

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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OPCC
Office of the Police & Crime Commissioners
for Gloucestershire

ED-LINES

Hi All

So at my normal day job, one of my colleagues retired after 54 years of service - YES FIFTY FOUR!

And in a group of about 30/40 people at his leaving presentation i was one of four who were alive at the time he started. (I was 2 - Ed)

I then began to think what has happened and changed over that half a century of service.

Well the company has gone from petrol Bedford vans to Iveco vans, and the cars are all electric now. (in fairness we stil have Ford Transits - they have survived since then then). Which leads me on to fuel - when a GALLON of petrol would set you back 80p! I am not sure if you would even get around the block for 80p of fuel nowadays.

Our shops used to sell all things electrical like the colour TVs that were creeping into UK households in the 70's. The biggest TV, being a huge box the size of two large suitcases weighing approximately 90kg, with a 25 inch screen. Also, TV's back then only had 3 channels, BBC 1, BBC 2 and ITV and programmes only aired from 9am till 11pm. And they were not cheap - a top of the range colour TV would set you back £300 (approx £5500 today). And if you couldnt afford to buy one then you could rent a black and white one for £1.25 per week or a colour one for £2 a week. On top of which you would have to pay £10 a year for colour TV license or half that for a black and white license.

And of course NO mobile phones!! Which meant telephones calls had to be made from landline corded phones at home or from red telephone boxes on the street. Banking had to be done in the local high street branch and shopping (but not on Sundays or Wednesday afternoons) was a trip to the corner shop or the local CO OP. Games were played in the park or on the street (no such thing as video games). Street maps and atlases were used for navigation, looking up information was done in the library, and if you found yourself in town on a Saturday afternoon at 4.45pm to get the full time football results you would have stop outside Radio Renatl's (TV hire shop) and watch the vidiprinter on Grandstand (equivalent to Sky's Soccer Saturday).

Oh yes! It was also around that time that my team (Manchester United) were relegated to Division Two (and not by a backheel by Dennis Law (IFYKYK)) and were absolutely awful - Well I guess thats another thing that is the same today!!!

TTFN
Shoaib
Editor - Cafe News

Edit 25/1/26



friendship cafe



the farm

Thank You

Since writing this editorial Man United have beaten Man City & Arsenal!!!!



Coffee Shop



It was with deep regret and heavy hearts that we made the very difficult decision to close the Coffee Shop in December, which unfortunately resulted in staff redundancies. FC has been subsidising the Coffee Shop's operational costs since it first opened. This has been a commitment we were proud to uphold for as long as possible.

Over the past year, we have made considerable efforts to secure additional funding and explore every possible option to keep the Coffee Shop open. We looked carefully at reducing opening days, hours, and staffing; lowering ingredient costs; and increasing menu prices. Despite the team's hard work and all these attempts, we were unable to reach the level of sustainability we needed to continue.

As we all know, the Coffee Shop has meant a great deal to its patrons and the wider local community. This was clearly reflected in the reaction when news of the closure was shared.

It was met with sadness, disbelief, and disappointment. At the same time, the level of support and encouragement we've received has been truly heart-warming.

Whilst our funding situation remains unchanged and we're unable to reopen the Coffee Shop in its previous form, we have decided to open it from Monday to Wednesday as a Community Hub. For now, the offering will be very limited: tea, coffee, and cakes, while we continue to explore more sustainable ways to expand what we can provide in the future. In parallel, we have opened the space up for tender to community members and local food businesses. We've already received a good level of interest and are hopeful we'll be able to find suitable partners who can offer a similar experience in a more sustainable way.



Most importantly we would like to thank the staff who worked in the coffee shop for all their hard work and effort right up until the end. We wish them all the best in the future.

Coffee Shop

OPEN



STOP THE PRESS!!

THE FRIENDSHIP CAFE COFFEE SHOP



We Are Open!

MONDAY

10am to 3pm

TUESDAY

10am to 3pm

WEDNESDAY

10am to 3pm

*Offering teas, coffees and cakes and
a very limited hot lunch option*



So, we are now opening 3 days a week with a limited menu. Tina will be there to serve teas, coffees and cakes with a hot offering for lunch.

So please come and join us !

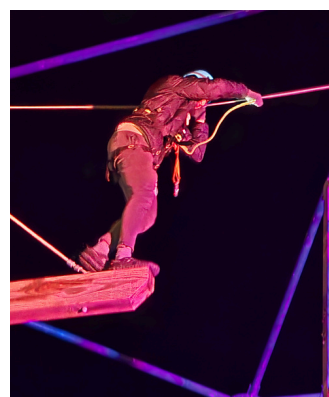
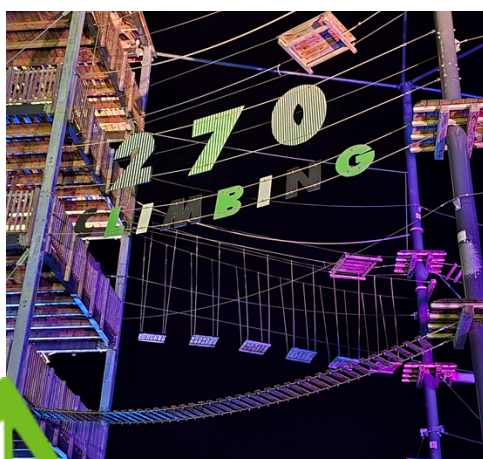
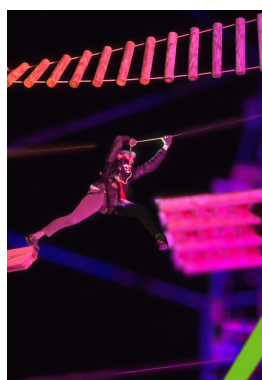
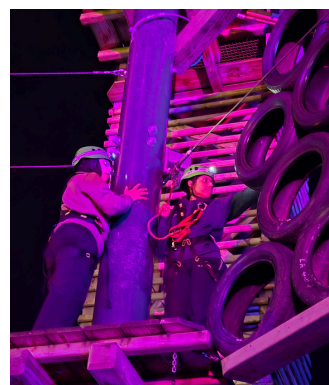
We are currently reviewing tenders to utilise the coffe shop area fully.

Just a few words to say that all of us in the coffee shop and at FC would like to pass on our sincere condolences to Pat Gifford and her family. It's with great sadness that her loving husband and our great friend passed away, he will be missed by all of us. Dave was one of our favourite customers, we will miss his smile and witt along with being able to fuss over him. We all knew exactly what he would order for breakfast before he even entered the premises!



Tina and all the coffee shop staff x

THURSDAY NIGHT BOXING CLUB



270
 CLIMBING





Thursday Art Club



Return of
K.I.M.U.T
KIDS IN MAN UTD TOPS



girls CROCHET CLUB



FAR PEAK CLIMBING



BRISKET night





DECORATE BISCUIT

LET IT SET

EAT IT!!



SKATING IN SWINDON



COMMUNITY, MATTERS



ARCHERY WOMEN ONLY

The Friendship Cafe
Every Wednesday
17:15 - 18:15

COST
£3 PER SESSION

No open toed shoes
Long sleeves needed
Hair tied back

Any level of skill welcome
Ages 13+ only

For more details, contact: 07880793450
You have to relax when you're shooting an arrow. You can't be tense.
And that just helps in your day-to-day life.
Stephen Amell



The Friendship Cafe
Spirit of Peace
Working together for a world where all can flourish

New Beginnings - New Hope
Bring and Share Community Gathering

Tuesday 3rd February, 6:30pm-8:30pm
Friendship Cafe, Chequersbridge Centre,
Painswick Rd, Gloucester GL4 6PR

All welcome.

This will be an evening of sharing food, conversation, and meeting members of local communities, and sowing indoor seeds together for future planting. We will hear brief presentations on the theme, representing different faith traditions.

If you would like to, please bring food to share which does not include meat or alcohol.

Entry is free, but donations will be welcome on the night to cover costs.

For further information please contact
info@spiritofpeace.co.uk



The Friendship Cafe
BOYS BOXING CLASSES

WITH NICK ODORE- 1990 COMMONWEALTH GAMES LIGHT- WELTERWEIGHT SILVER MEDALIST

EVERY THURSDAY
19:30- 20:30

AGES 11+

6 SESSIONS- £18

LIMITED SPACES
REGISTER NOW

Abdullah- 07436 629512

↓ ↓ ↓

SPIRIT OF PEACE GATHERING LAST MONTH.

PLEASE DO COME AND JOIN US.





City Farm & RIDING SCHOOL



The farm is doing well, we are getting more and more interest and visitors since we have reopened, especially since we have had 2 new arrivals, Ernie and Lenny. They are 2 Swiss Blacknose Valais Sheep, and they have been a huge hit! We are beginning to have groups and schools visiting, we recently had residents of Pembury Care Home come along and meet the animals. We also hosted Tredworth Residents Association, Kulchalee Arts and St James Church for a very successful festive event, the smores and hot chocolate went down a treat! We are now looking forward to what 2026 brings us.

We have also launched an animal sponsorship opportunity so if you know anyone that has a love for our animals, please do get in touch about sponsoring our lovely residents! Please keep a look out on Facebook and the farm website for updates.



These goats! They drive us potty trying to get where they shouldn't be - but they have stolen our hearts! Farm manager, Alexa, has a soft spot for the lovely Twix.



Our giant African land snails have mixed reactions. Some children (and adults) are fascinated by them, while some just think they're horrible and slimey!

We keep them in our classroom while it's cold but you can always ask to meet them!



Lovely to see so many people brave the rain to come to our Fun Day. The goats were miserable in their paddock so they joined the fun too!



TYRED GOATS



Alexa had some extra help as her husband, John, took a 'volunteer' day from his job with West Bromich Building Society to lend a hand. He got stuck in mucking out animals and helping her unblock drains...what a star! Volunteer Kevin always has a smile...he loves helping!

Our playroom now has a super cute reading corner so your little ones can cuddle up with a soft toy and choose a story.





COMPOST! We've been filling up bags with old animal bedding (goat and sheep poo!) and now is the perfect time to use it in your garden.



COMPOST

Come and grab some bags... donations always welcome!



Congratulations to Aamilah - she started riding here at the City Farm!

What an amazing achievement

<http://www.bbc.co.uk/sport/horse-racing/articles/dy4plxwlkeo>

The Probation Service's Payback Team were back on site and giving the stable block a good clean up and a coat of animal-friendly paint.



Our volunteer Karen reused some Christmas lights to brighten up the playroom.



Our new arrivals have had heads turning as they are HUGE! These beautiful boys arrived Saturday and have been meeting the other animals on the Farm and getting to know the volunteers.

Lennie is a Valais Blacknose and is super cute - and knows it! And Ernie is a Valais crossed with a Shetland which is what our resident sheep are.



They have been kindly donated to the Farm by Susan and Jonathan Owens from Huntley who have a small-holding. They have been raised as pets and very friendly!

Come and meet them soon!



Thanks to all of you who supported our first Farm Bake Sale ...Huge thanks to our volunteers who baked and especially Bilaal and his family who had the idea and made it happen. We collected £529!

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



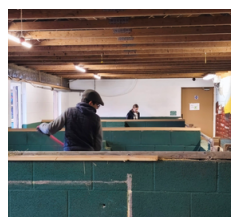
We now have lovely new tops and sweatshirts with our logo on thanks to **OnBrand Workwear**, based in Tewkesbury.

Our manager, Lex, contacted their Chief Commercial Officer, Rebecca Jones and she very generously agreed to donate the uniforms to us.

Festive Fun Day



Thanks to Rev. Steven Saville for bringing the church's Christmas tree over as a treat for the goats



We are looking for Animal Champions for 10 of our Farm animals. There are a very limited number of sponsorships available for each individual animal, so children can enjoy a special hands on experience.

Our Animal sponsorships are as follows:

£5pcm per Rabbit (3 rabbits) 🐇

£10pcm per Sheep or Pig (2 sheep and 2 pigs)

£15pcm per Goat (3 goats) 🐐



With the normal staff off for Xmas we had a few volunteers in on Christmas Day & Boxing Day to tend to the animals

You can sign up using the Donate link on this page <https://shorturl.at/wIGBC>

COMMUNITY, MATTERS



BE CREATIVE
MAKE FRIENDS
HAVE FUN

KIDS RAMADHAN CAMP

**SATURDAY 11AM - 12:30PM
FALKNER STREET**

Learn the importance of Ramadhan through interactive activities
- £35 for 5 weeks - Starts 14th Feb 2026 - 6 to 11 year olds

Limited Spaces Available! To Register: 07877 531 085



Sunday 15th Feb Early Bird's £7
Under 2's free!

CIRCUS EXTRAVAGANZA

Where the children become the stars

Gloucester

Show times: 11am, 1pm & 3pm
Gloucester Guildhall

Doors open 30 minutes before
with a free circus workshop to
get warmed up!

Featuring Lucas Jet
& Jong Juggler plus
special guests

TICKETS circusextravaganza.co.uk
or text 07891374983



**The Big
Hubb desi
breakfast**

Saturday 7th Feb 2026
10am-12pm
Tickets from £15pp
under 10's £10

Takeaway or seated.
Ladies only seating
available.

The Friendship Café
Chequersbridge Centre, Painswick
Rd
Gloucester GL4 6PR

Get tickets at:
<https://bit.ly/4buiBsU>



**Have you had cancer?
Have you finished treatment?**

Join a women only Gloucestershire Muslim cancer peer support group. A safe space to share experiences, celebrate hope and connect with others.

Be part of a study trying to understand how Muslim women live after cancer.

If you are interested and want to find out more, contact:

Natalia Bartolome Diez
07900737346
nataliabartolome.diez@connect.glos.ac.uk



The Emma Willis SEWING STUDIO

Four years of dedication volunteering her time to run our stories and stitches group. Thank you Emma Morris, for your dedication and time that you gave to your craft and to women spreading so much laughter, kindness, resources, passion, stitches and knowledge we wish you all the very best for the future and your master Embroiderers course.



Flowers and pumpkins took over crafty sisters - a pumpkin autumnal flower arranging evening.



creative evening again with @letspaintuk with Marea, this time painting a floral wreath.



We didn't have too much time, but the wonderful thing about this community at the sewing studio and Gloucestershire is we work together, with each other, side by side, and with compassion. Here is a fantastic contribution from women from our groups and the Muslim women's group, we did this in just over a week hats, booties, and blankets all made with love for the babies of Gaza,



So there have been a few changes within our trustees.

We say goodbye to Haroon Kadodia and Richard Corfield, two longstanding trustees who have given us the benefit of their knowledge and experience over the years they have been with us. A heartfelt thank you for all their time and effort and helping us to make The Friendship Cafe the service provider it is today.

Reyaz Limalia is still The Chair and Junaid Ghanti is still the Treasurer.

New to the Board of Trustees is Hassan Kadodia (pictured) - He says *"Friendship Cafe has been part of my life for as long as I can remember. I've been attending since I was two years old and grew up through the club, including taking part in many residential that shaped my confidence, friendships, and outlook. Now, joining as a trustee feels like coming full circle."*



I want to help make Friendship Café even stronger by sharing insights from someone who has experienced it first-hand as a young person. My aim is to support the youth, contribute a fresh perspective, and help with the development and implementation of new ideas that genuinely reflect what young people need today."

Also Joining the board are Mariam Qureshi and Zain Patel.

Both Mariam & Zain have had been involved with FC before, with Zain bringing his daughters to the youth club many years ago.

Mariam is a chartered accountant who wants to support FC initiatives that empower and inspire. She says she is thrilled to join as a trustee and contribute to creating opportunities for our young people.

Zain works for the NHS as a Programme Manager. He says he is happy to support FC in delivering projects within a robust programme management discipline with effective oversight and governance.

COMMUNITY, MATTERS



FosteringMatters. Could You Change a Child's Life?

FosteringMatters is a small, family-run fostering agency based in Gloucester. We provide foster placements across Gloucestershire and more than 50 Local Authorities throughout the UK. We're proud to be registered and inspected by Ofsted and the Care Inspectorate Wales – and even prouder to be rated Good by Ofsted.

Who We Are

We founded FosteringMatters in 2004 after many years working within large fostering agencies and Local Authorities. We wanted something different: a fostering agency built on genuine social-work values, strong relationships and a personal, family-centred approach. Many of our team joined us for exactly that reason. As a result, we enjoy an exceptionally low turnover of staff and foster carers, giving everyone the consistency and stability that children need to thrive.

Support That Truly Matters

Our foster carers receive high-quality, ongoing support including:

- Regular face-to-face and online training
- A named, dedicated social worker
- 24/7 support, 365 days a year from people you already know
- Support groups where carers can meet, share experiences and have a voice
- Competitive payments that recognise the value of the work carers do

With FosteringMatters, fostering never feels impersonal.

Becoming a Foster Carer

The assessment process includes DBS checks, a medical, references and a home assessment. This typically takes around 3–4 months, and we guide you through every step.

Already fostering? Transferring to FosteringMatters is straightforward. Using the Fostering Network Transfer Protocol, we can help you move smoothly – and keep any children already in your care.

The Children We Support

We provide placements for:

- o Children aged 0–18
- o Sibling groups
- Children with disabilities or additional needs
- Parent-and-child placements
- Young people who stay with carers beyond 18 when needed

Matching is always a careful, collaborative process involving you, your social worker and the Local Authority. We never place children where the fit isn't right, a good match is essential for both the child and the carer.

Could You Foster?

Fostering is challenging, but it is also one of the most rewarding roles you can take on, both emotionally and practically. If you have a spare bedroom and want to make a real difference, we'd love to hear from you.

Visit: [FosteringMatters.com](https://www.fosteringmatters.com)

Call: 01452 309210

Or: Haroon 07714206201

We're happy to start with a friendly, informal chat and can arrange a home visit if you'd like a more in-depth discussion.



What is ReSPECT?

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. It's a way to record your wishes and preferences for medical care in case of a future emergency when you might not be able to speak for yourself.

Why is it important?

- It helps you express what matters to you—your values, fears, and treatment preferences.
- It guides doctors and care teams during emergencies.
- It's useful for anyone, especially those with serious health conditions or who may be nearing the end of life.

Who is involved?

You, People important to you (family, friends, carers) and Health and care professionals

Together, you'll have conversations to create a plan that reflects your wishes and what's medically realistic.

What does the plan include?

- Treatments you would or wouldn't want
- Your personal preferences
- Clinical recommendations, which can include resuscitation status

The plan is not legally binding and can be changed anytime if your situation or wishes change.

When should you start?

- It's never too early!
- You can begin by talking to someone close to you or a healthcare professional.
- It may take more than one conversation to complete the plan.

Where is it used?

- Across all health and care settings in Gloucestershire

More information can be found at:

www.resus.org.uk/respect/respect-patients-and-carers



Earned Settlement' Consultation - Have your say...

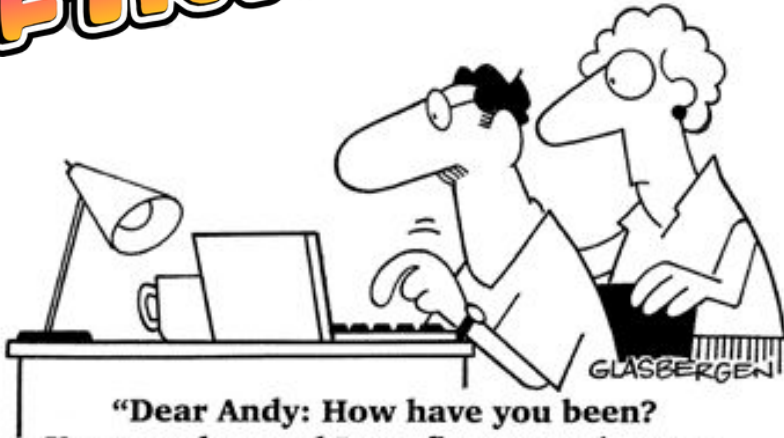
The UK Government is consulting on proposed reforms to the current immigration settlement system and how these changes should be implemented. The Home Secretary announced plans to update the pathway to settlement, aiming to ensure the immigration rules '...remains fair, sustainable, and responsive to the needs of the economy and society'. These changes will have MAJOR impact on migrant communities and their families, the unrecognised backbone of the UK community. (Who's going to run the hospitals and look after the old and sick people?) If it becomes law, it means people will be waiting 20 or even 30 years to get their right to remain, and they're expected to have English at A level standard or above, when the national reading age for the average English person is 9 years old!

Please share your views. The consultation closes at 11:59pm on 12 February 2026.

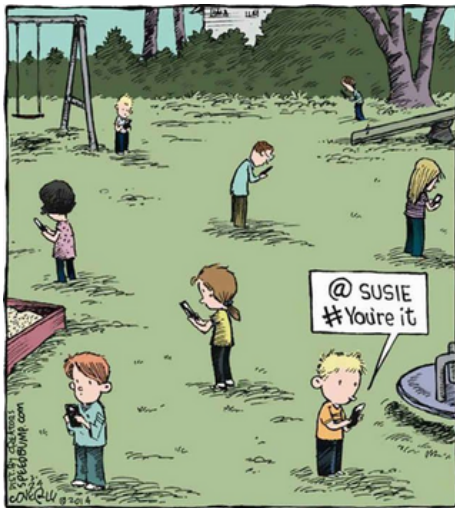
👉 Take part in the 'consultation' here:

<https://www.gov.uk/government/consultations/earned-settlement>

AND FINALLY



"Dear Andy: How have you been?
Your mother and I are fine. We miss you.
Please sign off your computer and come
downstairs for something to eat. Love, Dad."



Glos Events Co

VAN HIRE

We are now offering:

- Man with a Van
- House Moves
- Tip Runs
- And more!

☎ 07448 285184

📧 glosevents.co

Van Services by Glos Events Co
More than just removals and waste disposal.

We also offer:

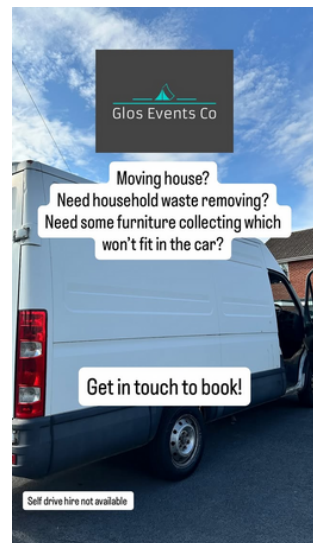
- * Short-notice/same-day jobs (STA)
- * Furniture/large goods collection & delivery
- * House, garage & office clearances
- * Single-item moves
- * Event equipment transport

Reliable, flexible and competitively priced.

WhatsApp us for a quote or to book.
<https://wa.me/message/YUEV4S6MZSDJJ1>

Please share amongst your friends and family

IG: GlosEvents.Co



Thanks
for reading

