



## Café news – June 2009

Hello Everyone!

At the time of writing (which subsequently is earlier than usual, time wise) people up and down the country will have been to their local schools, community centres or village halls (ingeniously disguised as polling stations) to go and put a big X on a piece of paper to vote for their new councillor/MEP. Or alternatively they would have posted it like I opted to.

Anyway, not being a keen follower of any particular political party, I was wondering who are these people that we vote for? I mean the only thing we know about them generally is the piece of paper that comes through your letterbox that says Mr Tory, Mr Lib Dem and Ms Labour are helping your community to reduce fly tipping, or help fix pot holes in the road or getting rid of car parking charges at all shopping sites between now and the New Year to encourage shoppers to come to Gloucester to help boost our city's economy! No, wait! I don't think anyone of them said the last one.

Yes, when it is election time they all come round to mosques, fetes, community events and gatherings that they would not normally come to as their busy schedule would not allow it. And there, they will stand shaking hands with all, kissing babies, making small talk

and posing for photographs with their cheesy grins trying to convince everyone why they are better than the opposition. HmMMM!

My suggestion would be "Britain's Big Brothers Got X Factor Talent". This would entail all candidates and local party leaders to share a house in Gloucester and then it being beamed live to all prospective voters 24/7. Then each day they would have to perform an act like spinning plates, making a dog walk on its hind legs or jump through flame engulfed hoops on a Chopper bike wearing a Gorilla outfit! At the end of 4 weeks the public then would ring for FREE on 0800 118 999 01 for Labour 0800 118 999 02 for Lib Dem ....03 for Tory etc etc etc. Then the party with the most votes is the Winner! Hurrah! (by the way if you are reading this Simon Cowl and you like what you're reading then give my agent a call).

Anyway I am off now to see if Imran would be willing to sign an expense form for an apartment at the docks, helicopter lessons and an Aston Martin to ferry the kids to and from the Wilderness Centre!!

TTFN

**Shoaib Kathrada**

**Editor**

**The Official Newsletter of The Friendship Cafe**

[Friendship Café activities](#)

[Younger Girls Group](#)

Report by Fatemah & Sayeeda

On 2nd May we visited the Gloucester Waterways Museum combined with a 45 min Boat trip. We were very fortunate with great weather and a great turnout of girls/mums/carers. The girls took part in a number of activities at the museum including a quiz, navigating a lock, boat race to find out which boat design is best. They also had a look around some of the narrow boats at the dockside. The highlight of the day was the boat trip around the docks and up the Gloucester & Sharpness Canal, all wished it could have been for longer – maybe next time?

On 16th May we had a fun/full session baking scones with almost 40 girls and 12 adults. How did we bake so many scones in a single oven??? The oven worked tirelessly for 2hrs non-stop baking their delicious scones that everyone ate and enjoyed with jam/cream – they even had enough to take home. Thanks to all the helpers. This was certainly a popular session.

#### Future planned events:

13th June –Friendship Cafe

Islamic Art with Yasmin Kathrada (local Artist) - £1.50

27th June - JDR Karting - Bristol Road, Gloucester, GL1 5SG

JDR Indoor Karting) - £5

Meet at JDR Karting for 2.15 – Pick up 4.00pm

(8-13yrs ONLY - Minimum Height 1.20m)

Limited spaces so book early to avoid disappointment.

11th July

One DISH Party !!!

Come along have fun & make new friends

Looking a little further forward the Young Girls Annual Residential Trip takes place between Mon 27<sup>th</sup> July and Wed 29<sup>th</sup> July at the LLangorse Multi Activity Centre in the Brecon Beacons. Get your place booked and hopefully it will be a fun trip. Cost is £15 per child and is only for girls aged 8 – 13 years

Please keep coming and support YOUR group – without you, there is no group.

For further information please contact either myself, Fatemah on 07593 275503 or Sayeeda on 07928 664454. Or by email to [fatemahd@blueyonder.co.uk](mailto:fatemahd@blueyonder.co.uk)

### Older Girls Group

New Teenage Girls Youth Worker.

Saleha Parekh will shortly be taking the reins as the new teenage girls worker, setting up activities and trying to follow in the difficult and pioneering footsteps of Zaheera Nanabawa.

Watch this space for the more information.

### Dads and Lads

#### Report by Imran Atcha

17 of us went to the Snowdonia national park in North Wales for a weekend of abseiling, rock climbing and mountain biking as well as spending some time at the beach, in beautiful weather and surroundings. We had a mixture of boys aged between 12-16, from a variety of interesting backgrounds: Algeria, Afghanistan, Gaza, the local yokels from Gloucester and not forgetting the Egyptians.

The next activity weekend is for boys aged 7-10 at Wilderness Centre, Mitcheldean between 3rd to 5th July and a £10 non refundable payment is required to secure a space, which will be limited. Younger boys will need to be accompanied with an adult. Some the activities are canoeing and climbing.

Received from one of the foster parents after the North Wales weekend:

"Hi Farouq,

I'd like to thank you and the others involved for the fantastic time you gave our boy and the other boys in North Wales last weekend. I appreciate that the whole event was only able to take place because of the generosity of you and others, with your time and with financial and other resources. Our £15 couldn't have come close to covering the costs of the event.

our boy came home exhausted but having thoroughly enjoyed himself, and with a number of new experiences under his belt.

Please could you pass on my thanks to the others involved?

Thanks again,  
D "

### Friendship Café Dads

Seeing as the kids are having so much fun, I have arranged a cricket match against a team from Gloucester Council, captained by Feroz Goga. Feroz has challenged The Friendship Café to two 20/20 matches on the following dates 30/6/09 and 28/7/09.

Feroz is eager to gain revenge after two humiliating defeats two years ago. If you are interested let me know so that we can build a team to continue our winning streak.

Mail Shoaib Kathrada – [thefriendshipcafe@homecall.co.uk](mailto:thefriendshipcafe@homecall.co.uk)

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.

FINALLY – GymNation & The Friendship Cafe have finally caught up with modern technology! Thanks to volunteer Sara Hobbin, a website has now been established – [www.thefriendshipcafe.com](http://www.thefriendshipcafe.com) – which you can go to and find out about what's going on, the latest gossip, activities, etc that is happening at The Friendship Cafe and GymNation. Sara has a background in journalism on ethical issues and has experience of major PR work so we were very fortunate to have had help to set up the site, which was well overdue. Now, as well as dishing out my flashy business cards, we can say 'just visit [www.thefriendshipcafe.com](http://www.thefriendshipcafe.com)', to find out more.

Please excuse any omissions from the website for now as it is still in early stages.

Swimming

Now instead of calling me up to find out if swimming is on or not, just visit [www.thefriendshipcafe.com](http://www.thefriendshipcafe.com) and click on 'swimming' to find out the latest!

Anyway, there are no Tuesday cancellations until Ramadhan (August). However, Sunday June 21st is cancelled for both male and female sessions.

Sessions take place in the Twyver Pool at GL1 Leisure Centre  
Males Tuesdays 8:15 - 9:15 pm and Sundays 11am - 12noon  
Females Saturdays 5 - 6pm and Sundays 9 -10 am.  
(there's a whole load of Saturday cancellations so check before attending).

Cost - FREE for children 16 and under (Adults 50p).

Qualified Assistant Swimming Instructor Moonaf Tola will be giving swimming instruction for beginners during the Tuesday swimming sessions for men and boys. There is no extra charge other than the usual 50p for adults. It may be a bit busy as the pool is also in use by the rest of the group, but that's no excuse and adds to the challenges, as proven by a number of complete beginners who are now happily swimming away having started off in our hectic sessions. Be there 8.15pm in your knee length shorts and thank 'Fair Shares' for the arrangement which normally costs a fair few quid. Starting Tuesday 9<sup>th</sup> June.

Please note that parents are responsible for their own children during these sessions, so don't send your children unaccompanied, especially if they can't swim! Please see advice in link below.

<http://www.gloucester.gov.uk/Documents/GL1/under%208%20rule.pdf>

### Archery

Monday 8-10pm for boys aged 7 and older (under 10 need to be accompanied),

Thursdays 8- 10pm for adults.

### Gymnastics

Unfortunately due to the declining numbers in attendance it is no longer worthwhile having a class. We will be asking the younger girls to decide on a new regular activity to replace this. send in your opinion on what you would like to see take place. Suggestions so far include rock climbing and self defence.

### The Friendship Café Funday

#### Report by Imran Atcha

The Funday held on Saturday 30<sup>th</sup> May at Widden School fields and was blessed with fantastic weather and an action packed day. Despite coinciding with the FA Cup Final, the opening of the Gloucester Quays, and the Tall Ships Festival, over 700 people attended to have a go on the rock climbing wall, try out the archery, see the balloon making, or challenge good friends to a duel on the Bouncy boxing or Gladiator posts. There were also bouncy castles and an amazing falconry display as well as information and local

stalls to browse through, as well as arts & crafts, henna painting and face painting.

Running the day felt like managing a huge open air wedding but it went very smoothly and our appreciation goes out to all those who helped, including many new hands and the children and young people who volunteered tirelessly for what was a very hot day. The young people who use the Friendship Café or go out with the activities played a tremendous role in all aspects of the day and we hope that this responsible and caring attitude takes them further into becoming community workers and volunteers in the near future.

We made approximately £1944 in profit from the day and expect a further £750 in total on top from Wall's and Eon, courtesy of Farouk Mehta and Shoaib Kathrada so the grand total is approximately £2694. This money will be used towards making improvements to the Friendship Café, in particularly to improve the toilets.

As well as making money, we had plenty of comments to say how much fun the children had, and the fact that almost all of the activities were completely free, made it all the more easier for parents and carers. The people who turned out also reflected the local population with people from all different backgrounds attending – from the local yokels to the more recently arrived Polish and Eastern Europeans. We also had representation from Africans, Arabs, and Chinese people, it seemed that everyone was represented. One parent said that his child couldn't sleep with all the excitement the night before – I'm sure he slept soundly afterwards!

In addition to thanking our volunteers, we must thank all our local businesses and organisations who, as always, support any events we hold with great generosity. From my list to thank (apologies if I have missed anyone), these include Gloucester Hardware, Continental Foods, Bismillah Butchers, Al Murad Textiles, Motalas, Vauxhall Mart, Asda & Walls Ice Cream. Qari Rafiq Patel and Tim Cooper from Madressah al-Marwatain and Widden Primary School respectively were also extremely supportive as well as Bren McInerney from the B&T Trust centre for arranging the sponsorship of the Climbing Wall and Fair Shares for the bouncy castles.

Finally, one person whose name I won't mention as I was told in confidence (but let's just say he can quite easily be the Indian version of our Town Crier) said to me at the end of the day that he wants his son's wedding to be based on the Funday – where everyone just turns up, has loads of fun, and only the Bridegroom is allowed to wear a suit – maybe his son Ibby has other plans (oops!!)

Congratulations to:

- Mr Chairman himself, Reyaz Limalia, who has won first prize in a photography competition run by the Independent newspaper. Reyaz submitted one of the photos that he'd taken on the Jerusalem trip last year and now has a generous cash prize, a day at the Independent photo desk and various exhibition launches to attend to in London during July. The No.1 photo prize, judged by film director Ken Loach is just another in a growing list of accolades received by our humble Chairman

who now has had his photos used on a number of calendars and books already.

- Dr Ovais Badat who answered an ad placed in the Friendship Cafe Newsletter, calling for volunteers to work on the BBC Children in Need Disbursement Committee. He applied, and was one of four people selected nationally. He now meets with the BBC four times a year, deciding on how to distribute some £15million in charity donations.

## Community News

### Supporting people through Beekeeping

Bees Abroad is a charity which involves experienced UK beekeepers visiting developing countries such as Ghana and the Cameroon, whereby local people are taught how to set up hives so that they can support themselves by selling the honey and related products. There is an old saying about giving a poor man a fish to eat and he is happy for a day or you can teach him to fish and he is happy for life, well this is a similar principle but with beekeeping instead of fishing. Why mention this charity in the Friendship Cafe News, I hear the reader asking? Well, there are 2 reasons. Firstly the chief of the beekeeping abroad operation is Brian Durk who is the Head Honcho beekeeper at nearby Hartpury College and also someone who volunteered his time a few years ago to try and get locals here started up in beekeeping. Well now we have about 7 of us from Barton & Tredworth with a humble 10 or so hives between us into beekeeping and have our own local honey production under way - which by the way is the miracle cure for hayfever according to many previous sufferers and also well known for curing every other malady!

Anyway, Brian Durk is hoping to go back out to Ghana for the umpteenth time later this year and needs a few humble pounds to help the Ghanaian brothers and sisters set up their hives. A donation of £20 - £30 can help set up a hive which will keep the locals going for life (costs a bit more than that here).

Please contact Reyaz or myself (Imran) to give a donation to Bees Abroad or visit [www.beesabroad.org.uk](http://www.beesabroad.org.uk) to donate directly to this worthwhile cause. We may also sell you some rare local Gloucester honey at the same time. You can also contact us if you would like advice on setting up your own hives. We urge you to support Bees Abroad with whatever little you can spare.

**Imagine Your Home being Demolished!**  
**How homes are being rebuilt in Israel/Palestine is being told in Gloucester**  
**At the**  
**Spirit of Peace Bring & Share Meal**  
**Monday 8th June 09 @ 7pm**  
**The Friendship Cafe,**  
**Barton Street, Gloucester**

**An interfaith group from Gloucester who visited the Holy Land last November have invited Linda Ramsden, UK Director of the Israeli Committee Against House Demolitions (ICAHD UK) as guest speaker. She says "Imagine your home being demolished. There is very little chance of that happening to UK home owners but for over 144,000 Palestinians, that is reality. Since 1967, more than 24,000 Palestinian homes have been demolished by the Israeli authorities, all in violation of international law and the Fourth Geneva Convention on Human Rights, and tens of thousands of Palestinians live with demolition orders in their hands wondering if their house will be next".**

**Linda spends several weeks each year in Israel and Palestine and has helped to rebuild four Palestinian homes during ICAHD's annual summer rebuilding camps. She is coming with a photographic exhibition entitled 'The Occupation on Our Heads', which tells the story of the house demolitions suffered by Salim and Arabiya Shawamreh, whom the Gloucester interfaith delegation met during their tour to the Holy Land last autumn. Other information about ICAHD and ICAHD UK will be available during the evening.**

**Media Contact: Linda Ramsden Director ICAHD UK, Mobile: 07906 201 575 or  
Home: 01737 843 408.**

## **Mini Squash Course @ GL1**

**Date: Thursday 18<sup>th</sup> June**

**Time: 1pm-4pm**

**Cost: Free**

**Places: 16 places available**

**This 3 hour workshop will provide you with all the essential knowledge required to successfully deliver Mini Squash, and is essential for anyone who will be involved in the delivery of Mini Squash. Mini Squash is the England Squash approved game for children aged 5 to 11 years and offers an ideal introduction to the sport. This exciting game fits the needs of younger children and is played using specialised equipment designed to help children achieve maximum success. This training is ideal for teachers/youth leaders/parents as after this workshop they can lead sessions even in a school/community environment without squash courts!!!**

**Booking:**

**If you would like to take advantage of this opportunity please contact to book.**

**Jonathan Edmunds on Tel: 01452 396659 :**  
**[jonathan.edmunds@aspiretrust.org.uk](mailto:jonathan.edmunds@aspiretrust.org.uk)**

**What do people need to have from Health and Social Care Managers for the future?**

On the 22nd of June 2009, between 10am 1pm (with Lunch) at the Anglo Asian Cultural Centre, 91 Barton Street, Gloucester GL1 4HR there will be an informal workshop to

- explore what key skills and attributes people need from health and social care managers
- an overview of care services in Gloucestershire
- information and discussion on the national accreditation programme for health and social care managers for England
- how local views and thoughts can reflect on/can shape this developing national programme.

The workshop will be,

- co chaired by Bren McInerney, Barton and Tredworth Community Trust, and, Sue Hodgetts the Chief Executive of the Institute for Healthcare Management
- Have a local overview from Barbara Ruthers, General Manager for Care Services at NHS Gloucestershire
- Have an interactive discussion at a local communities level

The intended audience is people from voluntary and community sector/ people from the communities who have direct/indirect experiences of health and social care and have thoughts and views on what they would need from health and social care managers in order to provide better services for us all.

For more details and to confirm a place please contact Bren on 01452 553061  
[brenmcinerney@hotmail.com](mailto:brenmcinerney@hotmail.com)

**At Encompass we arrange many social and outdoor activities each month!**

I currently looking for volunteers to take part on these activities, so if anybody know of anyone aged 16+ who may be able to volunteer with us either for social groups, outdoor activities or on fundraising events please let me know.

This month in particular we are looking for two volunteers for an overnight canoe trip on the 12<sup>th</sup>-13<sup>th</sup> June. Transport will be provided from a central point in Gloucestershire and all expenses of volunteers are paid.

Please let me know if you know of anyone who may be interested

Thank you

Roseann Boyce - Volunteer Manager, Encompass, Guideposts Trust, St. James'  
Court, 285 Barton Street, Gloucester, GL1 4JE  
01452 410101 or 07894 256214

## Riyaadh-us-Saalihat

New sessions with qualified teachers

Hadeeth - Tafseer - Tajweed - Masaa'il -  
Islamic History - Programs for Revert sisters

**Program for Revert sisters Tuesday: 5pm – 6pm. Contact  
Sister Asma on 07896552970**

Date	WEEK	PROGRAM
2 <sup>nd</sup> June	1	Revert program
16 <sup>th</sup> June	3	Revert program
30 <sup>th</sup> June	5	Revert program

**Understanding Quran and Hadeeth: Saturday: 6pm – 7pm.  
Contact Sister Sajeda on 07816578355**

Date	WEEK	PROGRAM
6 <sup>th</sup> June	1	Hadeeth
13 <sup>th</sup> June	2	Speech by Ulama
20 <sup>th</sup> June	3	Tafseer
27 <sup>th</sup> June	4	Islamic History

**Masaa'il and Tajweed Sunday: 4:30pm – 5:30pm. Contact  
Sister Khadija on 07988786138**

Date	WEEK	PROGRAM
7 <sup>th</sup> June	1	Masaa'il
14 <sup>th</sup> June	2	Quran Tajweed
21 <sup>st</sup> June	3	Quran Tajweed

28<sup>th</sup> June

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Masaa'il

## Classes will be held at the Al-Ashraf Cultural Centre

**Note: No Classes during School Holidays**

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### **A New Era in Dawah: The Tour**

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**DATE:** Monday 29th June 2009

**TIME:** 6PM to 10PM

**VENUE:** The Passenger Shed, Station Approach, Temple Meads, Bristol, BS1 6QH.  
(Next door to Bristol Temple Meads train station.)

#### **SPEAKERS:**

- > **Yusuf Estes** - Peace TV
- > **Hussain Yee**- Malaysia - Peace TV
- > **Dr Bilal Philips** - Peace TV (tbc)
- > **Yusuf Chambers** - Peace TV
- > **Abdurraheem Green**- Peace TV
- > **Omar Weston** - Mexico
- > **Yahya Suqillo** - Ecuador
- > **Isa Garcia** - Colombia

**Tickets: Only £5**

(Please note: Ticket charge will be used to cover costs of organizing event, i.e. hiring of venue, seating, stage etc)

**BOOK QUICKLY AS SEATING IS LIMITED!**

#### **TO BUY TICKETS:**

- 1) Call the ticket hotline on **0845 272 3533**
- 2) To purchase tickets visit the website [iera.org.uk](http://iera.org.uk) or click the following link:  
<http://iera.org.uk/tour3.html>
- 3) Tickets also available from Bristol Muslim Cultural Society, 404 Stapleton Road, Easton, Bristol, BS5 6NQ. Tel: 0117 952 1802 or 0117 952 1803

### Jobs/Vacancies

## **African and Caribbean Learning Survey 2009 Facilitators Wanted**

We are looking for two people from the African and Caribbean Community in Gloucester to help us undertake a consultation to identify the learning needs of African and Caribbean Learners. The work will involve speaking to people direct and completing a questionnaire on their behalf as well as giving out questionnaires and collecting them in. You will also be expected to refer people onto other learning and guidance opportunities if relevant. You will need to be able to work on your own initiative, be flexible and self motivated and have an outgoing personality with excellent communication skills. A knowledge of Adult Learning is also desirable but we will also provide training. You will work a total of 83 hours at £10 per hour on a flexible basis from June

2009 to August 2009 and you must be available for the World Together Festival Day on Sunday 19th July. If we can obtain additional funding the number of hours may increase to 120 in total.

Please visit our website [www.worldjungle.org.uk](http://www.worldjungle.org.uk) for full job description and application form or contact Jane Manning, Project Director, World Jungle Limited: World Jungle Limited, First Floor, Dursley Library, May Lane, Dursley, Glos. GL11 4JH. Tel: 01453 545202 or mobile: 078788 65297

Email: [jane@worldjungle.org.uk](mailto:jane@worldjungle.org.uk).

## Website of the Month

What else did you think it was going to be??

[www.thefriendshipcafe.com](http://www.thefriendshipcafe.com)

I'd get lynched if I put anything else!!

**And Finally.....**

**These are from a book called Disorder in the American Courts, and are things people actually said in court, word for word, taken down and now published by court reporters that had the torment of staying calm while these exchanges were actually taking place.**

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**ATTORNEY: What gear were you in at the moment of the impact?**

**WITNESS: Gucci Sweats and Reeboks.**

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**ATTORNEY: This myasthenia gravis, does it affect your memory at all?**

**WITNESS: Yes.**

**ATTORNEY:** And in what ways does it affect your memory?

**WITNESS:** I forget.

**ATTORNEY:** You forget? Can you give us an example of something you forgot?

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**ATTORNEY:** Do you know if your daughter has ever been involved in voodoo?

**WITNESS:** We both do.

**ATTORNEY:** Voodoo?

**WITNESS:** We do.

**ATTORNEY:** You do?

**WITNESS:** Yes, voodoo.

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**ATTORNEY:** Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

**WITNESS:** Did you actually pass the bar exam?

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**ATTORNEY:** The youngest son, the twenty-year-old, how old is he?

**WITNESS:** He's twenty, much like your IQ.

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**ATTORNEY:** Were you present when your picture was taken?

**WITNESS:** Are you serious?

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**ATTORNEY:** She had three children, right?

**WITNESS:** Yes.

**ATTORNEY:** How many were boys?

**WITNESS:** None.

**ATTORNEY:** Were there any girls?

**WITNESS:** Your Honour, I think I need a different attorney. Can I get a new attorney?

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**ATTORNEY:** How was your first marriage terminated?

WITNESS: By death.

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

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ATTORNEY: Can you describe the individual?

WITNESS: He was about medium height and had a beard.

ATTORNEY: Was this a male or a female?

WITNESS: Unless the Circus was in town I'm going with male.

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ATTORNEY: Doctor, how many of your autopsies have you performed on dead people?

WITNESS: All of them. The live ones put up too much of a fight.

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ATTORNEY: ALL your responses MUST be oral, OK? What school did you go to?

WITNESS: Oral.

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ATTORNEY: Do you recall the time that you examined the body?

WITNESS: The autopsy started around 8:30 p.m.

ATTORNEY: And Mr. Denton was dead at the time?

WITNESS: If not, he was by the time I finished.

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ATTORNEY: Are you qualified to give a urine sample?

WITNESS: Are you qualified to ask that question?

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And the best for last:

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

**WITNESS: No.**

**ATTORNEY: So, then it is possible that the patient was alive when you began the autopsy?**

**WITNESS: No.**

**ATTORNEY: How can you be so sure, Doctor?**

**WITNESS: Because his brain was sitting on my desk in a jar.**

**ATTORNEY: I see, but could the patient have still been alive, nevertheless?**

**WITNESS: Yes, it is possible that he could have been alive and practicing law.**