

CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



www.thefriendshipcafe.com



The Friendship Café



@FriendshipCafé1



@FCYouth21



The Friendship Café



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ED-LINES

Hi All

When time is short and you have passed your deadline you ask Chat GPT "Write me a short editorial for a community newsletter with a something humorous about the British change of seasons," you get....

Dear All

Well, here we are again — that magical time of year when the leaves turn golden, the air turns chilly, and no one has a clue what to wear. It's officially British autumn: the only season where you can get sunburnt, windblown, and soaked — all on the school run.

Our national sport has now become "heating chicken" — how long can you hold off flicking the thermostat before admitting defeat? (Bonus points if you've muttered "just put a jumper on" to a complaining family member.)

The weather, of course, continues to have more mood swings than a teenager with a broken phone. One minute it's crisp and sunny, the next it's raining sideways and you're questioning all your life choices — including that "light jacket" you were so confident about.

The garden furniture is now sulking under a tarp, your coat from last year has mysteriously shrunk (again), and umbrellas are reappearing like nervous wildlife — briefly, before the wind eats them.

But for all its chaos, this season has its charm. Hot drinks taste better. Walks are crunchier. And there's something comforting about the early evenings and flickering lamps in windows — like the whole village is slowly putting on its dressing gown.

Let's not forget to check in on each other as the days get shorter. Whether it's a shared cuppa, a spare pair of gloves, or simply a smile in the drizzle — it all adds up.

So here's to conker season, misty mornings, and the wonderfully weird wardrobe decisions that come with living in a country where you can experience all four seasons before lunch.

Until next time — stay warm, stay neighbourly, and yes... bring a brolly.

Hmmm.... I think I will stick to my own work next time.

TTFN
Shoaib
Editor - Cafe News



friendship cafe

As the saying goes ..
"Every little helps..."

Please help by scanning and
donating to either the Friendship
Cafe

or The far (or both)

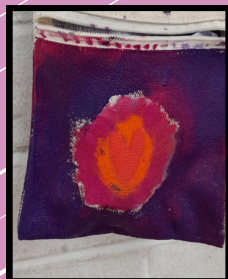
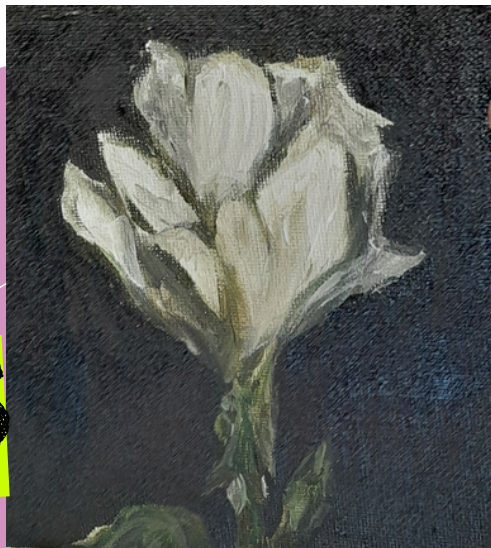
the farm



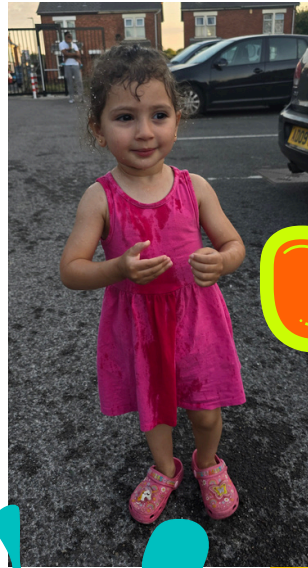
Thank You



ARTS & CRAFTS



UASC Girls Group - activities at FC



water
fight



PAINT

BALL





The Emma Willis SEWING STUDIO

We don't empower women – We welcome them.

In our sewing & craft group, women grow in confidence, empower themselves, and support each other in a space built on trust, safety & creativity.

It's more than sewing – it's therapy.

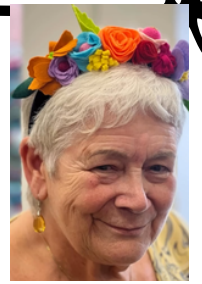
Crafting helps reduce stress, ease anxiety, boost mood, and create real joy. Whether it's for themselves, loved ones, or charity, they're making beautiful things – and beautiful connections.

Watching women share skills, stories, and laughter every week is the most rewarding thing.

Join us:

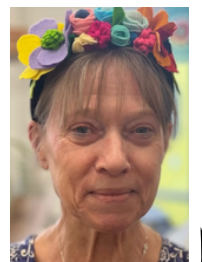
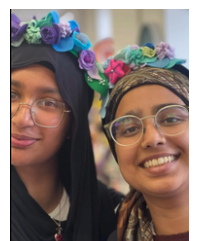
Tuesdays 12:30–2:30 PM (term time only)

Tuesday Evenings 5:00–6:30 PM



A Frida Kahlo inspired workshop with the talented

[@emmamorris10](#)



Lino Printing with [@emmamorris10](#) at the weekend, a super packed day of learning to produce and make our stencils to using them to make prints on fabrics. An enjoyable day for all who to part. Beautiful stencils we can use again and again.



Thank you Hanzalah Randera (pictured above) for supporting the sewing studio, and with the fantastic amount he raised we were able to get a sublimation printer, a heat press, and a cover stitch machine.





City Farm & RIDING SCHOOL



She's here! New Farm Manager, Alexa (Lex) Hassan, started in July and has already sorted out a new feed store and has been meeting the team!

"We are really excited to announce that we have animals back onsite, we have 2 Berkshire pigs, 2 Shetland sheep, 3 Guernsey goats and of course our rabbits! We have been working hard to get the animals settled into their new homes and doing some training with them, they are all trained to follow a bucket of feed!

We have lots of exciting activities planned for the farm as we begin to reopen, we will have opportunities for schools to come along and visit, we'll also be having a quiet morning specially for our neurodivergent visitors, offering a calm and relaxed space to enjoy the farm at your own pace on a Friday morning. Keep an eye on our Facebook page for details and updates on the farm!"

Lex



We now have collecting tins in the One Stop shop on the High Street and also just down the road in Hardy's - the little store with the amazing fruit and veg mural on the wall that sells pretty much everything!

Any change you can spare can help pay for animals, feed, bedding, hay...the list is endless! Thank you for your support 🙏❤️

We now have 4 African land snails thanks to the Animal team at Hartpury. Call in and ask to see them if you're passing! 🐌





Message from Jackie

FARM VOLUNTEERS

Hello! We are so excited to have animals on site at St James again and are taking on new volunteers to help run the farm. Volunteers must be aged over 12 and commit to a session a week.

We are open 7 days a week with sessions from 9.30am-1pm or 1pm to 4.30pm (4 pm when the clock changes). No experience necessary, just a love of animals and a willingness to get stuck in!

If you're interested, please contact me at Jackie@stjamescityfarm.co.uk



Our volunteers teamed up with the City Council Ranger team and Friends of Barnwood Arboretum and Friends of Robinswood Hill to help move some Dexter cows that had been grazing there.



BIG CLEAN

@ FRAMPTON



Thanks to Aoife, Aliyah, Raven & Zac we are now on TikTok! Follow St James City Farm for lots of animal adventures - or stick to the safety of Facebook! 📺



HOW TO TRAIN YOUR GOAT
(to walk on a lead)



Volunteer Mandy found this young hedgehog out in daylight with no sign of its mother around. She made it comfortable and transported it to Brockworth Hedgehog Rescue where it'll receive specialist care.





City Farm & RIDING SCHOOL

Finally...the news you've been waiting for! We are now open!!

As we're still rebuilding the Farm, we will limit hours to 10am-12pm and 2-4pm each day. We will be closed Thursday mornings for volunteer training and Friday mornings will be a quieter session reserved for anyone who can't cope in noisy/busy situations.

As the animals are all young we can't allow feeding just yet. Although hours are restricted, in good weather the animals will all be outside in the paddocks so you can see them there! This is just the first stage of the new-look Farm so bear with us and please donate if you can.

We had a magical moment yesterday. This young visitor instantly connected with our goats. Usually causing mischief, they were calm and gentle as she read her book to them 😊



Twix the goat showing off his balancing tricks! 🐐



Our girls Winnie and Nora are pretty good at football already! Inspired by the England women's team! ⚽



I hear the City Farm is open! Hop on down and visit us!

opening hours

MONDAY	10AM - 12PM 2PM - 4PM
TUESDAY	10AM - 12PM 2PM - 4PM
WEDNESDAY	10AM - 12PM 2PM - 4PM
THURSDAY	CLOSED IN MORNING FOR TRAINING 2PM - 4PM
FRIDAY	QUIET MORNING 10AM - 12PM 2PM - 4PM
SATURDAY & SUNDAY	11AM - 3PM



a city farm fundraiser

TUESDAY 28 OCTOBER

CAKE SALE 🍰

10AM-2PM

@ ST JAMES CITY FARM



COMMUNITY, MATTERS



(From left to right Mohammed Patel, Harman Hussin, Ibraheem Bham and Umair Kadodia)



MOUNT TOUBKAL EXPEDITION

We set out from Gloucester, to reach the summit of Mt Toubkal in Morocco, over the course of 3 days; North Africa's highest peak, with the sense of adventure we shared and wanting to see what we were capable of. Amidst the planning, we came up with the idea to couple the objective with a good cause. We began raising money for an orphanage in Indonesia, whom a friend in the group has contact with. Together, we were able to not only summit successfully, but also raise a grand total of £5k. We would like to take this opportunity to thank all who donated to this honourable cause.

https://www.launchgood.com/v4/campaign/mt_toubkal_expedition?src=312342

We will also be sharing all content from the expedition in this Instagram account:

https://www.instagram.com/p/DOri82ZAqZ4/?img_index=3&igsh=MW5uNmK2YXVveno0aQ==

It's intended to be a community account for anyone and everyone who who wants to take on a similar expedition and perhaps also combine it with a good cause. With a growing reach, it's an alternative channel through with inspiration can be shared.

Gloucester Runners Shine at the Cardiff Half



A team of 11 runners from Gloucester took on the Cardiff Half Marathon, turning the event into a celebration of teamwork, family, and community spirit. United by their passion for running and giving back, the group ran to raise funds for a wide range of local and global causes. Amongst the participants was Yahya Pandor, a trustee for British Blind Sport, an organisation supporting visually impaired athletes. His determination and positivity inspired teammates and spectators alike, reminding everyone that sport has the power to break barriers and bring people together. The RanDhaLock Runners, brought their trademark fun and family energy to the course – with three members running in Mario- Their infectious spirit captured the heart of the spectators, especially the children, showing that running is as much about joy and connection as it is about fitness.

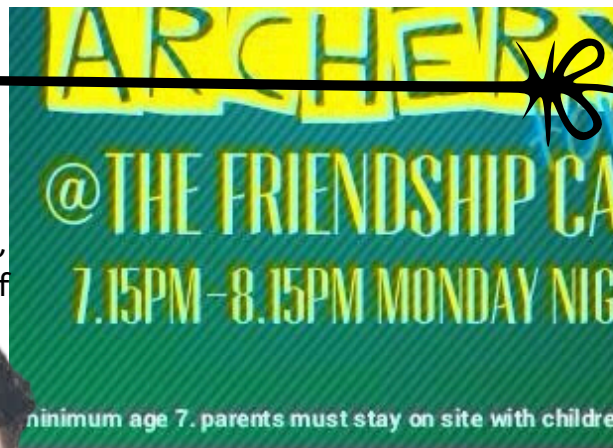
While the day was about camaraderie and causes, there were still some standout performances worth celebrating: Yahya Pandor – 1:42:20, Ismail Dhalech – 1:55:31 and Mohammad Motala – 2:03:07 (1st race at the distance). As well as, 1st timers: Zainab Dhalech, Khadijah Pandor, Sumaiya Goga, and old hands, Humzah Jaffer, Hanzalah Randera, Abdur-Rahman Dhalech, Maariyah Dhalech, Ebrahim Dhalech. Each runner crossed the finish line knowing they'd achieved something special both personally and for their chosen causes. Getting to the Start is the victory!

Collectively the team raised close to £1,500 for charities including Islamic Reliefs' – Evacuating children in Gaza project, Global Relief Trust, Parkinson's UK & British heart foundation.

@endurephinswomens@endurephins

CONGRATULATIONS

One of our first coffee shop workers Abu Nanabawa recently got married as did our original "Poster Boy" Omar Bhula. We wish them, and their wives a happy and long marriage full of love.



BITS & PIECES

INTER FAITH OPEN MIC NIGHT 12.11.2025

DOORS 18:30PM

FOOD FROM ZEN V GARDEN

ROOTS COMMUNITY HALL
69 ALVIN STREET
GLOUCESTER
GL1 3EH

"share your favourite verse or poem from your religious tradition or worldview, that encourages you to serve the community"

To ATTEND, or CONTRIBUTE please scan the QR Code:



UNIVERSITY OF GLOUCESTERSHIRE Gloucester City Council

WOMENS ONLY ARCHERY

THE FRIENDSHIP CAFE

EVERY WEDNESDAY
5:15 - 6:15 PM
£2 PER SESSION

AGES 13+
ANY LEVEL OF SKILL WELCOME
COME ALONG TO LEARN OR JUST TO HAVE SOME FUN AND MEET OTHER WOMEN IN AN EXCITING ENVIRONMENT!

NO OPEN TOED SHOES
LONG SLEEVES
HAIR TIED BACK

FOR FURTHER INFO CONTACT: 07880793450

Come and join our women's only Archery club every Wednesday! Make new friends, enjoy your "me" time, and learn new skills.

Archery can improve your physical and mental health, by promoting:

1. Stress relief and relaxation
 2. Focus and concentration
 3. Self-discipline and control
 4. Fitness
 5. Sense of Community
1. ***Reduces stress and anxiety*:** The focus required for archery can help calm the mind and reduce stress.
 2. ***Improves focus and concentration*:** Archery requires attention to detail and concentration, which can improve mental clarity.
 3. ***Boosts self-confidence*:** Hitting targets can give a sense of accomplishment and boost self-esteem.
 4. ***Improves Fitness*:** The technique needed to shoot properly helps to improve balance and posture.
 5. ***Provides a sense of community*:** Joining an archery club or group can provide social support and a sense of belonging.



Thanks for reading

