



Café news – April 2009

Hello Everyone!

Firstly, an apology. In last months newsletter the "And Finally" section told a story of a woman who thought she had been shot in the head when sat in her car. In fact it was some dough in a packet that had exploded in the heat. The story ended by confirming that the driver was blond. I apologise profusely if this offended anyone. I did mean to take that sentence out but this is the danger of "cut & paste" and not having a proof reader when I am writing these things at midnight. I was also reminded that I am indeed married to a fair haired female – Thank you Mrs K for bringing that to my attention.

When something seems too good to be true, it probably isn't. As was the case when a certain young pharmacist sent the following text to select members of the community. "Exclusive information: Apollo 2000 having a warehouse clearance on Sun 29th March. Starts at 7.30am. Pick up plasma TV's, washing machines, fridge/freezers and loads more for dirt cheap prices." So to those "select" few, who gathered in the Eastern Avenue store car park at the crack of dawn to find the doors locked and not a soul in sight, just think of all the money you saved!!

Whenever I put my clock forward I always giggle to myself as I remember the time when I was sat at a friend's house when the clocks had to go forward a few years ago. He couldn't remember if the clocks went forwards or backwards. So along with some of my other friends, who were with me, we persuaded him that the clock went backwards. Our intention was to blag an extra hour of hospitality before he threw us out. So after we left he proceeded to turn back all the clocks in his house by one hour. Imagine his anger when someone started banging on his front door at 8.30am (or at least that what his clocks said). In fact when he went to berate the doorknocker he was told the true time, 10.30am. When I saw him the next day, I stayed in my car to greet him..... with the doors locked.

Seeya Soon
Ed

Shoaib Kathrada
Editor
The Official Newsletter of The Friendship Cafe

[Friendship Café activities](#)

[Younger Girls Group](#)

Come along have fun & make new friends

Keep supporting YOUR group – without you, there is no group

For further information please contact either myself,

Fatemah, on 07593 275503 or Sayeeda on 07928 664454.

Older Girls Group – Girls 11+ Only

Creative Writing Club

Improve your writing skills and feel more confident writing at school. Create wonderful stories, and Master the written word.

At the Friendship Café in The Easter Holidays - 7th, 9th, 14th and 16th April 1pm-3pm

Attend this 10 week course to progress onto a higher level of writing.

The other 6 sessions of the club will be scheduled into the Half term and summer holidays.

10 week course - £20

Contact Zaheera on 07768421855 to book your space now!

Below are some courses that have already started.

Contact Zaheera to check if there are anymore spaces left!!

Activity	Spaces	Time and Dates	Location	Items needed
Global Cultures Cooking Lessons –Fatima Motara –	15	4.30 – 6.30 Fridays 20, 27 March 3, 24 April, 1, 8, 22, 29 May 10 weeks	Friendship Cafe, Barton St Glos,	Apron, large note book for recipes and a pen.
Basic Martial Arts – World Champion Simone Hopkins 10 weeks	20	4.30 – 6.30 Thursdays 19, 26 March 2, 23, 30 April 7, 14, 21, 28 May 4 June	GL1 Leisure Centre, Dojo – 1 st Floor Martial Arts Room	Sports Clothing and A Drink
Basic Visual Islamic Traditional Arts Yasmin Kathrada 10 weeks	15	4.30 - 6.30 Thursdays 19, 26 March 2, 23, 30 April 7, 14, 21, 28 May 4 June	Friendship Cafe, Barton St Glos,	Sketch Book
Drop In Sessions Registration 13 th March – 1 st session	Open House -	4.30 – 6.30 Fridays Except holidays Ongoing	Friendship Cafe, Barton St Glos,	Your happy self

Dads and Lads

Report by Imran Atcha

There are 3 biking sessions arranged over the Easter holidays, covering the different age groups from 7 – 17 (plus Dads/Carers). Most spaces will have been taken up through the people who have pounced upon the opportunity to ride out in the Forest of Dean. There is also a bushcraft weekend with boys aged 13 -16 planned on the 18/19th April where the boys will learn various skills and spend a night roughing it out with our various in-house, but highly experienced outdoor men.

Visit

<http://www.flickr.com/photos/amyrobins/sets/72157612441266565/> for photos taken by Stroud Photography student Amy Robins who visited various community projects, including Friendship Café as part of her college project.

REMINDER: children under 10 must be sent to the Friday Dads & Lads with an appropriate adult, and that the café is shut at 10pm unless the children are with the supervising adult in which case they can stay a bit longer whilst the staff pack up. PLEASE don't leave your children unattended and go off home or to the mosque as we simply don't have the capacity to look after them

Archery

Apart from the adult sessions on Mondays (8-10pm) with a smaller net, we can't hold the session for children at the moment until we get the main net issue resolved with the net suppliers, BOWSPORTS – (never buy from them again). A small claims court application is about to be filed imminently, when volunteer solicitor Ismael Rhyman has a spare moment.

Swimming

There is no swimming – AT ALL – during the week 19 -26th April, due to competitions taking place at GL1.

Please don't send your children unaccompanied if they are under 10 and/or can't swim. We manage the sessions mainly through volunteers and can't supervise children like a crèche or a school. YOU are responsible for your own children.

Women's sessions

Saturdays 5pm to 6pm

Sundays 9am to 10am.

Men's sessions

Tuesdays 8.15pm to 9.15pm

Sundays 11am to 12 noon

Gymnastics

Girls aged 4+ every Sunday at the Friendship Café 10:30am till 12 noon. (cost 50p per session)

There will be NO sessions on the 12th and 19th of April (Easter Break)

Viva Palestina – Gloucester 2 Gaza – The Reunion

Over 200 people squeezed into The Friendship Café in Gloucester to welcome back the 'Magnificent 7' from their epic and historic trip to Gaza. The audience consisted of family, friends, local councillors, local MP Parmjit Dhanda and people from the local and neighbouring communities. As they walked in the people were welcomed with snacks and drinks. It was 7.15pm and our guests of

honours still had not turned up. They were making their way back from the Birmingham reunion. But as the clock struck 7.30, 5 of the 7 were seated at the front, ready to relive and retell their journey.

The presentation started with a brief introduction about the trip including how 'Viva Palestina' was born. Then Ismail Rhyman, our chief organiser explained how Gloucester got involved into this piece of history. The treasurer for The Friendship Café, Junaid Ghanti, was next on he explained how the trip was funded. Gloucester raised, in just over two weeks, a massive £44, 000. This was a symbol of the generosity of the people of Gloucester. We then had a few words from our local MP Parmjit Dhanda, who interrupted his paternity leave to express his appreciation and gratitude. By now the two remaining guests had joined their travel colleagues at the front. They were ALL introduced to the audience who in turn gave them a well deserved standing ovation.

The Emir (leader) of the Gloucester group, Farouq Ginwalla, then enlightened the listeners with the tale of Gloucester2Gaza. He described the in detail the ups and downs of the journey, the people they met on the way, the problems with certain authorities and finally telling us all how they reached the Promised Land. As the presentation was being given, photos taken by the drivers were shown on a big screen. Every picture told its own story. Happiness & sorrow, devastation & destruction, friendship & unity.

After Farouq each member of the Gloucester convoy were asked to share a thought with the audience, about their experience. Each (bar one – obviously overwhelmed by the occasion) described what the

trip meant to them and how it affected them. Each one got a generous round of applause.

The presentation was concluded by asking the audience "What can we do?" The presenter encouraged the audience to raise the awareness of the atrocities being committed in Gaza and also to get involved with local, national and international organisations in helping the people of Palestine. He (the presenter) also asked to continue donating money to recognised charities such as UWT and Interpal. The evening was then concluded with a short Q&A session.

The only thing left to do was to thank the 7 drivers (in no particular order) Farook Shaikh, Abdur Rehman Motara, Saleh Ahmed, Ismail Ali, Ibraheem Musaji, Irfan Ahmed and Farouq Ginwalla for leaving their family, friends, and work commitments to travel 5000 miles to deliver aid to our brothers and sisters in Gaza. We pray that Allah (SWT) reward them in this life and the next. Ameen.

They truly are Gloucester's Magnificent Seven!

Photos of the journey can be seen on

<http://www.flickr.com/photos/gloucester2gaza/>

There are more photos to go on. So check back regularly.

An Appeal by our Chairman

As you may have noticed, our toilets at the Friendship Cafe are hideous. If you've been unfortunate enough to have used them, I'm sure you've felt that we need to do something about them. Well, that time has come. We have a builder, and we have plans in place. We want to totally rip out and redo our current facilities and have two

completely separate unisex toilets that will have full disabled access. They will also have purpose built ablution units, which we know is needed. On top of this we're keen on getting hot water for our kitchen, and sorting out a lot of other little things in one go.

We're ready to start this as soon as possible. One problem - we need to raise a lot of money. We need about £10,000 for everything we want to do. Of course we're working on this and we have actually raised most of this already. But we felt that this is an opportunity for you kind people to show support to what we hope you believe is a vital community resource. We like to remind you that the Friendship Cafe belongs to all of us, and a little bit of help from everyone will go a long way. So if you have some loose change in your pockets, feel free to pass it along to us at one of our activities or events, or Contact Imran on 07077022393

Even if we get a grand total of five pounds from this appeal, it'll be gratefully received. So don't worry - we will get new toilets - But I'm sure you agree, the quicker we do it the better!

Thank You
Reyaz

Congratulations to:

- Again to Huzaifah Patel, aged 15. A few months ago we reported that our volunteer Huzaifah had joined the Air Cadets and signed up for the Duke of Edinburgh Awards scheme. Well, he has been sticking to his program with religious vigour, attending 2 evenings a week, and has now actually had his First Flying Lesson. Yes, 15 year old Huzaifah, the skinny one

we all know as working in our tuck shop, has now actually had a real, not simulated, flying lesson, where he flew in a small aircraft over Gloucestershire. Like First Love, I'm sure he won't forget that special moment. We won't become passengers of Huzaifa Airways just yet, but we look forward to that day.

- Ashraf Vaid who successfully completed his Archery course on the 8th of March 2009

Community News

Free Cycling Training For Women

- § Are you proficient and confident at cycling? If so, would you like to become a Cycling Trainer for women in the local community? (Group 1)
- § Can you cycle, use to cycle and need to brush up your skills and confidence? (Group 2)

If you answer yes to either of the above questions, we can offer you a FREE two hours certified training programme with female qualified instructors to enable you to:

- § Group 1 - Decide if you want to become a Cycle Trainer and help other women in your local community learn how to ride a bike. In order to become a Trainer, you would need to complete this training first before doing a further comprehensive training course which we aim to offer you next.
- § Group 2 - Gain the skills to cycle on the road confidently.

Please contact us for further information and to register for the course giving:

- § Your name and contact no
- § Your ability to cycle (Group 1 or Group 2)
- § Your preferred days and times to attend
- § Do you have a bike? If not, we can supply one.

Contact: Farzana 07880 793450 or Amina 07970 908072

... Limited places ... Please book early to avoid disappointment...Limited places...Please book early to avoid to avoid disappointment...Limited Places

DO YOU FANCY JOINING OUR NEW PRINCE'S TRUST PROGRAMME KICKING OFF IN GLOUCESTER?

Bored?

Unemployed?

Aged 16-25?

Want to make some new friends?

Want to gain a City & Guilds qualification?

Want to give your CV something to shout about?

Would you like to go on a team building residential?

Would you like help with your writing?

Want to raise money for charity

...If so then Prince's Trust Team could be the programme for you!!!!

This 12 week, self development programme, is designed to develop your community and teamwork skills and boost your confidence. During the programme you will learn new skills, produce a CV, carry out a community project and go on a residential trip.

Most of all, it will be a chance for you to meet new friends and have great fun!!!

Prince's Trust Team is proposed to start in May 09 so if you have 12 weeks to spare and are looking for a new challenge,
Call Wendy or Sherry on 01452 501008 for further information.

Jobs/Vacancies

Try here!!!

<http://jobs.thisisgloucestershire.co.uk/>

Website of the Month

It's good to talk!

http://www.planet-numbers.co.uk/cheap_international_phone_calls.jsp

And Finally.....

Can I Borrow £10?

A woman came home from work late, tired and irritated, to find her 5-year old son waiting for her at the door.

SON: 'Mummy, may I ask you a question?'

MUM: 'Yeah sure, what is it?' replied the woman.

SON: 'Mummy, how much do you make an hour?'

MUM: 'That's none of your business. Why do you ask such a thing?' the woman said angrily.

SON: 'I just want to know. Please tell me, how much do you make an hour?'

MUM: 'If you must know, I make £20 an hour.'

SON: 'Oh,' the little boy replied, with his head down.

SON: 'Mummy, may I please borrow £10?'

The mother was furious, 'If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I don't work hard everyday for such childish frivolities.'

The little boy quietly went to his room and shut the door.....

The woman sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money? After about an hour or so, the woman had calmed down, and started to think: Maybe there was something he really needed to buy with that £10 and he really didn't ask for money very often. The woman went to the door of the little boy's room and opened the door.

'Are you asleep, son?' She asked.

'No Mummy, I'm awake,' replied the boy.

'I've been thinking, maybe I was too hard on you earlier' said the woman.

'It's been a long day and I took out my aggravation on you. Here's the £10 you asked for.'

The little boy sat straight up, smiling. 'Oh, thank you Mummy!' he yelled. Then, reaching under his pillow he pulled out a crumpled up note and lots of coins.

The woman seeing that the boy already had money, started to get angry again.

The little boy slowly counted out his money, and then looked up at his mother.

'Why do you want more money if you already have some?' the mother grumbled.

'Because I didn't have enough, but now I do,' the little boy replied.

'Mummy, I have £20 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have dinner with you.'

The mother was crushed. She put his arms around her little son, and she begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts. Do remember to share that £20 worth of your time with someone you love.

If we die tomorrow, the company that we are working for could easily replace us in a matter of hours. But the family & friends we leave behind will feel the loss for the rest of their lives.