

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM

To Him we belong ...



...and to Him we return



www.thefriendshipcafe.com



The Friendship Café



@FriendshipCafé1



@FCYouth21



The Friendship Café



BBC
Children
in Need

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In relation to BBC Children in Need
No. 1000000000



OPCC
Office of the Police &
Crime Commissioner
for Gloucestershire

ED-LINES

Hi All

When the Air India plane crash news rippled through our news feeds, there was a sudden feeling of sadness amongst us all, but when it was confirmed that there was a family from Gloucester aboard that ill fated flight, the whole community were left absolutely devastated and shocked.

Akeel Nanabawa, his wife Hanna and their 5 year old daughter Sara, were sadly on board Flight 171 when it crashed shortly after take off on June 12th 2025.

As the family and community mourned the loss of the young family it became apparent how much they were involved in helping within, and outside of, our community. Stories like how they drove to Bristol to aid a lady, a total stranger, who needed help, and Akeel driving a group back up north in the middle of the night who were struggling to find a way back home. Even baby Sara's character emerged as a fun loving, happy go lucky, daughter, cousin and friend with a cheeky smile.

But it was in these darkest times, and what makes me so proud to be part of this community, we saw Gloucester as a whole come together and provide support and love for the grieving family. Within 2 hours money was raised for family members to fly to India, a legacy fund that was started in Sara's name soon surpassed the original £10k target and was above £40k in less than 7 days and planning for fundraising events began in memory of Akeel, Hannah & Sara.

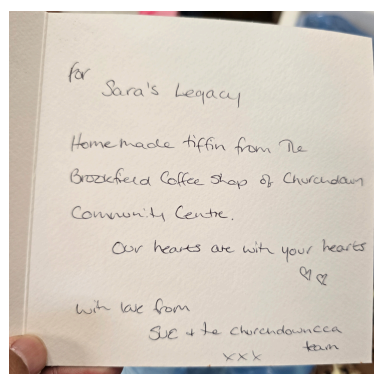
FC was happy to host one of the first events, a BBQ and Bake sale. I was astounded by how many people contributed cakes, their time volunteering and spending their hard earned cash. We raised £4k in less than 3 hours.

It just goes to show there is kindness in this world and none so, more apparent, than in our wonderful City of Gloucester.

Our thoughts and prayers go out to all the families affected by this tragic accident.

To Him we belong, and to Him we return.

TTFN
Shoaib
Editor - Cafe News



FOUZIA CENTRE MANAGER



The Friendship Cafe Trustees have appointed Fouzia Quereshi as the new Centre Manager. Fouzia steps up from the Youth Work Manager position into her new role.

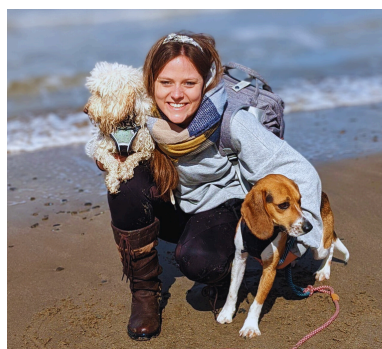
As Centre Manager she will be overseeing the day-to-day operations of the centre supporting and coordinating with staff, volunteers, and partners and leading on programmes and project planning, including new initiatives and collaborations to mention just a few of her new duties.

Fouzia will continue to be available and visible within the space – so don't hesitate to say hello or have a chat if you see her around!

💬 A Few Words from Fouzia

"I feel incredibly honoured to step into this new role. The Friendship Café is more than just a building – it's a hub of connection, culture, and care. I look forward to working with all of you to keep that spirit alive and growing!"

**THIS IS ALEXA
ALEXA IS THE NEW FARM MANAGER
ALEXA WILL START IN A FEW WEEKS
ALEXA WILL HELP GET THE FARM OPEN AGAIN**



**BE LIKE ALEXA AND HELP
GET THE FARM OPEN AGAIN**

A few words from Alexa

After completing my Degree in Animal Behaviour and Welfare at Oxford Brookes, I have been working for over 13 years as an animal technician and 5 years as a lecturer in behaviour and welfare. Previously I have also worked as a manager at a kennels and also studied and worked in Animal hydrotherapy. I worked at Hatton Country world looking after the farm animals. I'm really excited about the opportunity to work alongside the community to develop and create a safe space with the highest animal welfare standards which will be hugely beneficial to both the animals and the community. I'm super excited to be a part of the wonderful team and community

GO APE FOREST SEGWAY



MALLARDS
PIKE



COTSWOLD TRAIL RIDING @ ONGERS

FARM

funded by

THE VOICE OF RACING

THE SIR PETER O'SULLIVAN CHARITABLE TRUST



GIRLS
BOYS



~~Cookery Classes~~

making pizzas at
the allotment





When the replacement vehicle is a limo!!



K.I.M.U.T.*



* KIDS IN MAN UTD TOPS

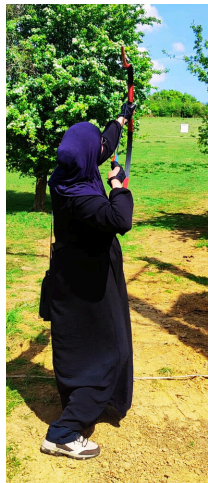


Why? because I want to! - Ed!

FC Archery Club Brings Home Medals Haul!



The FC Archery Club had a brilliant showing at the Four Trees Archery competition — winning an amazing 9 Gold, 1 Silver, and 3 Bronze medals! A huge shoutout to our women archers, who led the way by winning the majority of the medals. Their dedication, focus, and talent were truly inspiring, and they've made our whole community proud. A big thanks to all our participants, coaches, and volunteers who continue to uplift and empower our young people and community through sport. Here's to breaking barriers and hitting targets — on and off the field!





The Emma Willis

SEWING STUDIO



The most wonderful day celebrating the inspirational @juliekentmbe as she became the new High Sherriff of Gloucestershire. My daughter and I attended with hundreds of others from supporters and charities, to Julie's friends, family and colleagues. Julie wore the outfit I designed and made for her. Making a tailored coat was an absolute blast along with a classic shaped and lined sleeveless dress, both with contrast detail. And the Jabot and sleeves delicately crafted from Lace. Super proud that she liked it but even more that in adversity comes triumph when you trust in your creator. The love and care you put into people and things you love shows. Thank you @juliekentmbe for the opportunity.



Our Crafty Sisters made these lovely beanies for @ageukgloucestershire and the @innocent big knit. They were super cute and all so different. Tracey from age uk Gloucestershire explained how every baby beanies support age uk 30p is received from each smoothie sold goes to age uk from the big knit



our stories and stitches group create beautiful embroidery dandelions on tulle.



Some of our very kind volunteers who gave up their morning to make these comfort hearts. We made them in a variety of fabrics suitable for different tastes. Thank you to all the sewists, cutters, stuffers, and stitchers what a happy group you were todayour comfort hearts for those who go through Mastectomy surgery. These will be made by our volunteers and donated to @macmillancancer.



Fantastic efforts from our women learning to make trousers,



Bags of bags were sent to @gloucestershirebundles today. We have had weeks of charitable makes at the studio. Coming together or working on their own our women are talented superstars, always lending a hand to share their talents with those in need.



CITY FARM & **CLOSED** RIDING SCHOOL

We were saddened to hear that Derek Wakefield-Brown had passed away after a long illness. Derek was the driving force behind the establishment of the city farm in the late 90s, whilst working in Gloucester City Council. Together with members of The Friendship Cafe, Derek managed to save it from closure. To bring cows and sheep and other creatures to the middle of the inner city was quite an achievement bearing in mind the many obstacles he faced along the way!

We are indebted to Derek for setting up the foundations for this community project and many, many people of all ages and backgrounds will have benefitted through his legacy.



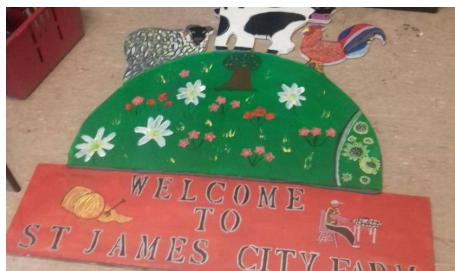
Volunteers Leanne Parker and Grant Stork with Nature Conservation officer Derek Brown (right) and Ranger Peter Rogers with the newly completed paddock fencing for city farm animals at Robinswood Hill. Billy the goat shows his approval. Photo: Dick Bower

Robinswood Hill: Boost for city farm **Paddock set for animals**

On a personal note - I first bumped into Derek during my days of playing Sunday League Football. Derek was a referee Our paths then crossed again at the City Farm. He always had time to talk and share. So welcoming to all. a wonderful wonderful person. Will be sorely missed - Ed

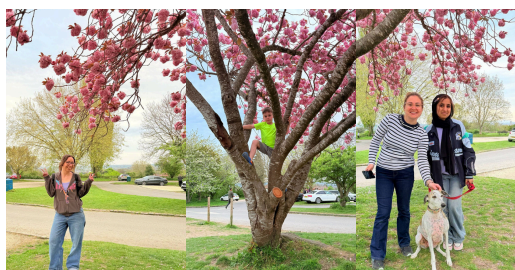


CITY FARM & RIDING SCHOOL



Big thanks to Pete; support worker Tracey and members of the St James Church Art Club for creating a colourful sign for our newly painted gates

Farm volunteers couldn't miss an opportunity to get out on Robinswood Hill while we had some gorgeous weather! Ibraheem led the gang on a walk to see bluebells and the views from the top and they spotted nature along the way.



This year the theme of Mental Health Awareness Week was 'Community' - and at the City Farm we work to support our local community in Barton and Tredworth as well as creating our own community of amazing volunteers.

The Farm is a safe space for people of all ages and backgrounds to spend time outdoors, away from digital distractions and the stresses of everyday life.

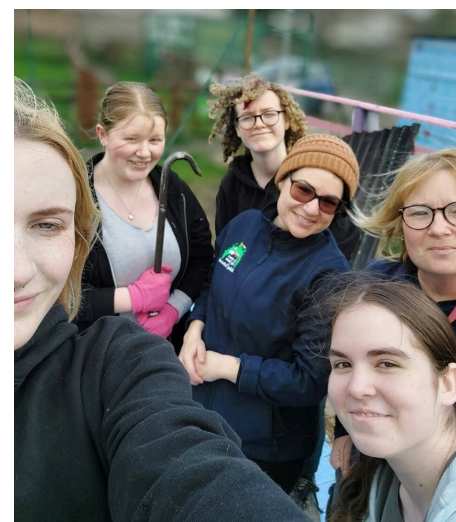
Friendships are formed and we work side by side to nurture and grow the Farm into a welcoming place which will be open again this summer.

Our team support each other and walk away feeling like they 'belong' - and there is no better feeling.



Huge thanks to Dani and Gemma from CMB Wellness who joined us for a workshop looking at anxiety, coping strategies and throwing in some fun movement and relaxing breathing exercises too.

12 volunteers took part in the classroom and outside and were soon talking openly about their own experiences and how best to deal with anxiety. Very interesting and helpful.





CITY FARM
CLOSED
RIDING SCHOOL



FARM FUNDAY PHOTOS



The Payback Team has worked so hard the last few weeks and the Farm is looking so much better! They have to be here as part of their Probation conditions but they all genuinely care about the Farm and it's future. So grateful to them!



COMMUNITY NOTICES

CHARITY CAR WASH

SUNDAY 13TH JULY 10AM – 5PM

FRIENDSHIP CAFE CAR PARK, GLOUCESTER

BBQ BURGERS
AVAILABLE FROM 2:30

EXTERIOR ONLY
FOR £10



IN MEMORY OF
AKEEL, HANNA
AND SARA
FOR



HELPS INTERNATIONAL RELIEF
AND DEVELOPMENT

Hubb

SAVE THE DATE

SUMMER SOCIAL

FAMILIES WELCOME

26 July
12 p.m. - 3pm

BBQ
Games
Stalls
Bouncy Castle

Longford Village Hall
Longford Lane
GL2 9EL

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Gloucestershire

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0800 755 5533 www.hlsglos.org



HEALTHY LIFESTYLES

Our Healthy Lifestyles Gloucestershire is excited to announce that we are relaunching our GL1 Women's Health & Wellbeing sessions. We will be working closely with the Community Engagement Team (Haroon, Amina, Saleha & their community colleagues) to ensure we are supporting you and your community as best we can. We are also very excited to be at the Friendship Cafe & other local venues for future health events, as well as helping you to feel better & live a healthier lifestyle. For more information on our services & how we can help you, head to our website <https://hlsglos.org/> or give us a call 0800 755 5533 - or speak to one of the Community Engagement Team. We look forward to seeing you very soon!

BITS & PIECES

Viral Hepatitis...what you need to know

Viral Hepatitis is the term used for viruses A, B, C, D and E. These are Viruses that can cause inflammation in your liver. Here we will take a look at some of the more common viruses; Hepatitis B and C.

Hepatitis B

Hepatitis B is a virus. It is one of the most common and affects millions of people worldwide. Here are some facts about Hepatitis B:

- Hepatitis B is passed by blood-to-blood and bodily fluids.
- We can successfully vaccinate against Hepatitis B.
- Some people naturally clear the virus themselves within the first 6 months, if the infection persists after 6 months it is classed as a chronic infection and is mostly likely to be lifelong.
- Medication does not cure Hepatitis B but suppresses the virus to prevent it causing liver disease.
- Hepatitis B is often passed on at birth or as a small child.
- Symptoms for Hepatitis B can be mild and a bit like the flu, some people don't have any symptoms.
- 90% of babies who pick up Hepatitis B from their mothers at birth get a chronic infection. Whereas 10% of adults who come into contact with the virus becoming chronically infected.
- Hepatitis B is seen more in the following countries; South Asia (India, Afghanistan, Pakistan, Bangladesh, Bhutan, and Sri Lanka) Africa, South Pacific Islands, Middle East, Eastern Europe and the Middle East.

Hepatitis C

Hepatitis C is also a virus that can affect your liver. The good news is we can treat and cure Hepatitis C with Medication. Here are some facts about Hepatitis C:

- Hepatitis C is passed by blood-to-blood contact.

- There is no vaccination for Hepatitis C.
- Hepatitis C often has no symptoms for many years.
- More than 9 out of 10 people with Hepatitis C can now cure the virus with tablets, these have very few side effects.
- If left untreated the virus can cause liver disease.
- NHS England offer free testing kits to anyone who would like a test for Hepatitis C, you can access this at the following link; <https://heptest.nhs.uk/en-gb/order-a-test>
- Risk factors for Hepatitis C include; a blood transfusion, blood products or organ or tissue transplant in the UK before 1996, or in other countries with high numbers of these viruses. Some countries have a higher prevalence of Hepatitis C, so there can be a risk from dental and surgical treatments in some countries in Eastern Europe, South Asia (India, Afghanistan, Pakistan, Bangladesh, Bhutan, and Sri Lanka) and the Middle East. Hepatitis C can also be passed from a pregnant woman to her unborn baby.

If you feel you have been at risk of any of these viruses, get tested. You can get tested with a finger prick test. If you are positive, we can help; with modern treatments, its usually possible to cure the infection and most people with it have a normal life expectancy. You can order a home testing kits (which will test for Hepatitis C) using the link above or by scanning the QR code here:



Alternatively, you can contact the Gloucestershire Outreach Viral Hepatology Nurses on 0300 422 6056 or email; ghn-tr.viralhepatitisnurses@nhs.net. You can also visit your GP.

Our Outreach nurses will also be at the following events where you can attend and discuss this further and get a test:

Tuesday 22nd July – in Cheltenham, times and location to be confirmed

Monday 4th August – Gloucester City centre – health bus will be at the cross – times to be confirmed



Thank you to everyone who attended the Gloucestershire Shared Lives information sharing event at the Friendship Café on the 18th June. It was great to see so many faces, and hopefully we raised awareness of the work we do, and more importantly for those of you that were wanting to pursue a caring role, we were able to answer any doubts you may have about fulfilling your ambition, by becoming a Shared Lives carer.



If you feel you need to know more, or were unable to attend the event, we always welcome telephone enquiries (01452 426237), or we can arrange to come and meet with you face-to-face. The community engagement team has also agreed to facilitate any support required, to be able to continue the momentum we have built up ([Haroon Kadodia](#), Amina Kathrada, Saleha Moolia : 07714206201)

Please can we ask that you continue to spread the word on the work we do within Shared Lives and encourage others who may be looking for an avenue into becoming a carer to get in touch.

Thank you again

Rachel, Shane and Zak.



Thank you
for reading

