



Café news – March 2009

Hello Everyone!

I am gutted! Instead of writing this newsletter I should be on a plane on my way to Egypt. I was looking forward to joining up with the Viva Palestina Convoy on their final leg of their 5000 mile journey to Gaza (see article below) But alas it was not meant to be, thanks to the Egyptian consulate in London. Not once but twice we were denied visas. OK so our timing wasn't brilliant, as the first time we went it was days after the bombing in a busy Cairo market and the guy behind the counter took our five passports and applications, came back an hour later and said we needed to bring in a hotel booking form and bank statements and sent us home. The second time we went was after the dreadful attack on the Sri Lanka cricket team in Pakistan. This time there were only two passports with the aforementioned requirements. Now I am not saying that stereotyping or discrimination exists in these embassies but when the guy behind the counter does not even read your application and just looks at your photos (brown male, long beard, muslim name) and then says "Sorry these will have to go to Egypt to be authorised – it could take up to 6 – 8 weeks" you do start to wonder! Not to be

deterred one of our group will still travel to Egypt to try and get a visa at the airport, a risk I did not want to take, but Insha Allah (God willing) he will get in and take part in what will be a monumental and emotional occasion.

The one good thing to come out of this is that Mrs K can put the money towards a new kitchen!!

Seeya Soon

Ed

Shoaib Kathrada

Editor

The Official Newsletter of The Friendship Cafe

[Friendship Café activities](#)

[Girls Group](#)

[Report by Fatema Dhalech](#)

Despite the snow on 7th Feb we had a great turnout of girls/mums/carers when PC Zainab Kadodia came to give us all a

better understanding of the Police Service. The girls had a chance to see all the equipment the Police use, its importance and what was even better, they all had an opportunity to have a go at fingerprinting (a bit messy but FUN). All seemed to have enjoyed this session. Thanks Zainab.

On 21st February we had a joint party with Farzana (as a group we didn't get a chance to say our Thanks when she left!). What a GREAT turnout! We had Henna painting (Thanks to Ayesha - worked nonstop on her designs), Jewellery making (Thanks to Jane & her mum who helped organise all the beads and also help the girls to make lovely jewellery of their choice), Games with prizes, mums/carers/girls all joined in the fun, Cake Competition (Thanks to all the girls for spending so much time on making such decorative cakes Well done!) 1st 2nd 3rd prizes were given, and there was LOTS of FOOD for all.

The feedback was very encouraging, here are a few of the comments:

- "Party was lovely, Noori enjoys the sessions" – Salma
- "Party was a GREAT success - My kids had a wonderful time - lots of food - henna was brilliant - both made bracelets which

they love – Jazakallah for a couple of hours of entertainment and keep up the good work “ - Asma

- “Girls club is good for the community – my girls look forward to it on Saturdays, I also enjoy it , I get a chance to meet new friends – Fatemah and Sayeeda both are friendly and approachable – Party was lots of fun for myself and the kids (I WON THE PRIZE) “- Zaheda
- “The party was thoroughly enjoyed by both adults and children. The cake competition was a big hit – so many cakes to decide from, jewellery making was a good opportunity for the girls to make jewellery choosing their own beads. Overall a great club, well organised with different activities on every session. A great place to spend quality time with your girl/s and at the same time make new friends” Yasmin
- “The party was wicked!” Asra/Ismat
- “The party was very successful enjoyed by the children and the adults. I enjoyed putting Mehndi on the girls. Well done for the organising” Ayesha
- “It was fun, a big get together for all to meet, make new friends, and share ideas. Best Wishes to Farzana for a bright future and also the organisers and the girls who attend” Rabia
- “I would like to Thank-you for a wonderful party – it was great to see the children and especially the adults participating in

the games. The food was delicious and the cake competition was very competitive." Malaaika, Sanaa, Elif and Reem.

A big THANK-YOU to All the volunteers for helping and supporting us in both the sessions.

Activities in March

7th March - Card making/Stamping Cost £2

21st March - Gloucester City Museum – Meet the Romans! Cost £2

Come and step where the Romans did, root amongst their possessions, and see what they wore?

Book early to avoid disappointment (only for 8-13 year olds – Sorry).

Meet at Museum 2pm - pick up girls from museum 4pm -
Volunteers needed

4th April - A fun First Aid session with Elaine Martin (Rapido) Cost £2

Come along have fun & make new friends

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.

Dads and Lads

Report by Imran Atcha

Visitors – Baroness Uddin and Parmjit Dhanda MP visited the Friendship Café, as well as other community groups in February. The ‘Baroness’ may sound very grand but she gave the impression of being a very down to earth lady who said that she started off as a youth and community worker before moving into Social Work and then politics. Maybe there’s hope for us then. Maybe we will see a Baron Kathrada or Lady Nanabawa in the future? Reyaz confesses that he would prefer the Viscount title, and wear the red robes and just cut ribbons and have pictures taken opening hospitals and schools and give grand speeches and basically hang around sipping (alcohol-free) champagne all day. The Baroness visit was the latest in the long line of VIPs that have visited the Friendship Café / GymNation – others have included David Blunkett MP, Baroness Warsi, Shaikh Bukhari, Lord Falconer – Attorney General Baroness Scotland QC, and several other ministers. No-one from the Royal

Family yet though? Maybe they don't pass through Barton & Tredworth too often?

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

'Bowsports' the company who we bought the so-called 'Heavy Duty Archery Net' from has been giving us the runaround. We returned the faulty net to them weeks ago and we keep ringing them up to ask for a refund a repair or anything to help us get the club back up and operational again but nothing has happened. The matter has now been referred to our Legal Department (i.e. Ismail RhymanSaib) as we are keen to get restarted ASAP. Currently we have a small net so we can only hold sessions for a very small group at a time.

Kids Sessions – CANCELLED until further notice – we are waiting for the net to be repaired.

Adult sessions – Thursday nights 8pm – 10pm

Swimming

Please ensure that children who are weak or non-swimmers are adequately supervised. Again, we arrange hire of the pool and are not like a school where we can look after the children. Please make sure that they are picked up/accompanied so that they can attend/return safely.

Cancellations

Male session - Tuesday 3rd March, and Sundays 15th & 29th March

Female session - Sunday 15th & 29th March 2009.

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)

Gym News

New equipment has arrived, as promised in last month's newsletter. We now have cycles, treadmills, rowing machines, and are waiting for steppers and other bits to arrive.

Call 308127 to find out about times and prices.

Unfortunately some sad news

One of our most regular gym members passed away on 25th February. Mr Philip Sim, aged 68, used to attend Gymnation 4 or 5 mornings a week for the past five years or more, right up to his last day. Originally from Scotland, Mr Sim was a retired semi-professional boxer, who had his own particular workout at the gym. Lightning fast and fitter than most men a third of his age, Mr Sim was not only inspirational for his tough fitness workout, he also volunteered whenever he could at the gym. Mr Sim went and completed the Amateur Boxing Association Tutor course at the age of 66, and last year, supported Ashraf Rhyman as his cornerman during the Annual Muslim Directory Boxing Exhibition held in West London. Whilst at London, Mr Sims couldn't but help just hit the punchbag for a couple of minutes in the boxers' waiting room and I

recall everyone's attention turning in amazement at his hands blurred around the bag with great speed and power.

We were proud of Mr Sim at GymNation and our deepest sympathies go out to his family - we will genuinely miss his presence at the gym each morning.

Viva Palestina – Gloucester 2 Gaza

By the time we learnt of the Viva Palestina convoy we had just over 12 days to the departure date of February 14th to organise something completely from scratch. That meant getting vehicles, drivers, goods, cash and most importantly, the goodwill, time and support of the local people.

Initially we had one van and two drivers Ismail Ali and Farouk Ginwalla. But in true typical Indian style (last minute.com) we suddenly had two more vans and 4 more drivers (Abi Motara, Farook Shaikh Brother Irfan and Brother Saleh) and they also had a map reader, Ibrahim Musaji.

There are too many different people and groups that need to be thanked, in the flurry of activity that emerged once the decision to take part was made, but here are some examples of the generosity

that was shown (please don't be offended if you are not on the list and ought to be!)

- On-line packaging Limited for the 50 cardboard boxes which came in extremely useful
- Nailsworth Quakers
- Aerosol sprays were donated by a well wisher
- Gloucestershire Industrial Services for the refurbished wheelchairs and crutches
- The family who donated money to buy 20 new wheelchairs
- Motala & Sons for one of the vans
- The Hardware Brothers in High St for various bits
- Bismillah Stores in Ryecroft St,
- Mechanics Ashraf Rhymansaib, Afzal Jaffer and Zohar for their time and effort in getting the vehicles ready
- The car parts shop (sorry can't recall name) which provided loads of spares for the journey
- Vauxhall Mart for lots of support and advice
- Junaid Ghanti from MJ Business Services for his accountancy role

- All three mosques, Imams and committees as well as the maddressas and Islamic Girls School and Al-Ashraf Primary school for the children's gifts
- And Farouk Mehta who worked til 2.30 am on the convoy paperwork and had it ready at 5.45 am on the morning of departure.

The 3 Gloucester vans were STUFFED full with the following:

- BOXES OF Blankets (Over 1000 altogether)
- BOXES OF Clothes
- BOXES OF Crutches
- Boxes OF Gifts
- BOX Hearing Aids
- Rolls of Material
- Boxes of Medical Supplies
- 12 man Sleeping Tent
- Tools Sets – supplied by Bells Tools in Southgate St, for the vans and to leave in Gaza
- Boxes of children's Toys
- Walking Frames

- New Wheel chairs
- Old Wheel chairs
- New generators
- Gas Cooker
- Box Of Baby Nappies
- Box of wind up torches
- Plus stationary, well wishing cards, and numerous other items.

Despite the freezing weather, Arsad 'Aerosol' Kholwadia, assisted by his brothers Zakaria and Yahya, made a splendid job of decorating one of the vans, which caught the eye of many photographers and journalists, including the BBC, Aljazeera and Press TV as it departed with the 109 other vehicles from Hyde Park in London. The other van was decorated by the children who dipped their hands in paint and covered the former Motala's grocery van with their purple handprints.

Once we know the exact amount of money donated then we will circulate this information (money is still coming in)

Follow the progress of the convoy on www.vivapalestina.org

and check out the photos from their journey at <http://flickr.com/photos/gloucester2gaza/>

Congratulations to:

- To 18 year old Jalaal-uddin Patel – for passing his Lifeguard course. He's the 3rd of our swimmers to qualify as a lifeguard now. Let's hope he proves more useful than the previous 2 lifeguards we've had qualified over the past 2 years (one went off to London and the other gave up swimming!)

Community News

J4 SUPPORT CLUB FOR KIDS

Weekly Sessions Starting:

Sunday 1st March 2009

2.00 – 3.15 pm at Friendship Cafe

50p per session

§ With a Qualified Primary School Teacher

An opportunity for children in YEAR 5 ONLY to attend the weekly sessions.

Kids will receive support via a qualified teacher to help them in preparation of the J4 exams.

The learning will take place in a happy, friendly, relaxed environment.

Due to limited places – Each week, children will be allocated places on a first come first serve basis.

Please bring your child between 1.45 – 2.00pm, Register them for that day only and make payment.

There will be no late entry and children left there unregistered will not be the responsibility of the organisation.

For further information please contact:

Ruby: 07588 275500

Hasnara: 07885 295501

VOLUNTEERS LISTEN UP!

Fantastic opportunity!

GAVCA in conjunction with South West Forum and Sport England is offering a fantastic opportunity for free training in NVQ2 level in Spectator safety and emergency first aid. Upon completion of this

you will be put onto the 2012 Olympics database for a chance of “game time” volunteering!

INTERESTED!?! THEN CONTACT ME:

Caroline Edgar (Volunteer Developer GAVCA) on 01452 332424 or TrainOfEvents@gavca.org.uk

WALK LEADERS WANTED IN **GLOUCESTER**

DO YOU:

- Enjoy walking?
- Have a good knowledge of your local area?
- Enjoy socialising with members of your community?
- Want to increase your fitness?
- Have half an hour or more of your time to spare on a regular basis?

If you have answered yes to any of these questions, are over-18, reliable and have good organisational skills then we would like to hear from you!

Go on....put your best foot forward! Walk the way to health.

BECOME A VOLUNTEER WALK LEADER AND WE WILL PROVIDE YOU WITH:

WALK LEADER TRAINING

EMERGENCY FIRST AID TRAINING

SUPPORT AND ADMINISTRATION TOOLS TO MANAGE YOUR WALKS

PUBLICITY AND PROMOTION OF YOUR WALKS

FIRST AID KIT & SAFETY EQUIPMENT

Walking is an effective and easy way to get fit and healthy. We want to encourage more people in Gloucester to walk on a regular basis for pleasure, health and transport. The Gloucester City Walks for Health scheme has been designed to make walking sociable, safe, enjoyable and accessible for Gloucester City residents. We aim to develop a regular schedule of walks that anyone can participate in. So if you are interested in helping us to achieve our aim, we'd love to hear from you!

Contact: Caroline Henley

Physical Activity Improvement Officer

Phone: 01452 396707

Fax: 01452 396857

Email: caroline.henley@gloucester.gov.uk

PHYSICAL ACTIVITY...IT'S RIGHT UP YOUR STREET!

We are aiming to create alternative opportunities for Gloucester City residents to be physically active in their local community. We want to create activities that are sociable, safe, enjoyable and accessible. So if you are interested in helping us to achieve our aim, we'd love to hear from you! Call or email Caroline Henley, Gloucester City Council (details below) if you want to volunteer to be involved or just want to have some input and give us your ideas.

If sports, the gym or keep fit is not for you then this might a great alternative! As part of our aim to provide Gloucester City residents with alternative opportunities to be physically active, we are looking for green spaces in your area in which to develop Green Gyms and Trim Trails.

GREEN GYMS

Green Gyms are a great opportunity to improve your fitness, get outdoors, meet other members of the community and improve your surroundings through practical conservation activities (planting hedges / flowers, creating wildlife gardens, improving footpaths etc). If you would like to nominate an area for our Green Gym shortlist, or volunteer to be involved in organising a Green Gym, please contact us on the details below.

TRIM TRAILS

Trim Trails are already up and running in some parts of Gloucester. Fixed apparatus and instruction boards can be positioned along a trail in an open space for anyone to use. If you would like to suggest a suitable area or route along which a Trim Trail could be positioned, please get in touch on the details below. If you have any enquiries about Trim Trails and Green Gyms, please call or email on the details below and we would be happy to discuss these initiatives further with you.

Contact: Caroline Henley

Physical Activity Improvement Officer

Phone: 01452 396707

Fax: 01452 396857

Email: caroline.henley@gloucester.gov.uk

Jobs/Vacancies

FEMALE SPORTS & SOCIAL GROUP CO-ORDINATOR

4 hours per week, fixed term contract initially until March 2010

Salary: £8.50 per hour

This is an exciting opportunity for a self-motivated person (female) to run a young women's sports and social group aimed at 13 – 19 yrs old in a culturally and religiously appropriate environment.*

The post is based at the Friendship Café but other venues may be used & travel will be required.

Preferred skills and experience:

- Ability to organise and manage appropriate activities
 - Work using own initiative and ideas
 - Enjoy working with girls and young women.
- Liaise effectively with other women (e.g. mothers).
 - Good communication and interpersonal skills.
 - Driving License

Closing date for completed applications: 31st March 2009

For further information or to apply please contact Amina

01452 426053 or 07970 908072.

* Females only need to apply for this post as section 7 (2) (d) of the Sex Discrimination Act (1975) applies.

The BBC are hosting summer placements through BBC Blast for people looking to build their skills in the media.

What is the BBC Blast Reporter scheme?

BBC Blast Reporter scheme is an opportunity for budding reporters to learn the tricks of the trade in hands-on work experience that will enable them to build on their skills, providing fresh and exciting opportunities in Sport and Music areas.

There is opportunity to work alongside BBC staff to create content for BBC's local websites and radio stations, which will be something outstanding for their CV's and future career plans.

We keen for people to know that the BBC's doors are wide-open for their applications and ensure that as many people as possible have access to this information.

BBC Blast is accepting applications for 2009.

The application deadline is Thursday 30th April 2009 and there are posts available around the country.

Information on specific reporter application forms follow for the Music and Sports reporter posts:

Music: <http://www.bbc.co.uk/jobs/workexperience/blast/reportersmusic.shtml>

Sports: <http://www.bbc.co.uk/jobs/workexperience/blast/reporterssports.shtml>

You can find out more information at the following pages, also examples of last years placements: <http://www.bbc.co.uk/blast/reporters/>

ISLAM CHANNEL

The programming team will be holding a presenter's audition at the end of April

If you know anyone male or female, aged from 16 and onwards who is interested in becoming a presenter. Please ask them to send in their CV's to programming@islamchannel.tv

Interested in health and wellbeing?

Want to make a difference in your community?

Take the challenge and become a Community Health Trainer

NHS Gloucestershire is responsible for a diverse population of over 600,000 people – all of whom look to us to improve and protect their health. We are seeking an individual ready for an exciting challenge to help us make our vision to reduce health inequalities and improve and protect the health of people living in Gloucestershire a reality.

We are looking to recruit a team of Community Health Trainers to work in Gloucester (initially Matson, Podsmead, Barton & Tredworth areas), and parts of Cheltenham and Tewkesbury.

As a member of the Community Health Trainer Programme Team you will play a key role in making a real difference within the community in which you work. Community Health Trainers give support to individuals who want to adopt healthier lifestyles and make changes that are right for them. These include things such as being more physically active, eating more healthily and stopping smoking.

You will work with individuals on a one-to-one basis to help them identify the actions they want to take to improve their lifestyle. You will also help by offering practical support in overcoming potential barriers, as well as signposting and supporting access to appropriate services.

You will undertake a City & Guilds Level 3 Certificate for Health Trainers as part of the role.

If, after reading the full job details, you would like an informal chat about the job, please contact Ian Preston, Health Trainer Co-ordinator, on 08454 221766.

Band: 3 (subject to agenda for change banding)

Salary: £14,834 - £17,732 pro rata

Hours: 18.75 per week

Location: Gloucester, Cheltenham, Tewkesbury

A full job description and online application form is available on www.jobs.nhs.uk

Alternatively, please call 08454 221949 (24 hour recruitment line) quoting the relevant reference number

Ref: 744-G8-622

Closing Date: Midnight Tuesday 10th March 2009

Website of the Month

In the current economic crisis, check out this website.

<http://www.moneysavingexpert.com/>

And Finally.....

KILLER BISCUITS WANTED FOR ATTEMPTED MURDER

Linda Burnett, 23, a resident of San Diego, was visiting her in-laws and while there went to a nearby supermarket to pick up some

groceries. Several people noticed her sitting in her car with the windows rolled up and with her eyes closed, with both hands behind the back of her head.

One customer who had been at the store for a while became concerned and walked over to the car. He noticed that Linda's eyes were now open, and she looked very strange. He asked her if she was okay, and Linda replied that she'd been shot in the back of the head and had been holding her brains in for over an hour.

The man called the paramedics, who broke into the car because the doors were locked and Linda refused to remove her hands from her head. When they finally got in, they found that Linda had a wad of bread dough on the back of her head.

A Pillsbury biscuit canister had exploded from the heat, making a loud noise that sounded like a gunshot, and the wad of dough hit her in the back of her head. When she reached back to find out what it was, she felt the dough and thought it was her brains.

She initially passed out, but quickly recovered and tried to hold her brains in for over an hour until someone noticed and came to her aid.

.....And, yes, Linda is a blonde.