

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

If you don't like football, look away now!!!

So the Premiership title was won by Arsenal, and despite them having the most annoying manager, it did mean reigning champions were nowhere in the running and the Blue team from Manchester also missed out. On the bright side, the aforementioned manager did get his comeuppance when his team lost in the Champions League Final. And before anyone says "Ooh you should support the English team in the final!!" I will, WHEN (and if) Manchester United get into one and not before!!

Oh and we, Manchester United – the most successful team in Manchester, finished above the reigning Champions Liverpool (again not a spelling mistake).

And just when non footballing fans thought they could have 6 weeks without football, the World Cup started after a 2 week break LOL!! Now is probably the one time Man Utd, Man City, Liverpool, Arsenal (and all others teams) fans will probably be supporting England. Together we can shout "It's Coming Home" and then collectively cry when the Jules Rimet trophy heads off to another country. But until then we will have hope, cheer on the striker from another club, laud the defender from your team's nemesis, and marvel at the keeper with the slick back hair from the mid table club!

And just when non footballing fans think they may have a break – then it all starts again with the new season of English football in August when we can get all tribal again and start the banter against the ENEMY! YANITED! YANITED! YANITED!



friendship cafe



the farm

Thank You

TTFN
Shoaib
Editor - Cafe News

BOYS Wedding

COMMUNITY, MATTERS

Our very own youth worker Abdullah Vaid gets married in July – so in true traditional fashion we have fished out an old photos of the groom to be..



...BUT he is not the only one – i found these guys as well who have been through the FC system. They are also are getting married in the next month or so.



Huzaifah
Pilyji

**WELL
DESERVED**



Community Champion Award
Rafiq Patel

Rafiq is a key member of the Constabulary who always goes above and beyond to build trust and confidence in Gloucester and beyond.

Rafiq is passionate about promoting both the Constabulary and Gloucestershire by working relentlessly to reach out to different communities, understand their differences and build long term relationships. He will come into the office at short notice or take a new member of the team for one of his famous community walks around Barton and Tredworth in Gloucester to introduce them to members of the many communities and faith groups in the area.

Rafiq changes his hours regularly to represent the police at events and makes every effort to meet everyone there and represent the police in an excellent light. He is also there for when things go wrong as his knowledge, and links within the county, mean that he can gather information quickly from trusted community leaders and is able to provide in-depth and honest insights into how the community feels.

For example, when the tragedy of the Air India plane crash occurred Rafiq was quick to inform the local neighbourhood team that some of the victims were from Gloucester. He quickly found out who the victims were and was able to locate the family and understand the impact it may have on the neighbourhood. As a result, the local neighbourhood team was made aware and able to communicate sympathetically with the bereaved.

Rafiq is always flexible with his time to accommodate others and events. He is so passionate about educating both the police and the wider community that he will willingly meet anyone to share his knowledge. He is clearly motivated to make a positive change in the relationship between policing and the community, which he does, quietly, daily. His knowledge and helpfulness make him an invaluable asset to the Constabulary.

Ismail
Dhalech



Aadil
Badat



Zaid
Parekh



tenpin



Sunflower PLANTING





CANOEING WITH **GRCP**



sport @ taster session



COMMUNITY, MATTERS

Carers Community Information Event

SUPPORTING UNPAID CARERS



Are you a carer? Do you support someone with an illness, disability, emotional needs, or addiction? This could be a family member, friend, neighbour, or relative. If so, this event is for you.

This event is specifically aimed at unpaid carers from local minority communities in Gloucester, Cheltenham, and surrounding areas. It recognises the importance of providing inclusive, culturally appropriate support for carers who may face additional barriers in accessing services.

WHAT TO EXPECT

Caring for someone can be rewarding but also challenging. Many unpaid carers may not always recognise themselves as carers or may not be aware of the support available to them.

THIS EVENT OFFERS A WELCOMING AND SAFE SPACE WHERE YOU CAN:

- Speak directly to local organisations and professionals
- Access information, advice, and guidance tailored to your needs
- Learn about services that can support your wellbeing and caring role
- Connect with others who may share similar experiences
- Access interpreters, ensuring language is not a barrier to support

A RANGE OF TRUSTED LOCAL ORGANISATIONS WILL BE PRESENT

COMMUNITY ENGAGEMENT TEAM (GLOUCESTERSHIRE COUNTY COUNCIL)
GLOUCESTERSHIRE PARENT CARER FORUM - MANAGING MEMORY TOGETHER
HEALTHWATCH GLOUCESTERSHIRE - GLOUCESTERSHIRE CARERS HUB
OUTREACH HEALTH CHECKS TEAM - RETHINK GLOUCESTERSHIRE
ORANGE FOLDER - DRUG AND ALCOHOL SUPPORT SERVICES (TBC)
GLOUCESTERSHIRE NHS FOUNDATION TRUST

WHY ATTEND?

This is a valuable opportunity to gain practical support, ask questions, and explore what help is available to you as a carer. Whether you are new to caring or have been supporting someone for many years, you are welcome to come along, find out more, and speak to someone face-to-face.

FOR MORE INFORMATION PLEASE CONTACT

Haroon Kadodia 07714206201
Saleha Moolla 07812155759
Amina Kathrada 07970 908072
Gloucestershire Carers Hub 0300 111 9000



City Farm & RIDING SCHOOL

We said a sad goodbye to our manager, Lex, in May. After 9 months here, she has decided to take a job running a farm at a special needs residential centre much closer to her home in Stourbridge.

Since starting with us she has brought new animals in and created a fabulous farm with animal welfare at the heart of everything we do. She has created friendships with the local community and all our volunteers.

Lex said: "It has been so special working with everyone at St James City Farm and I'll definitely stay in touch.

"We have a strong team of staff and volunteers and a new manager can build on what we have started."

GOOD
BYE!



Everyone at the Farm and Friendship Cafe wish Lex all the very best in her new job. She will be missed by staff and volunteers!!

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.



**Fun out in the sun!
Winnie, the Berkshire pig, decided to sunbathe on Lex's leg, which made Kevin laugh!**

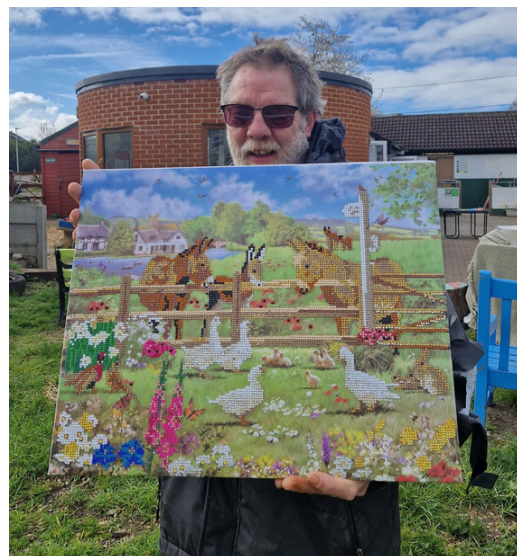
And she gave our rams, Ernie and Lenny, a haircut. (Shearing to follow)





City Farm & RIDING SCHOOL

Huge thanks to Kulchalee and Leroy for inviting Lex and our volunteers down to visit the Togetherness Permaculture Project in Tredworth. The team worked alongside other visitors to plant seeds and tidy up the garden while enjoying this special space with its different areas to relax and enjoy nature. They also shared a tasty vegetarian Jamaican curry.



Rob is a regular helper at the Fair Shares Allotment next to the Farm.

Last week he came in and gave us this amazing diamond art picture he made. It's now on view in our cafe space and we're very grateful - it's lovely!

We have some amazing crafts on sale, donated by some very talented people who attend local artist Ally Goff's textile group at the Folk of Gloucester. They make lovely gifts - or treat yourself!



IF YOU'D LIKE TO ARRANGE A VISIT, PLEASE CONTACT US AND WE CAN ARRANGE IT FOR YOU!!



We had 54 Year 2 children from Hatherley Infant School visiting the City Farm over 2 sessions in April. They all enjoyed meeting and feeding the animals in the sunshine as well as spending time in our sensory space and playroom. Lovely to see their enthusiasm and asking so many questions!

Going...going...gone! Our handsome Valais ram, Lenny, was the first to get a haircut today!

Farm manager, Lex, helped volunteers try their hand at shearing. Lenny was so patient and very well behaved. Ernie has also been shorn so they will both be feeling a bit lighter now.

Their fleeces will be used on the allotment. It's great for keeping slugs off the veggies!



This week is Volunteers' Week - a chance to thank and celebrate all the amazing people we have volunteering here at the Farm.

Quite simply, they ARE the City Farm, it wouldn't run without them!

Our gang support each other, welcome new volunteers and are always a shoulder to cry on or sharing laughs. Thank you to everyone single one!





Huge thanks to Martin Adams, founder of Lightspeed Photography UK, who visited the farm recently and took some lovely pics.



Lovely visit from Gloucestershire Gateway Trust families and staff, Jamie and Alex, today. They explored the farm, fed the animals, joined in some activities and made some very impressive bubbles!



**FUNDRAISING
FOTOS**

COMMUNITY, MATTERS



Library Littles at the Friendship Café, launched successfully in June as a wonderful collaboration between Friendship Café, Gloucestershire Library Services, and the Europe Challenge. The first session saw a fantastic turnout, with mothers and their little ones enjoying a warm and engaging morning of sensory play, book exploration, and group reading. Sessions will continue to run throughout the summer break and are open to mothers with children aged 1-3.5 years.

AN AUDIENCE WITH **IBRAHIM ISSA**

Friendship Cafe was honoured to host Ibrahim Issa", Director of the Hope Flowers School in Bethlehem. Although Ibrahim was unfortunately unable to travel to the UK after his flight was cancelled, the evening still went ahead via a live Zoom link from Bethlehem.



Guests heard a powerful and moving first-hand account of the current situation in Bethlehem, the immense challenges faced by the Hope Flowers School, and the remarkable resilience and determination of its staff to continue supporting children despite extremely difficult circumstances.

Listening Conversation

Wednesday 8th July, 7:30pm - 9pm (doors open at 7:15pm)

The Friendship Cafe, Gloucester

Doors will open at 7.15pm and there'll be hot drinks and biscuits available. Everyone is welcome for an evening of conversation with an emphasis on listening attentively to each other, with an open mind and an open heart. We talk about all sorts of things at these meetings, depending on what is inspiring or troubling the people who come; conversation generally flows easily and freely, with some welcome quiet pauses for thought and contemplation. We can learn a great deal from each other by coming together in this way.

Everyone is welcome at these conversations.

For more information please contact Neesa Cople neesastroud@gmail.com



The Emma Willis

SEWING STUDIO



Thank you @bigyellowselfstorage for your support! What would we do without you! Appreciation post. If you've never used them, it's really easy, you go in, put your code in to enter, Then go to your storage, buy a lock from them or buy your own. Your items are safe and dry until you need them.



**A COLOURFUL
BUTTON ART
SKILLS SHARE
WITH TONI,**

CAKE with Val
DECORATING



Chris, ably assisted by her glamorous assistant Heather, showed us how to make these lovely pen, pencil, and glasses holder bookmarks. They're perfect for keeping handy with books, diaries, notebooks, iPads, tablets, and more.

NOW OPEN

KIFFAH

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KIFFAH

All day menu
10am - 4pm

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Kiffah Breakfast

Add a Chai, or a Latte for only £2.50

English Breakfast £12.50
Poached, fried eggs, gourmet chicken sausages, beef bacon, tator tota, beans and smashed avocado served with toasted sourdough bread

Mini £7.50
Our reduced portion of the Kiffah English

Meat Free £8.50
Poached, fried eggs, meat free sausage, sweet chili halloumi, tator tota, beans, and smashed avocado served with toasted sourdough bread

Kiffah Toasties

Milk bread toasties served with tator tota and drizzled in our house sauce

Beef £9.50
Korean style pulled beef, melted mozzarella and crispy fried onions

Chicken £9.50
Buttermilk fried chicken with our homemade slaw

Meat Free £8.50
Soft folded eggs, vegetarian sausage, melted mozzarella and smashed avocado

Kiffah Loaded Jackets

Classic £7.00
Cheesy beans with butter

Tuna £7.00
Cheesy Tuna mayo with sweetcorn

Chicken £8.50
Loaded crispy chicken with cheese and homemade slaw

Beef £8.50
Loaded Korean style beef with cheese and crispy onions





KIFFAH

Kiffah drinks
10am - 5pm

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Kiffah Hot

Double Espresso	£3.80
Americano	£3.80
Cappuccino	£3.80
Flat white	£3.80
Café latte	£3.80
Mocha	£3.80
Spanish latte	£4.00
*tip for vanilla, caramel, white chocolate, hazelnut, butterscotch, maple syrup	
Kiffah x PC chai	£3.80
Mint green tea	£3.80
Mint green tea pot	£3.00
English breakfast tea	£3.00
English breakfast tea pot	£3.00
Signature hot chocolate	£4.00
topped with whipped cream and marshmallows	

Kiffah Signature Iced

Vanilla cloud	£3.80
Creamy Spanish latte with sweet cream cold foam	
Butterscotch blue	£3.80
Sweet butterscotch latte topped with our aqua honey and maple cold foam	
Bubbly white	£3.80
White chocolate mocha topped with our red velvet cold foam	
Vanilla cloud matcha	£3.80
Creamy Spanish matcha with condensed milk and a sweet cold foam	
Butterscotch blue matcha	£3.80
Sweet butterscotch matcha topped with our aqua honey and maple cold foam	
Bubbly white matcha	£3.80
White chocolate matcha topped with our red velvet cold foam	

Kiffah Shakes

Oreo milky way	£6.80
A creamy thick blend of Oreo's and milky way chocolate with a whipped cream topping	
White kinder blissoff	£6.80
A creamy thick blend of white kinder bueno chocolate and blissoff with a whipped cream topping	

Kiffah Smoothies

Berry go round	£4.80
Blend of strawberry, blackberry and raspberry	
Flash n' shoot	£4.80
Blend of mango, pineapple and passion fruit	
Kale kick	£4.80
Blend of mango, spinach and kale	
Detox Zing	£4.80
Blend of banana, blueberry, carrot, courgette and ginger	

Kiffah Mocktails

Cynabae (a red bull for +£1)	
Passion blue	£4.80
A refreshing passion fruit cocktail blended with blue citrus notes finished with an edible glaze	
Refreshing lychee	£4.80
A refreshing blend of lychee and raspberry notes finished with an edible glaze	

Kiffah Soft Drinks

Bottled water	£1.80
Tap	£1.80
Fruit juices	£3.80



KIFFAH

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Kiffah Sweet Treats

Chocolate £10.50
House butter toasted shokupan, topped with a warm chocolate ganache and seasonal berries with a side of maple syrup and whipped cream

Berry £10.50
House butter toasted shokupan, topped with a berry compote and seasonal berries with a side of maple syrup and whipped cream

Toast Bites £6.50
Topped with maple syrup and seasonal berries with a side of chocolate ganache and berry compote

San Sebastian £7.50
House made creamy basque cheesecake, served with a warm chocolate ganache and seasonal berries

Kiffah Healthy

Bowl £6.50
Greek yogurt with honey roasted granola, topped with berry compote, seasonal fruit and a drizzle of honey

Kiffah Extra's

+£1	+£2
Toasted sourdough	Tator tota
Egg (fried, poached or scrambled)	Fries
Beans	Chicken nuggets
	Beef bacon
	Gourmet chicken sausage
	Halloumi
	Meat free sausage
	Smashed avocado
	Homemade slaw




THE FRIENDSHIP CAFE COFFEE SHOP



We Are Open!

MONDAY	10am to 3pm
TUESDAY	10am to 3pm
WEDNESDAY	10am to 3pm

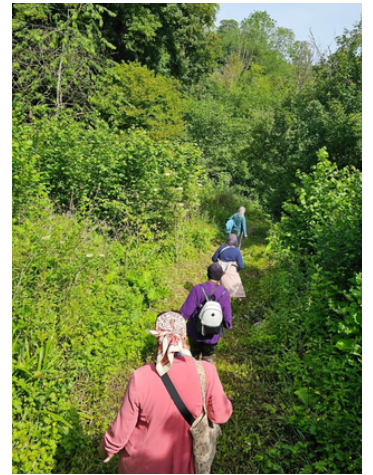
Offering teas, coffees and cakes and a very limited hot lunch option



AND FINALLY



The ladies walks continued over the last few months led by Sameera. Walks included The Welsh Coast, Ruskin Mill and Sneedhams Green to Gloucester Services (and no they did not walk on the motorway)



A VERY ENGLISH HYDRATION BREAK - IYKYK



*Thanks
for reading*

