



# Café news – January 2009

Hello Everyone!

Hold on to your hats, scarves, wigs and brace yourselves. Twenty O Nine is starting of with a bang!

Seeya Soon

Ed

Shoaib Kathrada

Editor

The Official Newsletter of The Friendship Cafe

## Friendship Café activities

### Girls Group

The Young Girls Activity Group is BACK starting on the 10th of January 2009!

Myself, Fatemah Dhalech & Sayeeda will be carrying on from where Farzana left off – we hope to build on her hard work. We have both volunteered in the past so should be familiar faces.

Sessions will run from 2-4 pm and will be primarily aimed for girls aged 8-13 years (under 8 years of age MUST be accompanied by an

adult). We hope to do a variety of activities over the coming months, so come along and see what we have going. We need your ideas too!

For further information please contact either me, on 07593 275503 (email: [fatemahd@blueyonder.co.uk](mailto:fatemahd@blueyonder.co.uk)) or Sayeeda on 07972717946.

### 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](mailto:zaheera@diversiflex.co.uk)

### Dads and Lads

Some of the boys have been ice skating in Swindon during the holidays and some are going 'Tubing' (whatever that may be – Ed) on Robinswood Ski Slope.

We are also offering subsidised tickets for small children and dads/carers (via Imran) to the UK Rampage Wrestling Show at GL1 on 31<sup>st</sup> January.

Friday 30<sup>th</sup> January sees the return of the annual Quiz Night. Will the Dads reign again? Or will the Lads swot up and rise to the challenge?

Youth clubs continue on Friday nights 7pm to 10pm for all ages.  
Tuesday nights and Sunday nights for older boys 7pm – 9.30pm.

### Palestine Trip

26 members of the community, including a Reverend and an Imam, visited the holy city of Jerusalem. The trip arranged by Imran & Riaz was an astounding success. Members of the party were spiritually enlightened, discovered the history of the land, and felt and understood the pain of the oppressed. Some members also bought the mysterious grape elixir exclusively sold by our guide, Ahem! (see Riaz's diary for explanation – website of the month – Ed). I for one was overwhelmed, even more so when I found out the hotel was showing the Manchester derby live on TV. Result! For a chance to hear more come to the Jerusalem Peacekeepers meeting on January 12<sup>th</sup> – see below for details.

### Archery

Kids Sessions – Monday nights – 8pm to 10pm (NOT 12<sup>th</sup> January)  
Adult sessions – Thursday nights 8pm – 10pm

### Swimming

Women's sessions – Saturdays 5.30pm to 6.30pm (starting from 3<sup>rd</sup> January)

Sundays 9am to 10am.

Menes sessions - Tuesdays 8.15pm to 9.15pm (NOT 6<sup>th</sup> January)

Sundays 11am – 12 noon

### Gymnastics

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

### Discover Islam Week

In January, the Friendship cafe in partnership with a number of statutory organisations, will be hosting "Discover Islam". The programme for the week is packed, so please show your support by attending the activities with your families to help strengthen our community and our relationships with the other communities around us.

If any of you wish to volunteer for this event, please contact me on [zaheera@diversiflex.co.uk](mailto:zaheera@diversiflex.co.uk)

### Congratulations to:

- Hamzah Atcha, aged 6 – who completed more swimming laps than his dad. Hamzah swam 10 lengths whilst Imran only managed a paltry 6!
- Ilyas Kadodia and Fazel Patel who both successfully completed their archery leadership course.

Community News

## Jerusalem Peacemakers

'Bring & Share' meal will be held at  
Friendship Café  
on Monday 12<sup>th</sup> December at 7pm  
all welcome.

Includes presentation of the recent trip to Palestine by  
members of the community.  
Also a chance to register your interest for the next trip!!

## DISCOVER ISLAM WEEK

Launch of Discover Islam Week exhibition in Eastgate Shopping Centre at  
12 noon on Saturday 10<sup>th</sup> January.  
Exhibition features interesting Islamic artefacts  
based at the shopping centre and also at the City Museum between 10 -  
17<sup>th</sup> Jan.

## Introduction to Islam

(Aqeeda)

### ALL ARE WELCOME

This course is open to all who wish to find out more about Islam and Muslims. It is not intended to convert people, the course simply wishes to explain Islam in order to overcome any misunderstanding and show how all religions share a common set of values and Muslims wish to live in peace and harmony with those around them.

The course or courses will start the week beginning Monday the 12<sup>th</sup> of January and will run from 7:00-9:00 in the evenings but if demand is great we will add

additional classes. It will run for 10 weeks and is FREE! We are prepared to offer Women only or Men only classes, if required.

Areas of Islam that will be covered are;

What is Islam?      Who is a Muslim?      History of Islam      Women in Islam  
Festivals                              Features of a Mosque  
Visit to a Mosque      The Five Pillars of Islam      Concept of Worship in Islam  
Practical needs of Muslims (work related)

The course is intended to be open to all, Muslims and others.

To join the course please ring 533435 and ask to speak to any member of the Education Team or pop into The Trust Centre, Conduit Street, Gloucester to give your details.

## THE KEY

The Key is Gloucestershire's Children with Disabilities register and a special information service for any family in Gloucestershire with a disabled young person. The Key is a completely free and confidential service and registration is entirely voluntary.

We want to raise awareness of the service so that we can reach disabled young people from different backgrounds and communities. There are many benefits for families who join The Key which includes receiving regular newsletter, an introductory pack upon registering, a parent contact register a telephone helpline and free leisure passes that are only available to Key families. Key members in the Gloucester area can receive a free swimming pass to use at GL1 leisure centre, which also allows one parent carer to accompany the young person for free. In addition all Key families can receive a free membership pass for Oxstalls Tennis Centre which will entitle the whole family to a 20% discount off all tennis activities, courses and coaching sessions at Oxstalls.

I could send you some Key application leaflets, or I would be more than happy to meet up with you.

Look forward to hearing from you soon

Sarah Hopkins  
Key Co-ordinator  
Tel: 08456 583857  
[www.keywords.org.uk](http://www.keywords.org.uk)

#### Jobs/Vacancies

None at the moment.....there is a credit crunch going on at the moment.

#### Website of the Month

Read about our trip to Palestine. Riaz our resident photographer and journalist kept a diary of our amazing trip.

<http://www.flickr.com/photos/reway2007/3059292213/>

**And Finally.....**

**Why you should respect your elders!!**

A woman in a Mercedes had been waiting patiently for a parking place to open up. The shopping mall was crowded.

The woman in the Mercedes zigzagged between rows — then up ahead she saw a man with a load of packages head for his car. She drove up and parked behind him and waited while he opened his trunk and loaded it with packages.

Finally he got in his car and backed out of the stall. But before the woman in the Mercedes could drive into the parking space . . . . A young man in a shiny new Corvette zipped past and around her and HE pulled into the empty space and got out and started walking away.

"Hey!" shouted the woman in the Mercedes, "I've been waiting for that parking place!" The college-ager responded, "Sorry, lady; that's how it is when you're young and quick."

At that instant she put her Mercedes in gear; floor boarded it, and crashed into and crushed the right rear fender and corner panel of the flashy new Corvette. Now the young man is jumping up and down shouting, "You can't do that!"

The lady in the Mercedes said, "That's how it is when you're old and rich!"