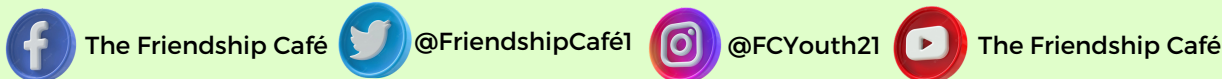


CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



www.thefriendshipcafe.com



ED-LINES

WALKING FOR HUMANITY

Hi All

Well what a busy start to the year. Sadly for me it started off with the loss of a very good friend. Iqbal Patel. Mates from school, his passing was a real shock; but he will be remembered for his love and kindness and his invaluable help and knowledge, helping disabled people with legal, social and benefit issues. He will be missed dearly.

March saw the beginning of Ramadan, when all activities stopped at FC, but was preceded by cramming in loads of stuff into the previous two months (as you will see later on in the newsletter)!! And as soon as Ramadan came, it was gone – although a group of us successfully hosted The Ramadan Experience II – **Fast & Curious** during the month – So no rest for the FASTING!!

Eid was celebrated and huge amounts of food was consumed and presents were given to plenty of smiley faces. But the best thing I look forward to is my Eid Nap – just those couple of hours snoozing in the afternoon – Aaah Bliss!

And so back to normality! Back into the fast lane (no pun intended)! And back to organising, volunteering and community working. The Friendship Cafe Team are back in business! Let us know what you would like us to do over the next few months. We are always looking for new and exciting activities.

Hope to see you all soon

TTFN
Shoaib
Editor - Cafe News

On Sunday 20th April, Hash Norat will begin his walk for humanity. Walking from Gloucester to Land's End Hash hopes to raise between £50k to £100k for much needed aid for Gaza, Syria and Lebanon.

Please join him at the Smiles community coffee shop, on the Oxbode between 7am and 7:25am on Sunday 20th for a cuppa and to see him off. Why not join him for the first mile or two, or at any point on his journey along the way if you can.

He would also love as many messages or calls along the way to have someone to talk to.

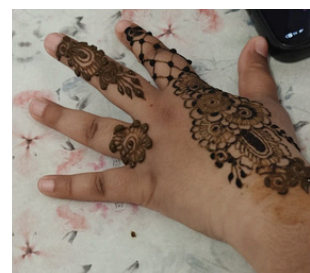
Please share and donate if you can.

Please remember Hash through his journey and all the oppressed in world in your prayers.

<https://donate.stripe.com/5kAcPjeyb9f2ahW4gh>



FRIDAY NIGHT EID BBQ



girls
party



CELEBRATIONS



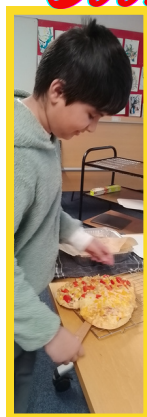
A lovely sunny day with 13 of our families celebrating Eid in nature at Westonbirt Arboretum - Forestry England using our senses to absorb the wonders of nature, getting creative, and active in community as well as enjoying a warm biryani lunch. Big thanks to Mandy and the team for all their efforts and the lovely Eid touches and to Friends of Westonbirt Arboretum for facilitating this trip.





GIRLS BOYS

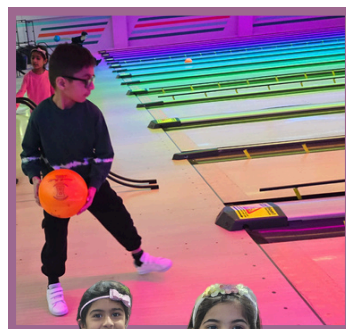
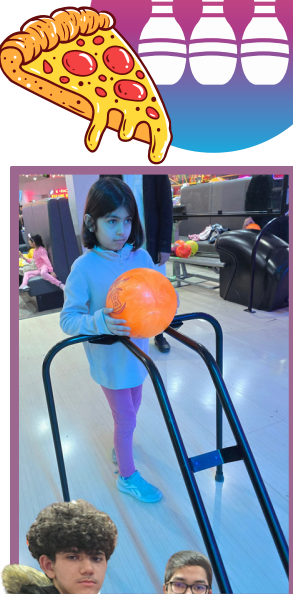
Cookery Classes

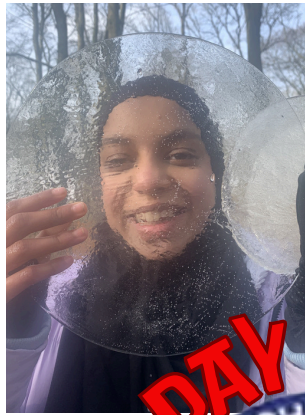


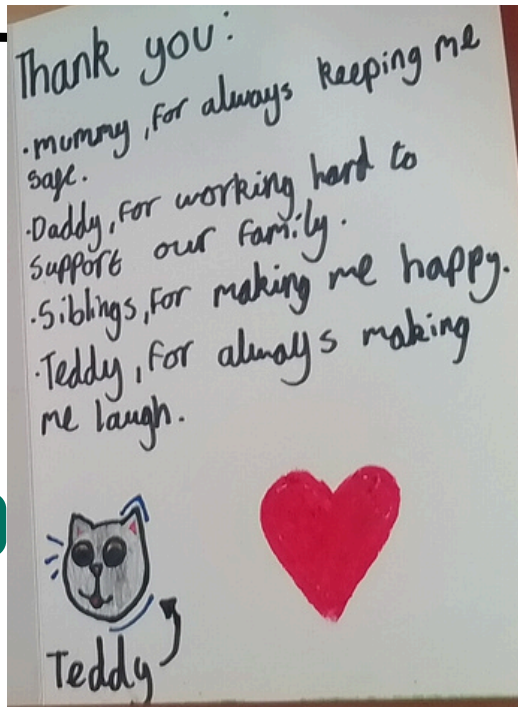
MOVIE NIGHTS



tenpin
Pizza &
Bowling







Making gratitude cards



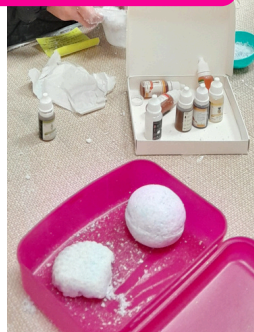
Making Bookmarks



&
Date
Decorating



Making Bath Bombs



Making Glass
Lantern Jars



Making Eid
Decorations



Ramadan
talk





RC CAR RACES

CRAFT TABLE

AL-AASHRAF PRIMARY SCHOOL





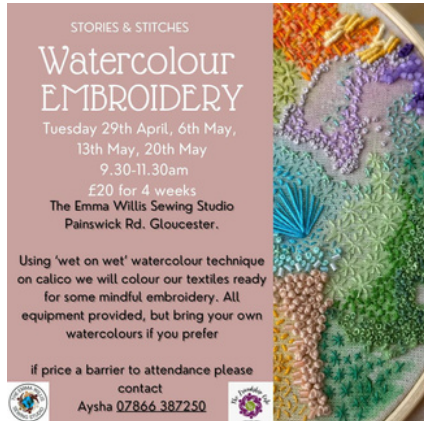
Residential for GIRLS

WITH





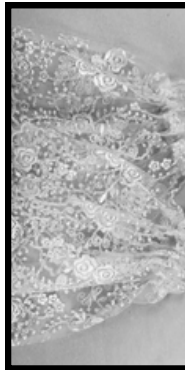
The Emma Willis SEWING STUDIO



mawillissewingstudio @bigyellowselfstorage #gloucesterravenue has been supporting us for over a year now



theemmawillissewingstudio Feathers can mean different things in different cultures and faiths, the calming effect of a feathered embroidery is an exciting thing to watch as each strand of the feather is beautifully embroidered creating works of art.



sashafly0 An honour and pleasure to start this year with this commission from @juliekentmbe Alhumdulillah I can truly say when something frightens you give it a go. Have faith, believe in yourself and others and trust that with help, hard work, and total reliance in Allah swt anything is achievable. Thanks to @emmamorris10_ for the embroidery and @fazkholwadiapatel for last minute thread cutting 🌈 #alhumdulillah #sewing #tailormade #madetofit #designedbyme #madebyme

Our founder and manager of the sewing studio Aysha Randera has been given a fabulous opportunity to make a very special outfit for @juliekentmbe, Julie will be the new high sheriff of Gloucestershire. Julie has been a supporter of Aysha's work for many Years, Aysha has been inspired over the years by Julie's dedication and tireless commitment to her charitable work. Julie is truly inspirational, you can follow Aysha's journey on @sashafly0 or on @juliekentmbe. #womenleaders



theemmawillissewingstudio Take some textured fabrics, beautiful threads and a memorable landscape photograph and use it to create a textile art by adding embroidery stitches and embellishments slow stitching in our stories and stitches group on Tuesdays. @emmamorris10_ gave everyone the same resources and each one of us produced a completely different piece of work. Where creativity flows without judgement and conversations too. A chance to explore and exchange in a safe women only environment. The sisterhood is something powerful here, people from all faiths and none coming together over sewing, leaving having created beautiful things and been part of a community that share. I took the opportunity to take part on this occasion, to slow down and be mindful, it's important for us all to do this to nurture our own creativity. #community





CITY FARM & RIDING SCHOOL

CLOSED

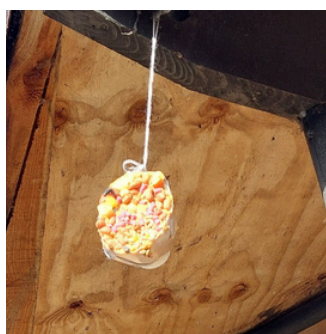
A MESSAGE FROM

JACKIE

We have been busy on the farm and none of it would be possible without our volunteers. here are just a handful of them.



Lovely day with our younger volunteers and local children yesterday. We reused and recycled to create bird feeders; Sameera showed us how to make Mexican god's eyes and we made S'mores which were very popular!



Aoife is one of our regular volunteers and just completed her work experience hours with the Farm. She's studying Animal Management at Hartpury College and getting great grades!



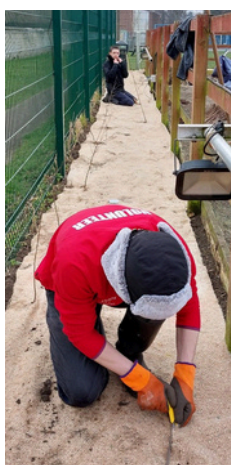
He's back! Tyler was a regular volunteer at the Farm but moved on to study and then a job as a tractor driver. He's now volunteering with us for a few hours each week before taking on a new job closer to home



Tay signed up as a volunteer when she was a child and has been a part of the gang ever since - except for time out to have her sons Kian and Jameir who share her love of animals too!



Alex is the Farm's Florence Nightingale and has nursed many an animal back to health. She's been at the Farm for a few years so will be a familiar face to visitors. She's also 'foster mum' to Arnold the tortoise!



Some more of our awesome volunteers carrying on planting the hedging... and it's almost in! Huge thanks to Bilaal, Ibraheem, Jill, Alex, Zac and Patty for their help.



Closed Riding School



Thanks to Marita and her team at Cotwold Trail Riding for teaching them how to groom, lead and ride ponies



Thank you to Madison who has repainted our donations churn.



The old office came down to create space for new developments. Thanks to Jon and Gavin from Fair Shares and to Bridge Training for getting stuck in



We heard from a former volunteer, Molly McKenzie, that there might be something hidden away in the weather vane on top. We were all excited to see, and discovered old photos in an envelope! Let us know if you recognise anyone or the animals!



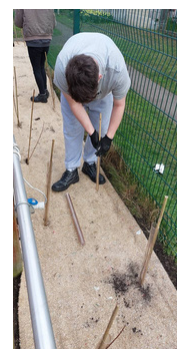
CITY FARM **CLOSED** **RIDING SCHOOL**

The Community Payback teams worked hard in the sunshine.

The hedging plants are finally going in now and the degradable mulch matting has been laid



Many thanks to the fab team from Bridge Training who joined us last week to complete the hedge planting! It was a chilly morning but they managed to stake all the new whips and add protective guards. Looking forward to working with them again!



Tredworth residents can look forward to enjoying apples from some very special heritage Gloucestershire apple trees in the years to come. Ten trees were donated to the City Farm and the Fair Shares Allotment by David Lindgren of the Gloucestershire Orchards Trust. This was suggested by the Gloucestershire Gardens and Landscape Trust. Tim Rees, former Chair of the Tredworth Residents Association, brought everyone together to make it happen! David visited the Farm and presented the tree whips to our longest standing volunteer, Taylor Galling. Farm and Allotment members planted the trees and are creating signs bearing the name of each one.



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

FREE FUN @ CITY FARM & ALLOTMENT!



**THURS. 17TH APRIL
11AM - 1.00PM**

**COMMUNITY ALLOTMENT
+ ST JAMES CITY FARM,
ALBANY STREET**

Join us at St James City Farm & Fair Shares Allotment where we'll have a whole host of fun on offer!

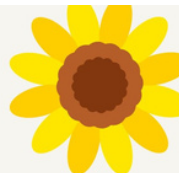
- 'Alice in Wonderland' themed crafts & trail
- Café Open
- Farm Trail
- Water & Sand Play
- Come & see the animals



Fair Shares
community
time banks



FREE FUN @ CITY FARM & ALLOTMENT!



**WED. 23RD APRIL
11AM - 1.00PM**

**COMMUNITY ALLOTMENT
+ ST JAMES CITY FARM,
ALBANY STREET**

We'll have all our usual fun down at the allotment and the City Farm, plus more as we're joined by Hartpury and Home Start!

- Make Miniature Gardens
- Café Open
- Water & Sand Play
- Meet Some Animals
- Creepy Crawlies from Hartpury
- Sunflower Collage
- Storytime
- Takeaway Sunflower Seeds



Fair Shares
community
time banks



Nest Fest!

Wild Child Workshop!



Who lives in a nest like this? Find out this and more about our feathered friends!

Tuesday 15th April at Crickley Hill

Thursday 17th April at Robinswood Hill

10:00am - 12:00pm

See if you can spot our tweety birds and make a dawn chorus!

Follow our egg-cellent survival trail and build a giant nest!

Make your own Easter chick to take home.

Led session, suitable for ages 4 - 10

£6 per child
accompanied by an adult

To book visit:



<https://www.gloucestershirewildlifetrust.co.uk/events>

Gloucestershire Wildlife Trust Registered Charity Number 232060



The Venture Community Hub and friends are hosting a

POP UP ACTIVITY DAY

TUESDAY 15TH APRIL: 10AM - 2PM

**Coney Hill Park & The Vibe Youth Centre
Stanway Road, GL4 4RE**

Read With Me . The Music Works . Mad About Art . Little Monsters Sport . That White Room . Free Lunch from the Eat Well Wagon . Wild & Green Outdoor Learning . Archery . And More !

THURSDAY 17TH APRIL: 10AM - 2PM

**Scott Avenue Play Park, Podsmead,
Gloucester, GL2 5BD**

TUESDAY 22ND APRIL: 10AM - 2PM

Ayland Gardens, Barton, Gloucester, GL1 4BZ

THURSDAY 24TH APRIL: 10AM - 2PM

**Parry Hall Park, Bathurst Road, Gloucester,
GL1 4RP**

We need volunteers!

Do you enjoy making connections, telephone conversations, and online research?

Marmalade Trust is an award-winning Bristol based charity dedicated to raising awareness of loneliness and empowering people to make connections.

As part of our Marmalade Connections project, we're looking for friendly volunteers to chat on the phone once a week to someone experiencing loneliness. You will provide them with support finding new activities, social connections and friendships in their community. Volunteers will be involved for up to 15 weeks and full training will be provided.

Email: connections@marmaladetrust.org
Visit: marmaladetrust.org | Call: 07566244788



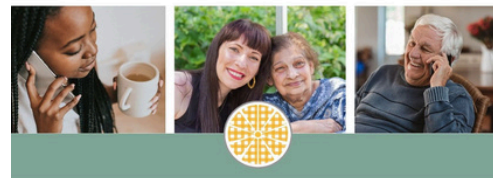
Marmalade Connections - referrals open

Marmalade Connections is a short term, 1:1 volunteer led project based on a social prescribing model. We are open for referrals based across most of the South West.

The project involves a weekly phone call for a person living alone and experiencing significant loneliness, with the aim of helping them establish new social connections.

The project runs from March 2025 and volunteers will be involved for up to 15 weeks. See our website for criteria and to make a referral.

Email: connections@marmaladetrust.org
Visit: marmaladetrust.org | Call: 07566244788



Are you unhappy with your care or treatment from the NHS?

If you are unhappy with NHS care or treatment you can make a complaint, and 'POhWER' can help you to make a complaint

You can also complain for someone else, like a family member.

We can give you information so you can make your own complaint or one of our advocates can help you.

An advocate can listen to what you are unhappy about, explain what you can do, help you to write a complaint letter, or support you to go to a complaint meeting.

We have access to translation and interpreting services

Contact us:

- Telephone 0300 456 2370 (charged at local rate)
- Text the word **pohwer** with your name and number to **81025**
- Email pohwer@pohwer.net
- Visit our website at [Halima and Basma's story | POhWER](#) for an example of how we have helped one family.



BITS & PIECES



Congratulations to Sulaiman Mohammed who has completed his foundation course in racehorse riding at the British Racing School in Newmarket.

FREE MOVIE SHOWING

Friday, April 25th Entry - 4pm
Movie - 4.15pm

Free popcorn and drinks.
Movie is 12 rated.
Any questions contact time@fairshares.org.uk.

The Friendship Cafe
Chequers Bridge
Community Centre
Painwick Road
GL4 6PR

Fair Shares
Community (UK) Ltd
01452 435000 - fairshares.org.uk

Funded by UK Government

FREE MOVIE SHOWING

Friday, April 25th Entry - 7pm
Movie - 7.30pm

Movie is PG rated.

The Friendship Cafe
Chequers Bridge
Community Centre
Painwick Road
GL4 6PR

GR2 GLOUCESTER 2 GAZA

MullaGo FEED THE HUNGRY

£50-£100K FUNDRAISING TARGET

WALKING FOR HUMANITY

SUPPORT HASH IN AIDING GAZA, LEBANON, AND SYRIA WITH YOUR KIND DONATIONS AND PRAYERS.

April 20th- May 3rd

Leaving Smiles community coffee shop @7:30am
Return via Gloucester Quays arriving in Kings square @3pm

£50-£100K
ZAKAT, SADAQAH AND LILLAH ACCEPTED

100% DONATION POLICY

SCAN TO DONATE

AQSA ISLAMIC CENTRE
SORT CODE: 538121
ACCOUNT NUMBER: 83295127
REF: Walk

CASH DONATIONS TO BE GIVEN TO:

- HAFIZ SOYAB MULLA
- MOULANA ABDULLAH
- HASHIM MULLA
- HAFIZ ZUBAIR GINWALLA
- FAROUQ GINWALLA
- HASHIM NORAT

FROM GLOUCESTER TO LANDS END (225 MILES)



HASHIM NORAT HASHIM NORAT@HOTMAIL.COM 07905 417266



Thanks for reading

