

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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in Wales no. B02052 and Scotland
no. SC039957



OPCC
Office of the Police &
Crime Commissioner
for Gloucestershire

ED-LINES

Hi All

What a whirlwind the last 3 months have been!!

No sooner than the New Year came in, I had three day First Aider course for my normal day job. This was then put into good use when someone in the office got a paper cut – so I told them to take the rest of the day off!! (It only bled a little bit so I told her to clean it under water and keep it clean. She then got a plaster from her bag and put it on herself!!) We also had Ramadan (NO! not even water) which was followed by Eid celebrations. BONUS – I actually lost weight this year. Then it was back to the normal FC activities which included a BBQ at FC on our first night back at Dads, Lads & Lasses.

Other things that have happened in the last 3 months included a team of astronauts circling the earth and returning. We met Veronika the Austrian cow who uses a broom to scratch herself. GB won two Gold medals in the skeleton event – a sport in which you ride down an windy frozen track on a customised dinner tray!! I mean who made this sport up, and who decided to name it skeleton?? And how do you decide if you are any good at it???

About the only thing that has remained the same is that Manchester United are still above current Premiership title holders Liverpool FC (not a spelling mistake).

Oh yeah the temperature hasn't risen too much either, can someone please turn the sun up to high??

TTFN
Shoaib
Editor - Cafe News



friendship cafe



the farm

Thank You

Coffee Shop
OPEN

BREAKING NEWS

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 

After careful consideration and a thorough review process, the Trustees have chosen to move forward with a proposal from the owner of Pappa Chai Gloucester. From mid May, Kiffah will be offering a delicious breakfast and brunch menu on weekends at Friendship Café. We're excited to welcome this new partnership and the opportunity it brings to enhance our community offering.



KIFFAH (noun) *ki·ffah/kifə/*

Inspired by Arabic, evoking a rich, elevated taste and quiet luxury.

A message from the new cafe manager

Hi, my name is Muhammed and I will be managing the new cafe, named Kiffah, on weekends!

We look forward to welcoming you all soon with an exciting new menu.

We are also really keen to work with our community here in Gloucestershire so any collaboration opportunities with brands, charities, bakers and others, then please do get in touch.

If anyone is also looking for weekend work in a welcoming and fun team, please send us your CV.

Kitchen experience is desirable.

Please contact us at management@kiffah.com

Our much-loved Friendship Café coffee shop will continue to run as usual on Mondays, Tuesdays and Wednesdays, providing a familiar space for connection, conversation and community throughout the week.

This next step reflects our ongoing commitment to growing a vibrant, inclusive space that serves the needs of our community while creating new opportunities for people to gather and connect.

We look forward to seeing both familiar and new faces as we begin this exciting new chapter. Stay tuned for more details, including menus and launch dates!



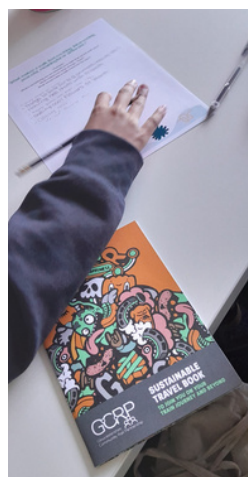
DECORATING DATES





LYDNEY DOCKS WITH

GRCP



BAKE SALE FOR SUDAN

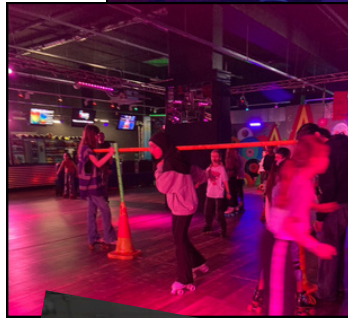
ummah
welfare trust
100% DONATIONS POLICY

We raised an amazing
£529.20

A special thanks to The Friendship Café for the venue, our lead volunteers Abdallah H, Bilal K, Mostapha H, Alforog H, Mohammed H, Okab & Muhammad and to all who donated the delicious cakes including Al-Ashraf Primary School.
And thank you everyone who supported the event by buying the cakes!



**GET
YOUR
SKATES
ON!**



**SWINDON
PART
2**





Floral Wreath - Art Club



COMMUNITY, MATTERS



Aamilah Aswat won her first professional horse race recently and in doing so, became the first black and Muslim woman to achieve this in UK Jump racing history. Her humble introduction to riding started off with Imran Atcha and the Friendship Cafe riding club and then to the City Farm Riding School from the age of 5 until she was 15, when she was introduced to pony racing at Bourton Vale Riding Equestrian Centre, sponsored by the Jockey Club UK, and supported by different trainers. Aamilah is now a full time professional jockey at Kim Bailey Racing. Aamilah has had several races since, and won a few more. She even got a few mentions on the Royal Family insta page! Who knows? Maybe one day, we'll find some wealthy benefactors and the riding school can be restarted again, as it was by far the most popular attraction at the City Farm...

10.1K 127 38

Liked by khadijah_mellah and others
theroyalfamily The Queen spoke to some remarkable sportswomen at Cheltenham Festival Ladies' Day today, including:

Jockey Aamilah Aswat who, earlier this year, became the first black woman to win a jump race in Britain riding in Her Majesty's colours.

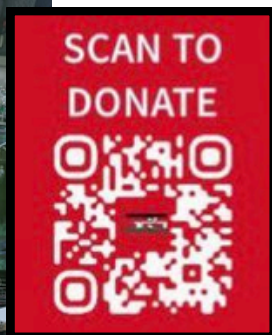
Rachael Blackmore, the first female jockey to win both the Grand National and Cheltenham Gold Cup.

World Cup-winning Red Roses team member Natasha Hunt and Zoe Aldcroft.

1 day ago

A 3 min video is available through this link.
<https://youtu.be/T0f78or81Es?si=FOLikxmMb6TNbbHv>

AND I WOULD WALK
500 MILES...



ACTUALLY
it's 300MILES

Mulla.co

GLoucester & GAZA

GLoucester
FEED THE HUNGRY

£150K
FUNDRAISING
TARGET

WALKING FOR
HUMANITY

WALK WITH US FOR GAZA

PLEASE SUPPORT HASH, NEPHEW JAVID,
SON MOHAMMED AND SALIM GINWALLA ON
THIS HUMANITARIAN MISSION WITH YOUR
KIND DONATIONS & PRAYERS

APRIL 18TH- 2ND MAY

LOCATION
DUNDEE TO
MULLACO SUPERMARKET
DEWSBURY

TARGET (FUNDING)
£150K.
TO FUND FOOD PACKS, HOT
MEALS AND WATER

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
NORAT
HASHIM
MULLA
HAFIZ ZUBAIR
GINWALLA
FAROUQ
GINWALLA

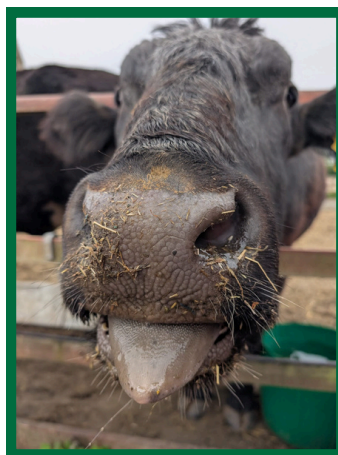


City Farm & RIDING SCHOOL



We're delighted to share some wonderful updates from the city farm! Our recent Eid celebration was a fantastic success, bringing the community together for a joyful day filled with warmth and connection. Guests enjoyed delicious vegan curry and vegetable samosas, which proved to be a real hit with everyone who attended. We also hosted a very successful Easter event, featuring a tabletop sale run by our longstanding volunteer Mandy, along with tasty s'mores and a fun "Find the Lenny" activity that kept visitors of all ages engaged.

We've also loved having cows staying with us recently. Hubba Bubba, Preston and Star have been a huge hit with visitors! Providing them with a safe, temporary home has been incredibly rewarding, and it's given us a unique opportunity to introduce visitors to a breed of cows many may never have encountered before. Seeing these animals up close has sparked curiosity, conversations, and learning—especially for children—about animal care, farming, and biodiversity. Experiences like this help strengthen the connection between our community and the natural world, making the farm an even more engaging and educational place to visit. Thank you to everyone who continues to support our growing community!



Lex



NOW OPEN TILL 5PM EVERY DAY

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



ATTENTION

ARE THERE ANY LOCAL BUSINESSES/BIG COMPANIES OUT THERE WHO WOULD LIKE TO GET INVOLVED AND SUPPORT OUR GROWING CITY FARM?

WE REALLY WANT TO TRANSFORM THE OLD FARM AREA INTO A WELCOMING PLACE FOR ANIMALS AND VISITORS THIS YEAR - BUT NEED YOUR HELP! MAKING US YOUR CHARITY FOR THE YEAR, AND HELPING US REACH OUR GOALS, IS GOOD FOR EVERYONE! YOUR STAFF WOULD BE WELCOMED TO SPECIAL EVENTS TO MEET THE ANIMALS AND TALK TO VOLUNTEERS WHO KNOW HOW SPECIAL THIS PLACE IS!

WHETHER IT'S FINANCIAL SUPPORT; BUILDING A NEW POND OR GOAT/CHICKEN/DUCK HOUSING OR SUPPLYING ANIMAL FEED - PLEASE GET IN TOUCH! EMAIL ALEXA@STJAMESCITYFARM.CO.UK HOPE TO HEAR FROM YOU SOON! (PLEASE SPREAD THE WORD!)



City Farm & RIDING SCHOOL

Our Saturday morning volunteers Deyzi, Ibby and Ahmad trained the goats to walk nicely on leads today. The goats haven't quite got the hang of the 'nicely' bit yet!



An important part of what we do at the farm is educating our volunteers and students. Alexa (manager) involved the team in checking the health of our resident rams, Lennie and Ernie. They examined their hooves and skin and they got a fringe trim at the same time.



Our volunteers are the most important people of the farm and we always love a celebration with them! Taylor has been a volunteer since she was 12 and who is expecting a baby soon. She has a 12 year old son, Kian, who is also a volunteer and has another son, Jameir. All are excited to be having a girl this time! Kevin, who helps us every Friday, came up with the idea of a baby shower and made her a special card. He also sang 'Angels' by Robbie Williams for her!



Volunteer, Karen, has so many skills to offer and is a wonderful asset to the Farm. She's created a little sensory room, moving the playroom into the next door space.



Huge thanks to volunteer, Mandy, for finding a great new run for the rabbits for us! They enjoyed a couple of hours on grass. And then, when the goats came in, they were quick to hop in themselves!

Kevin Loves helping around the Farm.
Lenny the Valais ram went straight up to him for treats



City Farm & RIDING SCHOOL



Meet our youngest Farm helper!
Shazia is a week old today and her mum, Taylor, is one of our longest serving volunteers.
Shazia's big brothers Kian and Jameir are regulars at the farm, so it's only a matter of time before she'll be pottering around in wellies!
Also in the photo is Friday volunteer, Kevin and Taylor's mum Antonia.



Lovely to meet children from The Altus School and Tredworth Infant School at the Farm

IF YOU'D LIKE TO ORGANISE A VISIT. PLEASE CONTACT US



Lovely to meet some of the residents of OSJCT Grevill House Care Home in Cheltenham when they called in to meet our animals. Horrible weather - but that didn't dampen their spirits as we went into the sheep paddock where they got up close to Lennie the ram and also fed our cheeky goats and pigs.



Our Farm animals can now be fed with special petting pellets rather than veg as we don't want them gaining too much weight!

A pot of pellets costs £1 (or a donation) and all funds help us care for the animals and redevelop the Farm.



Three new wheelbarrows were delivered yesterday so Savanha, Madison and Cody are busy putting them together!



Lovely team-building session in the sunshine with Dani and Gemma from Clarity, Mind and Body Wellness. Staff and volunteers worked together to create the tallest paper tower (it got VERY competitive!); complete a scavenger hunt around the Farm and write positive statements about each other as well as movement and breath work sessions. Great fun!



Gloucestershire Gateway Trust

Fair Shares community time banks

city farm coffee club

Come along for a hot drink and afterschool activities!

Every Wednesday

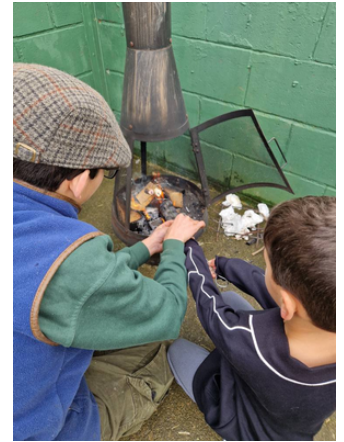
St James City Farm,
23 Albany St,
Gloucester GL1 4NG

From 3PM-5PM

Free hot drinks and snacks provided
New people welcomed, no need to book!

Message Harriet for more information:
07883 781796





**FUNDAS
FOTOS**





The Emma Willis

SEWING STUDIO



What a fantastic group of women. Beginners sewing January 2026 with @emma_p_24 & @fazkholwadiapatel our volunteer teachers.

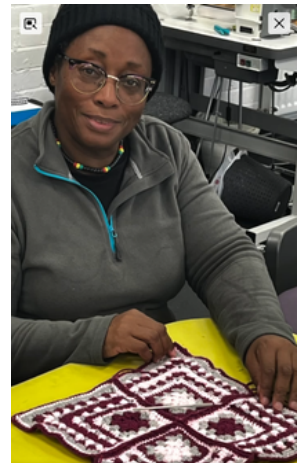
Wow, what a week at the studio!

Shirt-making, tiny beanies for Age UK, offset crochet granny squares, teaching, sewing tote bags and even squeezing in an alteration or two.

A gloriously messy studio. Bags everywhere. Colourful fabric and wool spilling out. Gifts being made and shared. Women crying, laughing, offloading discussing politics and the state of our world.

Women holding each other up. Caring for one another. Creating safer space for deep conversation, creativity, mental health, disability, and isolation.

Looking ahead to the week to come. Welcome to our world, no it isn't perfect, sometimes it's chaotic, and even messy, but we love it. And as someone said today... what would we do without it?



Over the last few weeks women in the studio mindfully stitched these to celebrate us. We are Who we are without apology. Quiet activism peacefully without loud noise. Most of these designs are from the book *sisters gonna stitch* by @cotton_clara who kindly shared these for our group.



COMMUNITY, MATTERS

ABLEISM AND NON VISIBLE DISABILITIES

DO YOU HAVE A DISABILITY OR LONG TERM HEALTH CONDITION PEOPLE CAN'T SEE?

DO YOU FEEL YOU HAVE BEEN TREATED UNFAIRLY BECAUSE PEOPLE CAN'T SEE YOUR CONDITION?

WE ARE DOING RESEARCH ON NON VISIBLE DISABILITIES AND WE WANT TO HEAR FROM YOU



WHO CAN TAKE PART?

Anyone over 18, living in Gloucestershire with a non-visible disability. This is a disability or health condition that is not immediately obvious.

WHAT WILL I HAVE TO DO?

- Attend 4 workshops at Inclusion Gloucestershire's office, where you will make a handmade magazine, recording your experiences, known as Zines. Reasonable adjustments and alternative ways to participate will also be offered, for example creating your zine from home.
- Zines can be made by anyone, you do not have to be an artist.
- The workshops will involve a chat about ableism and what it is, learning about zines and then making a zine about your experiences of ableism.

WHY SHOULD I TAKE PART?

- You will help our understanding of what is known as ableism and how it affects people
- You may feel empowered or relieved to tell your story
- The opportunity to share your experiences with people who can make changes

Email: research@inclusion-glos.org
Phone: 07517 994765

INCLUSION
RESEARCH
EXPERTS BY EXPERIENCE



**FAIRVIEW
EDUCATION**

Fairview Education
Opportunity For All
A local Gloucestershire education charity supporting children from disadvantaged backgrounds.

<https://www.fairvieweducation.org>

WHO WE ARE

We are a local education charity providing extra academic tuition to students from disadvantaged backgrounds to help them prepare for the 11+ examination in Gloucestershire.

WHAT WE DO

Our experienced professional tutors provide a package of free face to face tuition sessions and practice exams, outside of normal school hours, funded by generous donations from local businesses, individuals and grant making organisations.

WHAT DRIVES US

We believe that the current system for entry into Gloucestershire grammar schools discriminates against those on low income who are unable to afford extra tuition outside of school hours in order to prepare for the 11+ examination. We aim to level the playing field by offering free 11+ tuition to pupils who qualify for Free School Meals or Pupil Premium.

Fairview Education Foundation provides free tuition and support to children taking the Grammar School test.






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

An Audience with Ibrahim Issa
Director, Hope Flowers School, Bethlehem
<https://hopeflowers.org/wp/>
Tuesday 28th April, 7pm for prompt start
Venue: Friendship Cafe
Chequers Bridge Centre, Painswick Road, Gloucester GL4 6PR


Ibrahim Issa

Come and hear about this groundbreaking school and its needs, as well as updates on the situation in Bethlehem and the wider region.

Entry is free, but donations for the essential work of the school will be welcome on the night.

Tea and coffee etc will be served on arrival.

Arrangements can be made for Maghrib prayers.

For further information, please email info@spiritofpeace.co.uk
www.spiritofpeace.co.uk Registered Charity No: 1122834

COMMUNITY, MATTERS

JOIN WOMEN'S OUTDOOR SOFTBALL CRICKET

Beginner friendly!!

Starting 14th April 2026

Every Tuesday at 6pm
Gloucester Cricket Club,
Spa Road, Gloucester,
GL1 1UY

CONTACT VIA WHATSAPP: 07445 477958

Gloucester Cricket
Club

ALL
ABILITIES
WELCOME!
!!



The Gloucestershire Food Map: At A Glance

FIND FOOD SUPPORT NEAR YOU.

OVERVIEW

The Gloucestershire Food Map is an interactive directory designed to connect residents with local food support across all six districts. Developed by Feeding Gloucestershire, with support from community partners and funded by the Gloucestershire County Council Household Support Fund, the map brings together community food organisations from across the county into one accessible, live resource.

BRIDGING THE GAP

While Gloucestershire is home to a wealth of community-led food projects, there has previously been no county-wide central directory to signpost people to the right support. This map acts as a bridge, making local support easier to find and giving a clearer picture of our food support system to help partners coordinate services and identify gaps.

THE "FOOD LADDER" APPROACH

Unlike a standard directory, the map categorises support into different "rungs" of the food ladder to help people find the support that best fits their specific situation:

- **Food Banks:** Provides free emergency food parcels to people in crisis who are unable to afford food.
- **Food Pantries:** Membership-based shops offering affordable groceries and choice.
- **Community Fridges:** Free surplus food open to everyone to help reduce food waste.
- **Lunch Clubs & Community Meals:** Opportunities to share a hot meal and connect with others.
- **Growing & Cooking Projects:** Community gardens and allotments focused on long-term skills and sustainability.

KEY FEATURES

- **Search by Town:** Instantly find support nearby.
- **Filter by Type of Support:** Quickly identify the food support that you need.
- **Detailed Listings:** Includes opening times, contact details, and whether a referral is required.
- **Live & Organic:** The map is updated regularly to ensure accuracy as the community food landscape evolves.

VISIT THE MAP TODAY AT:
WWW.FEEDINGGLOUCESTERSHIRE.ORG.UK/FOOD-MAP



How we can help



Find work

We can send you updates on employers who are recruiting and hold sponsorship licences.

Applications and CVs

Support with job applications and writing a clear, effective CV.

Visa and employment advice

Signposting to organisations that provide free legal advice on visas, employment rights (e.g. unpaid wages/expenses, unfair treatment), and sponsorship issues.

Accessing other support

Information on where to get help with housing, food, domestic abuse, and emergency support.

Wellbeing and community

Links to mental health resources and local community groups so you can feel connected and supported.

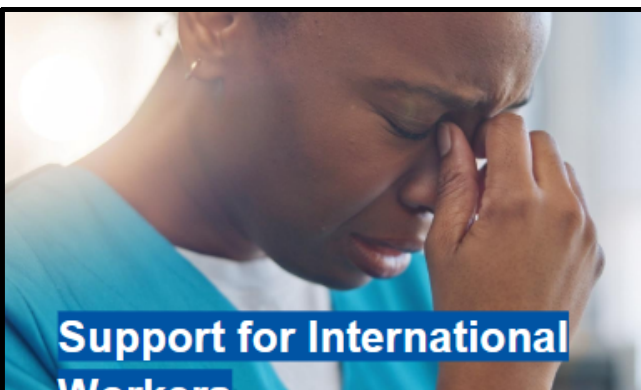
Skills and training

Signposting to English, maths, and digital skills courses to help you build confidence and progress.

If you'd like to talk to someone or find out more, please get in touch - we're here to help you stay safe, supported, and connected in Gloucestershire.



Contact Us
imran.atcha@gloucestershire.gov.uk
ptc@gloucestershire.gov.uk
01452 426452 / 427162
www.proudtocareglos.org.uk



Support for International Workers

If you work in social care and came to the UK on a Sponsorship / Skilled Worker visa, we're here to help.

You can access free support if:

- You've lost your job
- Your hours are less than you were promised
- You feel you're being treated unfairly at work
- You're at risk of losing your sponsor

If any of this applies to you, please get in touch.
We're here to listen and to help you find a way forward.



AND FINALLY

Celebrating Our Champions from The Friendship Cafe Silent Bow Archery Club.



A huge congratulations to our annual Field Archery competition standout performers. The top trophy for highest score was awarded jointly to Hani and Renata.

In the Ladies division, Renata took Silver, while Bronze went to Zeba DesaiParekh, Estelle Hassan, and Karen Lewis.

In U18 Girls, Gold was secured by Hani. In U14 Girls, Gold was awarded to Tanaya, while silver went to Michelle Hollyhead

In the men's division, Gold was awarded to Faisal Atcha

We also extend our thanks to our other Women's Club participants Carol, Maryam, and Fahima, who also shot well and represented the club brilliantly.

Your hard work and skill were on full display despite the weather conditions, with heavy winds and rain and with sun playing hide and seek.

What a great journey to be on when you find an activity that you can build passion for..

From the weekly training sessions at friendship cafe with farzana, building up our skills, target shooting, distance variations and perfecting techniques...

To learning about different types of archery and origins, equipment knowledge and adjustments through fazal and ashraf...

Such a great support system and team to be shooting arrows with.. the sessions are super friendly to join!

(and sometimes slightly competitive)

But the dedication from all has paid off!

Four trees competition in Oxford was a brilliant experience, from the build up.. to the day.. travelling together in the minibus, we shot in all weather conditions.. at all different types of targets and heights..

it was also lovely to meet so many fellow archers from across the country and to make connections with different clubs..

but best of all.. the medals to show for the commitment!

Well done to ALL the ladies for bringing home gold with overall team effort.. bring on the next shoot!

Written by
Zeba Desai Parekh
A keen archeress



Thanks
for reading

