



## Café news - October 2008

Hello Everyone!

Ramadan is over and I know exactly what you are all thinking? Why is this newsletter always late and why does he send it at such a ridiculous time? Well there is an answer to that but that can wait for another day. What I want tell you, my avid readers, is that I have lost weight! Hurrah! As mentioned previously, last year I tipped the scales at 16 stone, but I did lose weight throughout the year, but somehow it crept back on and at the start of this Ramadan I weighed in at 15st 5lbs (215lbs or 97.5kg). So with a fantastic prize (still unknown) still up for grabs mail me back with what you think my final weight was at the end of the fasting month.

My colleagues at work always ask me what I do on Eid Ul Fitr (Festival of breaking the fast), so I tell them that we have presents under a Palm Tree and fake Sand in the windows! Then I tell them that I was only kidding (but the look on their faces is PRICELESS).

This year was a very enjoyable day. It started when I took my eldest son to the mosque for the Eid Prayer. We then went to my Mums for breakfast. We (the Kathrada Family) were then invited to an Eid gathering organised by the Arab community of Gloucester. This was great. It was nice to meet and greet other families on this special day (maybe something that The Friendship Café could organise for the next Eid). Following this we all went home for a snooze. We then visited family friends in the afternoon. Another nice time for my family and me. Then, as we do every year, it was back to Mums for the evening meal. Sons, daughters, son in laws, daughter in laws & grandchildren all gather for a slap up meal and distribution of presents. We also have a game of "Pass the Parcel" but this year it was "Pass the Pillow" due to the size of the parcel. The kids loved as did the mums and dads. Then fully loaded with presents (and food) we went home.

I really do enjoy this time of year as it brings families together. A practice that should be shared around the world.

Seeya Soon

Ed

Shoaib Kathrada

Editor

The Official Newsletter of The Friendship Cafe

Girls Group – (including MAGs – Mums and Grans)

LADIES: Bike Riding Courses (Possible opportunity depending on demand.)

- Group 1: Who can ride a bike competently and confidently and would like to do a 3-4 hrs course to train other women in the community to learn to ride.
- Group 2: Who cannot ride but would like to learn from scratch. Total beginners class.
- Group 3: And who can ride already but would like a refresher to regain confidence.

Please text or call Farzana Ghanti on 07880 793450 your name and group number, if you are interested in taking part.

Gymnastics

For girls aged 5 -14 – restarting from October 19<sup>th</sup> and then every Sunday afterwards at Friendship Café between 10.30a.m -12noon. Beginners are welcome.

Please note contributions are now 50p per session (thanks the Children's & Young Peoples' / Glos. County Council) and the timing

is from 10.30 am and not 10 am so the keano beano girls can still attend the girls swim at GL1 (9-10am) and then come to the gymnastics as well!

Lessons taken by qualified female instructors and girls don't need to wear Lycra either, but whatever they feel comfortable with.

### Swimming

Sundays 9am-10am 5th/12th/26th October - CANCELLED 19<sup>th</sup> Oct and 2<sup>nd</sup> & 16<sup>th</sup> Nov

### Boys Group – Dads & Lads

#### Report by Imran Atcha

Congratulations – to 23 year old Abu-Bakr Bham, who spent 16 days trekking the West to East Coast of England, like a lone ranger, back packing with nothing more than his survival instincts. The trek was not through paved roads but through the forests and hills, snaring rabbits along the way and not even a mobile phone or mp3 with him. The qualified Pharmacist, now returns to University of Leicester to complete his Medical training to qualify as a Doctor. What a hero! (And he works out at GymNation too!)

We also bid farewell to Graham Cole who has been volunteering for the past 2 years at the Friendship Café, in particular for his work with Bangladeshi Youth Movement. Although the name suggested Bangladeshis, Graham worked across all different communities and voluntarily ran the youth club for two nights, arranged regular events and also ran a self defence class. It is not going to be easy to find a volunteer who has such commitment as well as these skills. Graham will be missed by us and the young boys/men who he worked will miss him to. We thank him for his work and wish him well in his move to pastures new.

### Archery

The Friendship Café will be starting an Archery Club from Monday 13/10/08 at 8pm until 10pm. This will be run by Mohammed Hansdot. If you are interested in attending, please contact him on 07970 357319. All under 10's MUST be accompanied by an adult (over 18).

### Swimming Twyver pool, GL1 Leisure Centre

Tuesdays 14th/21st/28th October 2008 8.15 -9.15pm

Sundays 5th/12th/26th October - CANCELLED 19<sup>th</sup> Oct and 2<sup>nd</sup> & 16<sup>th</sup> Nov

## Ramadan Article

Ramadhan is gone! The best month is now, sadly, behind us and we should be preparing for the next Ramadhan! Ramadhan is one of the many opportunities that Allah makes available to his slaves in order for ' them to draw nearer to Him ' Ramadhan is always an electric time. Our homes fill with a glow (..burgers for our editor!) and warmth, the spiritual energy is almost tangible. But alas, Ramadhan has truly gone and we beseech Allah to allow us to see the next one. The question we need to ask ourselves is "did we truly strengthen our relationship with Allah?" Fasting is a virtual madressah for those seeking the highest of marks - so what did you and I score in the register of Allah?

Though Ramadhan has gone, we still have many other tools to shape our lives, to continue drawing near to Him. We should think of our 5 daily fardh (obligatory) prayers as a blacksmiths hammer, hammering over a diamond like hard metal. It takes days and weeks, possibly months and years, to make something out of such a hard substance. Therefore, blacksmiths persevere and keep hammering every day - for as long as it takes, because he knows that the end result would be beautiful and worth all his effort. It is the same with us human beings. Satan, Iblis and his minions, need to be hammered everyday, 5 times a day! One of the tragedies of our time is that we are not connected to Allah. We must always maintain our connection with the Almighty - and not just in the

month of Ramadhan! We can not afford to forget Allah especially in these times of turmoil.

Let me just quickly remind you of what lies just round the corner if we make the effort to please Allah and stay connected:

### Paradise

If you ask about its ground and its soil, then it is saffron and musk

And if you ask about its roof, then it is the throne of Allah the most Merciful

And if you ask about its rocks, then they are pearls and jewels

And if you ask about its buildings, then they are made of bricks of gold and silver

And if you ask about its fruits, then they are softer than butter and sweeter than honey

And if you ask about its leaves, then they are softer than the softest cloth

And if you ask about its rivers, then they are rivers of milk whose taste does not change

and rivers of wine that is delicious to those who drink it,

and rivers of honey that is pure,

and rivers of water that is fresh

And if you ask about the drinking cups, then they are crystal-clear and made of gold and silver

And if you ask about its shade, then a fast rider would ride in the shade for a 100 years and not escape it

And if you ask about the clothing of its inhabitants, then they are silk and gold

And if you ask about the faces of its inhabitants and their beauty, then they are like the image of the Moon

And if you ask what they will be hearing, then it is the singing of their wives from among the Hoor al-ayn

and better than that are the voices of the Angels and the prophets,

and better than that is the speech of Allah

So, once again, let us stay connected to the Deen of Allah 24/7!

H

[Community News](#)

ARE ORGANISING A TRIP TO  
**THE GLOBAL PEACE & UNITY EVENT 2008**  
EXCEL LONDON  
ON SAT 25<sup>th</sup> OCT

**COACH LEAVING GLOUCESTER 8:30 A.M.**  
**(OLYMPUS THEATRE, BARTON STREET)**

**DEPARTURE FROM EXCEL 10:00 P.M.**

**ADULTS: £12**

**CHILD: £5 (5-16 YRS)**

**(CHILDREN UNDER 16 MUST BE ACCOMPANIED BY AN ADULT)**

**These prices are only valid if you book before the 15<sup>th</sup> October. After that prices will be charged  
at the normal rate £20 adult/£10 Child**

**FOR MORE INFORMATION CONTACT:**

**FARZANA GHANTI: 07880 793450**

For information about the event please visit : [www.theglobalunity.com/08/](http://www.theglobalunity.com/08/)

**(Limited spaces available so book early to avoid disappointment)**

**PLEASE COME AND SHARE YOUR THOUGHTS ON THE DRAFT NHS  
CONSTITUTION**

## **ARE THEY THE RIGHT EXPECTED VALUES, AND PRINCIPLES FOR THE FUTURE OF THE NHS?**

A local discussion around the NHS Constitution, focusing on local voluntary and community groups/individuals feelings of what can expect from the NHS for the future is due to take place **on the 16th of October**. Mark Woodcock from the South West NHS will be introducing the background to this NHS Constitution (which is in draft form at the moment and so there will be time for people to highlight what they think is important for the future). Overall, the informal discussions will be around what people can expect from the NHS and what the NHS can expect from patients and the public (the NHS Constitution is a living document and is expected to be reviewed in 10 yrs). Attached is the quick reference guide to the NHS Constitution.

The discussion and informal workshop will be held at Chequers Bridge, Painswick Road, Gloucester GL4 6PR tel 01452 425438

The date will be the **16th of October 2008**

The time will be from 10am until 1.00pm (Lunch provided)

Please can you contact Bren McNerney on 01452 553061 or mail [brenmcinerney@hotmail.com](mailto:brenmcinerney@hotmail.com) if you can make the informal discussion/require more information.

### Arabic Classes

Barton Community Centre (old Roshni building)

#### **FOR LADIES ONLY**

Starting 8<sup>th</sup> Oct "Beginner Plus", and 9<sup>th</sup> Oct "Beginner" – 9.30 -11.30am  
term time only,

Free of charge –

Sponsored by High School for Girls (Denmark Rd)

### Children's Arabic

4<sup>th</sup> October @ Widden Primary School 10am -1pm every Saturday,  
from ages 5 plus up to A level students,  
£40 term for first child and £20 for subsequent child and £10 initial  
registration.

For more information about both classes please contact Sana on (01242)  
522253

**Do you think you have what it takes to make the next Planet Earth?**

BBC One is looking for nine people to take part in the experience of a lifetime. Encountering extraordinary animals in amazing locations and testing yourself to the limit, this series will culminate with one exceptional individual securing a year's placement at the BBC's award winning, world famous Natural History Unit.

Would your holiday of a lifetime involve seeing one of the big five in their natural habitat? Maybe you long to get off that beaten tourist track? Do you get up at dawn to capture the perfect sunrise?

If you are over 18 years old and can illustrate your passion for the natural world we want to hear from you.

To apply, please email your name to [endsoftheearth@bbc.co.uk](mailto:endsoftheearth@bbc.co.uk) and an application form will be emailed to you.

Deadline for applications 26/11/08.

Successful candidates may spend up to ten weeks away from home in spring 2009.

## **Launch of Report: Who is my neighbour?**

### **A church response to social disorder linked to gangs, drugs, guns and knives**

A report commissioned by Churches Together in England has now been published. 'Who is my neighbour? – a church response to social disorder linked to gangs, drugs, guns and knives', represents a significant contribution to the debate about this issue and the tragic effects that it has on individual families and society at large. It was officially launched in the House of Commons at an event hosted by David Lammy MP, on 21st July 2008. Since then it has received widespread positive coverage in the secular and religious press.

It is now imperative that the report finds its way onto the agendas of local councils, police, community groups and churches. To this end, a series of regional launches is being organised in key urban settings around the country to explore the implementation of the recommendations contained in the report. At these launch events we hope to engage with Church leaders, youth workers, local government and police personnel working on the youth agenda, and people who are interested in this area of ministry.

You are cordially invited to attend a launch reception for the Who is my neighbour? report:

**Date:** Monday, 10 November 2008

**Time:** 6.30 for 7.00pm start

**Venue:** St. James' Church, Upton Street, Gloucester

Parking will be available at St. James' School near the Church. For directions, go to [www.saintjamesgloucester.org.uk](http://www.saintjamesgloucester.org.uk)

Refreshments will be available from 6.30 p.m. and the evening will include a presentation of the report by Bishop Dr. Joe Aldred, Secretary for Minority Ethnic Christian Affairs, Churches Together in England.

**Copies of the report will be available for sale at £5 each. We look forward to sharing this evening with you.**

**Please pass on this invitation to colleagues and anyone else you know who will be interested to attend.**

**Should you require any further information please do not hesitate to contact Revd. Robert Simpson on 01452 422349.**

## Gloucestershire Resource Centre

is delighted to offer an exciting **Professional Development Programme for Primary and Secondary School Teachers**

### The *Art* of Jewellery Making

Jewels as beautiful objects, their use in adornment within different cultures and their relevance today in the arts and fashion will be the thread running through this programme. Gather inspiration and creative arts skills that will impact across the curriculum in the stimulating environment of the Resource Centre.

## Living Jewels

14th October 2008 4.15pm – 6.45pm

This workshop offers you the chance to explore two dimensional and sculptural pieces inspired by the natural world and museum collections. With a wealth of examples, including artists's sketchbooks, to inspire you, your creative skills will be unleashed to produce individual and collaborative pieces of jewellery. The emphasis will be on re-using everyday waste and found materials with a focus on innovative ways to display work to gain the maximum impact and effect.

Curriculum links: Art, DT, Science, Literacy and Story Telling.

## Ethnic Jewels

21<sup>st</sup> October 2008 4.15 – 6.45pm

This promises to be a very exciting workshop. Taking inspiration from both African and Indian traditions you will explore materials, patterns and designs. There is a strong and imbedded practice of re-use within these cultures and the innovation and resourcefulness that result will inspire experimentation and ideas.

Curriculum links: PSHE (fair trade and eco schools), RE, Geography, Art, DT and multi-cultural arts week.

## Contemporary Festive Garlands

11<sup>th</sup> November 2008 4.15pm – 6.45pm

Demonstrating a range of engaging ideas and techniques this workshop will show you how to transform everyday materials like sweet wrappers and foils into contemporary festive garlands and decorative pieces. You will learn effective jewellery-making techniques, be encouraged to think about the impact of colour combining that will result in striking and appealing designs. There are practical applications for this workshop that could be used to benefit your school's fund raising activities or link into marketing ideas as part of schools and enterprise.

Curriculum links, Math's, Schools and Enterprise, DT , Art and RE.

## Egyptian Jewels

18<sup>th</sup> November 2008 4.15pm – 6.45pm

This workshop will take you to the lavish and opulent period of history when men wore more jewellery than women! You will discover the symbolic significance of wearing good luck charms, scarab beetles and the importance of colour in Ancient Egypt. As if that's not enough we'll show you how to make gold from everyday materials!

Curriculum Links: History, English, DT and Art

### Why should teachers attend?

There are many ways to improve the sustainability of your school and as schools are required to be sustainable by 2020 (DCSF) these sessions will provide a new dimension to re-using waste generated within the school 'creatively' across the curriculum.

The training will promote best practice in 'creativity' focusing on process, individuality and quality. Each session will provide practical applications that you can take back to the classroom to improve children's problem solving skills, encourage risk taking, develop new ways of thinking, hand and eye coordination, self-esteem, resourcefulness and innovation.

You will receive a comprehensive Resource Pack providing valuable information to develop your learning and enhance activities in the classroom.

## Tutor Profile

Sarah Millin (MA, CertEd, BA Hons) [www.sarahmillin.co.uk](http://www.sarahmillin.co.uk)

Sarah is a freelance artist and educator. She has worked extensively in schools delivering art based workshops for children and Inset training for teachers. The Arts Council England funded Sarah over a three year period to provide workshops on 'how to use waste creatively' for a range of organisations including Birmingham Climate Change Festival, the National Trust, Museums and Galleries, INSET for Arts Education, Eco School Conferences and organised the first National Conference on Creativity and Re-use in 2007. An accomplished Artist, Sarah worked as a textile designer for two years in Kenya and was commissioned by Liberties in London to produce art for their British Craft Room.

**Cost** includes sandwich buffet and refreshments on arrival, all materials and Resource Pack.

GRC Members £50

Non Members £65 which includes a trolley of Scrapstore materials to take back to your school!

**To book your place** contact

GRC City Works, Alfred Street, Gloucester GL1 4DF.

Tel: 01452 504442

Website: [www.grcltd.org](http://www.grcltd.org)

## **Gloucestershire Association for Disability's Kathleen Powell Bursary.**

**The applications are for individuals with disabilities for any amount up to £2000 to help applicants take part in sports, recreational or arts and crafts activities in order to enhance their quality of and outlook on life.**

**Do you know of individuals that this would benefit?**

**The closing date for applications is 31 December 2008**

**Also attached are our application forms for our 'general' grants for both individuals and organisations.** These applications are considered quarterly with the next closing date being 7 October.

**More information can be found on our website [www.gadgrant.btik.com](http://www.gadgrant.btik.com)**

Gloucestershire Association for Disability

Gardner House

Olympus Park

Quedgeley

Gloucester

GL2 4NF

Tel: 01452 883060

Email: [gadgrant@btconnect.com](mailto:gadgrant@btconnect.com)

[Jobs/Vacancies](#)

**Eyebrow Threading staff required. (Females only)**

**Must have experience of eyebrow threading. Must have good customer facing skills.**

**Experience of Head massage and Henna tattoo would be an advantage, but is not essential.**

**Duties will include threading, shaping and tinting of eyebrows, upper lips, chin, neck and sides.**

**Wages will depend on experience.**

**Some travel will be required for this position, due to multiple locations.**

**Both full time and part time positions available**

**Contact Ali on 0845 009 7880 or email to [inf@beautyplusuk.co.uk](mailto:inf@beautyplusuk.co.uk)**

## **GIRLS' ACTIVITY GROUP CO-ORDINATOR**

3 hours per week. Fixed Term until March 2010.

Salary: £8.50 per hour

This is an exciting opportunity for a self-motivated person (female)\* to run a girls' activity group aimed at 8– 13 yrs old in a culturally and religiously appropriate environment.

## **GIRLS' ACTIVITY GROUP ASSISTANT**

3 hours per week. Fixed Term until March 2010.

Salary: £7 per hour

This is an exciting opportunity for an enthusiastic person (female)\* to assist in running a children's activity group aimed at 8– 13 yrs old in a culturally and religiously appropriate environment.

The posts are based at the one & only Friendship Café but other venues may be used & travel will be required.

Preferred skills and experience;

Coordinator:

- Ability to organise and manage the Project and activities.
- Work using own initiative and ideas.
- Enthusiasm and enjoy working with children.
- Excellent communication and interpersonal skills.

Assistant:

- Ability to assist with setting up and running activities.
- Enthusiasm and enjoy working with children.
- Good communication and interpersonal skills.

**For further information or an application pack please contact**

**Amina 01452 426053 or 07970 908072.**

**Closing Date for completed applications: 5pm 30<sup>th</sup> October 2008.**

- Females only need apply for these posts as section 7 (2) (d) of the Sex Discrimination Act (1975) applies.

## **GFM 96.6 VOLUNTEER RADIO PRESENTERS NEEDED**

GFM 96.6 only plays music of Black Origin and prides itself on providing the community of Gloucester with Music, News, Information and Advice.

In particular GFM 96.6 is looking for new Hip-Hop and Reggae Presenters

If you think you've got what it takes to present a radio show and are prepared to volunteer a few hours a week, and you are from the age of 16

upwards then send a demo of the type/s of MOBO that you specialise doing your thing to.

Gloucester FM (GFM 96.6)

The Trust Centre, Conduit Street,

Gloucester, GL1 4XH

Your package should include

Your Name, address and contact number (please ensure a contact number is written on the CD, Minidisc or cassette that you send your demo on) A brief biography of you and what you have achieved as a DJ, or presenter. What attracts you to the possibility of playing on radio? Please ensure that your demo is no longer than 45 minutes and has you speaking on it, even if it is simply introducing tracks, so we can hear how you sound. Your demo needs to be sent in by Friday 10<sup>th</sup> October

**For further Information Call The Station Manager on 01452 525 425**

### [Website of the Month](#)

If you like the great outdoors, you will love this. It's hard to imagine that this lad is only 17!

<http://www.bushcraft.ridgeonnet.com/index.htm>