



Café news – November / December 2008

Hello Everyone!

Apologies, for the delay in writing. This can be attributed to 3 things.

1 – As I am off to Jerusalem on the 24th there will be no Café News until the end of December(ish) so to reduce the waiting time for my avid/eager/devoted readers I have prolonged the publishing of this edition.

2 – As with all renowned writers (e.g. Jack Nicholson in the Shining), you need inspiration. And sadly that is something that has been lacking in me recently. What with the cold weather, the credit crunch, and the fact that Liverpool FC are still above Manchester United in the Premiership I have not been overly enthused in penning this months newsletter.

3 – Every time I start this newsletter I get drawn into playing Quick Fire Pool on Mniclip.com (<http://www.miniclip.com/games/quick-fire-pool/en/>). So an hour later I have even less inclination to write than I did when I started.

As I mentioned earlier I, along with 26 other members of the Gloucester community, are going on a peace keeping mission/pilgrimage/holiday to Jerusalem. The group includes a local Imam and Reverend and the rest are made up of various youth and community workers. Arranged by Friendship Café Tours (Riaz & Imran) we will spend 9 days in the Old City (and neighbouring areas). We hope to meet and greet the locals as well as visiting sites holy to Muslims, Jews and Christians. I will tell all in the next edition of the newsletter (as long as I beat my high score on that pool game).

Seeya Soon

Ed

Shoaib Kathrada

Editor

The Official Newsletter of The Friendship Cafe

Friendship Café activities

Go Karting

28 of the boys group aged 12 -15 went go karting last month. My apologies for those who couldn't get a place this time, but all spaces were snapped up before any advertising could take place, through the attendance at the café, swimming and so on. Due to the cost of go karting, it can only be a limited group and can only take place annually.

Bushcraft

We also took 10, 8-10 year olds on a Bushcraft Awareness Session near Cirencester. This was run by Duncan from Wild Connections. Here the boys learnt how to light a fire safely, build a shelter, hang up a hammock (and how to sleep in one). They also were shown how to identify different types of trees and animal tracking. Not even the bitter cold wind or the compost toilets could dampen the spirits of these wannabe Ray Mears. A quick well done to the Kadodia twins – Husain the Tree Spotter and Hasan the Deer Hunter, and also to Izaaz Ahmed Parekh who said that this “Experience” was a great “Experience” and has given him the “Experience” to go out and practice himself.

GPU Event – Report by Farzana Ghanti

We had another successful day this year. About 70 people mostly women and children went to The Global Peace & Unity 2008 Event on Saturday 25th October. Everybody enjoyed the day. Even though we left later than last year people still wanted to stay a bit longer. There are even a few requests to stay over for next year! Insha Allah we will try our best depending on how many people would like to stay. It was nice to see the spirit of togetherness of all Muslims. We managed to meet many of the artists off stage (I am not sure who was the most excited; the parents or the children!) including Native Deen and obviously my famous Pakistani Brother Junaid Jamshed. Zain Bhika was amongst the last ones to perform, which is a shame as many of us missed him due to having to leave for the coach. If anyone has any other Islamic events they would like to attend please get on touch with Imran or myself

Archery

The Archery club has been an instant success. Sessions are held every Monday (not 17th November) between 8pm and 10pm. The interest has been fantastic. We also had extra sessions during the school holidays and we had over 40 people vying to be the next Robin Hood. Some of the beginners have been that good, with practice, you may see them in the Olympics in 2012.

We are looking to send people on a training course to become archery instructors. We are especially looking to train a female instructor. If you are interested please mail me or contact Imran on 07977 022393.

Swimming

The Sunday swimming for both males and females is cancelled on November 16th and December 7th. The Tuesday male session on December 2nd is also cancelled, otherwise sessions are as follows:

Males Tuesdays 8.15 -9.15 pm and Sundays 11 -12noon;

Females Sundays 9 -10 am (from Jan 3rd 2009, there will be a Saturday 5.30 -6.30pm session for women as well).

Gymnastics

This has restarted for the girls aged 5 - 14, every Sunday at the Friendship Café 10:30am till 12 noon.

Boys youth club – the return of Golden Graham

Having realized that there's no place like home, Graham Cole has returned to Gloucester and restarted his Tuesday and Sunday Session at the Friendship Café between 7-10pm, for boys aged 12 plus.

Politicians

Baroness Syeeda Warsi was the latest in the long line of prominent politicians to visit the Friendship Café, where she attended a meeting to learn about the various community projects and activities going on in the area. It was interesting to hear Ms Warsi commenting that usually she goes up and down the country and people complain to her about the lack of activities going on, but here in Gloucester she was finding that communities were getting on with 'doing' rather than complaining. She also said that she would be happy to host a group of women to visit her and tour the Houses of Parliament.

Correction & Apology

In Septembers edition of the Café News it was reported that Junaid Raja had hit a bulls eye with his first arrow during an archery session on our trip to the Wilderness Centre. After months of painstaking research and interrogating witnesses, Mr Hashim Moolla wants it to be known that it was indeed him and not Mr Raja who hit the Bulls Eye. The Friendship Café would like to apologise to Mr Moolla and his family for any stress of trouble this may have caused. We would also like for him to "Get a Life!". Thank you.

Congratulations to:

- Zaheera Nanabawa, Ashraf Vaid and Ashraf Rhyman (Friendship Café Volunteers & Staff) who have been shortlisted for their community leadership achievements in the prestigious national 'Mosaic Network' awards, for their exceptionally active roles as young people in the Gloucester community. The

awards are decided upon by an independent panel of prominent people, including HRH Princess Badiya bint El Hassan of Jordan

- 14 year old Huzaifa Patel who has been selected to join the RAF Cadets and is now dedicating two evenings each week to learn all about planes and flying, with a view to being able to eventually getting his pilot's licence. We wish him well in his mission and ask that he doesn't forget us when he becomes qualified.
- Abdur Rahman Brown who correctly guessed my weight as being 14st 11lbs and earns himself £10 prize money.

Community News

Jerusalem Peacemakers

'Bring & Share' meal will be held at
Friendship Café
on Monday 17th November at 7pm
all welcome.

KickStart

Are You A Dad?

Fancy playing 5 a side football for FREE

Come along to "FUN FOR ALL"

On Saturday 15th November 11am- 12noon

@ GL1 Bruton Way Gloucester

FREE – activities for kids

Get in touch with us t kickstart@topmail.co.uk or on the KickStart mobile 07507
307123

For more information visit the KickStart blog on
www.kickstartdads.blogspot.com

WARNING _ VIRUS

the worst Virus of all time is being sent to peoples e-mails, the subject says "A Post Card From Hallmark", it has an attachment that will put your PC out of action.

It went out on CNN and Microsoft has issued a statement, to warn people there is no cure.

From Bren McInerney - Meeting with the Secretary of State for Health

On the 15th of October 2008, I facilitated a working group discussion with Alan Johnson the Secretary of State for Health at the House of Commons. The aim of the discussion focused on 'national to local connectivity' and how national guidelines and policies could be/were taken down and delivered in local communities and neighbourhood settings.

Can lay people make a difference, you decide???

a) as a lay person, I had been part of a national project development group that established the National Institute for Health and Clinical Excellence's (NICE) guidance on Physical Activity and the Environment. We are the first country in the world to bring together guidance on how the environment can be used to support/provide opportunities for people to be physically active.

b) as a lay person I organised/led a local seminar in Barton and Tredworth, Gloucester (one of the 10% most deprived wards in the country), to launch these national guidelines in a community setting.

c) as a lay person I will be part of a project board that will plan the strategic direction of the Gloucestershire Physical Activity and the Environment project that will be based on the NICE guidelines.

None of this has been possible without the sincerity and support offered to me by a great many people at both national, regional, county, district, neighbourhood, community and individual level.

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Jobs/Vacancies

Right Here Young People's Advert

Our names are Carly and Kim. We are the young people's participation workers for Right Here. Right Here aims to create fresh ways of reducing stigma and original means of ensuring that teenagers and young people are looking after their emotional health in ways they think will work and in places they like to go to (e.g. schools, youth clubs, sports centres).

We are looking for 16-25 years olds to work with us in an exciting 5-year project. If you are 16-25 years old; passionate about having a voice and having a say about ways that will really help young people when they are feeling down, stressed, upset and worried and are willing to give up some of your time to work with us, this could be a great opportunity for you!

You will help make a difference; meet other young people with similar interests; have opportunities of accredited training and work experience for your CV, and be rewarded for your participation and commitment. If you become part of the specialist advisory board, we will pay for your travel costs to London, food and drinks and also pay for someone to support you or a friend to accompany you, if that would make you feel more comfortable.

So, if you are interested in being involved there are two ways you can do this. You can be part of a UK wide specialist young person's advisory board who will meet up face to face every 4 months in London. **Or**, you can be a member of the virtual group and have your say as a member of the forum on our website.

The date of the first advisory board meeting is **Saturday 13th December** between **12.00pm-3.00pm** at **the Mental Health Foundation office in London**. So put that date in your diary now!

Please go to www.right-here.org.uk/young-people to request an application pack. You will need to complete the application by **Friday 21st November** so get on line today! We look forward to hearing from you.

Festival of Flight 2009 - An Invitation

What is it?

The Festival of Flight is an innovative project developed by UK-based charity Heartstone. Using stories and images of flight, it engages with young people from across national, racial, cultural and other boundaries to examine key citizenship issues, raise aspirations and challenge stereotypical perceptions.

Many schools, youth groups and community groups have successfully engaged with the project since 2006. Match funding from local authorities and industrial partners is enabling the project to be rolled out to 20 areas nationwide during 2009.

What is happening in Gloucester?

Gloucester City & County Councils are working in partnership with Heartstone to support the delivery of this project in Gloucester. Initially we need to identify a young person who is prepared to act as a peer educator and work with ten groups to produce work for the Festival of Flight.

What does it look like?

A locally based young person is trained to deliver a 2-2½ hour workshop introducing the project to each participating group. This training includes the opportunity to **fly an aircraft**, giving the peer educator first hand experience of the challenge of "flying high".

Do you know a potential peer educator?

- This young person must be aged over 18.
- From a BME background or from a background where learning to fly would be an exceptional activity.

- Has the capacity and flexibility to deliver ten workshops during day times or evenings
- Have an outgoing, enthusiastic and committed attitude.

The national training session for peer educators/fliers will be in early December in Scotland. Nominations for the Gloucester peer educator role must be in by **Friday 14 November**. Application by letter/email answering the following two questions: *Why do you want to be a peer educator? How will you share your learning experience with others?* The selection will be made by a panel of local councillors.

What happens with the ten school, youth or community groups?

Participating groups are provided with CD story modules and photographic posters that form the basis of discussion and art work on the themes of xenophobia, challenging racism to fulfil ambitions, overcoming obstacles to reach goals, gender intolerance, disability and Islamophobia.

Each group has approximately 5 months to work through the teaching materials and produce an art exhibit reflecting the theme of fighting prejudice and intolerance in the past and present.

A national Festival of Flight exhibition is planned for June 2009 including selected art work from Gloucester. Participants will then get the opportunity to network at a national level.

All the Gloucester art work will be exhibited during the Gloucester Festival in July 2009 to which all young people involved will be invited – an opportunity for young people from different backgrounds to meet on neutral ground with a common goal. High profile local personalities will be invited to the launch event.

If wish to nominate a potential peer educator, or discuss involvement in the above project, please contact Francis Gobey 01452 396995 or francisg@gloucester.gov.uk

Website of the Month

Here is Duncan from Wild Connections website.

www.wildconnections.co.uk

And Finally.....

This is Serious!

This incident happened recently in North Texas .

A woman went boating one Sunday taking with her some cans of coke which she put into the refrigerator of the boat. On Monday she was taken to the hospital and placed in the Intensive Care Unit. She died on Wednesday.

The autopsy concluded she died of Leptospirosis. This was traced to the can of coke she drank from, not using a glass. Tests showed that the can was infected by dried rat urine and hence the disease Leptospirosis. Rat urine contains toxic and deathly substances. It is highly recommended to thoroughly wash the upper part of soda cans before drinking out of them. The cans are typically stocked in warehouses and transported straight to the shops without being cleaned.

A study at NYCU showed that the tops of soda cans are more contaminated than public toilets (l.e).. Full of germs and bacteria. So wash them with water before putting them to the mouth to avoid any kind of fatal accident.