR advice over the past six years have helped us enormously.

Welcome (back)

Shebaz Razvi has rejoined us at FC. He will take up the role as Centre Manager – his duties to include the maintenance and health and safety aspects of the building.

ZAHRA DOING REALLY WELL IN HER YOUTH WORK APPRENTICESHIP!!





The Emma Willis SEWING STUDIO

**Stories & Stitches
Embroidered Feathers**

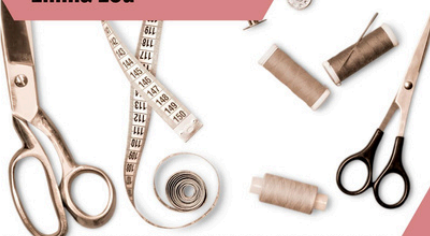
7th Jan - 11th Feb
9.30-11.30
£30 for 6 weeks

If cost a barrier to attendance
please speak to Aysha:
07866 387250

 Emma Willis Sewing Studio,
Friendship Cafe, Painswick Road



**Beginners sewing
machine classes with
Emma Lou**



PERFECT FOR BEGINNERS OR THOSE LOOKING TO REFRESH THEIR SKILLS

WHAT YOU WILL LEARN:
How to operate your sewing machine with confidence and learn basic machine maintenance so you are able to fix small problems.

We will start by making lanyards, tissue cases and other items like bags with pockets to build confidence whilst learning, moving on to inserting zips on a pouch, so you will learn the skills necessary to move forward in your sewing journey.

Length of course is 9 weeks and costs £50 if cost is a barrier please get in touch.
The course will take place on a Wednesday morning 10:30 - 12:30
Dates : 2025
January 29th
February 5th, 12th, 26th
March 5th, 12th, 19th, 26th,
April 2nd.

To book www.aysharandera.com
or call 07866387250
Priority given to those in Barton & Tredworth



THE EMMA WILLIS SEWING STUDIO
GL46PR PAINSWICK ROAD GLOUCESTER

Crafty Sisters

Do you crochet, knit, sew, embroider or craft? Here's your chance to share in a relaxing afternoon or evening, a space of calm and well-being. Come along, be inspired or inspire others to get creative. Bring your project. (No wet/messy crafts please)
A warm welcome awaits.

TUESDAY'S TERM TIME ONLY
AFTERNOON SESSIONS:
12.30PM-2.30PM
EVENING SESSIONS:
5.00PM-6.30PM

Women only £2.00.

FOR UPDATES,
CANCELLED SESSIONS OR
TO FIND OUT MORE
PLEASE MESSAGE
AYSHA RANDERA
07866387250



Gloucestershire Wildlife Trust were thrilled to unveil the Pond Life Display, created by the talented "Stories & Stitches" group at The Emma Willis Sewing Studio. Now showcased at the Robinswood Hill Visitor Centre! With months of dedication, the incredible team brought this intricate, nature-inspired display to life, capturing the beauty and mystery of pond life.

These Dragon Flies were created over a period of weeks.

The ladies used a technique called 'Stump work' to create the 3D wings which was new to most.

The bodies were created with satin stitch and backstitch.



It was a lovely day to go and visit the
@bigyellowselfstorage to show our thanks for
supporting us here
@thecoffeeshopatthetfc @thefriendshipcafe
So appreciated when you have so little space for
storage #thankyou
Please contact them for your local storage solutions.

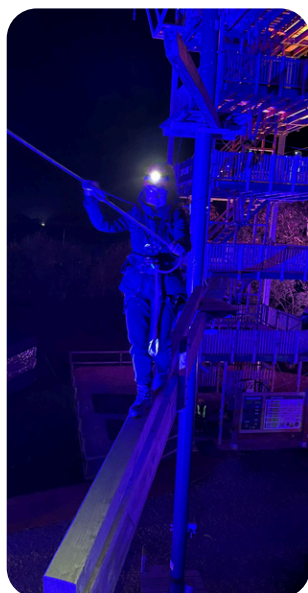
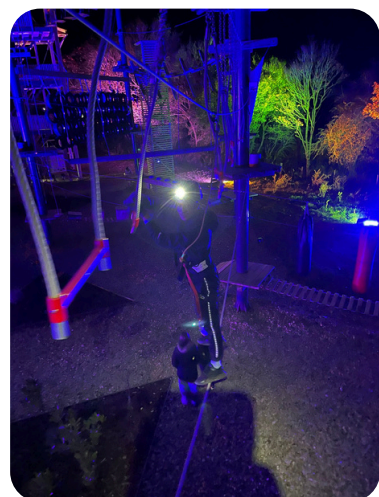
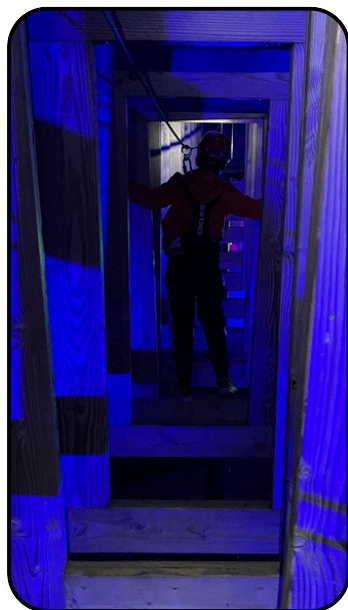


What have we been up to??

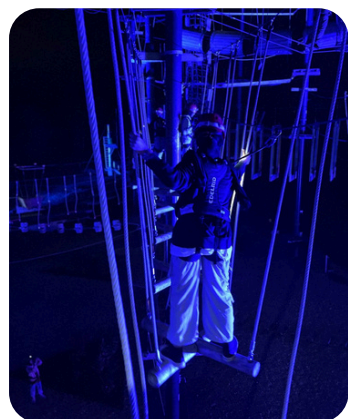


GIRLS & BOYS *Cookery Classes*



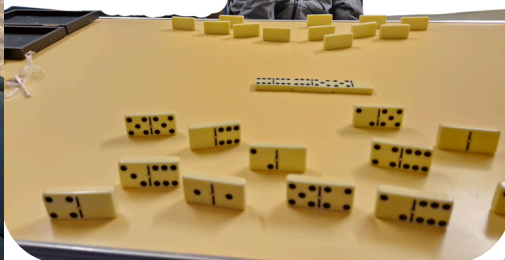


GLOW IN THE PARK



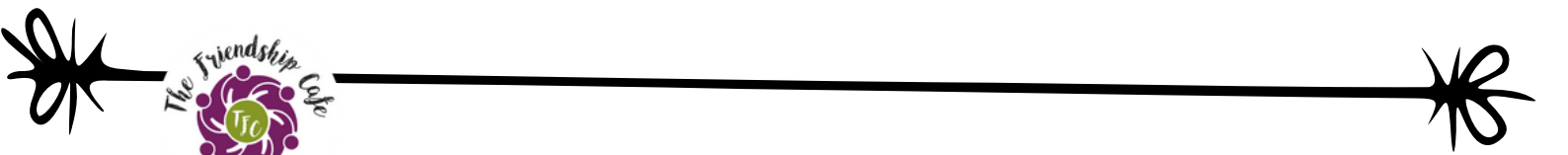
A NIGHT CLIMB UNDER NEON LIGHTS AT 270 CLIMBING CENTRE. SOME OF THE BRAVER CLIMBERS EVEN HAVING A GO AT THE "LEAP OF FAITH" - A VERY LONG VERTICAL DROP!!

DEER PARK COWLEY BOYS RESIDENTIAL



Not a gadget in sight!!





ALLOTMENT BBQ



PONY EXPERIENCE SESSIONS

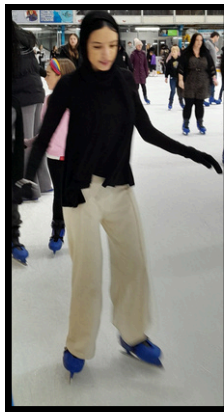


@ ONGERS FARM





ice skating SWINDON



When the Mums took over Friday Night!!



A beautiful afternoon exploring nature, with families at Purton Ships Graveyard, followed by a visit to the apple harvest event, hosted by the The Ernest Cook Trust. The apple pressing was definitely a hit!



LADIES WALKS



We basked in the beauty
and our spirits grew strong
The trees stood tall
and showed signs of colour change
Yellow ...red...and orange
were the new autumn range
Captivating views
and scenic routes.
We took time to enjoy the grandeur
of the greenery that grew
Marshy land and mucky grounds
Steps
we certainly struggled through
Muddy boots and spoilt clothes
definitely marked our rigorous
walk
A laugh and a chatter
..to Batsford Arboretum
we continued to plod and natter"

From a poem by S Hasaanjee

A lovely sunny morning getting active with children from a local primary school, nurturing our local environment and reviving our planters. Keep an eye out as the bulbs bloom towards the Spring.



Staff and volunteers from FC, The Coffee Shop and The Sewing Studio were invited to Westonbirt Arboretum by Unreflected Reflections. Thanks to The Friends of Westonbirt Arboretum.





CITY FARM RIDING SCHOOL

CLOSED

The smiles say it all! Almost 30 local children took up a fantastic opportunity to take part in pony riding sessions at Cotswold Trail Riding. A storm on their first visit didn't dampen their spirits, and the children learnt new skills, made new friends and went home with a certificate. Look out for new dates in January!



A MESSAGE FROM

JACKIE

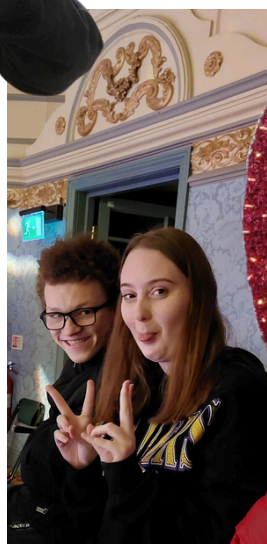
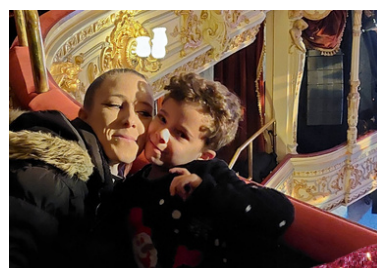
Happy New Year! And what a year 2025 will be! We are looking forward to reopening and welcoming back animals (and visitors) to the farm! Keep looking out for updates...



We've never known them so quiet! Samantha Wingfield spent a couple of hours at the Farm teaching our volunteers the art of willow weaving. They all made fabulous stars.



Rock stars! Some of our Farm gang took part in a pebble painting craft session at the Fair Shares allotment.



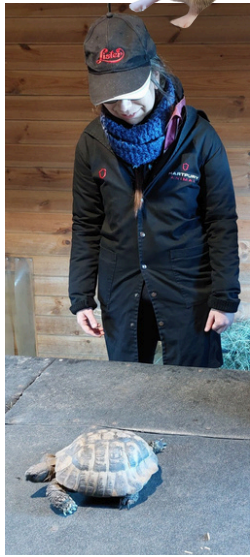
Thanks so much to the wonderful Everyman Theatre (especially Sally-ann Rhodes) for inviting us to see the panto yesterday! First time to the theatre and even Cheltenham for some of the volunteers and we had a fantastic time - oh yes we did!



CITY FARM & RIDING SCHOOL

Huge thanks to Heather Graham and her team at Hartpury Animal for working with a few of our volunteers last week.

In preparation for the Farm reopening (watch this page for updates) we took part in some training to make sure everyone is aware of how to handle and care for our animals from giving a goat a hoof trim to picking up stick insects!

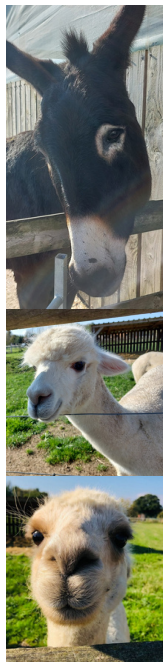


Our fab volunteers have fun while they work! No bulbs were eaten but plenty have been planted!



We treated our volunteers to a fun day out at Cattle Country. Gorgeous weather, lovely animals, lots of laughs and some great ideas for our own farm.

Our volunteers do all the hard work so it's only right to reward them!



Lovely to see so many people visiting the farm at our Open Day, to take a look at our vision for the future. Architects have come up with some amazing ideas and we asked what people thought and got lots of interesting feedback which we'll share soon.

Farm legend, Derek Wakefield-Brown (the first farm manager) called in and met up with Laura - one of the first volunteers who is now a secondary school teacher in Gloucester.



CLOSED

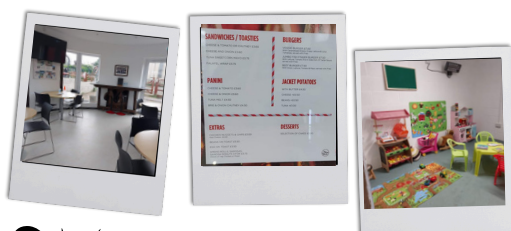
We had a fabulous Festive Fun session! Lots of people came along to meet the animals, insects and, of course, Father Christmas who had a gift for everyone. Huge thanks to Karen and Tony from Tredworth Residents Association for making it so special; Emma and Beth from Hartpury and to our fabulous volunteers who made it all happen!



Aamilah trained here at the Farm! Very proud of her achievements



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



COMMUNITY NOTICES

Come to our Shared Lives event



Join us at The Friendship café
Tuesday 4 February 2025 • 10am – 12pm

Family based care for adults

Are you looking for a new challenge which is flexible and rewarding?

Could you share your life, experiences and interests with an individual in your home, or in your local community?

Ongoing training and support is provided.

Find out more by visiting
gloucestershire.gov.uk/shared-lives



What is Gloucestershire Shared Lives?

Shared Lives is a service where someone with social care needs (assessed) and over 18 can be supported for a few hours (Outreach Support), a few days (Respite Support) or live permanently with a Shared Lives carer (On-going support) in their home as part of the family. Shared Lives may be an alternative to traditional social care or health services and is often used to ensure that a long term carer has breaks from their role.

The service can be flexible to meet cultural and religious needs, and is all about one household sharing their lives, families, home, interests, experience and skills with other people who need some help and support to access the community and live their life to the full.

Who is Shared Lives for?

Shared Lives services are for adults who have additional support needs. People might need extra support because they have a learning disability, physical disability, have a long term health condition, mental health problems, or have needs relating to older age including dementia; they might have other needs – or any combination of the above. We work closely with our Shared Lives Carers, the people who use the service and supporting agencies. Our Carers are assessed trained and supported by specialist staff who do the initial assessment and provide ongoing training, as well as setting up “matches” with people looking for services.

Adults and Carers are carefully matched to ensure the best possible opportunity for a successful tailor made arrangement and quality support and care.

Become a Shared Lives carer

We are looking to recruit new Carers. Being a Shared Lives Carer is a rewarding and flexible career. All our carers go through an assessment process which takes around three – six months; it includes completing an application form, home visits, and full training. Our friendly team of support staff will go through the whole process with you – we’re here to help every step of the way.

No previous care experience is necessary as full training will be provided on an ongoing basis.

COMMUNITY KICK ABOUT 5-A-SIDE FOOTBALL

FOR 16 – 18 YEAR OLDS – ALL WELCOME

Starting Wednesday 8th January til March
Weekly @ 5pm – 7pm
GLI Leisure Centre

Any questions contact
lloyd@fairshares.org.uk or text 07859 062 016

Fair Shares
community time banks
01452 419000 • fairshares.org.uk

Funded by
UK Government



Start your pathway into healthcare today

Reach your full potential with NHS Cadets and learn the skills you need to support vital healthcare teams across the country.

Foundation Pathway



Advanced Pathway



Sign up NOW for January 2025 Start

Delivered entirely online, the programme reduces barriers to participation, ensuring accessibility for young people from all areas of Gloucestershire.

How to apply

Expressions of interest are now open for the January 2025 cohort. Young people aged 14–18, as well as schools and youth organisations wishing to refer students, are encouraged to get in touch early as places are limited.

To express your interest, visit: <https://nhscadets.sja.org.uk/>

For more information, contact glicb@careers.nhs.net

Frame Running Giants Gloucestershire

No balance?
No problem!

TRY FRAME RUNNING

The Friendship Café,
Gloucester, GL4 6PR

Thursdays 11am–noon

November 2024 – March 2025

£5 a session

Book or find out more information:
info@frgg.org.uk 07803 770962
frgg.org.uk



BITS & PIECES

GLOUCESTER TO GAMBIA



Two intrepid fundraising adventurers, Farouq Ginwalla and Zunaïd Raja are on a mission to raise £5000 for an orphanage in Gambia.

True to their Indian heritage and DNA they will make this amazing road trip in a 30 year old Toyota Camry!

It's been described as a 'little like an Indian Top Gear' but on a shoe string budget! No Ferrari's, Porsches or Lamborghinis but a plain simple Toyota Camry!

Banger Rally will no doubt have its challenges driving across multiple countries. Yes the trip will be fun – enjoying the thrill of the open roads, the discomfort of pot holes like mini-craters – not forgetting the luxury and comfort of a 30 yr old car, but ultimately the emphasis is supporting a worthy cause – the Orphanage.

Farouq and Zunaïd have stumped up all costs related to this trip : purchase of car , servicing , fuel , insurance , hotels , food, transportation, ferry and return flight back home. Every expense out of their own pockets. This means that your donations , the entire amount, 100% , every penny will be directed to the Orphanage. Your kind donations will pay for day to day running costs, food, electricity , water, education and local staff salaries.

Once they reach their destination the car itself will be auctioned and proceeds once again donated to the orphanage. Mission accomplished they have vowed to smoke the celebratory cigar and fly back home.

Please donate to their Justgiving Crowdfunding page

https://www.justgiving.com/crowdfunding/gambia-zunaïdr?utm_term=nap6X44Dk

It's one year since Shakera's samosas first hit the deli counter in Gloucester Services Farmshops! Gloucester Gateway first discovered them at The Friendship Cafe and knew they'd be loved by customers as much as they are by us, so much so there's a new product on the way – look out for Shakera's spring rolls coming in early 2025! (from Gloucester Gateway FB page)



A group of friends ended the year climbing up Ben Macdui in Scotland. A number of them have been trained in their earlier years via the FC boys residential trips. I imagine this training was invaluable to them!!



Thanks
for reading

