



Café news – February 2009

Hello Everyone!

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Back when I were a lad (cue Bovis theme tune) I remember walking to school in a foot of snow, in my school uniform without a coat on. I don't remember my school ever being shut when it snowed (we must have had a good heating system) and we still had to do cross country over Robinswood Hill in shorts and daps!

We have all got accustomed to the mild Winters and our cosy homes with central heating and gas fires burning (although my mum does have her gas fire on in Summer as well). I also think that the gas companies knew it was going to get cold and that's why the pumped up the prices - if you see Sid tell him to lower the prices (remember the old gas ad on telly?).

And finally, my contribution for your health and safety when it snows is "DON'T EAT YELLOW SNOW!"

Seeya Soon

Ed

Shoaib Kathrada

Editor

The Official Newsletter of The Friendship Cafe

Friendship Café activities

Girls Group

Report by Fatema Dhalech

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There were almost 50 (yes, fifty) girls at both sessions. On the 10th the girls had a chance to do glass painting. The second session on the 17th the girls made decorative storage containers using shoeboxes and pencil pots from cardboard tubing. Both the sessions the girls had an opportunity to express their creativity and produce something unique and individual. The girls produced some GREAT pieces of work.

The feedback was very encouraging; here are a few of the comments.

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- “I like glass painting and like to do this type of activity”
Habibah
- “Very crafty and fun” Zainab

- "It was fun and enjoyable" Maryam
- "It was fun" Husna
- "It was really good and fun" Yasmeen
- "I enjoyed the activity and I had time to play with my sister"
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- "It was very good and I had fun today" Maryam

In both sessions it was GREAT to see so many mums/carers, what was even better was to see them getting involved and having fun – so a big THANK YOU to the mums/carers for giving up their time and helping out, because without their help and support, we would not have had these great first sessions.

The next sessions are on the 7th and 21st. Feb. On the 7th Feb we have PC Zainab Kadodia coming in, so come along and see what she has to say and you will have the chance to ask questions. More information on the 21st will be coming later.

Finally 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 – That includes the MAG's (Mums and Grans)

From February 2009, the FC will be hosting a variety of projects for young people.

- Fridays 4pm to 6pm - Girls aged 13+ drop in sessions.
- 10 week Cooking lessons.

- Family Self Defence classes with world champions!
- Examples - A programme where you can come and talk to people who work in different industries to make better career decisions.
- Women's netball league registration day - need to get fit, come and play netball with a team of your friends in a league. Watch this space, time and date to be confirmed.

All this and much more, look out on the women's board at the Friendship Cafe.

For more information please contact Zaheera on zaheera@diversiflex.co.uk

Dads and Lads

Report by Imran Atcha

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Sundays 9am to 10am.

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Gym News

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Centre. Commercial gym equipment is extremely expensive to buy and maintain but our humble but practical gym is now being updated with new equipment. So within the next few weeks the equipment should be in place. Membership remains at £16 a month for the men's sessions or £2 a time, or £5 a month or 50p a time for the Women Only sessions. Ring 308127 or email gymnation@btclick.com for more information or to book an induction.

Discover Islam Week

As well as the exhibits in the City Museum, Library, Shire Hall and the Eastgate Shopping Mall, there were various talks and events held, plus open days at the Mosques in Ryecroft St and All Saints Road. This was a great opportunity for hundreds of people to find out and ask questions about Islam and Muslims, and there were many interesting and valuable exchanges which took place throughout the week. People came from all over the county to see the exhibits and many came just to see the extremely rare single page of the Quran which was 1200 years old. Many thanks to the scores of volunteers and to the schools and mosques for facilitating this project. A special thanks to Nasreen Akhtar for all her hard work behind the scenes in bringing this work to fruition, and to Dr Yasmin Kathrada for her fantastic artwork and workshops. Uwais Moolla and Zubair Saleh from Madressah Marwatayn performed excellent Quran recitals at the launch which was attended by Parmjit Dhanda MP and councillors and dignitaries from the City and County Council, as well as representatives from the church and other organisations. A booklet which aims to dispel common myths about Islam and give some background information on Muslims in Britain and specifically in Gloucester was also launched at the same time.

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Gaza

Report by Saleha Moolla

After a few days of utter shock and pain at the horrific bombing in Gaza we decided to channel some of these feelings into doing something practical to help alleviate some of the suffering. Within a few days we managed to organise a 'bring and buy' food sale for women and raised over £800 within 2 hours. A few days later those of us that had been on the recent trip to the Holy Land organised and presented our experiences to our family, friends and the community, it was humbling and at the same time encouraging that so many of the local community were interested in listening to our accounts both personal and factual about this life changing experience for so many of us. At this event we also raised a significant amount and the Friendship Cafe were able to hand over a total of £2,246 to Interpal for both events. Not in the least satisfied with this a further £1,933.02p in total was raised at the Ladies Only Presentation and Dinner event. I would like to take this opportunity to thank all the generous donors and businesses for their contributions and overwhelming support so we could make sure every single penny of the fundraising will reach the needy.

Jerusalem Peacemakers – Palestine Presentation

Report by Shoaib Kathrada

Monday 12th January saw approximately 170 people squeeze into the Friendship Café for the Jerusalem Peacemakers bring and share meal. The evening also included a presentation about the recent trip to Palestine by the members of the community of Gloucester. This

presentation, which was supposed to run for 40 mins, went on for 1 ¼ hrs. Introduced by yours truly, it explained the reasons how and why we went to Palestine. We also had Fran Tolond talk about the spiritual experience, Reyaz Limalia talked about the Holy Sites, Rev Robert Simpson talked about Interfaith. Munesa Moolla talked about the children of Palestine, Farook Ginwalla talked about the refugee camps, and Imran Atcha wrapped things up by telling us about the work of ICAHD (Israelis against house demolitions). We also had an impromptu talk from Dr Yasmin Kathrada (she's my cousin so I had to let her talk) about how the journey affected her. Everyone delivered their speeches with passion and emotion. As Saleha says in the previous article it was a "life changing experience for so many of us". We would like to thank Dave Bennett for allowing us the time to recount our journey.

Ladies Dinner & Presentation

Report by Zaheera Nanabawa

During a conversation with my fellow travel companion Saleha, we agreed that we should do some form of fundraising event to continue to help the people of Gaza. The sufferings are so unjustified that we couldn't sit back and not do anything. We didn't have long to prepare, but Alhamdulillah organising the event became easy, and many people contributed to making it a success. The Friendship Café was transformed for an evening of information.

I took every chance to enlighten the audience with some of the amazing experiences we had during our trip to Palestine, and the realities on the ground. There were presentations, nasheeds, poetry and a mini film. The aim of the evening was to bring the women in

the community together, and create much more awareness around Palestine and the massacre of Gaza in 2009. Insha Allah the women in the audience were brilliant and took it all in - as well as thoroughly enjoying yummy biryani.

Thanks go to all our volunteers, suppliers of food and materials and to the men for putting up with us moving all the equipment in the Friendship Cafe.

Congratulations to:

- Reyaz Limalia - 'Divine Inspiration' is a flashy posh new book all about Islamic geometry and architecture by the Museum of Malaysia and with a foreword by HRH Prince Charles. It includes a photo of the Ummayad Mosque taken by our very own resident photographer. Reyaz now has his photos used on numerous calendars and websites and many mistake the superb Dome of the Rock photos in the Café for posters.

Community News

EDUCATORS WANTED TO SPREAD AWARENESS OF MENINGITIS IN COMMUNITIES

The Gloucestershire Meningitis Trust Peer Educators need you!

The Meningitis Trust is looking for volunteers whose second language is English and/or they have black, minority ethnic (BME) community cultural understanding to converse with their peer community and raise awareness of meningitis.

'Peer Educators' will provide a valuable service by working alongside BME communities to provide information leaflets, signs and symptoms cards, and explaining the services available. With research showing that these communities are missing out on vital meningitis information and support services, as well as respondents not realising that meningitis affected their ethnic group, the role of the Peer Educator is saving lives!

Activities can include conducting group discussions about meningitis and the Trust, teaching peers about recognising the signs and symptoms of the disease, participating in local Trust events, distributing educational materials and much more. Commitment can be as minimal as an hour per month, up to a couple of hours per week.

Previous experience is not required as Peer Educators will be provided with head-office support and full training, support resources, annual updates, refresher training and social gatherings.

If you are interested in becoming a Peer Educator, or if you would like to hear more, Contact Alison Osborne on 01453 769037 or Sumayyah Hassanjee on 07808 174458 for further details.

GLOUCESTER-2-GAZA

In response to the humanitarian crisis in Gaza, the people of Britain, in association with several leading charities including Ummah Welfare Trust and Interpal, have set up '*A Lifeline from Britain to Gaza*', a convoy from London to Gaza, travelling through France, Spain, Morocco, Algeria, Tunisia, Libya and Egypt. The aim of the convoy is to bring material aid to the Gazan People, as well as raising awareness of the humanitarian crisis in Gaza in all the countries that the convoy visit.

The community of Gloucester, in association with several local charities, has pledged to arrange for and sponsor a vehicle and two local drivers (Farouk Ginwalla & Ismail Ali) to take part in the convoy.

It is hoped that, with the generous help from the local community, the vehicle will be packed with donations, which, in turn, will be donated, in person, by the two local residents to the Gazan People. It is very much hoped that the vehicle will be put to good use by local charities in Gaza, hence leaving a legacy.

To date, Farouk Ginwalla and Ismail Ali, both in full-time employment, have volunteered themselves to become the representatives of Gloucester and to make this historic journey. Both drivers will be funding their own expenses, including the return airfare. Therefore all donations, cash or otherwise, will go directly towards relieving the suffering of the Gazan People.

The Aid convoy leaves for Gaza on **Saturday 14th February** inshAllah. **Please support Br Hajees Farouk Ginwalla and Ismael Ali to make this historic trip a successful one with your donations and prayers.**

For inquiries or to make a donation, please contact the following:

Farouk Ginwalla - 07779222570	Imran Atcha – 07977022393
Ismael Ali - 07968597393	Junaid Ghanti – 07887838587
Farooq Sheikh - 07957545125	Ismael Rhyman – 07974724276
Muhaddith Mulla - 07866574224	Anwar Limalia – Jama-Al-Karim Mosque

latest news: 32 vehicles plus 6 ambulances and 1 fire engine packed with aid and ready to go...

Calling all women!!

Make a difference in your community

Find out more about how you can get involved. Hear from inspirational women like Baroness Uddin, Chair of the Women Councillors Taskforce, Carol Francis JP, Taskforce Member and others about how they got involved in public life.

For more information visit www.equalities.gov.uk

Interested in local issues? Have you got the commitment and drive to make change and champion issues in your area?

To register please go to:

www.livegroup.co.uk/BAME or: telephone 020 8481 3375 or Email: BAME@livegroup.co.uk

This FREE event is being held on Thursday 19 February 2009
6.00pm – 8.30pm at Gloucestershire County Council, Shire Hall,
Westgate Street, Gloucestershire, GL1 2TG

Community representatives and local councillors play a vital role in their communities and we want to encourage more women, especially those from ethnic minority backgrounds, to get involved.

The Arab Community of Gloucestershire

ابحرم

The Arab Community of Gloucestershire invites you to a cultural event about the Arab community and what it represents.

Saturday, 21 February 2009
11:00am- 3:00pm Springbank Resource Centre
Springbank Way
Springbank
Cheltenham GL51- 0LG

The event will include a presentation along with a brief talk, exhibition (not sale) of traditional dresses and souvenirs from different Arab countries followed by lunch. This lunch will be different since we will ask some Arab ladies if they could kindly donate a dish that is famous in their homeland along with the recipes.

So, if you like to help by providing a dish, dresses, souvenirs or simply volunteer to help on the day, please contact me on 07772410852.

The event is free all welcome

SPIRIT of PEACE

person to person for peace

Presents

Voices of Hope & Peace From The Holy Land

with

Ibrahim Issa

(Director)

Hope Flowers School for
Peace & Democracy Bethlehem

and

Sheikh Ghassan Manasra

Peace Centre Nazareth & East Jerusalem

Monday 2nd March 09

7pm

The Friendship Café,
Barton Street, Gloucester
(GL1 4HR, near the Leisure Centre)

Book Tickets Online: www.spiritofpeace.co.uk/tickets

For information please contact:

David on davidjohnbennett@hotmail.com or 07952 372 132

or

Imran on gymnation@btclick.com or 07977022393

In association with The Friendship Café

Jobs/Vacancies

BBC Children in Need Volunteer Committee Member Vacancies – South West region

BBC Children in Need is positively changing the lives of disadvantaged children and young people throughout the UK (including the Channel Islands). We celebrate diversity and positively encourage applications from all parts of the community to join our South West regional committee.

Volunteer Committee Members

The Role

Committee members advise the Trustees on which organisations should be funded by BBC Children in Need in the South West region. Around £4 million was distributed last year to organisations making a difference to the lives of disadvantaged children and young people.

The knowledge, skills and experience required

BBC Children in Need is seeking to recruit individuals who are committed to improving outcomes for disadvantaged children and young people.

We expect committee members to bring:

- sound understanding of the current issues facing children and young people experiencing disadvantage

- good understanding of the voluntary and statutory sectors
- good local/regional knowledge of the South West
- ability to analyse complex written and financial information
- ability to think strategically, discuss and debate in a meeting environment
- good report writing skills
- good level of IT literacy
- ability to remain objective
- ability to manage your time, prioritise and meet tight deadlines
- commitment to equality of opportunity

The South West Region

Our South West region covers: Bath & North East Somerset, Berkshire, Bristol, Cornwall & Isles of Scilly, Devon, Dorset, Gloucestershire, Hampshire, Isle of Wight, North Somerset, Oxfordshire, Somerset, South Gloucestershire, Swindon & Wiltshire and the Channel Islands.

Practical matters

- Committee members are appointed for 3 years.
- The time commitment is anticipated to be up to 8 days each year for meetings and training. In addition there is time spent reading applications before each meeting. This time commitment may change as we are currently reviewing our processes and therefore we are asking for flexibility.
- As Committee meetings take place at BBC venues across the South West some travel and overnight stays may be involved.
- You will need full access to a telephone, computer with Microsoft Word, Excel, Email and Internet.
- We pay expenses e.g. travel, phone calls, overnight stays.
- Any offer of a role on our Committee will be subject to a CRB check.

How to apply

For further information about the role please contact Emma Beeston on 0117 974 7600 or emma.beeston@bbc.co.uk.

To apply please send a CV and a covering letter* by 5pm on Tuesday **10th March** 2009 to Emma Beeston, BBC Children in Need Regional Manager (South West), Broadcasting House, Whiteladies Road, Bristol BS8 2LR.

As we seek to maintain a balance of skills and experience across our Committee we will be actively seeking to select new Committee members who add value by bringing diversity to the current membership.

Interviews will be held on Thursday **2nd April**.

** with reference to the knowledge, skills and experience detailed above, please use this covering letter to demonstrate how you meet the specific requirements of this role.*

Website of the Month

Find out what Farook and Ismail will be up to and how you can help
www.vivapalestina.org

And Finally.....

At a fundraising dinner for a school that serves learning-disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: "When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do Where is the natural order of things in my son?"

The audience was stilled by the query.

The father continued. "I believe that when a child like Shay, physically and mentally handicapped comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story:

Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked (not expecting

much) if Shay could play. The boy looked around for guidance and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. His Father watched with a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game.

Instead, the pitcher threw the ball right over the first base man's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first! Run to first!" Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled.

Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the

ball ... the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitchers intentions so he, too, intentionally threw the ball high and far over the third-base man's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, "Shay, Shay, Shay, all the Way Shay"

Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, "Run to third! Shay, run to third!"

As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, "Shay, run home! Run home! " Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day", said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world".

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making his father so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!



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Report by Shoaib Kathrada

Monday 12th January saw approximately 170 people squeeze into the Friendship Café for the Jerusalem Peacemakers bring and share meal. The evening also included a presentation about the recent trip to Palestine by the members of the community of Gloucester. This

presentation, which was supposed to run for 40 mins, went on for 1 ¼ hrs. Introduced by yours truly, it explained the reasons how and why we went to Palestine. We also had Fran Tolond talk about the spiritual experience, Reyaz Limalia talked about the Holy Sites, Rev Robert Simpson talked about Interfaith. Munesa Moolla talked about the children of Palestine, Farook Ginwalla talked about the refugee camps, and Imran Atcha wrapped things up by telling us about the work of ICAHD (Israelis against house demolitions). We also had an impromptu talk from Dr Yasmin Kathrada (she's my cousin so I had to let her talk) about how the journey affected her. Everyone delivered their speeches with passion and emotion. As Saleha says in the previous article it was a "life changing experience for so many of us". We would like to thank Dave Bennett for allowing us the time to recount our journey.

Ladies Dinner & Presentation

Report by Zaheera Nanabawa

During a conversation with my fellow travel companion Saleha, we agreed that we should do some form of fundraising event to continue to help the people of Gaza. The sufferings are so unjustified that we couldn't sit back and not do anything. We didn't have long to prepare, but Alhamdulillah organising the event became easy, and many people contributed to making it a success. The Friendship Café was transformed for an evening of information.

I took every chance to enlighten the audience with some of the amazing experiences we had during our trip to Palestine, and the realities on the ground. There were presentations, nasheeds, poetry and a mini film. The aim of the evening was to bring the women in

the community together, and create much more awareness around Palestine and the massacre of Gaza in 2009. Insha Allah the women in the audience were brilliant and took it all in - as well as thoroughly enjoying yummy biryani.

Thanks go to all our volunteers, suppliers of food and materials and to the men for putting up with us moving all the equipment in the Friendship Cafe.

Congratulations to:

- Reyaz Limalia - 'Divine Inspiration' is a flashy posh new book all about Islamic geometry and architecture by the Museum of Malaysia and with a foreword by HRH Prince Charles. It includes a photo of the Ummayad Mosque taken by our very own resident photographer. Reyaz now has his photos used on numerous calendars and websites and many mistake the superb Dome of the Rock photos in the Café for posters.

Community News

EDUCATORS WANTED TO SPREAD AWARENESS OF MENINGITIS IN COMMUNITIES

The Gloucestershire Meningitis Trust Peer Educators need you!

The Meningitis Trust is looking for volunteers whose second language is English and/or they have black, minority ethnic (BME) community cultural understanding to converse with their peer community and raise awareness of meningitis.

'Peer Educators' will provide a valuable service by working alongside BME communities to provide information leaflets, signs and symptoms cards, and explaining the services available. With research showing that these communities are missing out on vital meningitis information and support services, as well as respondents not realising that meningitis affected their ethnic group, the role of the Peer Educator is saving lives!

Activities can include conducting group discussions about meningitis and the Trust, teaching peers about recognising the signs and symptoms of the disease, participating in local Trust events, distributing educational materials and much more. Commitment can be as minimal as an hour per month, up to a couple of hours per week.

Previous experience is not required as Peer Educators will be provided with head-office support and full training, support resources, annual updates, refresher training and social gatherings.

If you are interested in becoming a Peer Educator, or if you would like to hear more, Contact Alison Osborne on 01453 769037 or Sumayyah Hassanjee on 07808 174458 for further details.

GLOUCESTER-2-GAZA

In response to the humanitarian crisis in Gaza, the people of Britain, in association with several leading charities including Ummah Welfare Trust and Interpal, have set up '*A Lifeline from Britain to Gaza*', a convoy from London to Gaza, travelling through France, Spain, Morocco, Algeria, Tunisia, Libya and Egypt. The aim of the convoy is to bring material aid to the Gazan People, as well as raising awareness of the humanitarian crisis in Gaza in all the countries that the convoy visit.

The community of Gloucester, in association with several local charities, has pledged to arrange for and sponsor a vehicle and two local drivers (Farouk Ginwalla & Ismail Ali) to take part in the convoy.

It is hoped that, with the generous help from the local community, the vehicle will be packed with donations, which, in turn, will be donated, in person, by the two local residents to the Gazan People. It is very much hoped that the vehicle will be put to good use by local charities in Gaza, hence leaving a legacy.

To date, Farouk Ginwalla and Ismail Ali, both in full-time employment, have volunteered themselves to become the representatives of Gloucester and to make this historic journey. Both drivers will be funding their own expenses, including the return airfare. Therefore all donations, cash or otherwise, will go directly towards relieving the suffering of the Gazan People.

The Aid convoy leaves for Gaza on **Saturday 14th February** inshAllah. **Please support Br Hajees Farouk Ginwalla and Ismael Ali to make this historic trip a successful one with your donations and prayers.**

For inquiries or to make a donation, please contact the following:

Farouk Ginwalla - 07779222570	Imran Atcha – 07977022393
Ismael Ali - 07968597393	Junaid Ghanti – 07887838587
Farooq Sheikh - 07957545125	Ismael Rhyman – 07974724276
Muhaddith Mulla - 07866574224	Anwar Limalia – Jama-Al-Karim Mosque

latest news: 32 vehicles plus 6 ambulances and 1 fire engine packed with aid and ready to go...

Calling all women!!

Make a difference in your community

Find out more about how you can get involved. Hear from inspirational women like Baroness Uddin, Chair of the Women Councillors Taskforce, Carol Francis JP, Taskforce Member and others about how they got involved in public life.

For more information visit www.equalities.gov.uk

Interested in local issues? Have you got the commitment and drive to make change and champion issues in your area?

To register please go to:

www.livegroup.co.uk/BAME or: telephone 020 8481 3375 or Email: BAME@livegroup.co.uk

This FREE event is being held on Thursday 19 February 2009
6.00pm – 8.30pm at Gloucestershire County Council, Shire Hall,
Westgate Street, Gloucestershire, GL1 2TG

Community representatives and local councillors play a vital role in their communities and we want to encourage more women, especially those from ethnic minority backgrounds, to get involved.

The Arab Community of Gloucestershire

ابحرم

The Arab Community of Gloucestershire invites you to a cultural event about the Arab community and what it represents.

Saturday, 21 February 2009
11:00am- 3:00pm Springbank Resource Centre
Springbank Way
Springbank
Cheltenham GL51- 0LG

The event will include a presentation along with a brief talk, exhibition (not sale) of traditional dresses and souvenirs from different Arab countries followed by lunch. This lunch will be different since we will ask some Arab ladies if they could kindly donate a dish that is famous in their homeland along with the recipes.

So, if you like to help by providing a dish, dresses, souvenirs or simply volunteer to help on the day, please contact me on 07772410852.

The event is free all welcome

SPIRIT of PEACE

person to person for peace

Presents

Voices of Hope & Peace From The Holy Land

with

Ibrahim Issa

(Director)

Hope Flowers School for
Peace & Democracy Bethlehem

and

Sheikh Ghassan Manasra

Peace Centre Nazareth & East Jerusalem

Monday 2nd March 09

7pm

The Friendship Café,
Barton Street, Gloucester
(GL1 4HR, near the Leisure Centre)

Book Tickets Online: www.spiritofpeace.co.uk/tickets

For information please contact:

David on davidjohnbennett@hotmail.com or 07952 372 132

or

Imran on gymnation@btclick.com or 07977022393

In association with The Friendship Café

Jobs/Vacancies

BBC Children in Need Volunteer Committee Member Vacancies – South West region

BBC Children in Need is positively changing the lives of disadvantaged children and young people throughout the UK (including the Channel Islands). We celebrate diversity and positively encourage applications from all parts of the community to join our South West regional committee.

Volunteer Committee Members

The Role

Committee members advise the Trustees on which organisations should be funded by BBC Children in Need in the South West region. Around £4 million was distributed last year to organisations making a difference to the lives of disadvantaged children and young people.

The knowledge, skills and experience required

BBC Children in Need is seeking to recruit individuals who are committed to improving outcomes for disadvantaged children and young people.

We expect committee members to bring:

- sound understanding of the current issues facing children and young people experiencing disadvantage

- good understanding of the voluntary and statutory sectors
- good local/regional knowledge of the South West
- ability to analyse complex written and financial information
- ability to think strategically, discuss and debate in a meeting environment
- good report writing skills
- good level of IT literacy
- ability to remain objective
- ability to manage your time, prioritise and meet tight deadlines
- commitment to equality of opportunity

The South West Region

Our South West region covers: Bath & North East Somerset, Berkshire, Bristol, Cornwall & Isles of Scilly, Devon, Dorset, Gloucestershire, Hampshire, Isle of Wight, North Somerset, Oxfordshire, Somerset, South Gloucestershire, Swindon & Wiltshire and the Channel Islands.

Practical matters

- Committee members are appointed for 3 years.
- The time commitment is anticipated to be up to 8 days each year for meetings and training. In addition there is time spent reading applications before each meeting. This time commitment may change as we are currently reviewing our processes and therefore we are asking for flexibility.
- As Committee meetings take place at BBC venues across the South West some travel and overnight stays may be involved.
- You will need full access to a telephone, computer with Microsoft Word, Excel, Email and Internet.
- We pay expenses e.g. travel, phone calls, overnight stays.
- Any offer of a role on our Committee will be subject to a CRB check.

How to apply

For further information about the role please contact Emma Beeston on 0117 974 7600 or emma.beeston@bbc.co.uk.

To apply please send a CV and a covering letter* by 5pm on Tuesday **10th March** 2009 to Emma Beeston, BBC Children in Need Regional Manager (South West), Broadcasting House, Whiteladies Road, Bristol BS8 2LR.

As we seek to maintain a balance of skills and experience across our Committee we will be actively seeking to select new Committee members who add value by bringing diversity to the current membership.

Interviews will be held on Thursday **2nd April**.

** with reference to the knowledge, skills and experience detailed above, please use this covering letter to demonstrate how you meet the specific requirements of this role.*

Website of the Month

Find out what Farook and Ismail will be up to and how you can help
www.vivapalestina.org

And Finally.....

At a fundraising dinner for a school that serves learning-disabled children, the father of one of the students delivered a speech that would never be forgotten by all who attended. After extolling the school and its dedicated staff, he offered a question: "When not interfered with by outside influences, everything nature does is done with perfection. Yet my son, Shay, cannot learn things as other children do. He cannot understand things as other children do Where is the natural order of things in my son?"

The audience was stilled by the query.

The father continued. "I believe that when a child like Shay, physically and mentally handicapped comes into the world, an opportunity to realize true human nature presents itself, and it comes in the way other people treat that child."

Then he told the following story:

Shay and his father had walked past a park where some boys Shay knew were playing baseball. Shay asked, "Do you think they'll let me play?" Shay's father knew that most of the boys would not want someone like Shay on their team, but the father also understood that if his son were allowed to play, it would give him a much-needed sense of belonging and some confidence to be accepted by others in spite of his handicaps.

Shay's father approached one of the boys on the field and asked (not expecting

much) if Shay could play. The boy looked around for guidance and said, "We're losing by six runs and the game is in the eighth inning. I guess he can be on our team and we'll try to put him in to bat in the ninth inning."

Shay struggled over to the team's bench and, with a broad smile, put on a team shirt. His Father watched with a small tear in his eye and warmth in his heart. The boys saw the father's joy at his son being accepted. In the bottom of the eighth inning, Shay's team scored a few runs but was still behind by three. In the top of the ninth inning, Shay put on a glove and played in the right field. Even though no hits came his way, he was obviously ecstatic just to be in the game and on the field, grinning from ear to ear as his father waved to him from the stands. In the bottom of the ninth inning, Shay's team scored again. Now, with two outs and the bases loaded, the potential winning run was on base and Shay was scheduled to be next at bat.

At this juncture, do they let Shay bat and give away their chance to win the game? Surprisingly, Shay was given the bat. Everyone knew that a hit was all but impossible because Shay didn't even know how to hold the bat properly, much less connect with the ball.

However, as Shay stepped up to the plate, the pitcher, recognizing that the other team was putting winning aside for this moment in Shay's life, moved in a few steps to lob the ball in softly so Shay could at least make contact. The first pitch came and Shay swung clumsily and missed. The pitcher again took a few steps forward to toss the ball softly towards Shay. As the pitch came in, Shay swung at the ball and hit a slow ground ball right back to the pitcher.

The game would now be over. The pitcher picked up the soft grounder and could have easily thrown the ball to the first baseman. Shay would have been out and that would have been the end of the game.

Instead, the pitcher threw the ball right over the first base man's head, out of reach of all team mates. Everyone from the stands and both teams started yelling, "Shay, run to first! Run to first!" Never in his life had Shay ever run that far, but he made it to first base. He scampered down the baseline, wide-eyed and startled.

Everyone yelled, "Run to second, run to second!" Catching his breath, Shay awkwardly ran towards second, gleaming and struggling to make it to the base. By the time Shay rounded towards second base, the right fielder had the

ball ... the smallest guy on their team who now had his first chance to be the hero for his team. He could have thrown the ball to the second-baseman for the tag, but he understood the pitchers intentions so he, too, intentionally threw the ball high and far over the third-base man's head. Shay ran toward third base deliriously as the runners ahead of him circled the bases toward home.

All were screaming, "Shay, Shay, Shay, all the Way Shay"

Shay reached third base because the opposing shortstop ran to help him by turning him in the direction of third base, and shouted, "Run to third! Shay, run to third!"

As Shay rounded third, the boys from both teams, and the spectators, were on their feet screaming, "Shay, run home! Run home! " Shay ran to home, stepped on the plate, and was cheered as the hero who hit the grand slam and won the game for his team.

"That day", said the father softly with tears now rolling down his face, "the boys from both teams helped bring a piece of true love and humanity into this world".

Shay didn't make it to another summer. He died that winter, having never forgotten being the hero and making his father so happy, and coming home and seeing his Mother tearfully embrace her little hero of the day!