

# CARELINE

ISSUE 68 | WINTER 2012 | CHANUKAH 5772

**MUSIC AND  
MEMORY**

**COMMUNITY  
CENTRE ACTIVITIES**

**FOOD AND  
FITNESS**

FOR FRIENDS AND SUPPORTERS WHO

REMEMBER

**JEWISH CARE**

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THE GUITAR, SHARING YOUR  
LOVE OF COOKING AND  
OFFERING YOUR SKILLS  
YOU CAN MAKE  
THE DIFFERENCE**

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**REMEMBER**

**JEWISH CARE**

# JEWISH CARE'S PLANS FOR THE FUTURE

**E**xciting things are happening at Jewish Care and we want to tell you about our plans. Times are changing and we need to change with them if we are to move forward and serve the community in the best possible way.

We've done a lot of talking with the people who use our services, our staff, volunteers and many other members of the community to find out what they really want and what they think our future direction should be.

So what are we going to do? Well, we have three objectives which we will use to guide our work in the future.

We're a people organisation – we aim to make a really positive difference to the lives of Jewish people, supporting them in many different ways to get the best out of their lives, improve their overall wellbeing and stay part of our thriving, vibrant community.

We aim to be creative and find solutions tailored to the people who come to us – after all, one size fits all may have worked in the past, but people are individuals and should have as much control and choice as possible in the way they live their lives. In that way, they get the dignity and respect they deserve



and our wonderful staff, volunteers and donors know we're sticking to those all important Jewish values and principles!

We want to work with others, ensuring that wherever there is a Jewish need, that need is met. We've been around a long time and we're open to working alongside or together with other organisations or groups so we can learn from each other and get the best possible results for our community. The more we collaborate with others, the stronger we all become.

We must make sure we spend money

in the most sensible way possible. Our volunteers and donors are really important to us, and we need to show them that their time and money make an incredible difference to people's lives. But the difference we make does come at a cost and most people know about the current crisis in social care funding. We believe that everyone who can, should contribute to the cost of their own, or their family's support. We'll always be there for people who genuinely can't pay, but we must call upon those who can, to be fair and help us. **CARELINE**

## WHAT YOU TOLD US...

A big thank you to everyone who sent back the readers' survey which appeared in the last issue of *Careline*. It had a very good response and it was interesting to read your views on the magazine.

We are listening to what you said, so you will see some changes in this and future issues. You were happy with the size of the magazine and we will publish it twice a year, in June and December.

Most of you are very interested in our news section and enjoy the features. There were a lot of

requests for more articles on healthy living, so we've taken note...there is a feature on exercise and food for older people on pages 14-15.

A lot of you do not use our services at the moment, but have relatives or friends who do or have done so. The good thing is that you know what Jewish Care does, so if, in the future you do need us, you already know we are here to help!

Most of the responses were from women, and the bulk of our readership is from the older sector of the community: 71 plus. A few of you

want to receive Jewish Care's email newsletter. If you do not already do so and want to get it, please let us know. *Careline* is also available on our website, where you can use the zoom tool to increase the size of the print for easier reading.

It is good to know that *Careline* is very much appreciated by so many of our readers, often providing them with a vital link to the wider Jewish community. We will continue to be a useful source of news about Jewish Care and look forward to keeping you entertained and informed.

# AROUND THE WORLD OF JEWISH CARE



BLAKE EZRA PHOTOGRAPHY

**Above** The annual campaign dinner, held at the Grosvenor House Hotel in June, raised £3.9 million. It was sponsored by Investec Specialist Bank for the sixth year running. Pictured above (left to right) are Robert Suss (campaign committee co-chair), Nicola Loftus (dinner chair), Lord Levy (president of Jewish Care), guest speaker Sir David Frost OBE, Steven Lewis (chairman) Simon Morris (chief executive) and Linda Bogod (campaign committee co-chair).

**Below** Gary Barlow OBE was guest singer at the campaign dinner, delighting the audience with a selection of his most popular hits.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

**Above** More than 100 golfers took part in the RAGS golf day, held at Abridge Golf and Country Club in June. This was the 42nd tournament and raised £145,000. Pictured (left to right): Actor Bradley Walsh, Harold Kara, Malcolm Stern and Stanley Baskin.

**Below** Lord Levy and Dame Gail Ronson DBE celebrate with Patsy Bloom, whose generous donation allowed Jewish Care to get five new care buses, bringing the total fleet number to 22.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

**Above** Patsy Bloom, founder and co-chair of the Bridge Extravaganza, pictured at December's event at the Landmark Hotel. Since it started 16 years ago, the event has raised more than £1.2 million for Jewish Care and has officially achieved a Guinness World Record. This year it raised £70,000.



BLAKE EZRA PHOTOGRAPHY

**Above** Steven Lewis, Rabbi Ephraim Mirvis, Douglas Silas (winner of the Topland Group Jewish Care Business Luncheon award in memory of Philip Greenwold) and Nick Doffman, chairman of the Topland Committee at the November event, which raised £230,000.

**Below** Actress and writer Maureen Lipman joined the Local Angels committee for a wonderful evening in September at Redbridge JCC. 250 guests had a fantastic night with the first lady of Jewish humour, helping to raise £6,500 for Jewish Care's services in the area.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

**Above** The Mayor of Barnet, Councillor Brian Schama, toured parts of Jewish Care in October. He saw the Holocaust Survivors' Centre, Ella & Ridley Jacobs House and the Maurice and Vivienne Wohl Campus, and chatted with staff, volunteers and residents.

**Below** July saw Jewish Care's annual Betty and Aubrey Lynes Volunteer Awards, held at the Maurice and Vivienne Wohl Campus. The event celebrated the work of our many volunteers. Pictured is chairman Steven Lewis with some winning volunteers.



JOHN RIFKIN



BLAKE EZRA PHOTOGRAPHY

**Above** Jewish Care volunteer Simon Davies was surrounded by cheering crowds as he carried the Olympic torch when it entered the borough of Barnet in July.

**Below** 160 YJC guests attended a fundraising event at the Google offices in central London in July. The evening event raised £3500.



ADAM JACOBS

**Below** Top golf professionals joined the amateur golfing fans for this year's Pro Am Golf Tournament at Dyrham Park in September. The event raised £40,000 was sponsored by Lockton Insurance and Risk Management Services. Pictured is committee chairman Jeremy Curtis.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

**Above** Jewish Care held a dedication tea at Ella and Ridley House in October to celebrate the life and work of Rabbi Monty Aaronberg, who died earlier this year. Rabbi Aaronberg raised over £84,000 for the home through his annual opera concerts which he organised at Hendon Synagogue.



JOHN RIFKIN

**Above** The festival of Succot was celebrated at Rubens House in Finchley with a visit from local schoolchildren.

**Below** Volunteer Geoffrey Morris was named as a Diamond Champion for his outstanding volunteer work. He was one of 60 Diamond Champions to receive an award from actress Patricia Routledge at a ceremony in October.



**Above** Young business professionals had the chance to meet six successful mentors at the YJC's property event held at Reubens restaurant in London in October. Sponsored by Norton Rose LLP, the event raised £3000 for Jewish Care.

**Below** The Rock Committee held its "Spooktacular – The Thrilllogy" at The Cuban, Camden Town in October. The event raised £4500.



**Above** Young Jewish Care held a Summer Party at the Rose Club in central London. The September event, attended by 260 people, raised £3900.

**Below** Simmone Angel starred in an evening of classical and popular music in September at the Zabłudowicz Collection. The event raised around £1200 for Jewish Care's Lady Sarah Cohen House.



**Below** Residents of Clore Manor had the chance to blow the shofar and meet local schoolchildren in the run up to Rosh Hashanah.



**Above** Lord Digby Jones was guest speaker at a Young Business Group event in central London in September. The event, attended by 70 guests, raised around £3500.

BLAKE EZRA PHOTOGRAPHY

BLAKE EZRA PHOTOGRAPHY

BLAKE EZRA PHOTOGRAPHY

BLAKE EZRA PHOTOGRAPHY



**Above** Rela Goldhill Lodge resident Matthew Kayne met MP Mike Freer on a visit to Westminster in July.

**Below** Jewish Care staff made their first street collection in Golders Green Road in October. Braving the cold, the enthusiastic team of 40 staff from the Maurice and Vivienne Wohl Campus collected £565 and sold 352 purple threaded bracelets. Dressed in Jewish Care's purple t-shirts, the collectors targeted Jewish hotspots along the road, such as Carmelli's bakery and Kosher Kingdom.



**Above** MP and former actress Glenda Jackson, pictured with Sidney Corob House resident Susan Schlaen, on her visit to the West Hampstead home in July.

## GET COMMITTEE'D!

Jewish Care is supported by a large number of fundraising committees. *Carelina* takes a look at some of their efforts over the past few months...

### May

The **Friends of Vi & John Rubens House** held a quiz night and raised £1060. The **Challenge Committee** held a walk on the Lost Rivers of London. The event raised £3400.

### June

**Clore Manor** held a brunch in honour of the Queen's Diamond Jubilee for all the residents in the home. **Friends of Lady Sarah Cohen House** held its annual fete raising £5400. The committee also raised a further £4500 on their calendar. Throughout June and July members of the **Friends of Clore Manor** each held a Friday night dinner in their own homes. Instead of buying a gift for their hosts, guests generously donated money towards the work of the committee. The **Friends of Rosetrees** held its monthly bridge club, raising £90.

### July

The **Friends of Vi & John Rubens House** held its summer fete, raising £1085 for the home. The **Kingsbury Aid Society** held its annual "Walkabout" in Ware. The event raised £550. The **Outlook Committee** went to see *Jazz at Café Society*. The event raised £1400. An art project on the theme of the Olympic Rings, facilitated by tutors from Community Focus and partially funded by The **Friends of Clore Manor**, was carried out by the home's residents. The artwork was exhibited at Finchley Arts Depot. The theme for the **Friends of Rubens House** raffle event was the "Rubolympics". The Mayor of Barnet and his wife were present to draw the raffle. Over £1400 was raised for the home. The **Friends of Rosetrees** held its monthly bridge club, raising £75.

### August

The **Options Committee** held a 60s in the Gardens event, raising £2700. The monthly bridge club at Rosetrees raised £75.

### September

The **Friends of Sam Beckman** raised over £1100 from an evening event, raffle and brochure based on a memory quilt, made up of 42 embroidered squares created by clients, family members, staff and volunteers. The quilt formed part of an art exhibition opened by the Mayor of Barnet which took place at the centre.

### October

The **Challenge** and **Options Committees** joined forces to host a viewing of the new James Bond film *Skyfall* starring Daniel Craig. The event, which was a total sell-out, raised £1500. The **Friends of Stepney** held a showing of the popular 1950s film *A Kid for Two Farthings*, which was set in the East End. The event raised £2000 for Stepney Jewish Day Centre. The **Friends of Rosetrees** held its annual bridge supper. Over 40 people attended, raising over £657. The **Options Committee** held a very successful second ladies' bridge luncheon and raffle.

## A TASTY PARTNERSHIP

Jewish Care has been selected as the Local Charity of the Year for the large Sainsbury's store in Golders Green. Jewish Care will benefit from a year-long link with the store, with staff from both organisations getting involved in local fundraising events and volunteering in the community.

To kick-start the partnership, both Jewish Care and Sainsbury's held a "Live Jewish festival experience" outside the shop in September, where members of the public were offered free samples of honey cake and apple and honey in the run-up to Rosh Hashanah.

Ben Morrison, Jewish Care's assistant director of fundraising said: "We are very excited to launch this new partnership with Sainsbury's and to show people the range of services and volunteering opportunities we have available for the community at Jewish Care."

Store manager Andy Long (pictured



BEN MORRISON

above left with Jewish Care chief executive Simon Morris) added: "There's a real air of excitement in the store since the colleagues voted to select Jewish Care as our Local Charity Partner. It's such a fantastic opportunity to work with the local community on a really worthwhile cause. We are all looking forward to the coming year and playing our part in supporting, raising funds and awareness in whatever way possible."

## RAYMOND HOUSE SOLD

Jewish Care has sold Raymond House in Southend, to Javed Rashid, who has set up a new company to run the home called Raymond House Care Homes Ltd. Mr Rashid and his family have been involved in the running of care homes in the Southend area for over 20 years.

Simon Morris, chief executive said: "The entire board feel this is the right decision for everyone concerned."

Raymond House residents will continue to enjoy all the services and facilities needed to maintain a Jewish lifestyle including the provision of kosher food. Existing members of staff at Raymond House will be offered roles with the new owner to ensure continuity of care.

Jewish Care will continue to operate its other services in Southend.

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# TURN YOUR SIMCHA INTO A MITZVAH FOR JEWISH CARE

Simcha donations are a vital source of funds for the services we offer the community. In this way we raise over £80,000 per year. Please think about asking people to donate to Jewish Care to mark your happy occasion.

## SILVER WEDDING

Mr & Mrs Alan Anisfeld  
Debbie & Ian Bordell  
Samantha & Keith Feldman  
Pamela & Peter Livingston  
Renee & Lance Meltzer  
Debra & Mark Pears  
Jill & Terry Weinberg

## RUBY WEDDING

Susan & Stanley Brattman  
Louise & Amir Eilon  
Helen & Marvyn Ellison  
Linda & Malcolm Ginsberg  
Janet & Andrew Hart  
Bev & Steve Phillips  
Helen & Jeff Stollar  
Corrine & George White

## GOLDEN WEDDING

Patricia & Stanford Allen  
Carole & Harvey Bourne  
Patricia & Stanley Brody  
Deanne & Malcolm Coleman  
Grace & George Conn  
Geoffrey & Margaret Forman  
Judy & David Frankel  
Mavis & Neil Herman  
Ruth & Colin Lever  
Zena & David Miller  
Lilian & Henry Moss  
Evelyn & Paul Roll  
Myma & Brian Somers  
Denise & Ivor Spiro  
Kathrin & Joe Szlezinger  
Jacqueline & Ben Zatland

## DIAMOND WEDDING

Beulah & Ken Apel  
Patricia & Michael Brand  
Alma & Lewis Cassen  
Joy & Stanley Cohen  
Mavis & Alec Curtis  
Pamela & Cyril Gordon  
Roma & Ivor Ingram  
Doris & Basil Layton  
Sylvia & Sydney Levitt  
Helen & Lionel Lightman  
Reva & Bernie Swies  
Lilian & Henry Werth

## WEDDING ANNIVERSARIES

Diana & Barrington Black  
Marlene & Daniel Goldblatt  
Jeffrey & Anita Golding  
Doreen & Willie Hommel

Marlene & Howard Napper  
Phillipa & David Newman  
Pauline & Pauline Pike  
Sarah & Richard Summers

## SPECIAL BIRTHDAYS

Eddie Allen  
Lance Anisfeld  
Gerald Barnett  
Ann Barnett  
Jill Bednash  
Eric Beecham  
Victor Behrman  
Norma Bellman  
Muriel Benjamin  
Sheila Bergson  
Anne Berman  
Andrew Besser  
Cyril Blake  
Margaret Blake  
Frances Blane  
Johnny Brickman  
Gordon Brill  
Martin Brownstein  
Anthony Butwick  
Jackie Carlowe  
Ann Cohen  
Kitty Cohen  
Rodney Collins  
Irene Cordell  
Renee Cornbloom  
Judy Curtis  
Walter Davis  
Malcolm Domb  
Lloyd Dorfman  
Marie Driffill  
Iris Erdman  
Alan Fine  
Joan Fobel  
Joy Frankel  
David Freedman  
Peter Freedman  
Malcolm Ginsberg  
Dudley Goldsmid  
Malcolm Gordon  
Victor Gordon  
Hilda Gordon  
Sonia Gottlieb  
Peter Gower  
Helen Graham  
Marc Granditer  
Henry Greenberg  
Jack Greene  
Shirley Grossman  
Margot Haas  
Simon Hodes

Mary Hutterer  
Aubrey Isaacson  
Michael Jacobs  
Estelle Jacobs  
Suzanne Joels  
Agnes Kaposi  
Andrew Kaufmann  
Charles Kaye  
Alex Keller  
Rose Kemp  
Bernard Kenner  
Valarie Kerr  
Jose Kesner  
Betty Klein  
Gabriel Lancaster  
Larry Leibou  
Monty Lesler  
Fred Leveson  
Clive Levy  
Laurence Leyens  
Ian Livingston  
Betty Loftus  
David London  
Robert Lowe  
Marion Meltzer  
Stephen Myers  
Philippa Neidle  
Stephen Newton  
Frances Osen  
Maurice Osen  
Rita Park  
Leslie Park  
Mark Pears  
Peter Plaut  
Jean Prince  
Grace Radford  
Norman Raffles  
John Reece  
Liz Rees  
Anita Reuben  
Nettie Rolnick  
Lily Rose  
Bernard Rosen  
Leon Schaller  
Peter Schwab  
Barbara Serlin  
Maurice Serota  
Harold Shattock  
Janette Sherling  
Dolly Shpiro  
David Solomon  
Hanna Solts  
Howard Stanton  
Karen Stern  
John Tilsiter  
Sheila Trup

Amelia Vreeland  
Jeffrey Weinstein  
Zena West  
Kitty Winterman  
Sylvia Wiseman  
Andrew Young  
Anthony Zenios

## BARMITZVAH

Sariel Kaplan  
Shane Melnick  
Tom Pollack

## SECOND BARMITZVAH

Max Dias  
Philip Garfield  
Martin Hunter  
Paul Ripps  
Brian Russell

## THIRD BARMITZVAH

Michael Noss

## WEDDINGS

Beverly Fox & Alan  
Rosamund Sakol & Paul Balcombe  
Symon Sterne & Zoe Jankell  
Darren & Louise Littan  
Jonathan & Stella Miller  
Lisa Ashley & Simon Shaw  
Clare Thompson & Thomas Wexler

## ENGAGEMENT

Shari Sweet & Adam Beckman  
Dani Simons & Josh Fineman

## CHATAN TORAH

Richard Gilbert

## CHATAN BEREISHIT

Jon Barron

## BY WAY OF THANKS TO

Richard & Andrea Adler  
Lord & Lady Clinton-Davis  
Gloria, Martin, Danielle & Sarah Goldstein  
Robin Kantor  
Benjamin Klauber  
Mr & Mrs Graham Taylor  
David Winton & his son

## CELEBRATIONS

Louis & Sybil Bergson  
Dr Leonard & Sheila Glaser  
Philippa & Lloyd Levy  
The Shiers Family

FOR MORE INFORMATION CALL RUTH MERRIAN ON 020 8922 2831 OR EMAIL [RMERRIAN@JCARE.ORG](mailto:RMERRIAN@JCARE.ORG)

# NAME THAT TUNE

*Old songs can provide an enduring link to the past. Hannah Nemeth found out more on a “Singing for the Brain” session at Jewish Care*

**N**ext time you find yourself humming a familiar tune but can't quite remember what it is, take comfort from the fact that you are not alone. Many – probably most – people can retain musical memories long after other kinds have faded.

Good use of this phenomenon is made by the Alzheimer's Society in their 'Singing for the Brain' programme, which I was able to see in action at Jewish Care's Otto Schiff home in Golders Green. The truly inspiring singalong sessions take place on Wednesdays from 2pm until 3.30pm. The beneficiaries are people with dementia – mainly, but not exclusively, those still living at home. The atmosphere is jolly, the environment supportive.

“For people living with dementia, ‘Singing for the Brain’ provides an outing, an opportunity to socialise and be part of a group,” says Jewish Care's dementia and disability specialist, Fionnuala Baiden. “It also helps memory as they often remember the repeated breathing and musical exercises when they come into the same environment each week. They remember words of songs they loved, and it is also an opportunity for the carer to see the abilities that their loved one still retains.

“Most of the group have moderate dementia but they have differing abilities,” Fionnuala explains. “All participate at some level, with some needing prompting from their carer. We do sometimes have people with advanced dementia, who tend to come from one of the care homes. They are still able to get something out of it. Just being with a group of people who don't see just your dementia means a lot – and hearing familiar songs can spark old memories.”

Adriane Marks, who lives at home in Cricklewood, agrees. “It gives me a lovely feeling of being outgoing,” she says. “I come from a very musical family and I used to play the piano. The songs we sing remind me of my father.”

Judith Silver, who ran the session I caught up with, is one of a range of professional musicians who have also had some training from the Alzheimer's Society. “We try to foster a circle in which everyone is participating equally, whether it's a carer or a person with dementia,” she says.

Judith teaches songs from scratch and finds



JOY SABLE

that, by the second or third week, the group has started to work together – and, she emphasises, it's much more than just singing old songs: “One thing that is very important is that we always do a lot of working with instruments (tambourines, various shakers, etc) and a bit of singing rounds [repetitive songs where the singers come in at different points while the others continue – like *Three Blind Mice*, or *London's Burning*] sometimes mixing different parts of songs together, like a jigsaw. If you're singing a round, you need to listen to the people sitting near you and to block out those further away. There's a lot of skill attached to it.”

The 'Singing for the Brain' programme includes many old favourites like, *You are my Sunshine* and *Yellow Bird*, and its repertoire is constantly growing with new songs added each week. And it doesn't stop at singing: *Waltzing Matilda* and *Hava Nagila* had at least half the room up on their feet dancing!

The Otto Schiff session ended with a rousing rendition of *Que Sera, Sera*, followed by *Shalom my Friends, Shalom*. Looking around the circle of held hands and happy faces it was not easy to distinguish between the cared-for and the carers. **CARELINE**

*Above (from left) Otto Schiff care home resident Jackie Spiro with Fionnuala Baiden and Judith Silver at a 'Singing for the Brain' session*

## INFORMATION

Singing for the Brain takes place in the coffee lounge of Otto Schiff care home at the Maurice and Vivienne Wohl Campus every Wednesday afternoon. For further details, please contact Fionnuala Baiden on 07967 008267 or email fbaiden@jcare.org

# I'D FORGOTTEN HOW GOOD CHANUKAH TASTED

# THEN I REMEMBERED JEWISH CARE



At Jewish Care, we love Chanukah. We love the songs. The candles. The doughnuts. The feeling of togetherness that lights up a dark winter evening. That's why, at this time of year, we remember our clients who live alone, without family or friends. Our home care service is there to remind each of them that they are truly part of our family, connected to the rest of the community by the strong purple thread of Jewish Care. And whether it's our carers distributing doughnuts, or helping those alone light their menorah, we're there, hoping to bring a glow of warmth to this happiest of festivals. But of course, we don't limit this level of care for holidays. It's what we do, every day of the year. So this Chanukah, don't forget those who are alone. And remember Jewish Care.

PLEASE REMEMBER TO DONATE BY CALLING 020 8922 2600, VISITING [JEWISHCARE.ORG/DONATE](http://JEWISHCARE.ORG/DONATE), OR BY FILLING IN THE FORM BELOW

REMEMBER **JEWISH CARE**

Name \_\_\_\_\_ Address \_\_\_\_\_

Postcode \_\_\_\_\_

I wish to donate \_\_\_\_\_ I enclose a cheque/CAF charity voucher payable to Jewish Care  Tel No. \_\_\_\_\_

Please debit my card Visa  MasterCard  Maestro  Amex  Card number

Issue no  (maestro only) Valid from   Expiry date   Security code

Name on card \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Please complete this form and return it to: **Jewish Care, Amélie House, Maurice & Vivienne Wohl Campus, 221 Golders Green Road, London, NW11 9DQ**

Data Protection Act: Please tick this box if you do not wish to receive information about our fundraising activities or events  Please tick this box if you do not wish to receive information about our direct appeals

please tear along here

# ART FOR HEART'S SAKE

*One resident at Lady Sarah Cohen House discovered how his artistic talent could still bring pleasure, long after he had put down the paintbrush*

**N**o matter how good a care home is, it is only to be expected that a resident may mourn their past life when they were less frail and had greater independence. Jewish Care is working hard to ensure that all the residents in its homes are able to lead meaningful lives. So whatever the state of their health, staff and volunteers will endeavour to ensure that residents are able to get as much as possible out of the life they are now living.

For Bernard Kisberg, who has lived at Lady Sarah Cohen House in Friern Barnet for nearly seven years, being in a wheelchair and unable to continue his beloved painting left him feeling depressed. He had taken up art very late in life – in his 70s – but illness meant this creative outlet was curtailed. Not that he had had extensive training, as he explains: "I was shown what to do, I went three times to art class and then I went home and did it myself. It was a lovely hobby."

That short introduction to the art world unleashed a hitherto undiscovered talent, and Bernard took up painting with enthusiasm, concentrating on London scenes and still life works in oils. He gave many of his pieces to close family members.

Discovering his great love of painting, Jewish Care social worker Paula Plaskow worked with the home's social care coordinator and Bernard's daughter, Janice Birke, to plan a small exhibition of his work. Janice lent many paintings from her substantial collection and after much persuasion, Bernard gave the go-ahead for the exhibition to take place. Held on a sunny afternoon in one of the public areas of the home, the event attracted friends and family who were delighted and impressed by Bernard's talent.

The exhibition was a prime example of Jewish Care's strategy in action.

"We're being creative in working on Bernard's strengths and we're celebrating his meaningful life," explains Paula. "Although this was his life before, *it still is*, in that we're celebrating his skill and talent. He's giving pleasure to others and that's what he can offer in his situation now. He's chuffed that he's contributed to the home in this way."

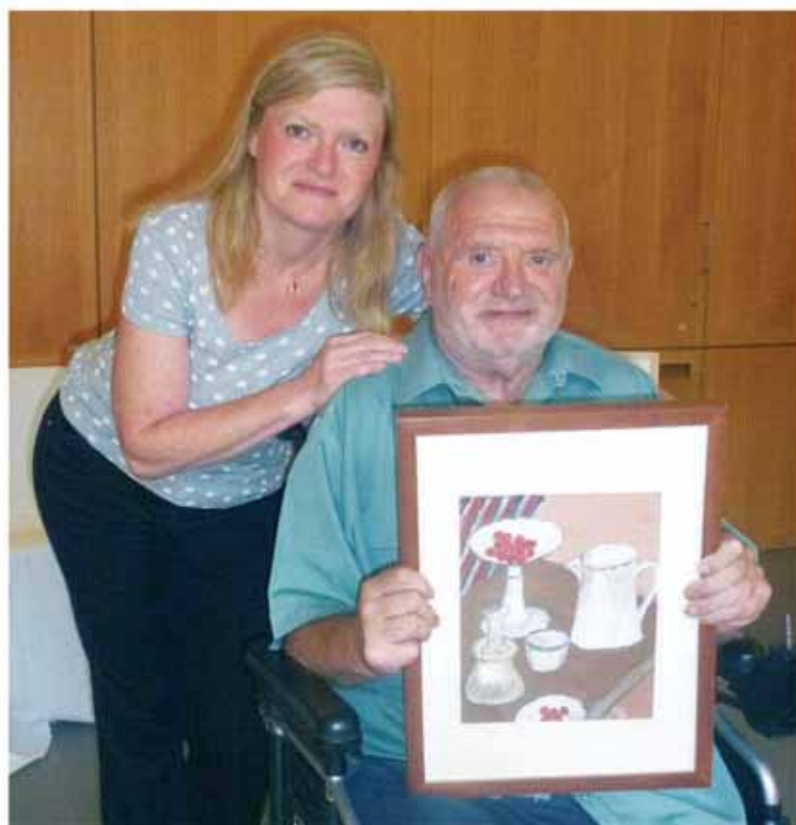
Janice confirms the remarkable effect such acknowledgement of his talent has had upon Bernard: "He had been very depressed that he couldn't do this anymore, but he's finally seen that even though he is not able to paint, it was an amazing contribution that he did make when he was able to do it. I'm very proud of him."

Francis Landau, the social care coordinator at the home, says: "The exhibition was a lovely way for his family to celebrate with his grandson, daughter, son-in-law and old friends. They are planning another exhibition with some of his other paintings, and his daughter is willing to work with us on other exhibitions celebrating the varied talents of our other residents."

Bernard's paintings are so good that several people have expressed an interest in purchasing them. "I'd like to keep them in the family, but we have had offers," says Janice.

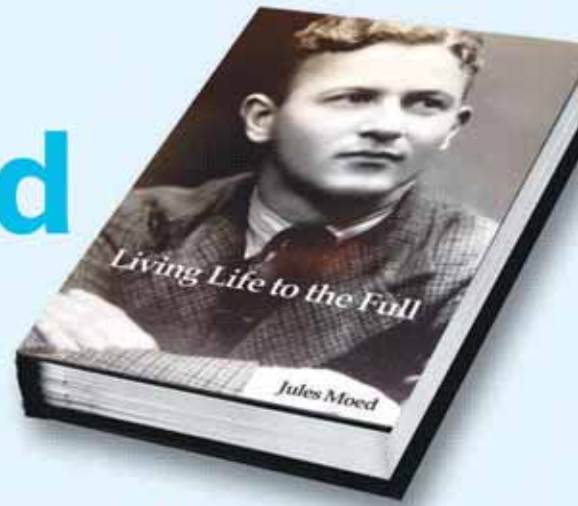
Who knows, in 100 years' time, owning "a Kisberg" may be something to really boast about! **CARELINE**

Below Janice Birke and her father Bernard Kisberg, with one of his paintings



JOY SABLE

# “My ancestor was King of Poland for a Night!”



Roy Moëd, founder of the innovative LifeBook business that helps people record their reminiscences in an autobiography for their family, has an interesting story of his own to tell.

In the 16th century one of our Moëd ancestors, Rabbi Katzenellenbogen, became King of Poland for one night only! At that time there was a formal agreement when one king would hand over to the next. As this ceremony could not take place and they could not be without a king, a neutral person was chosen, our ancestor, because he was young and unmarried. This was one of the very interesting stories about my family that I managed to preserve by doing my father's LifeBook.

LifeBook has been a very personal journey for me. My father Jules was almost blind in his later days and he thought he had nothing else to offer. I found it difficult for us to find things in common to discuss. He was depressed and had little to look forward to each day.

Desperate to find a solution, I came up

with the precursor to today's LifeBook. I sent my PA, Kathy, to interview Dad every week at a set time. He eagerly looked forward to his weekly interviews and would spend the intervening days thinking about the chapters of his life story

**LifeBook not only preserves the precious heritage of a family, it is an enjoyable, therapeutic and stimulating experience for the author.**

and making notes in his file. It transformed his enjoyment of life.

Sadly, he passed away just three months later and I only have forty pages. They are forty very precious pages. My only regret is that I did not start it earlier.

This was the humble beginning of LifeBook, a unique business that now delivers autobiographies all over the

world. LifeBook not only preserves the precious heritage of a family, it is an enjoyable, therapeutic and stimulating experience for the author. It is a gift of deep appreciation for a loved one.

In the next edition of *Careline*, learn about the latest research into the benefits of reminiscing and volunteering, and how both can keep you mentally fitter, healthier and happier!

**Life  
Book**  
more than words

## Buy a LifeBook for a loved one and support Jewish Care

LifeBook is an amazing project that records people's life stories in weekly interviews over a six-month period. These are professionally ghostwritten, edited and printed in ten hardback copies with 150 pages of text and colour photographs. Over 110 hours of work in all. A deposit of £850 is payable followed by six monthly payments of £350 (cancellable at any time). Contact Stephen Martin: [stephenm@lifebookuk.com](mailto:stephenm@lifebookuk.com) or place your order directly online at: [www.lifebookuk.com](http://www.lifebookuk.com).

LifeBook has agreed to help us fundraise. When a Jewish Care supporter orders a LifeBook online at [www.lifebookuk.com](http://www.lifebookuk.com) (referral code jc) Jewish Care will receive £300. Furthermore, they are looking for volunteer interviewers and ghostwriters. The work is fascinating and their online training is free.

**Each time a Jewish Care supporter collaborates on a LifeBook we receive a further sum of £60 per month over the length of the project, a total of £360. That makes a huge total of £660. So please think of having a go!**

# EAT WELL, KEEP FIT!

*Dr Adrian Wayne on getting the most out of life, whatever your age*

It's not the winning, but it's the taking part! We were all inspired by last summer's Olympic and Paralympic Games. No matter how fit we are, we all have the potential to try to live life to the fullest. Even without trainers, nutritionists and lucrative sponsorship, we can help ourselves and have our own tactics to play the game of life. We need a game-plan for healthy eating, sensible exercise and be pro-active in looking after our own health. Here are some thoughts on keeping your body running, staying mentally fit and socially active.

Food is the 'nuclear fuel' of Jewish life. Food can taste good and it provides energy and nutrients. Put food-fads and eccentric diets into the recycling-bin; there's no medical evidence that, in the long-term, they really work. Recent

research has shown that special high-protein diets can reduce weight, but unfortunately one pays for it with a higher risk of cardio-vascular mortality. Confused? Be sensible, as no food should be forbidden (kashrut excepted, and allowing for specific medical conditions, such as diabetes and coeliac disease). So use good old-fashioned common sense and eat a reasonable balance of protein, carbohydrates, minerals and vitamins and, yes, fats – the unsaturated kind.

The Foods Standards Agency has given us an idea of what this means, by showing us an 'eatwell plate', as in the picture below. If you are a meat-eater; no problem (just keep it lean). Fish is great, high on protein and calcium for bones and is low on cholesterol. Keep rolling those fish-balls, frying is not good, so grill or bake, but boiled gefilte fish is by far the best! Fresh food

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Department of Health in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

© Crown Copyright 2011

and vegetables are always good, with lots of vitamins, iron and roughage, to keep those bowels moving. Broccoli and cauliflower are both winners for vitamins, spinach for iron – Popeye was right! Top tip for being 'regular': stewed apples or pears with sultanas.

Not all of us can manage our 'meat and two veg'. Often, through illness or frailty, eating can become difficult. Sip-feeds, such as Ensure, are sometimes useful as supplements, but not as a replacement and only after a dietician's assessment. Here are ideas on nutritious, energising, easy foods: baked potatoes in their jackets (on or off), with cheese, baked beans, or tuna, mashed potatoes, boil-in-the-bag fish, rice or soups and, of course, Jewish penicillin – or chicken soup! It hydrates, has lovely chicken and lots of minerals. Lokschen and matzo balls add useful calories, when needed.

Sensible eating will keep your weight down (portion size is what is important), reduces the risk of heart attack and stroke, keeps your bones healthy, prevents osteoporosis and fractures. Our bodies are just like racing cars and need the right fuel.

Exercise is not only balances sensible eating, burns up fuel and prevents excess weight, but has other real benefits. We're all athletes in our own right, whether we can walk (aided or unaided), or are more sedentary, or even in a wheelchair. Exercise ranges from workouts in the gym to basic chair or bed-bound exercise.

Movement keeps bones stronger and helps counter osteoporosis; it maintains and improves muscle strength and improves balance. Of course, there are many formal sporting activities, such as swimming, bowls and my new-found love of Nordic walking. All physical activity is good, from going shopping, to pottering in the garden, walking around one's home, or dancing. Many GPs have access to free exercise-sessions – please ask them. Exercise also improves self-confidence and helps prevent falls.

One must not forget mental exercise. We



BLAKE EZRA PHOTOGRAPHY

cannot prevent dementia, but can improve declining memory. Keep your mind active, listen to the radio and watch TV reasonably. Also read and do crosswords. Large-print books are available, keep up-to-date with newspapers – including the *Jewish Chronicle* and *Careline*!

Be proactive and regularly consult your optician. Good vision is your window on the world and again prevents falls. Should you find hearing difficult, don't be proud, you may need a hearing-aid, but see your GP's practice nurse first. Hearing is important for being safe, being sociable and talking on the telephone.

Sunshine: we all need it. Sit on a chair outside or go for walks. Sunshine provides most of our vitamin D, which is essential for healthy bones and maintains your metabolism.

To wrap this up, training for a healthier life doesn't have to be difficult – the simpler, the better. Just as the Olympians aspire to be great, we can also aspire to be the best we can. As the athletes think about their diet and exercise, so should we. Whatever you do, enjoy it!

*Dr Adrian Wayne is a GP based in north London. CARELINE*

*Above Michael Sobell Community Centre member Anne Fleishman knows the importance of eating her five-a-day!*

## HOW JEWISH CARE CAN HELP YOU KEEP FIT AND EAT WELL

Why not take the opportunity to get a little fitter by joining one of Jewish Care's many exercise classes? At many of our community and day centres, as well as our connect@ weekly groups, we run a variety of classes. From T'ai Chi and zumba, to more sedate chair-based exercises and low impact aerobics, you are bound to find something to suit you. Certain centres also run single-sex exercise classes, for the more orthodox members of our community.

It is also important to eat well, and there's plenty of chance for a nosh and natter at all our community and day centres. Enjoying a healthy, hot kosher meal at a very reasonable price is a great way to keep you feeling good... and you may make new friends too!

To find out more about the various exercise classes and food services, please call Jewish Care Direct on 020 8922 2222 or visit [www.jewishcare.org](http://www.jewishcare.org)

# CARDS ON THE TABLE

*How artistic are you? If you come along to one of Jewish Care's community or day centres, there is a good chance that you can explore your creative side and discover talents you never knew you had!*

**S**am Bordell is a volunteer and runs the crafts group at Edgware and Harrow Jewish Day Centre on Wednesday mornings. She has been working with several of the day centre members, making beautiful greetings cards. Thrilled with their efforts, Sam has made a book, filled with photos of the wonderful cards and their creators.

The cards are intricate, colourful and something to treasure. They are given to friends and family for birthday celebrations or other similar occasions, and it has given many of the members a real creative outlet which makes them feel so appreciated.

One happy participant in the group said to Sam: "I am so pleased you have created this book as it shows people that we are not stupid and that we can actually do something that is worthwhile."

Perhaps the most touching comment came from a member who said: "My husband gave me a card for my birthday and as he is not mobile enough to go and buy a card or a present, the fact that he was able to make this for me as a surprise was really wonderful for us both."

Here are some images taken from the book Sam produced, featuring the cards and their very talented makers.



Above: Alec Cooper with his handiwork



Left: Annetta Lewis shows off her football skills!



Left: Betty Acton bags a winning design



Left: Jack Green has the artistic touch



Right: Renee Taylor (Left) and Gertie Berman display their creations



# THE CENTRE OF EVERYTHING

*The Michael Sobell Community Centre plays host to an enormous number of activities. Natalie Kennard discovers what's on offer for the Jewish community*

Few Jewish Care employees would readily admit in these columns that part of their job is "a nightmare". But instead of recoiling with horror, Jewish Care's leadership should regard the comment as a dream come true. For the element of Belinda Topliff's job that gives her sleepless nights is scheduling all the activities that take place at the Michael Sobell Community Centre, where she is manager.

The community centre outgrew its space at the newly-built Maurice and Vivienne Wohl campus in Golders Green within months of its opening in August 2010. After submitting a compelling business case, Belinda was given another two rooms. These days they are rarely empty. The new space has become the perfect venue for Singular Challenge, Jewish Care's support group for the recently divorced or separated, which requires both rooms. And on Shabbat, the walls resonate with the Sephardi davening of a Baghdadi minyan, whose 80 members have called the rooms their shul since August. These are just two examples and there are many more.

Below Vicki Minsky at work in the centre's art room



Users of the community centre now number 3200 a month and that figure is growing all the time. Approximately half are seniors who attend the day centre, sometimes every day of the week, for what can be regarded as preventive care.

Belinda explains: "We enhance people's lives and give them a sense of wellbeing and belonging. Several years ago, many of the people who come here would have been in residential homes."

After learning computer skills at the day centre, one 98-year old woman invested in her own iPad, while several others now Skype family living abroad or order their supermarket groceries over the internet. The centre responds to users' needs. A maths group is under consideration after centre member Richard Goodenday expressed dismay at his faltering arithmetic.

Richard, who attends the centre with his wife Netta, said: "We love coming here and have made many new friends. Every Jewish person can only benefit. And of course the food is wonderful, it's marvellous and very reasonably priced."

For some it is essential. Vicki Minsky has attended the day centre four days a week for the last 15 years. She is collected every morning and brought home in the late afternoon.

She says: "It is my lifeline and the reason for me to get up in the morning. I look forward to spending the day with my second family. I wouldn't know what to do if the day centre didn't exist."

But what is the vital ingredient that makes Michael Sobell not just a day centre, but a real community centre? Being intergenerational is the answer, Belinda says.

JMums, the Jewish mums and toddlers group that meets at the centre is probably the most unequivocal example. Older attenders – in between learning how to upholster furniture (deco-patching) or listening to a talk on preventive medicine from the British Heart Foundation or Bowel Cancer UK – are



Above left Volunteer Sylvia Sobell is one of the many friendly faces in the on-site grocery shop

Inset Rose and Stan Levenson are keen fans of the art room

delighted at the company of small visitors.

As well as listening to what users want, staff set great store in responding to the needs of the community around them. This has led to the development of Kosher Internet – a facility so popular that the computer room doors are opened at 7am every day. N'shei [the ladies of] NW is another example. Under the auspices of coordinators Anita Gefilhaus, Leah Winegarten and Frances Ordman, women-only exercise classes, arts and crafts and jewellery-making groups are run for the orthodox community.

Then there's Happy Mondays – every other Monday, in fact – when members of the Jewish Deaf Association get together and enjoy art and teatime.

Glance through a what's on leaflet at the community centre and you'll see the expected: bridge, kalooki, chair-based exercise, chiropody, a well-stocked library, a hairdresser's, a shop for the essentials, art, knitting and embroidery.

But there's also the unexpected. Kehillah Tefillah, an orthodox congregation that prays at Michael Sobell on Shabbat, filled the centre with 400 men, women and children over the high holy days. You can learn to speak Hebrew, French and Yiddish and learn to dance – jazz, ballet, flamenco, salsa and even Bollywood style. You can Zumba, do circuit-training, learn self-defence and find out how to revamp old clothes with So Chic. There's Kitov, an orthodox men-only Jewish learning group, and BeautE, a fully equipped professional beauty salon that's open for business on

Sundays and weekday evenings.

Daytime events, evening courses and weekend happenings that go on from early morning until late at night have convinced one of Belinda's team that, in spite of the plethora of coffee bars, snack stops and popular restaurants in the vicinity, "the Michael Sobell Community Centre is the vibrant hub of Golders Green".

Belinda said: "People finally realise that Jewish Care is not just the organisation to call when you're in a crisis."

Ironically, Belinda, who is not Jewish, might have been in a bit of a crisis herself had it not been for Jewish Care. Lancashire born and bred and newly married, Belinda found herself living in north London. A carer back home, she answered an advertisement in a local newspaper for a similar post at the Michael Sobell Community Centre.

She said: "I found London a very cold place with no sense of community. I only found community when I came to work at the Sobell Centre. I grew up in a place where neighbours popped in asking to borrow a cup of sugar, which, if you think about it, is a very Jewish thing to do."

Two years later, her husband Steve, found a job with Jewish Care too. He works in property services. These days, having risen up the Jewish Care career ladder, Belinda has eight paid staff and a team of volunteers. "Jewish Care must have seen something in me, for which I'm very grateful," she said. As are very many men and women – 3,200 a month to be precise.

**CARELINE**

# SOMETHING TO TALK ABOUT...

*Alison Rubenstein is Jewish Care's new legacy fundraiser. Here she talks about why her job is such an important one in the current economic climate*

I had no idea that responding to an appeal in *Careline* for new volunteers in 2000 would lead to my current new and exciting job as Jewish Care's legacy fundraiser – but I'm so pleased it did!

Having taken a break from my sales and marketing career in financial services while my daughters were young, I wanted to volunteer for a charity that I believed in, using my skills in roles that would be stimulating but flexible. Jewish Care was able to offer this and more, as my roles over the next decade included taking keep fit classes in a day centre, running reminiscence sessions in a care home, quality assurance, being an ambassador and recruiting new employee volunteers.

This was a wonderful opportunity to maintain and develop existing skills while learning new ones. I enjoyed meeting a variety of different people and witnessing the high quality care that Jewish Care offers to those with mental health needs, physical disabilities, those living with dementia and many others.

More recently, noticing a mention of legacies in a letter I received from Jewish Care, I offered my help and was invited onto the Legacy Working Group which does vital work promoting legacies. I attended workshops, dedications and professional events, explaining how leaving a legacy to Jewish Care means that

7000 people and their families can continue to receive much-needed care and support and also how important legacies are in bridging our funding gap.

I was thrilled to join the legacy team as legacy fundraiser earlier this year and am really enjoying the variety and challenge of the role. No two days are ever the same and can involve internal meetings, visits to resources, talking to groups, attending conferences or simply catching up on my emails in the office! Having been a volunteer, donor, service user and now employee of Jewish Care for many years, I have a passionate belief in the work we do and am keen to make people aware of how important legacies are to us.

## Not making a will could have serious consequences

I realise that wills, legacies and death are not easy subjects to talk or even think about, and most of us would rather avoid these reminders of our own mortality altogether. However, as a qualified bereavement counsellor I know that, approached sensitively, these concepts can and should be discussed.

Not making a will could have serious consequences for those left behind. Your money, possessions and even your home may not go to those you most wish to benefit. More positively, leaving a will allows you to clarify your wishes and knowing your legacy will support some of the most vulnerable members of our community brings peace of mind. No gift is ever too small and remembering Jewish Care in your will ensures that you will never be forgotten. We truly value every supporter because whatever amount you decide to leave, it really will make a difference.

If you are considering leaving a legacy to us in your will, or would like an information pack, please contact me on 020 8922 2833 or email [arubenstein@jcare.org](mailto:arubenstein@jcare.org) and I would be very happy to chat about it on a confidential and no obligation basis. **CARELINE**

Below Alison's latest role at Jewish Care involves dealing with legacies



BEN MORRISON

## WHAT'S ON AT JEWISH CARE – A ROUND-UP OF EVENTS

### January

#### Wednesday 9

Visit to the Florence Nightingale Exhibition (H.O.P.E.)

#### Saturday 12

Friends of Clore Manor film show of *Les Misérables* (Com)

#### Sunday 20

Friends of Rosetrees games evening (Com)

#### Tuesday 22

YJC Law Event (Fun)

*Valentino: Master of Couture* exhibition at Somerset House (H.O.P.E.)

### February

#### Sunday 3

Options supper quiz (Com)

#### Thursday 7

*What the Dickens!* celebration in costume at the Brenner Centre at Raine House

#### Wednesday 13

Tour of Kneller Hall, Military School of Music (H.O.P.E.)

#### Sunday 17

Friends of Rosetrees games evening (Com)

HSC Annual dinner and recital with Maxim Vengerov (Fun)

#### Wednesday 27

*Gay's the Word* by Ivor Novello (H.O.P.E.)

#### Thursday 28

YJC Property event (Fun)

### March

#### Sunday 3

Friends of Rosetrees annual supper quiz (Com)

Challenge Committee's 'Rock and Roll' at Bushey Country Club (Com)

Friends of Rubens House supper quiz (Com)

Local Angels bingo event (Fun)

#### Tuesday 5

Visit to Guildhall's Clock Museum and Art Gallery/Library (H.O.P.E.)

#### Wednesday 13

*A Chorus Line* composed by Marvin Hamlisch (H.O.P.E.)

#### Sunday 17

Friends of Rosetrees games night (Com)

#### Monday 18

The Young Patrons Dinner at The Marriott Hotel (Fun)

### April

#### Friday 12

Business breakfast at The Mansion House (Fun)

#### Sunday 14

Options bridge supper (Com)

#### Sunday 21

Friends of Rosetrees games evening (Com)

#### Monday 29

Ladies Potters Bar golf day (Fun)

### May

#### Wednesday 8

ADGS golf day at Dyrham Park Golf Club (Fun)

#### Friday 10 – Sunday 12

YJC Poland trip

#### Sunday 19

Friends of Rosetrees games evening (Com)

#### Sunday 26

Maccabi Community Fun Run (Fun)

## EVENT KEY AND CONTACT GUIDE

<b>Com</b>	Committee event – call Sigal Nissan (020 8922 2806) or email <a href="mailto:snissan@jcare.org">snissan@jcare.org</a>
<b>Fun</b>	Fundraising event – call Ruth Merrian (020 8922 2831) or email <a href="mailto:rmerrian@jcare.org">rmerrian@jcare.org</a>
<b>H.O.P.E.</b>	H.O.P.E. event – call the hotline (020 8922 2192)
<b>RJCC</b>	Redbridge Jewish Community Centre event – call 020 8551 0017 or email <a href="mailto:redbridgejcc@jcare.org">redbridgejcc@jcare.org</a>

## DATA PROTECTION STATEMENT

This statement tells you about the data processing practices of Jewish Care. If you have any queries regarding the personal information we hold or our data processing practices, please address these to Daniel Carmel-Brown, director of fundraising and marketing, Jewish Care.

We collect personal information about you every time you communicate with us. We process the information collected for the following purposes: • Fundraising • Pursuing the objectives of our charity • Administering our membership • Administering promotional campaigns • Providing care and services for our community

All information we collect is held in strictest confidence.

We would like to keep you informed about our fundraising activities, products and services. If you would like to receive this information by email, please let us know by ticking this box . If you would like to receive this information by SMS, please let us know by ticking this box .

Please tick this box if you do not wish to receive information about our fundraising activities or our products or services by post . Please tick this box if you do not wish to receive information about our fundraising activities or our products or services by telephone .

Name:  
Address:

Tel:  
Email:

Return to: Fundraising and Marketing Department, Jewish Care, Amélie House, Maurice and Vivienne Wohl Campus, 221 Golders Green Road, London NW11 9DQ

# READ ALL ABOUT IT

*Joy Sable takes a look at three books which will be of particular interest to Careline readers who want to take a step back into the past*

## IN THE PICTURE

If you lived in the East End and married there between 1927 and 1945, there's a good chance your wedding photograph was taken by Boris Bennett. Known simply as "Boris" he was the premier photographer for young Jewish couples of that era, and he brought a touch of Hollywood glamour to his work. Brides looked incredibly beautiful in their long flowing gowns, clutching their lavish bouquets. Before the Second World War, he was so popular that couples would queue on the stairs of his Whitechapel Road studio to have their photos taken.

Today, many family albums contain photos by Boris and they provide a touching memento of another world long gone. Now, two Boris fans, Frank Harris and Michael Greisman, have produced a book featuring many of his wedding portraits. Most of the images have been located from private collections. The accompanying narrative includes details of the people in the photographs, their occupations and other information.



The book serves as a window into another era, when the East End was teeming with Jewish life.

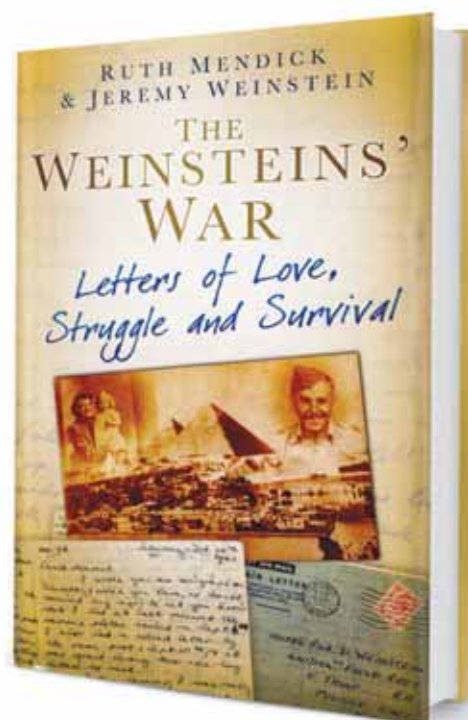
Now, far fewer Jews live in the East End. For many of those still based there, the Stepney Jewish Day Centre provides a welcome and very popular social outlet. One of its regular volunteers is Emma Byre, who is Boris's granddaughter! As they say, it is a small world... and the Jewish world is even smaller.

Further details about the *Boris: The iconic wedding and portrait photographer*, which should be available shortly, can be obtained from Michael Greisman on 07870 653656 or [michael@michaelgreisman.net](mailto:michael@michaelgreisman.net) and Frank Harris on 07805 554414 or [frankharris@cix.co.uk](mailto:frankharris@cix.co.uk)

## LOVE LETTERS FROM AFAR

**W**hat was it really like for those who fought in the Second World War and those who were left behind to keep the home fires burning? How did women cope along, bringing up their children while their husbands were away?

Dealing with the minutiae of daily life



in the midst of a global conflagration, *The Weinstains' War* is a very personal attempt to capture the feelings of a young couple forced apart through the conflict. Written by Ruth Mendick and Jeremy Weinstein, the book details the correspondence between their parents, David and Sylvia Weinstein, during the war years.

It provides an intimate look at the challenges faced by the young couple as Sylvia struggled to bring up Ruth while David faced the enemy in Europe. Their Jewishness runs as a strong theme throughout the narrative.

These vivid, passionate letters were discovered by Ruth and Jeremy after their parents' deaths; they contain a wealth of detail about the period, charting David's inevitable homesickness along with Sylvia's loneliness when they have to spend precious wedding anniversaries apart. In one of the letters, David comments on how he is adapting to coping on his own, doing the tasks traditionally carried out by women: "I'll make a splendid wife... it's surprising how domesticated we all get. I can wash, cook and even darn."

Years later, Sylvia became a member of Redbridge Jewish Community Centre, and Jeremy too, was involved

with Jewish Care in a voluntary capacity.

For those wanting to discover a little more about one of the toughest periods in the last century but at a grassroots level, then this book makes interesting and indeed, moving reading.

*The Weinstains' War – Letters of Love, Struggle and Survival* by Ruth Mendick and Jeremy Weinstein, is published by The History Press, price £14.99 ([www.thehistorypress.co.uk](http://www.thehistorypress.co.uk)).

Below One of the many precious family photos included in the book



## A MATTER OF SURVIVAL

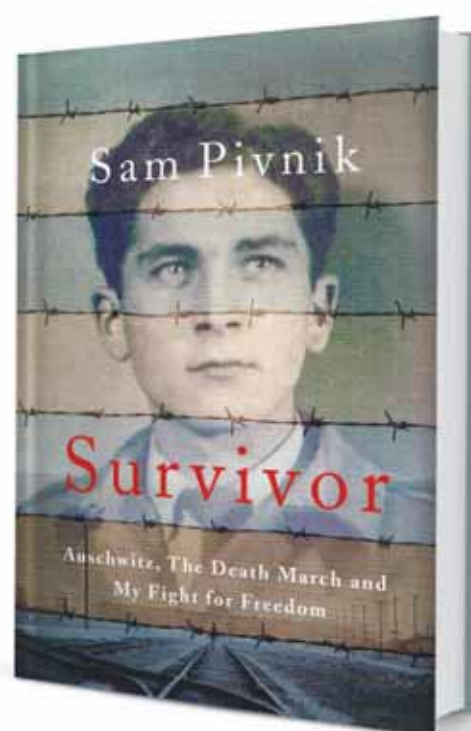
**S**ome books are difficult to understand, others are simply unbearable because they contain real events so terrible, that it is hard to imagine how anyone could survive them. Yet survive them Sam Pivnik did, and his story makes a compelling read.

In this moving testimony to survival through one of history's darkest times, Sam details his childhood, from his early years in Poland to the terrible years of his teens, when he lived in two ghettos, survived Auschwitz (unlike many other members of his family) and worked in a mine. As the Third Reich collapsed, he was sent on a death march, then forced onto the Cap Arcona, a prison ship which was bombed by the RAF, sinking with great loss of life. How he managed

to escape death on numerous occasions, coming to finally settle in the UK in 1951, is an incredible story.

The humbling thing is that there are many survivors from that dark time, with similar stories to tell. What comes across is how, along with great determination, luck and random chance played their vital roles in Sam's survival. To be sent to stand in one line meant certain death; a flick of the wrist to the other line meant survival. This is a true story of courage and bravery, during one of the bleakest periods of history.

*Survivor: Auschwitz, the Death March and my fight for freedom*, by Sam Pivnik, is published by Hodder & Stoughton, price £20.



LIVING WITH DEMENTIA  
DOES NOT MEAN  
HAVING TO GIVE UP  
ACTIVITIES YOU LOVE

KEEP ACTIVE

MEMORY BASED  
THERAPEUTIC ACTIVITIES

REMINISCENCE

ENHANCE SENSE  
OF WELLBEING

IMPROVE SELF ESTEEM

To find out how our highly  
trained team and volunteers  
can help keep you active call  
Carol Rowcliffe on 020 8418 2154

**JEWISH CARE**



# BRIDGE

MICHAEL SOBELL  
COMMUNITY CENTRE

## AT MICHAEL SOBELL COMMUNITY CENTRE

Maurice and Vivienne Wohl Campus  
221 Golders Green Road, London NW11 9DQ

**SUNDAYS AT 6.45PM**

Cards 7pm prompt  
Entry £6 (including refreshments)

**Duplicate bridge**

Rubber bridge may be available  
Please call to confirm

FOR MORE INFORMATION CONTACT:

Morella Kayman 020 8954 0073 / 07931 527 290

Michael Sobell Community Centre  
020 8922 2902/3 or email [adgsbridge@jcare.org](mailto:adgsbridge@jcare.org)

Proceeds to  
Michael Sobell Community Centre  
and The Sam Beckman Centre for People  
Living with Dementia

**JEWISH CARE**



DROP INTO  
JEWISH CARE'S  
FREE TAY-SACHS  
SCREENING DAY

Jewish Care runs a number of Tay-Sachs  
screening days throughout the year. Testing  
is free and is available to anyone aged 16  
and over. If you would like to find out when  
the next screening day is going to take  
place, please call **07890 611 119**.

**1 IN EVERY 25  
JEWISH PEOPLE IS A CARRIER  
OF THE FATAL TAY-SACHS GENE  
ARE YOU?**

TAY-SACHS

**JEWISH CARE**

British Tay-Sachs Foundation Charity Reg No. 249221  
The British Tay-Sachs Foundation is administered by Jewish Care at: Amalie House, Maurice and Vivienne Wohl Campus  
221 Golders Green Road, London NW11 9DQ. Tel: 020 8922 2000

## THERE ARE SO MANY WAYS YOU CAN HELP SUPPORT JEWISH CARE

- If you **Gift Aid** your donation, the current tax system enables Jewish Care to receive an extra 25p for every pound that you donate, at no extra cost to you.
- Regular gifts help the charity to plan its work more effectively. In order to set up a **direct debit** visit: [www.jewishcare.org/support\\_us/regular\\_gifts](http://www.jewishcare.org/support_us/regular_gifts)
- As long as your **payroll** department is equipped, it is possible to support Jewish Care directly from your salary or pension.
- By **gifting shares** to Jewish Care you can not only reduce your capital gains tax liability but you can also claim income tax relief on the shares.
- You could **sponsor** a Business Breakfast or a Women's Lunch – or perhaps your corporate logo could travel on the side of our care buses.
- Include a **legacy to Jewish Care** in your will.

**JEWISH CARE**



# LIGHT UP THE DARKNESS

by Clive Roslin

**W**e've all had them, haven't we? One of those weeks when bad things happen. Well, I have just been through one of them. It all began when I was reversing out of my drive, the accelerator jammed and in less than a second I had crashed into the opposite neighbour's gate. I was pretty shocked by it as, you can imagine.

Next day I was told by a specialist I would have to have a 'procedure' the following month at a hospital, and then my doctor told me I had developed diabetes. I thought about it all. The car cost a lot of money to fix but no other car had been parked in the way and nobody had been walking or driving up the road when the horrible thing happened. The procedure will be only for my own good and the diabetes means only a change of diet, with no need to take pills or insulin. Things were not nearly as bad as I may have thought, initially.

Then I looked outside. It was cold and damp and the nights were drawing in and it depressed me a little that the

long winter was upon us. I walked into the Maurice and Vivienne Wohl Campus in Golders Green and sat down at a table to have an egg and cress sandwich and a cup of coffee.

A very old lady in a wheelchair asked if she could join me at my table and she was so full of joy that she made me thoroughly ashamed of myself. She told me that visiting the campus and the other Jewish Care centres for people like her made her life really good. The sun always shined at these wonderful places where, she said, Jewish Care really cared for people and she had made many new good friends.

She asked me why I was there and I explained about the weekly feature I did in Spectrum Radio's Jewish programme, which is backed by Jewish Care. She became excited about that and said she listened to it every Sunday at twelve o'clock for an hour and she never missed "that hour for its sheer interest and enjoyment."

I felt really ashamed for focusing on my troubles. And then she told me how



she thought this time of year was so lovely because of Chanukah "when the miracle of the light summons us back to the thought that the darkness doesn't last long". She explained that her great-grandchildren came round to light her candles on the chanukiah.

She made me feel so good. She's right, of course. The lights on the chanukiah

**Jewish Care gives so many people so much light, joy and support**

not only recall the story of Judah Macabee but also tell us that darkness always gives way to light. And this marvellous charity does give so many people like this lady so much light and joy and support, wherever they are.

It was a truly wonderful way for me to realise that I should stop feeling sorry for myself and how fortunate I am. I know there is always something to look forward to, that there is always hope. I bless that dear lady, who, like so many others, are made positive and happy by those around them at Jewish Care. I hope all my readers have enjoyed a happy Chanukah. **CARELINE**

Left The lights at Chanukah brighten the dark winter days for many people



# WHAT WE DO

*A guide to our services and the many different ways we can support, guide or help you*



## COMMUNITY SUPPORT AND SOCIAL WORK SERVICE

A qualified and experienced team of professionals with extensive knowledge of a range of disabilities and situations and how the voluntary, health and social care world can help you. Providing advice, support and advocacy across London and south-east England with specialists in:

- Ageing and dementia
- Disability and welfare rights
- Family caring (incorporating the Maurice Lawson Dementia Support Service)
- Palliative and residential care

## CARE HOMES

Designed to enable people who need personal, dementia or nursing care to be looked after in an environment where their Jewish culture is respected and understood.

- Clore Manor, Hendon.  
*Personal & dementia care*
- Ella & Ridley Jacobs House, Hendon.  
*Personal & dementia care*
- Hyman Fine House, Brighton.  
*Personal, dementia & nursing care*
- Lady Sarah Cohen House, Friern Barnet.  
*Dementia & nursing care*
- Otto Schiff, Golders Green.  
*Dementia & nursing care*
- The Princess Alexandra Home, Stanmore.  
*Personal & nursing care*
- Raymond House, Southend-on-Sea.  
*Personal & dementia care*
- Rosetrees, Friern Barnet.  
*Personal & dementia care*
- Rubens House, North Finchley.  
*Personal & dementia care*
- Vi & John Rubens House, Ilford.  
*Personal, dementia & nursing care*

## CONNECT@ CENTRES

Offering a choice of cultural, social and leisure pursuits, one day a week for the young@heart.

- Monday connect@kenton ①
- Tuesday connect@southgate ②
- Thursday connect@southend ④

## INDEPENDENT LIVING

Offering independent living within a supportive environment.

- Selig Court, Golders Green

## COMMUNITY CENTRES

Where the community can come together and enjoy a range of social activities.

- Brenner Community Centre at Raine House, Stamford Hill
- Michael Sobell Community Centre, Golders Green
- Redbridge Jewish Community Centre (Sinclair House)
- Southend and Westcliff Community Centre

## DAY CENTRES

Offer a programme of activities for people with greater needs, enabling them to remain connected to their community.

- Edgware & Harrow Jewish Day Centre ③
- Stepney Jewish Day Centre

## SOCIAL GROUPS AND CLUBS

- Grove Club, Stepney
- The Hillside Club, Stamford Hill
- New Faces, NW London
- Supper Club, Hendon

## DEMENTIA DAY CENTRES

Provides stimulation and therapeutic activities in a safe, secure environment.

- The Dennis Dementia Day Care Centre, Ilford
- Leonard Sainer Dementia Day Care Centre, Edgware
- Sam Beckman Dementia Day Care Centre, Hendon

## THE KENNEDY LEIGH HOME CARE SERVICE

Enables clients to remain living independently in their own homes. Available in:

- NE London
- NW London
- Redbridge
- Southend & Westcliff

All our services can be accessed by calling **Jewish Care Direct**, our confidential helpline that will give you information and advice about all of Jewish Care's services. It is staffed by experienced and knowledgeable professionals, so whatever you need to find out, your call will be treated in a warm and sympathetic manner. If we are unable to help you with your enquiry, we will refer you to another organisation that can.

Its opening hours are: Monday to Thursday 8.30am – 5.30pm and Friday 8.30am – 5pm (until 2pm in winter). You can contact Jewish Care Direct by calling **020 8922 2222**, visiting us at [www.jewishcare.org](http://www.jewishcare.org) or emailing us at [jcdirect@jcare.org](mailto:jcdirect@jcare.org)

### DEMENTIA ACTIVITY GROUPS

- Stamford Hill
- Southend-on-Sea
- Stepney

### BEFRIENDING & FIX-IT SERVICES

Volunteer teams befriend housebound people and Fix-It teams help people by doing small DIY tasks in their homes.

### SHELTERED HOUSING

Enables people to live independently within the security of a warden-assisted building.

- Shebson Lodge, Westcliff

### HOLOCAUST SURVIVORS AND REFUGEE SERVICES

The Holocaust Survivors' Centre is a place for survivors to meet, with specially designed activities. Shalvata provides for the therapeutic needs of survivors and their families.

- Holocaust Survivors' Centre, Hendon ④
- Shalvata, Hendon ④

### DISABILITY SERVICES

Specialist services for disabled people, promoting independence and choice.

- The Karten CTEC Centre, Golders Green & Stamford Hill
- The KC Shasha Centre for Talking News & Books
- Occupational Therapy Service
- Rela Goldhill Lodge, Golders Green ③
- Tay-Sachs screenings

### SUPPORT GROUPS

Members receive support from people in similar situations.

- Bereaved Partners' Group, Redbridge
- Minus One, Hendon
- New-Links, Hendon
- Singular Challenge, Temple Fortune
- Multiple Sclerosis support group, NW London
- Stroke Clubs: East Finchley, Friern Barnet, Hampstead, Redbridge & Stanmore

- Butterflies, Hendon, Golders Green & Redbridge
- Jewish Bereaved Parents' Group, NW London

### MENTAL HEALTH RESIDENTIAL HOMES

Offering independent living within a supportive environment for people with long term mental health needs.

- Jack Gardner House, Golders Green ③
- Sidney Corob House, West Hampstead

### CENTRES FOR WELLBEING

Centres provide individual support using therapeutic, social and cultural activities enabling people to maintain their independence and enhance their wellbeing.

Activities and courses include:

- Healthy living
- Personal development
- Life coaching
- Social networking
- Education and prospects

Located at:

- Kadimah Centre for Wellbeing, Stamford Hill
- Mitkadem Centre for Wellbeing, Redbridge
- Martin B. Cohen Centre for Wellbeing, Edgware

- ① in association with Kenton United Synagogue
- ② in association with Southgate Progressive Synagogue
- ③ in association with the League of Jewish Women and Edgware & District Reform Synagogue
- ④ with the support of World Jewish Relief
- ⑤ in association with JAMI
- ⑥ in association with Southend & Westcliff Hebrew Congregation



DOORON BARHAM



KEITH GOLD

# Supporting above and beyond

Investec Specialist Bank is proud to support Jewish Care. Giving something back is paramount, as is achieving the best for our clients. Our entrepreneurial style and international perspective allows us to offer a distinctive range of specialist financial services. For more information please call us on **020 7597 4010** or visit **[www.investec.co.uk](http://www.investec.co.uk)**



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