



## Café news – May 2009

Hello Everyone!

Along with the 250 other subscribers to this newsletter, I am now going to have to add the Royal family and most of the Hollywood thespians to my mailing list. "Why?" I hear you cry. Well according to the 'Six degrees of separation' theory

(<http://news.bbc.co.uk/1/hi/magazine/8029774.stm>) everyone is only six friendships away from one another. So I put it to the test.

Number 1 – The Queen: Bloke at work is the brother of Ryan Lamb (ex Gloucester RFC player), who was team mates with Mike Tindall (current GRFC player) whose partner is Zara Phillips, granddaughter of THE QUEEN.

Number 2 – Kevin Bacon (Actor) My brother in law's cousin is Asif Kapadia (<http://www.imdb.com/name/nm0438090/>) who has worked with Sean Bean who in turn has worked with Brad Pitt in the film Troy who in turn appeared in the film Sleepers with KEVIN BACON.

Number 3 – Barrack Obama (President) – We at The Friendship Café know our local MP Parmjit Dhanda whose boss is Prime Minister Gordon Brown who occasionally talks to the occupant of The White House in Washington in the good old U.S of A.

Please let me know if you can “connect” yourself to anyone more famous than I can!

Seeya Soon

Ed

p.s If anyone wants to donate an all expenses paid trip to the Champions League Final in Rome on March 27<sup>th</sup> to me, please let me know as soon as possible so I can book the time off work. Cheers.

**Shoaib Kathrada**

**Editor**

**The Official Newsletter of The Friendship Cafe**

Friendship Café activities

Younger Girls Group

Report by Fatemah & Sayeeda

The Girls group has been going really well with great turnouts at the sessions. A quick summary of recent events:

7th March

The girls had an opportunity to make lovely cards with a company called Stampin Studio - proved real popular, all had lots of cards they made to take away.

21st March

The girls visited the local Gloucester Museum, where they learnt about the Romans, played group games, and had an opportunity to

touch and feel the clothes / items used by the Romans . They were also taken down to the Chambers. Feedback was good - the girls would like to do the Science related session. We'll see what we can arrange.

#### 4th April

We had a real Fun First Aid session where Elaine (first aid trainer) went through the essentials of First Aid. Valuable knowledge for all who participated. Elaine brought along some dummies to practice our newly learnt skills – great fun.

#### 18th April

A felt-making session, with Sarah, proved real popular. The Girls collectively made a large piece of work, which we hope to have up in the Friendship Cafe soon for you all to see. All said they want to do this session again.

Upcoming sessions include a visit to Gloucester Waterways Museum including a 45min Boat Ride (hoping the sun comes out for us!) this weekend on 2<sup>nd</sup> May. Then on the 16<sup>th</sup> May we plan to have a Baking session back at the Friendship Cafe.

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)

Dads and Lads

Report by Imran Atcha

### Biking in the forest

We had 3 sessions of biking in the forest, with various ages taking part. Each time we had glorious weather and a great outing on this extremely popular activity. Two fathers took part who had not sat on a bike for at least 15 or 20 years, but by the end of the session, they wanted me to make it a monthly outing! It's a relatively cheap outing, only 35 minutes away and very good exercise and with fantastic scenery. *'Better than Alton Towers!'*, and *'Now I enjoy Living!'* were among the many positive comments received.

### Overnight camping

Following a request by 12 year old Obai Afifi and his colleagues for a 'survival' weekend, we arranged for a group of boys to stay overnight at the Biblins Campsite, near Symonds Yat Rock and on the banks of the River Wye. Gradually the 'survival' weekend became more of a 'camping in tents' weekend as the boys were offered the option of staying in the tent or staying under a camouflaged sheet, army style. Despite initial enthusiasm, as the cold, starry night descended upon us, the tent appealed to the boys like the 'al-Burooj' 7 star luxury flagship hotel of Dubai compared to the poncho set up demonstrated by Lance Corporal Ashraf Rhyman, and so they went to the 'hotel' whilst Ashraf Rhyman showed them how the men sleep out.

Evening supper and breakfast was prepared by the boys themselves, under the guidance of PC Damian Lea who taught us how to make lovely soup and tea from nettles and wild garlic and other plants that looked like weeds to me. This was the first time for nearly all the boys that they had stayed out overnight in tents, but by the time

we got back they were asking for more, so we hope to make Biblins a regular part of our activities programme in the future.

Forthcoming residential activity weekends for boys/young men:

May 22<sup>nd</sup> – 24<sup>th</sup> North Wales, 13 -16 year olds

July 3<sup>rd</sup> –5<sup>th</sup> 'Wilderness Centre' Forest of Dean, 7 – 10 year olds

July 31<sup>st</sup> – August 2<sup>nd</sup> 'Pwyll Du' South Wales, 11 – 13 year olds

Places will be limited. Only boys who don't mind too much getting wet, muddy and tired should register. There will be no TV/PSP/ Nintendos/MP3s/ etc allowed so many may get withdrawal symptoms.

The youngest age group will require dads/male guardians to accompany their children.

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

### Swimming

We have had so many cancellations during April that GL1 became GL-zero as far as swimming was concerned. However, we are now back up and running with swimming on the following times.

Males: – Tuesdays 8:15 – 9:15pm and Sundays 11am -12 noon

Females: – Saturdays 5 -6pm and Sundays 9 -10 am.

Please note the following cancellations for May:  
Saturdays 9<sup>th</sup> & 16<sup>th</sup> May and Sunday 17<sup>th</sup> May.

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! (last month I had to break up an underwater scrap and parents were nowhere to be seen). Please see advice in link below.

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

### Archery

Fed up with the grinding down to a halt of the archery due to the faulty net, it was time for some decisive action to be taken. We drove up to Wolverhampton, demanded our net back which had been gathering dust in the store (Bowsports – never buy from them again), handed over our Letter before Legal Action to the store (which they refused to sign for) and went straight to Attwools Camping Store (recommended to us by Duncan of Wild Connections), where a very helpful member of staff (and fellow Archer from Stroud) fixed up the net within a week. We then invested in new targets since the original targets had begun to rebound arrows back dangerously and now we are all back up and running.

So, it's back to Mondays 8-10pm for boys aged 7 and older (under 10 need to be accompanied),  
and Adults at the same time on Thursdays.

Our next two tasks are:

(1) to try and arrange outdoor archery sessions for Summer, and  
(2) to get two female instructors qualified so that we can hold sessions in this noble art for women and girls.

### Gymnastics

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

### St James Park Annual Funday

St James Park held their Annual Funday on 25<sup>th</sup> April which was a great day for the hundreds of visitors who came along. Our volunteer Archery Leaders worked throughout the day to give queues of Robin Hood hopefuls a chance to try out archery, free of charge. It was noted by a certain observer that 2 prominent 'community leaders', notable the Editor and Mr Haroon Kadodia, did not make an appearance on the day. Were they worried that they would have had to stand in front of the archers with an apple on their heads? They need not have worried as our Archery Team ruled that out during their Health & Safety Risk Assessment preparations. (They may be Indians, but they are still very professional when it comes to Health & Safety). N.b. Checkout full report below.

Also many thanks to the volunteers who prepared / donated and sold food and held a BBQ on the day. Yet again we noticed the generosity of our local stores in Barton & Tredworth. Wherever we mention that the purchase is for the Friendship Café, we either get items free or at cost price! All the more reason to try and shop locally where possible and support our fellow businesses. *(note - That doesn't mean you can walk into shops and use the FC like some kind of discount card for all your personal shopping!).*

The two stalls raised approximately £390 which will be used towards improving the facilities at Friendship Café.

### Archery at the St James Park Funday

#### Report by Mohammed Hansdot – Archery Leader

Some points of interest regarding the Funday Archery session

The event was a roaring success with at least two keen, eager adults ready in future to attend the evening adults sessions. And they both happened to be Women (a grandmum and mum with grownup son [\[see pic1, pic 2\]](#) with very competitive streaks so they'll push everyone's game up a notch(!)

The queues were long but handled effectively with Ilyas Kadodia (Archery Leader) explaining Safety Rules and Shooting Range etiquette at the entrance [\[see pic 3\]](#), and with myself on the shooting line explaining shooting technique for right-handed and left-handed Archers, enforcing safety and collecting arrows (to save time).

Farouk Mehta (Archery Leader), thankfully appeared shortly after start-up (he originally RSVP'd as he was on night-shifts at work that week) and gave a much appreciated helping hand [\[see pic 4, pic 5\]](#). He's always there in the crunch; a real trooper.

It would seem that for a fast-paced turnover of participants (estimated 100-150 on Saturday) requires a minimum of at least three Archery Leaders; one to explain safety rules and an Archery

Leader for each target on the shooting range for instruction and safety [\[see pic 6\]](#).

There was one minor injury; one teen lad scored a crescent-shaped gash on the web of skin between thumb and forefinger from the Arrow Rest, of all things. He wasn't particularly bothered, dismissed it as a minor scratch and insisted he would see to it himself, but Ilyas insisted he should visit the First Aid station and took him over there himself.

The Shoot was popular with all ages and not just because, as one lad put it, "It's free and it's the best thing here" but the sport/game is genuinely fun and addictive. In retrospect a book for signed comments would have been a good idea.

The setting up of the net turned out to be challenging and inventive! Ashraf Vaid (Archery Leader) was first at the Friendship Café in the morning to help with loading up and left for his day-job at 11am but his help and input turned out to be crucial factor.

The net-poles have no stand at the bottom, having only 8-inch pins with screw-threads to drive into the soft ground. The pin isn't enough to hold the pole upright and with a gusty wind (there were occasional gales (and showers) that day) catching the net, it would have easily toppled to the ground.

Luckily, there were trees against the fence to help support the poles so Ashraf and I attempted to use them [\[see pic 7\]](#) BUT even more luckily, the *last of the Muslim Boy Scouts*, Mr Junaid Ghanti, appeared from nowhere. Mr Ghanti is an expert at tying objects to trees and seems to be accomplished with knots and ropes in general

[see [pic 8](#)] (and this fact didn't disturb me, in the least knowing as I do his grizzled sociopathic industrious character).

Imran Atcha put the proverbial icing on the cake by pushing a tent-peg into a tree-crevice to holdup the final fold of net. [see [pic 9](#)]

Astounding team players ALL AND EVERYONE in the Friendship Café; we even loaned out Ilyas to the Barbecue stall to help with fire-lighting.

I propose that a future FCAC uniform should incorporate a Green Cape to flap heroically as we look purposefully to the horizon...

#### An Appeal by our Chairman

Following an appeal by our Chairman last month a group of volunteers are now getting together to plan Friendship Café Funday, which has been arranged for 30<sup>th</sup> May 2009. If you would like more information or if you would like to help out then please call Mrs Farzana Ghanti on 07880 793 450 or email [gymnation@btclick.com](mailto:gymnation@btclick.com)

#### Goodbye to Zaheera Nanabawa

Youth worker Zaheera is leaving us due to restraints on her time and we are currently in the processing of recruiting another worker. We are indebted for her work in founding the girls group 6 years ago and establishing many activities for women and girls which had been non-existent before her efforts. Zaheera worked tirelessly so that girls could take part in a huge variety of activities here are a few examples of the activities she worked to achieve:

Self-defence, horse-riding, rock climbing, canoeing, various art workshops, ice-skating, roller blading, trips away and overnight stays, visits to whole range of places up and down the country,

pistol shooting, mountain biking and loads and loads of other things, too many to recall. Zaheera will however remain a volunteer and may work on ad hoc projects.

### Mr Philip Sim Memorial Collection

We mentioned in the March issue of Café News that one of regular gym members and volunteers Mr Philip Sim had passed away. Although Mr Sim was originally from Scotland, his local friends did a small collection in his memory and in line with the wishes of his family, donated the proceeds to GymNation. We will therefore be buying a speedball with the donation which is an appropriate tribute to Mr Sim since he was known in the gym as The Boxer. Again we are grateful to those who participated in the donation, and it is particularly touching as none of those who donated, nor Mr Sim's family, actually attended GymNation. They simply knew about it from Mr Sim and appreciated that he held us in high regard so they thought it appropriate to donate to us.

### Congratulations to:

- Rising Stars for reaching the finals of the Sunday Football league Cup which was played at Slimbridge Football Club. Unfortunately on this occasion the team came a close second.
- Yakub Tilly, who reached the County Table Tennis championship finals. Yakub came runner up after losing to some stiff competition. To those who don't already know, Yakub represented in regional, state and national levels before he arrived in India and is a qualified Coach;
- Bren McInerney, full time volunteer on all strategic matters relating to Health, has been appointed as Lay Member of the

Public Health Interventions Advisory Committee Board for the National Institute for Health and Clinical Excellence (NICE). In short, NICE produce national guidance on the best way to improve the public health for England, and, Bren's role on the board is to ensure that every single public health intervention guidance that comes from this board is looked at in terms of a communities perspective/has real meaning for communities at a grass root level. This is in addition to Bren's numerous other voluntary positions. All I know is that this is Very Important High Level Stuff. We are fortunate to have locally, an independent and committed person like Bren, who works at ground level whilst also influencing national policy.

- Tayyab Brown, aged 12, for swimming 56 lengths during the session. That's 1400 metres in total, a remarkable achievement for any young boy, but even more so here since Tayyab only learned how to swim recently. Until October 2008 Tayyab did not know how to swim without floats but just kept on trying and trying until he could manage a few strokes and this eventually developed into a few metres, until he could reach half way across the pool, and so on until he could complete one length. Not content with that, Tayyab persisted to complete the return length and kept on striving. Tayyab has never had any formal lessons in how to swim, just advice from fellow swimmers and a serious determination to learn. He is an inspiration to us all. We hope that Tayyab can be in the 2016 Olympics Team GB with 'Friendship Café' written all over his knee length shorts.

[Community News](#)

BBQ for hire:

A BBQ is available for hire by community groups and individuals with the funds raised contributing to Madressah Marwatayn. Cost of the hire is £5 per day with a £20 deposit which will be returned if the BBQ is returned clean.  
For further information, please contact Hashim on 077 99 855679

**Hi All,**

I am organising a brick 'a' brick sale on Saturday 16th May from 11:30-4:30 in The Trust Centre's garden. This will also coincide with The Trust Centre's 10th Birthday which we will also celebrate on that day. The event will be open to all.

All the money raised will go to our women's group UNIFEM Gloucester and will be used to fund the group's activities for the year.

I need people to bring in items to sell such as toys, books, clothes, CDs etc ANYTHING you think will sell and help us to raise money. There will also be a food stall, so people can donate food to sell.

I also need some volunteers for the day to help sell and set up.

For more info on any of the above please call me anytime. This is the first big event organised by the women's group for the women's group - please help support it!

Many many thanks  
Kalsoom  
07971 395 392

**you are  
invited to  
A Body Shop charity party  
to help raise money for The Meningitis  
Trust**

**Venue: Apna Ghar, Bishopstone Road, Gloucester**

**Date: 15th May 2009**

**Time: 10am to 12pm**

**Contact Sumayyah on 07808 174458 for details**

**Come and be pampered, enjoy a cuppa and have a chat with friends!**

**Ladies & Children only**

Jobs/Vacancies

Try here!!!

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

Website of the Month

Know your rights!

<http://www.consumerdirect.gov.uk/>

**And Finally.....**

**THE SILENT TREATMENT**

A man and his wife were having some problems at home and were giving each other the silent treatment.

Suddenly, the man realised that the next day, he would need his wife to wake him at 5:00 AM for an early morning business flight.

Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, 'Please wake me at 5:00 AM ' He left it where he knew she would find it.

The next morning, the man woke up, only to discover it was 9:00 AM and he had missed his flight. Furious, he was about to go and see why his wife hadn't woken him, when he noticed a piece of paper by the bed. The paper said,

'It is 5:00 AM. Wake up.'

Men are not equipped for these kinds of contests.

### WIFE VS. HUSBAND

A couple drove down a country road for several miles, not saying a word.

An earlier discussion had led to an argument and neither of them wanted to concede their position

As they passed a barnyard of mules, goats, and pigs, the husband asked sarcastically, 'Relatives of yours?'

'Yep,' the wife replied , 'in-laws

### WOMEN'S REVENGE

'Cash, check or charge?' I asked, after folding items the woman wished to purchase.

As she fumbled for her wallet I noticed a remote control for a television set in her purse.

'So, do you always carry your TV remote?' I asked.

'No,' she replied, ' but my husband refused to come shopping with me, and

I figured this was the most evil thing I could do to him legally.'

### UNDERSTANDING WOMEN (A MAN'S PERSPECTIVE)

I know I'm not going to understand women.

I'll never understand how you can take boiling hot wax, pour it onto your upper thigh, rip the hair out by the root,

and STILL be afraid of a spider.

### W O R D S

A husband read an article to his wife about how many words women use a day, 30,000 to a man's 15,000.

The wife replied, 'The reason has to be because we have to repeat everything to men...

The husband then turned to his wife and asked, 'What?'

### CREATION

A man said to his wife one day, 'I don't know how you can be so stupid and so beautiful all at the same time.

' The wife responded, 'Allow me to explain.

God made me beautiful so you would be attracted to me;

God made me stupid so I would be attracted to you!

### WHO DOES WHAT

A man and his wife were having an argument about who should brew the coffee each morning.

The wife said, 'You should do it, because you get up first, and then we don't have to wait as long to get our coffee.'

The husband said, ' You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.'

Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.'

Husband replies, 'I can't believe that, show me.'

So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says.....'HEBREWS'