CAFE NEWS

NEWSLETTER OF THE FRIENDSHIP CAFÉ & ST JAMES CITY FARM



www.thefriendshipcafe.com

The Friendship Café @FriendshipCafe1 @FC_Youth21 The Friendship Café

Supported by BBC Children in Need

OPCC Office of the Police & Crime Commissioner for Gloucestershire

ED-LINES

Hi All

My apologies for the shortened Ed Lines this edition. Still trying to come to terms with the loss of my mother at the end of last month – I still haven't found my "mojo"!!

But support from family and friends have been a constant source of comfort.

They say time is a healer but it cannot fill the great hole that has been left in our family.

To Him we Belong and to Him we return.

See ya all next time

TTFN
Shoaib
Editor - Cafe News

Grief is the price we pay for love

Queen Elisabeth II



SCAN TO DONATE

friendship cafe

the farm

Thank You

25 YEAR ANNIVERSARY

I was reminded recently by Imran Atcha ,, that this Summer marked the 25th anniversary of The Friendship Cafe. It was in 2001 that The Friendship Cafe which was born from GymNation a year earlier got its first permanent home as a registered charity at the old Working Mens Club.
We have seen people come and go, children come, grow up and bring their children back and have mad many great memories over the years.



2001

*Start of the Friendship Café at its new location on Barton Street (former Working Men's Club, **now** All Care Pharmacy).*

















Lads & Lads & Lasses
The Friendship Cafe







Pony Care & Trekking













CANOEING WITH GRCP
GLOUCESTERSHIRE COMMUNITY RAIL PARTNERSHIP



Lads & Lads & Lasses
The Friendship Cafe

CREATE YOUR OWN PIZZA





















COMMUNITY, MATTERS



There was a showing of 2 films at Gloucestershire Archives recently. Films made by two locals Mohammed Hussein Jaffer and Imran Atcha showed how Eid is celebrated in Gloucestr and how six people from Gloucestershire have embraced the equestrian arts.

Eid in Gloucester – Past & Present is a short community documentary celebrating Eid, faith, family, friendship and the diverse Muslim community of Gloucester. From the early days of the first generation of Muslims arriving in Gloucester to the vibrant Eid celebrations we see today, this film brings together memories, personal stories and experiences from across the community. Through conversations with community members, elders, families and local voices, we look back at how Eid was celebrated in Gloucester in the past, how the community has grown, and what Eid means to people today.

https://youtu.be/sJhx59KHUCU?si=APt3mUnjgN0ttAMv

Hidden Horse History at Gloucestershire Archives supported by Voices Gloucester is an e-publication and short video giving exclusive interviews with six people from very different backgrounds who have helped put Gloucester on the horse world map, breaking and overcoming barriers, and acting as inspiration for generations to come.

https://www.youtube.com/watch?v=mIepdQEExaE https://heyzine.com/flip-book/18797c62c1.html

PAID COMMUNITY PANEL · 2027- 6 ROLES AVAILABLE

Living with a lung condition?

Help shape a new app that supports breathlessness, anxiety and low mood, and be paid for your time.

Who can join

Adults (18+) living with asthma, COPD, bronchiectasis or interstitial lung disease, or caring for an adult who does. No experience needed.

What you'll do

Join two friendly workshops to share your views on the app and how it explains the emotional side of breathlessness.

When and where

January to March 2027. Two sessions of about 2.5 hours, in-person or online.

You'll be paid

£25 an hour, about £150 in total, plus travel and carer costs.

We especially welcome people from South Asian and other under-represented communities. 6 people places available.

Register your interest
Call or text 07471 677782
support@tele-therapies.org

Run by Tele-Therapies Ltd as part of a study planned for NIHR funding. Workshops take place only if funding is awarded.

DementiaUK
Helping families face dementia

nationwide Fairer Futures

Dementia clinics

In partnership with Nationwide Fairer Futures

Dementia UK is offering free, confidential clinic appointments with a specialist dementia nurse, known as an Admiral Nurse – coming to your local branch soon. You don't need to be a Nationwide customer. Everyone is welcome.

Your nearest branch clinic is

Gloucester 27th,28th,29th October 2026

Cheltenham 1st, 2nd, 3rd December 2026

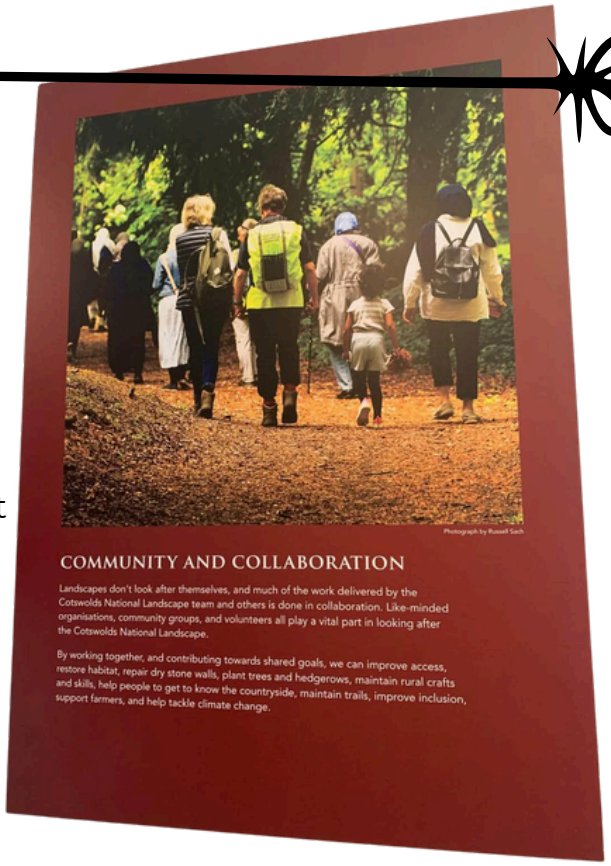
To book your appointment, please visit **dementiauk.org/nationwide**, scan the QR code or speak to a Nationwide colleague in your branch.

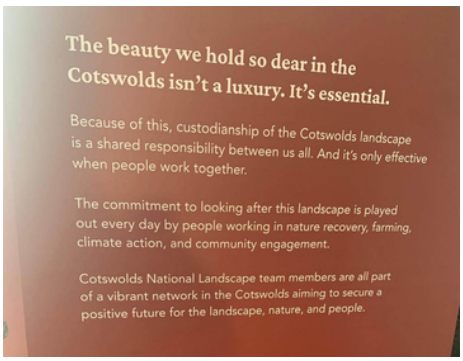
For more support, contact Dementia UK's Helpline on **0800 888 6678**, book a phone or video appointment at **dementiauk.org/book**



Our Outdoor Learning Officer, Sameerah Veshmia, said she was honoured to have been featured in the 60th-anniversary celebration of the Cotswolds National Landscape and invited to the screening of Cotswolds: Field & Folk.

Learning about the region's rich farming heritage felt deeply familiar to many of us from ethnically diverse backgrounds who come from agricultural communities in our native countries.















WESTONBIRT ARBORETUM











RODBOROUGH COMMON





CLEEVE COMMON

City Farm & RIDING SCHOOL

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



You may be aware we have a new manager on the Farm - and it's high time we properly introduced him!

Dec has appeared on this page before as we got our gorgeous Berkshire pigs from him, and also our Shetland sheep.
Dec has been involved in care farming for several years, including at Wick Court (Farms for City Children) in Arlingham.

He also has a small farm of his own where he breeds and shows native and rare breed livestock, including the Berkshire pigs, Manx Loaghtan & Castlemilk Moorit sheep, Dexter cattle, West of England geese and Buff Orpington chickens.
Dec said: "I am passionate about conservation and education. "

Meet the new girls!

Elsie!



This beautiful girl is a Greyface Dartmoor from the Whitehorn flock, They are known for their long, fast-growing and lustrous wool. They also make excellent mums and we're hoping she'll have lambs in the Spring.

Rita (left)



Rita is a Jacob sheep, bred to graze parkland and has a distinctive spotty coat.

Alaska is a very rare Manx Loaghtan (pronounced 'lock-ton").

Alaska (right)

and we said goodbye to...

Preston, Hubba and Star

The boys are now all mooooved and enjoying their new life on grass at long last! They were much loved by volunteers and visitors alike but they were only ever temporary. Owners, Kim.and Eley have now found them a home in a lovely big field!



Twix



As Twix was the only boy, he was beginning to bully his sisters Mars and Caramel and it was time for him to move on to a fabulous new home at Westbury Church of England Primary School in Wiltshire.



Our bunnies have hopped off to a new home! As they are half-wild, they were escaping almost daily and could jump out of their pen. They have gone to live with one of our volunteers and are having lots of fun investigating their new home!

City Farm & RIDING SCHOOL



Our fab volunteer, Ella, has written and illustrated a book sharing her passion for bike riding and raising funds for an amazing charity, The Butterfly Garden.
Ella does woodwork there and is planning to make us some planters and a hedgehog house soon.
Her book, The Adventures of Taz on Two Wheels, is aimed at children learning to ride. It starts: "Taz did not want to ride a bike for the sake of it. She wanted to learn to she can be outside in nature, socialise and make new friends."
If you would like a copy, dm us. They are £4 each with all funds going to the charity.







Hot work for our volunteers as they went back down to the Togetherness Permaculture Project, at the Hartland Road allotments, to lend Kulchalee a hand.





Huge thanks to Alfie and Evie's stepmum, Natasha Storer, who raised funds for the Farm by holding raffles. Their dad Tom bought us things that we needed that added up to £100 and delivered them today. So generous and we really appreciate the support. Alfie and Evie are regular volunteers and are so hardworking



LENNY AND ERNIE GETTING SOME FUSS FROM OUR SATURDAY TEAM

City Farm & RIDING SCHOOL





Huge thanks to our volunteer, Ibraheem Kathrada, for running a fascinating Bat and Glow Worm Walk for our volunteers on Robinswood Hill. 14 people spent an evening on the hill and, thanks to a loan of bat detectors from Gloucestershire Wildlife Trust, found and saw many bats and two glow worms. Ibraheem kept everyone entertained with interesting facts about wildlife along the way.
He has also ran similar walks for the Friends of Robinswood Hill, FairShares & FC . Andy, Chair of the Friends group, talked about the orchard on the hill and their plans to turn it into a thriving community orchard for all to enjoy.









Our volunteer gang worked hard again today!
Everything had a deep clean and Savanha picked up a full wheelbarrow of rubbish from around the outside of the farm.
Heidi and others took lots of used bedding down to the allotment to go on the veggie beds.
If anyone would like old straw bedding mixed with goat/sheep poo, bring a bag!
It's free but donations always welcome.









Our volunteers ventured out to Alney Island this week in a blackberry picking trip organised by Ibraheem, one of our team and a walk leader.
Lots of blackberries were picked and made into jam, crumble and cakes!



COMMUNITY, MATTERS



The Friendship Cafe Women's Archery Club got SIX new archery instructors! Huge congratulations to Carol, Estelle, Fahima, Juwairiyah, Maryam, and Zeba who have all just passed their Archery GB Instructor Award.

They've worked so hard and we couldn't be prouder.
We're so excited to have them on the team.
We will be resuming our Women's archery sessions soon



CITY FARM NEW OPENING TIMES

St. James City Farm & Riding School

FARM OPENING TIMES

Monday	–	10 - 4
Tuesday	–	Closed
Wednesday	–	10 - 4
Thursday	–	10 - 4
Friday	–	10 - 4
Saturday	–	10 - 4
Sunday	–	10 - 3

The Emma Willis
SEWING STUDIO

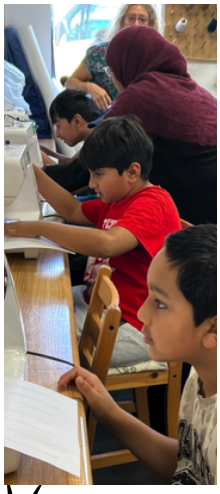


Jenny & @weavespindyeglos thank you so very much for a superb afternoon showing us the looms. Your friendly nature made everyone feel so welcome. Such a talented group of women who all shared their passion of weaving with us.









@fazkholwadiapatel did a brilliant job leading this one. At first, a few nervous hands. By the end? Big grins, finished cushion covers and boys already asking to come back.









Congratulations, Emma

Your TQUK Level 3 Award in Education and Training is such a huge achievement, and honestly, no one is surprised you smashed it! We always knew you had it in you now you've got the certificate to prove it too. Here's to all the hard work, late nights, and dedication that got you here. So, so proud of you. Whoop whoop !





As the weather has got hotter we continue to skills share, this week it was Sumayya's turn and we made little cute macrame airplant holders. Not only is she a fab macrame teacher @knots_aboutmacrame.glos, she has been instrumental in bringing my idea of sharing skills into fruition.







Meet Carol R, our crafting star! ✨ She turned old jeans into comfy cushions with handy pockets for the remote, snacks, phone and pen



AND FINALLY

GOODBYE



We said a sad goodbye to our Centre Director - Fouzia, We would all like to thank her for the many hours of hard work she gave to FC. We wish her well for the future.

WELCOME



We welcome Farhana Girach who is the Friendship Cafe Cancer Awareness Officer

With deepest sympathy



Our condolonces to Sue from the Cook, Eat & Speak classes - Sue worked closely with FC an helped a wide range of the community

CONGRATS

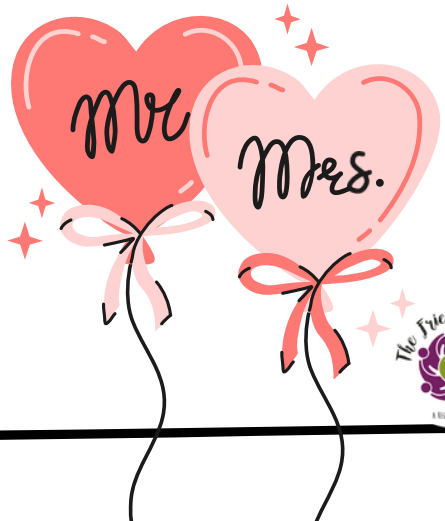


SAFIYYAH

How the world works - two of our participants from the past Saffiyah Vaid and Aasim Jadwat are due to get married next month. We wish them a long loving marriage.



AASIM



Thanks for reading