

CARELINE

ISSUE 69 | SUMMER 2013/5773



**CRUMBS!
THE GREAT
JEWISH BAKE DAY**

FOR FRIENDS AND SUPPORTERS WHO

REMEMBER

JEWISH CARE

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REMEMBER

JEWISH CARE



Thousands of people took part in Jewish Care's Great Jewish Bake Day in June. Schools, youth movements, synagogues and local businesses baked cakes for the charity, while at Jewish Care, nine care homes, seven community centres and two centres for people living with dementia all held bake day events.

Daniel Carmel-Brown, Jewish Care's director of fundraising and marketing said: "This is true community fundraising, ranging from individuals hosting their own events, through to resources holding Bake Days and community organisations supporting the event too."

Take a look at the photos on this page, which show just some of the amazing events held to celebrate The Great Jewish Bake Day!



AROUND THE WORLD OF JEWISH CARE



BLAKE EZRA PHOTOGRAPHY

↑ BeautE, a new holistic beauty salon in the Maurice and Vivienne Wohl Campus, opened in January. The launch was attended by Jewish Care's honorary president, Dame Gail Ronson DBE, pictured with her daughter Lisa (right) and beauty therapist Sophie Nessim.

↓ Singer and TV personality Stacey Solomon was the special guest at Jewish Care's annual Young Patrons dinner, sponsored by Barclays, in March. The event, which raised £110,000 for the Holocaust Survivors' Centre, was held at the Marriott Hotel in Grosvenor Square where Stacey entertained 360 guests.



BLAKE EZRA PHOTOGRAPHY

↓ The annual campaign dinner, held at the Grosvenor House Hotel in June, raised £4.2 million. It was sponsored by Investec Specialist Bank for the seventh year running. Pictured are (from left) Nicola Loftus (dinner chair), Robert Suss (campaign committee co-chair), Simon Morris (chief executive), Emeli Sande, Lord Levy (president of Jewish Care), Linda Bogod (campaign committee co-chair), Steven Lewis (chairman) and Dame Gail Ronson DBE (honorary president).



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

↑ One of the USA's most prominent philanthropists, David Rubenstein, founder and CEO of the Carlyle Group, was the guest speaker at a business breakfast held at The Berkeley Hotel in Knightsbridge in March. He addressed more than 150 business professionals. Sponsored by KPMG, the event raised £30,000.

↓ Everyone at the Brenner Community Centre at Raine House enjoyed a Charles Dickens-themed day in February.



JUSTIN GRAINCE



BLAKE EZRA PHOTOGRAPHY

↑ The Holocaust Survivors' Centre held its annual recital and gala dinner at the Carlton Tower Hotel in Knightsbridge in February. Nearly 300 guests, including HE the Ambassador of Israel, Daniel Taub and Alon Roth-Snir, the deputy Israeli Ambassador, attended, raising £116,000 for the centre. Guests were entertained by violinist Maxim Vengerov and pianist Itamar Golan.

BLAKE EZRA PHOTOGRAPHY



↑ Delegates from the Hong Kong-based Tung Wah Group of Hospitals visited the Michael Sobell Jewish Community Centre in February. They led festivities to celebrate the Chinese New Year.

↓ Assistant director of fundraising Ben Morrison (or Ben-ana Man) and Mr Blobby joined forces at Sainsbury's in Golders Green for some Purim fun.



NICOLA GOLD



↑ Nettie Keene and Evelyn Cumbers enjoyed a camel ride in Israel. The "Birthright" March trip was organised for older members of the community by Redbridge JCC, the JNF and the World Zionist Organisation.

↓ The Young Jewish Care law committee held an event with guest speaker Lord Neuberger in discussion with Hugo Rifkind. The evening, held at Linklaters offices, raised £2000 for Jewish Care.



BLAKE EZRA PHOTOGRAPHY



JUSTIN GRAINGE

↑ Actress Linda Bellingham was the special guest at the ADGS golf day, held at Dyrham Park Golf Club in May. The event raised £55,000 for the Sam Beckman Centre for People Living with Dementia and the Alzheimer's Society. She is pictured here with Morella Kayman, founder of the golf day.

↓ The Holocaust Survivors' Centre held a tea for its members in March. A surprise guest was HM The Queen (aka Mary Reynolds from the Style Look Alikes Agency), who dropped in for a quick visit.



JASON ANDREWS

↑ Stephen Hester RBS Group chief executive (second right, with business breakfast chairman Howard Leigh), was guest speaker at a business breakfast held at Claridge's in December. The event raised £50,000.

THE WORLD OF JEWISH CARE

↓ The Stonehage Charitable Trust hosted a luncheon in April for guests of Jewish Care and Stonehage. Pictured below are Steven Lewis, Tanja Jegger (Head of Philanthropy, Stonehage), Stuart Roden (Jewish Care trustee) and Andrew Nolan (Stonehage Charitable Trust trustee).



BLAKE EZRA PHOTOGRAPHY

↓ A gala to celebrate Yom Ha'atzmaut was held at Redbridge JCC in April. The entertainment included dance troupes and singing groups.



BLAKE EZRA PHOTOGRAPHY



↑ West Ham manager Sam Allardyce was guest speaker at a sports breakfast held at the Prince Regent Hotel in April. The event raised £30,000.

↓ Young Jewish Care's Property committee held its first quiz night in February. The event was held at Knight Frank's offices in central London. More than 80 young professionals attended, raising £1700.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

↑ The Local Angels committee organised a bingo evening at Redbridge JCC in March. The event, attended by 100 people, raised over £1800. Guests included contestants from the Channel 4 series *Jewish Mum of the Year*.

↓ Marion Davies, a member of Stepney Jewish Day Centre, enjoyed cheesecake at a special Shavuot lunch held for members of the Jewish community at the offices of Clifford Chance in Canary Wharf.



JOY SABLE



SINEAD RIPPINGTON

↑ James Soames (left) and James Tarlton were two of four volunteers (Jonathan Zenios and Hanan Taylor were the others) who ran for Jewish Care in April's Virgin London Marathon, raising more than £16,000.

Deputy director and head of the Social Care Strategy Unit at the Department of Health, Sally Warren paid a visit to Jewish Care in December. Here she is with staff, sporting one of our purple bracelets.



BLAKE EZRA PHOTOGRAPHY

Holocaust Educational Trust student ambassadors met staff and members of the Holocaust Survivors' Centre in the run up to Holocaust Memorial Day in January.



BLAKE EZRA PHOTOGRAPHY



Jewish Care has been awarded the Skills for Care Accolade 'The Best Employer of over 250 staff' for the year 2012/13. The awards were presented by TV personality and presenter of ITV1's *This Morning*, Ruth Langsford, at an event in central London celebrating the best social care practice from across the country.



BLAKE EZRA PHOTOGRAPHY

Lord Sugar helped raise £25,000 for Jewish Care at a breakfast event held at the Dorchester Hotel in May. He is pictured with (from left) Jewish Care chief executive Simon Morris, chairman Steven Lewis, Claudine Collins, managing director of MediaCom and Tony Page, who sponsored the event.

GET COMMITTEE'D!

November

The Ace Committee held its first pre-Chanukah Fete to coincide with Mitzvah Day. The event raised £1271 for Ella & Ridley Jacobs House. The Friends of Rubens House held a klezmer evening for 80 people. Music was provided by the Stuart Curtis Trio. The event raised £1252.

December

The Friends of Lady Sarah Cohen House created a calendar, raising £4800 in sponsorship and sales. This was followed by a very successful quiz supper evening, raising over £2400. The annual Chanukah raffle raised £2700. At the party to draw the raffle, tickets were sold for the '100 Club', which has two draws, at Pesach and at Rosh Hashanah. So far £620 has been raised.

January

More than 190 supporters attended a special screening of the film *Les Misérables* at the Reel Cinema, Borehamwood, which was arranged by **The Friends of Clore Manor**. The event raised £1850 for furnishings and equipment for

a room being turned into a multi-function café-style and art therapy area in the home.

February

Options Committee held a supper quiz at Bushey Synagogue, attracting 194 guests. They raised £3284.

March

The Challenge Committee ran a Rock and Roll Extravaganza featuring The Soul Agents at Bushey Country Club. The event raised £1128 and 71 guests attended. Friends of Rosetrees held a supper quiz, raising £5120. The Friends of Rubens House held a supper quiz at Cockfosters and North Southgate Synagogue. Nearly 200 people attended, raising over £5500.

April

The Options Committee held its bi-annual bridge supper. The event raised £703 and 60 guests attended.

ALZHEIMER'S SOCIETY LAUNCHES REPORT AT JEWISH CARE

Eighty per cent of people living in care homes have either dementia or severe memory problems according to an Alzheimer's Society report launched in February. However, while excellent care exists, less than half of these 322,000 people are enjoying a good quality of life.

The Alzheimer's Society launched its report, 'Low Expectations' at the Maurice and Vivienne Wohl Campus, home to the Otto Schiff care home for people with dementia.

Jewish Care's chief executive Simon Morris called for every provider in the care sector to "ensure they strive to provide the quality of care, in the setting that you or I would want or expect".

'Low Expectations' finds evidence of a deep-seated pessimism about life in care homes. Only 41 per cent of relatives

surveyed by Alzheimer's Society reported that their loved ones enjoyed good quality of life. Despite this, three quarters (74 per cent) of relatives would recommend their family member's care home.

Jeremy Hughes, chief executive at the Alzheimer's Society, said:

"Society has such low expectations of care homes that people are settling for average. Throughout our lives we demand the best for ourselves and our children. Why do we expect less for our parents? We need government and care homes to work together to lift up expectations so people know they have the right to demand the best."

The report makes a series of recommendations to ensure greater choice, care and community involvement for people living in care homes. Simon



Above Jeremy Hughes at the report launch in February

Morris spoke of how Jewish Care strives to meet each of these recommendations with a particular emphasis on the desire to create care homes as part of a wider community:

"We are in a fortunate position to have a supportive ready made community, a community of exceptional volunteers. Our volunteers bring so much to our homes."

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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.

SPECIAL BIRTHDAYS

Rowland Aarons
Harvey Adams
Goldie Allan
Julian Anders
Lance Anisfeld
Arnold Archer
Paul Arenson
Cyril Baker
Howard Barbarash
Billie Barnett
Jill Bednash
Eric Beecham
Victor Behrman
Muriel Benjamin
Shirley Berelson
Andrew Besser
Gerald Bleetman
Lillian Bloch
Sidney Bookatz
Samantha Bordell
Yvonne Braude
Johnny Brickman
Robert Brody
Martin Brownstein
Sandra Butwick
Adele Cohen
Andrew Cohen
Ann Cohen
Jeff Cohen
Kitty Cohen
Martin Compton
Allen Cooper
Sonia Copeland
Sylvia Copley
Michael Corzberg
Edna Cowan
Maurice Cowen
Leo Crystal
Michael Davies
Walter Davis
Gillian Davis
David Dollar
Simon Driver
Ruchel Eisen
Liz Enlander
Shirley Field
Barry Fligg
Joan Fobel
Dr Sonia Fox
Gertrude Fox
Joy Frankel
Morley Franks
Gloria Freeda
David Freedman
John Frenkel

Barry Gelkoff
Malcolm Ginsberg
Jean Glazer
Evelyn Gold
Grete Goldhill
Jean Golding
Malcolm Gordon
Dr Harvey Gordon
Ruth Gordon
Anne Gower
Frank Granditer
Michael Grant
Ivor Green
Lilian Greene
Jack Gubbay
Margot Haas
Jacqui Harris
John Harris
Sheila Hershkorn
John Hilton
Simon Hodes
Evelyn Horesh
Mick Italiaander
Bernard Jackson
Shirley Jacobs
Elaine Jacobs
Lawrence Jacobs
Marie Jacobs
Harold Jayes
Eddie Josse
Professor Agnes Kaposi
Amalie Katz
Rose Kemp
Julian Khan
Ray Kinzler
Lilliane Kirsch
Arnie Kosiner
Joyce Krieger
Roamie Lambert
Martin Landsman
Shirley Lawson
Rita Lebetkin
Michael Levin
Clive Levy
Cyril Levy
Ralph Levy
Steven Lewis
Gillian Livingstone
Betty Loftus
Bob Lowe
Daphne Mammon
Marcus Mann
Maurice Minsky
Suzanne Morgan
Robert Morris
Stephen Myers

Benny Needleman
Philippa Neidle
Robert Nissen
Ben Nygate
Leslie Park
Rita Park
Mark Pears
Alan Perry
Daphne Peters
Pamela Peters
Jack Pollack
Pearl Posner
Daphne Price
Sheila Putzman
John Rabb
Anita Reuben
Arnold Rifkin
Hettie Rifkin
Arthur Robins
Hilary Roodyn
Leslie Rose
Lily Rose
Carole Rose
Lily Roth
Helen Rothbart
Michael Rothbart
Joy Russell
Marlene Russell
Joyce Saffron
Martin Sethill
Ann Sevitt
Judith Shaw
Fausta Shelton
Dolly Shpiro
Tony Simmons
Hannah Singer
Peter Singer
Mike Smith
David Solomon
Margot Spiers
Dan Spiro
Howard Stanton
Martin Stanton
Karen Stern
John Tilsiter
Ronald Tucker
Ronald Vanderkar
Dennis Veingard
Amelia Vreeland
Hettie Ward
Monty Waxler
Barbara Webber
Sara Wolfson
Marion Zalkin
Anthony Zenios
Dr David Zuck

20TH WEDDING ANNIVERSARY

Jeannette & Mike Kenner
Marlene & Howard Napper

SILVER WEDDING

Samantha & Keith Bordell
Lorraine & Neil Driver
Jill & Terry Feldman
Karen & Paul Krieger
Debbie & Ian Livingston
Laura & Stuart Marchant
Mr and Mrs Alan Meltzer
Alison & Jeffrey Rubenstein
Pamela & Peter Weinberg

30TH WEDDING ANNIVERSARY

Pauline & Barry Pike

RUBY WEDDING

Louise & Amir Eilon
Linda & Malcolm Ginsberg
Susan & Stephen James
Janet & Leon Polnay
Daphne & David Price
Joy & Graham Shapiro
Annick and Harvey Simon
Pamela & Colin Wagman

GOLDEN WEDDING

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Eve & Harry Bailey
Golda & Henry Block
Brenda & Phil Boyne
Patricia & Stanley Brody
Anita & Gerald Chalfen
Sheila & Basil Davis
Ellen & Gerald Earle
Rosemary & Leonard Fertleman
Margaret & Geoffrey Forman
Linda & Rodney Herbert
Mavis & Neil Herman
Rabbi Dr Irving & Anne Jacobs
Jacqueline & Stanley Klarfeld
Sylvia & Jonathan Kramer
Melanie & John Lawson
Marilyn & Ferdi Lerner
Zena & David Miller
Rebecca & Jeffrey Milston
June & Ivor Morris
Debra & Mark Pears
Sandra & David Peterman
Carole & Maitland Rose
Helen & Aubrey Schifreen

Nina & Stanley Sebbe
Denise & Ivor Spiro
Kathrin & Joseph Szlezinger
Linda & Robert Tanner
Sheila & Marcel Weinstock
Jacqueline & Ben Zatlend

55TH WEDDING ANNIVERSARY

Sir Sidney & Lady Rosa Lipworth

WEDDING ANNIVERSARY

Marlene & Daniel Goldblatt
Doreen & Willie Hommel
Tina & Norman Lewis

DIAMOND WEDDING

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Louise & Laurie Cohen
Joy & Joseph Conway
Mavis & Alec Curtis
Pamela & Cyril Gordon
Roma & Ivor Ingram
Doris & Basil Layton
Helen & Lionel Lightman
Jocelyn & Natie Miller
Debbie & Jack Seedburgh
Naomi & Felix Winkler

SECOND BARMITZVAH

Norman Cohen
Philip Garfield
Martin Hunter
Bernie Scott

BARMITZVAH

Shane Melnick
Tom Pollack

BECOMING CHATAN TORAH

Richard Gilbert

CHATAN BEREISHIT

Jon Barron

ENGAGEMENT

Daniel Abda & Julia Doff

BY WAY OF THANKS

Walter Jacobs
Alice Sacco
Stuart Wolfman

FAMILY CELEBRATIONS

The Shiers Family

MARRIAGE

Stephen Roston
& Bettina Walman

FOR MORE INFORMATION CALL RUTH MERRIAN ON 020 8922 2831 OR EMAIL RMERRIAN@JCARE.ORG

HOW CAN WE HELP YOU?

Jewish Care Direct is the charity's confidential helpline, providing emotional support and information on a wide range of health and social care enquiries as well as all of Jewish Care's services. Here are just a few of the questions our staff deal with on a regular basis



JOY SABLE

■ **My elderly mother is not coping at home, she lives alone and is now very forgetful. She is even leaving the gas on when she cooks something. I am very concerned about her and don't know what to do. Can you help? She doesn't know I am contacting you.**

Jewish Care Direct can put you in touch with one of our social work teams, who can assess your mother's care needs and see how Jewish Care's services can help. We would need your mother's consent to do so, however. How would you feel about having a conversation with her about your concerns? If you feel unsure about this, or if you feel that you would benefit from some support yourself, please do give our helpline a call.

■ **My uncle is 74 and lives alone since his wife recently died. He's doesn't need any practical help but sometimes worries that something might happen to him, like a fall or a stroke, and no one will find him if he can't get to the phone. I've heard about alarms but don't know how to find out more about them.**

Many people find peace of mind in a personal alarm. The person wears a pendant or wristband with a button included. If they need help, they just press the button triggering a call to an emergency response centre, staffed day and night, who can contact a nominated key holder or call an ambulance, for example. Your uncle might like to contact his local authority (council), many of which run these schemes. Alternatively, organisations such as Age UK may be able to help and can be contacted on 0800 169 6565.

■ **My mother died three years ago and my father was her sole carer. Looking after her took up so much of his time that he withdrew from everything else and now finds himself lonely. He's a sprightly 74, a very intelligent and cultured man who used to enjoy the arts in particular. I think he'd really benefit from meeting like-minded people.**

There are many ways Jewish Care can help your father to re-engage with his interests and hobbies. Our community centres offer a wide range of activities, including discussion groups and cultural

pastimes. Perhaps he might consider volunteering for Jewish Care, as this can be a great way of meeting others and sharing skills and expertise? We can also put him in touch with organisations catering for those looking to use their intellect and interest in culture.

■ **A close friend of mine died last year, she was only 33. We had been friends since childhood. At first, I thought I was coping ok. But it was the anniversary of her death recently and I found myself crying at her loss in a way that I hadn't done before. I just can't seem to get it together. I miss her so much. I don't understand why I'm feeling like this.**

Everyone's experience of bereavement is unique to them – and there's no set time period or pattern for grieving, there are no rights or wrongs to what can often be very powerful feelings. Do you have anyone you can talk to about how you're feeling? It can be very helpful to talk things through. You can call our helpline if you would like some support through this difficult time. We are here to listen and can let you know about other sources of support for you.

CARELINE

Above Linda Hamilton and Rachel Stain, two of Jewish Care Direct's trained and dedicated helpline staff

HOW TO CONTACT US

The confidential helpline is open Monday to Thursday, 8.30am – 5.30pm and Friday 8.30am – 5pm (until 2pm in winter). You can call Jewish Care Direct on 020 8922 2222, visit www.jewishcare.org or email jcdirect@jcare.org

the Jewish news



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A TRIP OF A LIFETIME

Steven Altmann-Richer, chair of Young Jewish Care, made a journey to Poland in May. Here he writes on his moving experience and why he will never forget it

For a number of years I had been toying with the idea of visiting Poland. I had always appreciated its importance, but it just seemed so difficult. Last year I finally decided I wanted to go, partly because the importance vastly outweighs the difficulty, but also so I could go with a survivor.

The Young Jewish Care Poland trip provided the ideal opportunity. Being involved in Jewish Care for a couple of years now and understanding the amazing work it does at the Holocaust Survivors' Centre in Hendon, I could not think of a better organisation to go with.

Having met up with the group a week before the trip, I arrived bleary-eyed at the airport greeted by friendly faces and ready for the Ryanair flight to Krakow. On arrival at Friday lunchtime, we made a Jewish interest tour of the city with an excellent guide from the local Jewish Museum and then attended a Friday night dinner at the Krakow Jewish Community Centre. It was quite amazing to join a hundred or so young Polish people coming for dinner and discovering their Jewish roots. It is easy to forget that the country had hundreds of years of Jewish history before the Holocaust.

On Shabbat, we went to a synagogue service for Krakow's oldest Jewish resident's 100th birthday! It was a once-in-a-lifetime experience. However, this in no way prepared us for what was to follow; the life story of Rene Salt, the amazing survivor who had joined us on the trip and a member of Jewish Care's Holocaust Survivors' Centre. Rene's story moved me and most of the 30-strong group to tears. Words cannot describe what she must have been through. The strength she showed to tell us her story right from growing up happily in Poland, through Auschwitz and Bergen-Belsen, to meeting her husband and coming to the UK, was truly remarkable and she is an inspiration.

On the final day we visited Auschwitz. It was when we reached Birkenau and the heavens opened that the significance of the place really sunk in. Our guide Marcel Manson had prepared



Above The YJC group in Poland



Left Participant Adam Newman, wrapped in an Israeli flag outside Auschwitz

a meaningful memorial service which we conducted inside one of the wooden barracks. I'll always remember the shiver that went right through me and the emotion of the moment as we blew the shofar and sang the Hatikvah in that most evil of places.

Having had a little time to reflect now, my feeling is thanks to Rene and the great people in the group, the trip was – counter to expectations – more uplifting than depressing. However, it raised as many questions about the Holocaust for me as it answered. I can't get over how recent it really was and the usual questions of 'why' and 'how.' I would urge anyone who has never been to go – however difficult you may find it – especially while people like Rene are still around. **CARELINE**

INFORMATION

For more information about Young Jewish Care and its forthcoming events, please contact Jess Wilson on 020 8922 2822 or email jwilson@jcare.org

For details on the Young Patrons programme please contact Charlotte Fisher on 020 8922 2814 or email cfisher@jcare.org

Leave a legacy to Jewish Care and you'll be remembering the 7,000 people and their families we help and care for each week.

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Please send me a copy of your free guide on how to include Jewish Care in my will.

Please call me to discuss including Jewish Care in my will.

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Thank you for considering a legacy to Jewish Care.

Please send the completed form to:

Alison Rubenstein, Legacy Department, Jewish Care, Amélie House Maurice and Vivienne Wohl Campus

221 Golders Green Road, London NW11 9DQ

Tel 020 8922 2833 Email arubenstein@jcare.org

Your support is vital to our work and we thank you for it. We also respect your privacy and can assure you that Jewish Care fully complies with the Data Protection Act 1998. Jewish Care will not, under any circumstances, share your legacy information with any other organisation.

jewishcare.org/legacy

CL02

REMEMBER **JEWISH CARE**

PATSY'S WINNING HAND

Patsy Bloom is the driving force behind Jewish Care's annual Bridge Extravaganza. Sharon Maxwell Magnus finds out more about this dedicated fundraiser

Patsy Bloom is a woman driven to succeed. When she started the innovative insurance business Pet Plan, she was determined to make it a winner. That success was recognised when, not only did it become a multi-million market leader, she also won the Veuve Clicquot Business Woman of the Year.

When she took up bridge, she thrived on the intellectual challenge of the game. And when she decided to create a bridge day as a Jewish Care event, there was no doubt that she would look for the most capable women she could find to join that committee. No wonder that the annual Jewish Care Bridge Extravaganza holds a Guinness World Record for having cumulatively raised the most money from a bridge tournament – £1.2 million since 1997. This money is used to run the buses that take clients who have dementia to Jewish Care day centres.

"When we started we knew we wanted to pay the complete cost of something, have a clear project and spend it on something that was a running cost," says Patsy.

Patsy became involved in bridge as a result of her mother's suggestion. "She told me, when I reached 50, that if I played bridge I would always have friends," she laughs. "Also, when I sold

my business I didn't need or want to work again and if I hadn't had bridge as an intellectual challenge, I might have started another business."

Patsy has worked in the charity sector, first for Oxfam, and then, before she started Pet Plan, for the Central British Fund for Refugees. But she had always had a soft spot for Jewish Care, since many of her mother's East End family, including Patsy's great aunt, had benefited from its support.

"One of the things I learnt from my time in business is that you need people with different skills, different groups of friends and a truly professional attitude," she says. "And we've done it – after 17 years most of us who were on the committee at the start are still on it now. And after every single bridge event, we all sit down and do a post-mortem, work out what went well and what we can do even better next year."

The committee (some members pictured below) consists of Patsy and co-chair Susan James, Loretta Burns, Adèle Goldstein, Jenifer Rosenberg OBE, Arlette Shamash, Nathalie Shashou, Rosalyn Springer, Ghita Tam and Shirley Young, all of whom who spend months making sure that the day itself is "pure professionalism".

The event is held at the Landmark hotel and offers three types of bridge:



BLAKE EZRA PHOTOGRAPHY

Above Patsy Bloom in one of the buses she has donated to Jewish Care

duplicate, friendly duplicate and rubber. Trophies are sponsored as is the event itself.

"It runs to the minute and like a military operation," says Patsy. However, she also admits there have been hiccups, their worst mistake being when they decided to hold the event on a half term without realising it. "So many people have grandparent duties then," says Patsy, "so they couldn't come."

For Patsy, winning the world record was a personal highlight. "Sigal [from Jewish Care's fundraising and marketing department] tracked down all the archives and looked at all the figures," she says. "I've had my fair share of public and private awards, but this felt really quite unreal."

Patsy's motivation is simple. "I have been involved with charity all my life. I feel I have been extraordinarily fortunate and this is part of giving back." **CARELINE**

BRIDGE EXTRAVAGANZA

This year's bridge event will be held on Monday 2 December. Further details from Julie Goodman on 020 8922 2834



BLAKE EZRA PHOTOGRAPHY

THE BEST STORIES COME FROM REAL LIFE

We are always delighted to hear from our readers. Your rich diversity of stories confirms what a very interesting community of supporters we have. The wealth of accumulated experience that is stored in people's lives is a resource that really should be passed on, but seldom is. It's not only the adventures and achievements of a life well spent (or possibly misspent!) that fascinate, but also the rhythms of daily existence that will interest succeeding generations.

Most of us would love to peer into the lives of our great grandparents at first hand, but we don't have that opportunity. So you can be sure that our great-grandchildren will want to know all about us, preferably in our own words.

It seems that over a third of people who start writing their autobiography never finish. In the event they find the task is either too time-consuming or they simply lack the specialist knowledge to edit and publish their life stories to a professional standard. Even an accomplished writer can find it a daunting project. Consequently the book becomes 'a work in progress', one that will never be completed.

But now there's a new and easy way for authors to capture their stories and create a unique private legacy for the family. A company called LifeBook has

devised a comprehensive process to help people write their autobiography that is both enjoyable and excellent value. The author is interviewed at home over a six month period, with the recordings of these sessions being transcribed and edited by a professional ghost writer into a privately published hardback book containing up to 150 pages of text and photos.

The author receives 10 copies of their autobiography to share with family and friends. Because the stories are told in the first person, reproducing the character and distinct tone of the author, it makes for an exceptionally vivid and personal record. A skilled interviewer can also take the effort out of unlocking half-forgotten memories that would otherwise be lost.

LifeBook founder Roy Moëd became a passionate advocate for life story telling when his first author, his father, was writing his book. "I discovered that we had an ancestor who was King of Poland for one day. Capturing my father's story gave me the inspiration for LifeBook – it's a superb way to rekindle family relationships, capture family history and create a powerful legacy for our children and grandchildren. I also realised how much I valued the everyday stories, not just the great events."

Many of the LifeBook authors have brought to light unexpected stories which have surprised and amused their



families. One author, now an eminent establishment figure, recalls marching for CND in the early sixties and being to the far left of the Communists. He subsequently became a judge. Another produced photographs of himself in bell bottom trousers, beard and shoulder length hair. He was arrested by the Polish border police for attempting to smuggle a banned magazine into Warsaw in 1970. This has come as a shock to his grandchildren because they only think of him as a respectable retired civil servant. Travel experiences have also proved wonderful story triggers. One author describes a youthful adventure on the Nile when he and a friend became possibly the first people ever to water-ski on the river.

We know that some of you have led unusual lives, ones filled with challenge and adventure. But all lives can yield interesting anecdotes drawn from family tradition, schooldays, romance, marriage and children, and career. Think of the quirky personalities encountered along the way and the friendships made, some of which have probably lasted for decades. All these experiences shape the person you are today, and form an invaluable treasure to set down for subsequent generations of your family.

BUY A LIFEBOOK FOR A LOVED ONE AND SUPPORT JEWISH CARE

Why not let LifeBook help you create your autobiography? Or how about getting a LifeBook for an older relative? It would make the gift of a lifetime, quite literally. Not only is the experience deeply enjoyable, but LifeBook has agreed to give Jewish Care £310 towards our valuable work for each LifeBook bought. Just quote jcc1 when ordering.

To find out more all you need to do is call LifeBook on 020 3291 1169 or visit their website www.lifebookuk.com Happy reminiscing!

UNDERSTANDING CHANGES TO CARE FUNDING

The government recently announced changes to social care funding. Lisa Wimborne speaks to Andrew Dilnot CBE about what these changes mean and why they will bring an end to limitless care bills

We are fortunate in the UK to have a free health service, but as soon as we get older and require care and support, the situation is very different. Currently everyone with assets of more than £23,250 is expected to contribute towards the full cost of their social care. As none of us knows how much care we will need in the future, it is very difficult for us to plan for this and under the current funding regime, many of us will be faced with selling our home and spending all our assets to pay for care.

Earlier this year the government announced a major, long-term reform of social care funding that should mean that no one will be forced to spend all of their savings or sell their home in their lifetime to pay for care.

The reforms follow recommendations from economist Andrew Dilnot CBE, who was commissioned by the government to look at how best to protect people from high and unpredictable social care costs. These reforms set out how, for the first time ever, people will

be protected from limitless care bills. Whilst these reforms won't come into effect until 2016, they are important for many of us to understand, as they will change the way we pay for our care in the future.

Here Andrew Dilnot answers some questions on why he thinks these reforms are important and what they will mean to you.

Why do you think the government had to address long term funding of social care?

The structure we have at the moment simply does not work well. Most of us will face some social care needs in our old age, and for a minority, these will be very high. In all other areas of our lives, we 'pool' that sort of risk, through either private insurance (cars and houses) or state provision (health), but in the case of social care we are left to face the risk as individuals. This means that, especially for those with moderate or low wealth, the fear of needing social care can be overwhelming. In part as a result of that, we see a social care sector where there is less diversity of provision and innovation than we would like to see.

Our health service is free, we pay for this through our tax system. Why can't we have a similar system to meet our care needs as we get older?

We could have such a system if we were prepared to pay significantly higher taxes, and if we believed that the spending would be protected over the long term so that we could trust that the system would still be in place when we came to need it. Neither of these conditions seems to be met at present. It is also striking that most people seem to believe that it is perfectly reasonable to expect individuals to make some financial contribution to their own social care needs, just as we expect those who have the resources available to provide for their own housing and food in old age.

Below Andrew Dilnot addresses a Jewish Care audience in February this year



BLAKE EZRA PHOTOGRAPHY

So, if we are still required to pay for our care, what is changing?

There are two big changes. First, after 2016, the worst risk will be pooled through state intervention to set a cap on the amount that individuals must pay for their care. One way of thinking about it is as a form of state insurance with an 'excess' that must be covered by individuals. Once your accumulated care needs have reached £72,000, the state will pay for your care. This should take away the worst fear, that there is an unlimited, open-ended risk. Second, the means test is to be made much more generous. At present, once your assets, including the value of your house, exceed £23,250, you must pay for all of your care. That number will be increased to £118,000 in 2016.

Does this mean that the most I need to put aside for my future care is £75,000?

Initially the government set the cap level at £75,000, with the new system to be introduced from 2017, but it has now been brought forward by a year, to 2016, and the cap correspondingly reduced to £72,000. Progress towards the cap will be based on what a local authority would have paid, so that if the cost of care in your area is high, or you choose to spend more than the local authority would spend, you will not reach the cap any more quickly. The cap only applies to care costs, so accommodation costs will still be met by individuals.

Most of my assets are tied up in my house. I heard I am not expected to sell my house. How can I pay for my future care without selling my house?

Local authorities will allow individuals to defer selling their houses until after the death, effectively lending individuals the money to be recouped after death.

How will these proposed changes help me with my long term financial planning?

Under the current regime, it is hard to plan because there is no way of knowing what the worst case will be. Under the new scheme, the cap and the change to the means test mean that individuals can see what the extent of the costs might be, and plan accordingly. Many people may be happy to take the costs up to the cap from their house or other assets, but the financial services industry is also considering a range of responses. One route may be equity release from housing, which will be more straightforward once the amount that may be needed has been made clear by the



BLAKE EZRA PHOTOGRAPHY

introduction of the cap. A second, longer term, route is proper integration of planning for care costs into individuals' pension planning. Products aimed at providing some cover for costs up to the cap may also be considered, alongside products to provide resources beyond what will be paid for by the state, for those who want to spend more than the local authority provision.

How much will these changes cost the government and how are we going to pay for them?

In the early years, about £1 billion per annum (compared to total government spending of around £700 billion p.a.), although this will rise somewhat as the scheme matures and as the population ages. Some of the costs will be met by changes to inheritance tax, and some from national insurance contributions. **CARELINE**

Above Jewish Care chairman Steven Lewis (left) with Andrew Dilnot and chief executive Simon Morris

WHAT DO I NEED TO DO NOW?

The reforms won't come into effect until April 2016. Jewish Care will ensure you are kept informed of the impact of these changes. Over the coming months and years we will consider how we can support people in the community to plan for these changes in social care funding. We welcome your questions, thoughts and views on planning for change. Contact Daniel Casson on dcasson@jcare.org or call him on 020 8922 2838.

GIVING IS GOOD!

Stuck for great ideas on how to raise funds for charity? Take a look at the different schemes on these pages and see which one you might enjoy getting involved with as Jewish Care really does need your help

Collection tins



Give a little, give often – have a Jewish Care collection box. All small change makes a huge change in someone's life.

Donating prizes



Do you have any unwanted shopping or travel vouchers or wedding gifts that you will never use? Your gift can be auctioned off at a Jewish Care event and the money will be used as a donation to the charity. The more unusual the gift, the more money we can raise so if you have signed memorabilia you no longer want, Jewish Care will be very happy to benefit from your generosity.

The Book of Life



Remember the death of a loved one through "The Book of Life", a beautiful volume on permanent display at our head office. The receipt of one or more donations will ensure that the name of the departed is inscribed in the book, and the bereaved family will receive a certificate honouring their loved one. The bereavement need not be recent – the entry can commemorate someone who died many years ago, or can be made on the occasion of the *yahrzeit* of a loved one.

Direct debit



Donating by direct debit is the most cost-effective way to support Jewish Care. It incurs the lowest administrative costs and enables you to give regularly without having to do anything. It can also enable larger gifts to be spread across monthly payments if desired.

Donate online



Use your computer to give to Jewish Care is simple and speedy. The paperless way to make a donation to the charity is by visiting www.jewishcare.org and clicking on "Donate Now". It only takes a minute and we will thank you by email to keep our admin costs down.

Charitable trusts and major donations



Are you a trustee of a charitable trust or in the fortunate position to give a significant gift? Jewish Care's Patron programme and major donor schemes can bring you closer to our work with regular briefings, events and missions to see first hand how your support directly helps those vulnerable members of our community. Naming opportunities in our current services or our new buildings are available for those who support our work in this way.

Gift aid



Are you a UK tax payer? If so, use gift aid to make your donation even more valuable to us. Gift aiding your donation is simple and it costs you nothing. If you gift aid your donation, Jewish Care will claim from Her Majesty's Revenue & Customs (HMRC) 25p for every £1 you donate. So a £100 donation will allow Jewish Care to claim £25 from HMRC, making your gift worth £125.

Sponsoring an event



Jewish Care hosts many high profile events throughout the year which provide the perfect opportunity to promote your brand or business. Each event offers exciting opportunities to raise your profile in front of your target audiences and host clients and colleagues at professionally staged, events that are both interesting and enjoyable. Corporate sponsorship opportunities are available at most of our events from Young Jewish Care and business breakfasts, to concert evenings, ladies' luncheons and bridge and golf days.

Join a committee



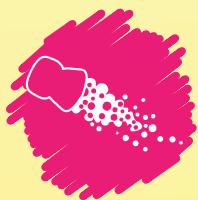
Years ago, people used to join local committees, fundraising for resources in the local area. Recently, with changes in the economy and people working longer, we are finding less people able to help out on these committees. Today, we are looking for people with TIME who can join. The local committees need YOU!

Leaving a legacy



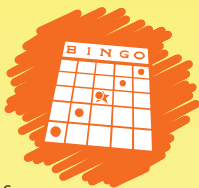
Legacies are vital for us to continue to support the most vulnerable members of our community. Your generosity in leaving Jewish Care a gift in your will helps ensure that your values and those at the heart of our community continue in the future. Whatever the size – your legacy could make a real difference.

Simcha giving



Why not ask friends and family to make a donation to Jewish Care instead of giving presents at your simcha? It is a great way to acknowledge a birthday, barmitzvah or batmitzvah, wedding, anniversary or just to say thank you to someone special. More importantly, you will be helping us make a real difference to thousands of people, and their families.

Organise your own fundraising event for Jewish Care



Choose a date and venue and plan your theme. Set your fundraising target and invite your guests. Have fun and remember to make it safe. Collect donations from your guests and thank them. Send in your cheques made payable to Jewish Care... easy! From fashion shows to party nights, bingo events to fancy dress parties, Jewish Care can benefit from your fundraising event.

Payroll giving and matched giving



This is a unique way to give regularly to charity. It allows employees to give money to any UK charity directly from their pay, before tax is deducted. This means that it costs you less and charities get more. Put simply, it is a tax-free way of giving through gross pay. Your company may also match your giving. Please ask your payroll department for more information.

FIND OUT MORE

If you would like further information on any of the above ways of giving money to Jewish Care, please call Ruth Merrian in the fundraising and marketing department on 020 8922 2831 or email rmerrian@jcare.org



HEALTHY SUMMER EATING

Now that summer is with us, there are lots of exciting foods we can use to liven up our diets. Careline makes some tasty suggestions.

As you get older, keeping active and choosing a well balanced diet can help you to stay healthy, manage your weight and make you feel fitter. Food plays a very important part in all of this, as eating too little as well as too much can affect your health and may lead to malnutrition. Eating regularly and choosing a wide variety of foods will ensure a healthy balance of essential nutrients to help the body repair itself and recover from illness.



REMEMBER THE FOLLOWING POINTS WHEN THINKING ABOUT WHAT YOU SHOULD EAT:



- Base your meals on starchy foods
- Vegetables
- Eat more fish
- Cut down on saturated fat and sugar
- Try to eat less salt - no more than 6g a day
- Get active and try to be a healthy weight
- Drink plenty of water
- Don't skip breakfast

DON'T FORGET TO KEEP ACTIVE TOO, IT WILL HELP TO:

- Keep your muscles toned
- Improve your balance
- Prevent osteoporosis
- Manage your weight
- Improve your feeling of wellbeing

If you are worried about your health or your weight then visit your doctor who will be able to give more information and advise you.

Summertime eating does not have to be expensive. During this season, fresh fruit and vegetables are more affordable, so be adventurous and make a selection of salads. Add cooked, chopped vegetables to rice or couscous for an easy, filling meal. Add herbs and a dash of olive oil or lemon juice for a delicious summery taste. Summer soups are another great way to get your five-a-day and make for a tasty, filling meal. Try the one on the page opposite, or the fish or pasta dish... and enjoy!



LEMON SPAGHETTI WITH TUNA AND BROCCOLI

This light dish serves four people, so halve the ingredients if you are just preparing a meal for two. It takes about five minutes to prepare and only ten minutes to cook.

INGREDIENTS

350g spaghetti
250g broccoli, cut into small florets
2 shallots, finely chopped
198g can tuna in oil
zest and juice 1 lemon
1 tbsp olive oil, plus extra for drizzling

METHOD

1. Boil the spaghetti in salted water for six minutes. Add the broccoli and boil for four minutes more or until both are just tender.
2. Meanwhile, mix the shallots, tuna and lemon zest and juice in a roomy serving bowl. Drain the pasta and broccoli, add to the bowl and toss really well with the olive oil and lots of black pepper. Serve with a little extra olive oil drizzled over.

PEA AND WATERCRESS SOUP

This takes only a few minutes to prepare and 15 minutes to cook. You can freeze any leftover portions for another day.

INGREDIENTS

1 tbsp olive oil
1 onion, finely chopped
1 garlic clove, roughly chopped
1 medium potato, cut into small chunks
500ml vegetable stock
300g frozen peas
100g watercress
leaves from 2 mint sprigs, plus extra to garnish
100ml double cream

METHOD

1. Heat the oil in a large saucepan, then gently fry the onion and garlic for five mins or until soft. Add the potato, stock and 500ml water, then simmer for seven minutes until the potato is just cooked.
2. Scatter in the peas and watercress, stir, cover, then simmer for three minutes. Add the mint leaves and blitz with a hand blender until smooth. Stir in the cream with more mint and some black pepper.

GRILLED SALMON STEAKS IN A TANGY MARINADE

This tasty meal is ideal for a light lunch or supper. Double up the quantities for four people.

INGREDIENTS

2 salmon steaks
1 tablespoon Dijon mustard
2 tablespoons orange juice
1 tablespoon finely chopped red onion

METHOD

Combine the chopped onions, mustard and orange juice in a shallow dish. Add the salmon steaks and turn them to coat both sides. Cover and leave in the fridge for 15 minutes. Then place the salmon under the grill for a few minutes each side, until cooked. Serve with a salad and enjoy!

KEEPING IT MEANINGFUL

Natalie Kennard looks at some of the different ways Jewish Care helps people make the most out of their lives, whatever their situation

Family crisis? Jewish Care is at the end of the phone. But the caring doesn't stop when you put down the receiver. Often people in great distress go on to lead rewarding and meaningful lives, with Jewish Care by their side.

Take the Klass family. On holiday in Vancouver last year, Daphne Klass, 73, felt out of breath after just a short walk. She and her husband, Gerald, 76, had been looking forward for many months to seeing their son, Laurence, who had emigrated there. Laurence took his mum to the doctor, who sent her straight to hospital. Then came the grim diagnosis that she had ovarian cancer – and it was terminal.

Flown back to the UK by air ambulance, Daphne was taken first to the Royal Free Hospital. Then, to secure specialist care for a medical complication, came a spell at University College Hospital (UCH). Next, she was moved to London's Heart Hospital, then back again to UCH before coming home. Their daughter Melissa, feeling bewildered, overwhelmed and frustrated, called Jewish Care.

Initially, Jewish Care team manager Paula Plaskow talked at length to Daphne, then to her family. She filled in the application forms for an attendance allowance, which paid for

carers for Daphne and helped fund transport to and from sessions of chemotherapy.

Paula explains: "This personal care for Daphne gave her some independence. Before, she had required constant help from Gerald. In fact, the carers became a good support to both of them. Most of my intervention was then emotional support. I had meaningful and often sensitive conversations about preparing for Daphne's eventual decline."

Gerald takes up the story: "It was heart-breaking to see Daphne. She could barely move, didn't want to eat and became thinner and thinner. Paula was at the end of the telephone all the time. She was there every step of the way."

Another hospital admission followed and Paula acted as facilitator between the family and the North London Hospice's community specialist team, explaining often complex processes.

Gerald says: "When Daphne was in hospital, I went to see her every day. Ovarian cancer is a secret killer – because you can't see it. To watch someone you've loved for 50 years slipping away like that is terrible. I wouldn't have wished it on my enemies."

Daphne passed away in February this year. Gerald says: "I do think back and realise we had a good life – lovely holidays, meals out and many friends, but nothing prepares you for the loss of a spouse."

In one of Gerald's darkest moments, and there have been many, daughter Melissa told him that he was a young man at heart and he should try to make a new life for himself. "I think Daphne would have said the same," Gerald says.

After much cajoling from Paula, Gerald agreed to go to the Michael Sobell Jewish Community Centre in Golders Green. There, Paula, who met him at the reception, showed him around and made some introductions.

"People I've spoken to really do look forward to coming here. We all need each other," says Gerald. "Being on your own is a lonely existence. It's not good to go home to an empty house with no one to talk to."

Below Paula Plaskow and Gerald Klass



ELISA LITTLESTONE



JOY SABLE

Left Barry Bluston with a portrait of his mother, Esther

Esther Bluston is no longer with us. But if she were, she could talk volumes about living a meaningful life with Jewish Care. Jewish Care supported Esther in her times of need, from the day husband Edwin went into Ella & Ridley Jacobs House in Hendon in 1998 until she herself passed away earlier this year – 15 years in all.

Her son, retired businessman Barry Bluston, says: “My mother’s Jewish identity was extremely important to her. When she needed help, it would never have occurred to her to seek help from non-Jews. Her generation came here as a result of persecution and they lived through the war. She always kept a strictly kosher home.”

Edwin, who had vascular dementia, went into residential care when it became too difficult for Esther to care for him at home. But she visited him twice every day, talking to him, holding his hand and even giving him supper when he could no longer feed himself.

Barry remembers: “He had been my intellectual friend but then his mind deteriorated. Gradually, he lost the ability to talk and walk.”

Edwin moved to Clore Manor in Hendon and then spent the last year of his life at Osmond House in The Bishop’s Avenue. He passed away aged 88, in September 2008. Soon afterwards, the cancer Esther thought she had fought off seven years earlier returned with a vengeance.

In despair, Esther contacted Jewish Care and Ramona Lembac, social worker from Jewish Care’s north west team, was assigned to help her. She recalls: “Esther had a terminal diagnosis and was under the care of the North

London Hospice, which sent nurses to care for her at home.

When her flat needed repairs, Esther moved to The Princess Alexandra Home in Stanmore, initially for respite, but stayed on.

“I liaised with the local authority, the North London Hospice, her hospital team, her GP, her family and Mrs Bluston herself, making her wishes known to everyone involved. She had a very strong feeling of Jewish identity and it was important for her to be among Jewish people,” says Ramona.

‘The end-of-life care given to her at The Princess Alexandra Home was gold standard’

Ramona helped to ensure Esther’s wishes were respected as her condition worsened and this was a source of great comfort to her family after her death. “She was looked after and valued,” Ramona says.

Barry says: “The end-of-life care given to her at The Princess Alexandra Home was gold standard. The turning point was her 90th birthday. Until then, she had been bright, dynamic and caring. After that, she deteriorated. My mum was always loved and respected by everybody. Her nieces and nephews all adored her.”

Family crisis? Yes, but with Jewish Care at your side, a meaningful life is still possible, even when the odds may appear overwhelming.

CARELINE

WAY DOWN SOUTH

Jewish Care helps run a vital service in South London. Mel Poluck finds out more



BLAKE EZRA PHOTOGRAPHY

Above Some members of the South London Community Support Service with a recent Jewish Care award for their excellent work

The South London Community Support Service (SLCSS) provides practical assistance, advice and support to around 12,000 Jewish people covering the entire area south of the River Thames. It is a vibrant service aimed at people of all ages with widely varying needs.

At one end of the spectrum, people seeking basic information on benefits, transport or disability can turn to the SLCSS by phone, email or in person. A website provides an extensive services directory and some 400 people subscribe to its free monthly bulletin including activities and events for people of all ages and a list of kosher food stockists and deliveries. So whether Jewish south Londoners need a kosher chicken or to find out which benefits they are entitled to following redundancy, the service can help.

But at the other end of the spectrum, the service helps people at their most vulnerable, following financial problems, addiction, homelessness, illness or loneliness. If a client becomes ill or needs legal or financial help and has no family to assist, the service advocates on their behalf, whether that means attending meetings or simply tackling the paperwork.

Referrals come from synagogues or other Jewish Care departments, among others. "I

always call back the same day," says Jewish Care's community support practitioner Stephen Ison. "The shuls realise 'this guy means business'". Stephen's post is jointly funded by Jewish Care and Nightingale Hammerson, and he spends part of his week based at Nightingale House in south London.

With strong links to all of south London's Jewish organisations including 12 synagogues, the service plays a crucial role in helping people who may otherwise slip through the net. For clients such as Gerald Lichten, who lives alone and has few family members or friends, it has been a lifeline. "I'm pretty unwell. I know that if I phone, someone will always come and see me and see what the problem is."

When Gerald needed 24-hour care after fracturing his pelvis, Stephen not only liaised with his synagogue, Bromley Reform, to find him a cleaner but also helped him meet his care needs. "When I was in hospital, Stephen was influential in persuading people to get me a [temporary] place in Nightingale House. He was very persuasive. There's nothing like home, but Nightingale's a good place. I wanted to go to a Jewish home – they could have sent me to any home."

With such a broad range of needs and widely dispersed communities to cover, Stephen is thankful for a 16-strong team of volunteers, six of whom regularly visit clients. "They act as my eyes and ears", he says. If further action is needed, he steps in "once or ten times, depending on their needs. With a team of volunteers, we're reaching out to many more individuals".

Ruth Rolle is one of the team. "We reach out to people who are more isolated than they should be. Not everyone belongs to a synagogue, so we fill that gap by being there for people," she says. Physically disabled herself, Ruth conducts online research for clients. "I love being able to make information work for people," she says. "Things other people may find tedious don't take me long. It's a privilege to be a volunteer."

Another of her tasks is to help run the fortnightly Supportive Community social event at Streatham's South Lodge supported housing. She recently hosted a quiz with a match-the-



MARK WINGROVE

Left Stephen Ison who heads up the support team

singer-to-the-song round using You Tube playlists. "I enjoy working with the people we're helping. It doesn't matter how little you think you've got to offer, you get an incredible buzz knowing you've helped someone."

Encouraging socialising to combat isolation is an important part of SLCSS's work and chimes with its 'preventative outreach' approach. Stephen explains: "Because of the ageing population and the problems of living longer, we're trying to get people to touch base at an earlier stage. We encourage people to socialise in their 60s, 70s and 80s, make friends before they get lonely and become aware of Jewish Care's services in advance of needing them."

The team raises awareness of community issues among other Jewish organisations by running workshops, organising visits to Nightingale House and encouraging people to volunteer and join social groups. There is ongoing liaison with synagogues' friendship clubs, the Association of Jewish Ex-Servicemen and Women (AJEX) and Jewish charities including Chai Cancer Care and Jewish Women's Aid. It is vital to maintain this "continual stirring of the pot" as Stephen describes it. By keeping community organisations aware and informed, they can connect SLCSS with the right people at the right time.

As part of the drive, Stephen visits south London hospices and hospitals' discharge coordinators to explain how SLCSS can help Jewish patients. He also has close ties with the area's 12 local authorities (some clients need to be referred to social workers or local transportation services such as Dial-a-Ride). The

service regularly works with charities including the Alzheimer's Society and Age UK when clients require home care or vetted tradespeople for example.

And three times a year, SLCSS hosts a forum open to representatives of all of south London's Jewish organisations. Stephen says it is the only service in south London that encompasses all Jewish organisations in this way, enabling rabbis, synagogue ministers and board members, community leaders, welfare workers and volunteers to come together, discuss important community topics, have lunch, and learn from guest speakers. The constant networking and outreach is energy consuming, but it is imperative. When the time comes for someone to need the help of the service, the lines of communication are already in place and the chances of someone slipping through the net are much reduced.

The South London Community Support Service touches people during the lightest and darkest moments of their life but Stephen says he draws strength from having the power of Jewish Care behind him; excellent contacts to call on for advice and "fantastic support" from his manager. When clients require assistance at sometimes heartbreaking or intensely personal times, he shows an impressive resilience. "I'm tenacious", he says. "I go flying into action. I just want to help. I love the work I do."

Find out more about the South London Community Support Service by visiting: www.southlondonjewishservices.org.uk. You can call Stephen Ison on 07881 863 237 or email: sison@jcare.org CARELINE

OUR NEW LEGACY CHAIR

Philip Freedman CBE QC gives his thoughts on his new role for Jewish Care



I never realised that tea could be so dangerous until I took a cup with Jewish Care's chairman, Steven Lewis, and he talked me into joining the legacy group of Jewish Care. Keen to help, I accepted at once, omitting to ask for details. I would never have advised a client to act so recklessly. Being used to today's jargon, the mention of 'legacy' brought to mind disused Olympics venues, refurbished athletes' villages and heritage sites.

At my first meeting, I realised that I had walked into the realm of will writing and the need to persuade Joe Public (or, in this case, Joseph Public) that they should leave a gift in their will to Jewish Care. I discovered that, in common with other charities, the charity's annual income from that source, on which it had always relied, had fallen over the last few years and this year was around £1 million below budget. After further meetings and chairing a professionals' evening addressed by David Goldberg QC, I received a further invitation to see Steven in the square near my office for a tea and chat and I found myself agreeing to take over as chair of the group.

So I have ended up as chair of a committee which has the task of trying to generate greater legacy income for a charity that has steep ongoing financial commitments just to maintain the provision of its existing services. It also needs additional funds to meet the ever increasing demands of a community facing diminishing state welfare.

The work is both varied and interesting, revealing many misconceptions surrounding wills and legacies. People are more willing to give once they realise that a gift to Jewish Care can be an extra way of extending care to our community, ensuring vital help is there for years to come.

Legacies come in all sizes ranging from 1% to 100% of an estate and from £100 upwards and each one can really make a huge difference to the lives of a community of 7,000 Jewish people and their families. £250 could pay for a Holocaust survivor to have five counselling sessions, helping them to cope with traumatic events from the past and £120,000 could fund the Jewish Care Direct helpline for an entire year, allowing trained staff to support more than 10,000 people in urgent need of vital information.

Those who donate or volunteer in their lifetime are often keen to continue supporting charities after their deaths and a legacy is an excellent way to ensure that one's key values in life continue.

Working with Alison Rubenstein, Jewish Care's professional legacy fundraiser, we are actively seeking new pledgers willing to remember Jewish Care in their wills. Anyone reading this who would like further information should contact Alison on 020 8922 2833 or email arubenstein@jcare.org

Philip Freedman is a partner at Mishcon de Reya. **CARELINE**

FIND OUT MORE

Jewish Care relies heavily on legacies to continue its services to the community, both now and long into the future.

Every legacy, of any size, is important. If you would like more information about how to include a gift to Jewish Care in your will, please call Alison Rubenstein

on 020 8922 2833 or write to the Legacy Department, Jewish Care, Amélie House, Maurice and Vivienne Wohl Campus, 221 Golders Green Road, London NW11 9DQ or email legacies@jcare.org

Please be assured that your enquiry will be treated in strictest confidence.

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

July

Sunday 21

Friends of Rosetrees
games and social evening (Com)
Rubens House Strawberry Fayre (Com)

Wednesday 24

English Heritage's Eltham Palace
(H.O.P.E.)

Thursday 25

YJC Cocktails on the Hill (Fun)

Sunday 28

Challenge committee sponsored
London walk (Com)

August

Thursday 1

Regent's Park Open Air Theatre -
The Sound of Music (H.O.P.E.)

Sunday 11

Options committee Summer Sounds
at The Princess Alexandra Home (Com)

Sunday 18

Friends of Rosetrees
games and social evening (Com)

Thursday 22

Chichester – *Barnum* (H.O.P.E.)

September

Monday 2

Pro-Am golf day
at Dyrham Park Golf Club (Fun)

Sunday 15

Friends of Rosetrees
games and social evening (Com)

Monday 16

The Cinema Museum (H.O.P.E.)

Tuesday 24

Queen's Gallery: *In Fine Style: The Art of
Tudor and Stuart Fashion* (H.O.P.E.)

ROYAL COLLECTION © HER MAJESTY QUEEN ELIZABETH II



October

Thursday 17

Boys' Night Out (Fun)

Sunday 20

Friends of Rosetrees
games and social evening (Com)

Tuesday 29

Options ladies bridge lunch (Com)

November

Wednesday 6

Topland luncheon
at the Grosvenor House Hotel (Fun)

Sunday 24

Rosetrees annual bridge supper (Com)
Clare Manor supper quiz (Com)

Wednesday 27

Local Angels luncheon (Com)

December

Monday 2

Bridge Extravaganza (Fun)

Thursday 12

Business breakfast
at The Mansion House (Fun)

Wednesday 18

Lady Sarah Cohen House
Chanukah tea and raffle (Com)

Sunday 22

Friends of Rosetrees
games and social evening (Com)

EVENT KEY AND CONTACT GUIDE

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

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

**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



GOLDERS GREEN BRIDGE CLUB

**Duplicate bridge
Thursdays at 7.45pm**

Hasmonean High School
Holders Hill Road
Hendon NW4

Entry is £6.00 including refreshments and ample secure off-street parking is available

**For further information,
please call Bryan Foux
on 020 8202 8373**



**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: Amélie 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
- 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

FOOD, GLORIOUS FOOD

by Clive Roslin

I have a close non-Jewish friend who recently said to me: "I love it when my Jewish friends have a party because I know there'll always be good food and plenty of it!" A couple of days later I was invited to a delightful barmitzvah party where the food was fantastic and it started me thinking about the importance of food to us. It certainly has a vital role within Jewish Care's homes and centres, where it is a link to traditions of long ago. And the recent Great Jewish Bake Day reaffirms our love of the culinary arts.

Food always seems to have played a great part in my Jewish life. When I was a boy every week there were two great treats: dinner at my grandparents' house on Friday nights and lunch on Shabbat. I can still taste the wonderful chicken soup my grandmother made, full of lokshen, and the wonderful chicken that followed it.

And then, of course, there was always Pesach. I remember going with my grandparents to a local farm to

watch carefully as a cow was milked into a special bucket. Then that milk was taken home and my grandmother and other women worked hard turning some of the milk into butter for Pesach. This was in the middle of what was then called Southern Rhodesia where in those days you could not buy Passover food in the local shops. As my grandmother could not buy sweets for us, she made an apricot delicacy called 'meebos'. I can still remember the taste all these years later. And nobody has ever made charoseth the way my granny made it. Then there were the magical dishes my Sephardi friends' mothers made, so different, so delicious.

Then, when I came to England at 17, I was generously invited to the home of the then *haham* (rabbi) of the Spanish and Portuguese Synagogue every yomtov, to enjoy the wonderful food cooked by Mrs Gaon. Her Sephardi food, originating from Gibraltar, was delicious. Breaking the fast after Yom Kippur was something I can recollect easily. I was commanded as a student



to go to the home of my parents' friend, a Cissie Laski, the daughter of a previous rabbi, Dr Gaster. Around 30 of us were summoned to break our fast at a sumptuous table of glorious food. We gorged and after that, we had a rest for half an hour and then we were invited back to the dining table to have dinner!

I can still taste
the wonderful
chicken soup my
grandmother made

It fascinates me that food has always been so important. I always feel that we, as Jews, are privileged to have been born as members of this wonderful religion. It recognises that humanity also enjoys many of the great gifts of love and maybe that is also why food means so much to us. I always think of those wonderful words at the end of the Yom Kippur in which we recite the prayers which invite us to go away and feast, for God has forgiven us our sins.

My non-Jewish friend was right. Jewish food is special – long may we all enjoy it and help others to do the same. **CARELINE**

Left Simply souper: the delights of a bowl of Jewish penicillin



REMEMBER 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 who support individuals, families and communities to enable people to make a meaningful difference to their lives, with dignity and choice.

With extensive knowledge of the health, voluntary and social care world they provide advice, support and advocacy across London and the South East.

CARE HOMES

Designed to enable residents to receive high quality residential, nursing and dementia care in an environment that promotes meaningful lives.

- 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
- Rela Goldhill Lodge, Golders Green
Physically disabled, aged 18+
- 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, for the young@heart aged 55+.

- connect@kenton ①
- connect@southgate ②
- connect@southend ③

INDEPENDENT LIVING

Offering independent living within a supportive setting.

- Selig Court, Golders Green
- Shebson Lodge, Southend

COMMUNITY CENTRES

Where the community can come together to socialise, learn, eat and have fun.

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

DAY CENTRES

Offering a wide programme of activities for older people, enabling them to remain active and connected to their community.

- Edgware & Harrow Jewish Day Centre ③

CENTRES FOR PEOPLE LIVING WITH DEMENTIA

Provides stimulation and therapeutic activities in a safe and fun environment.

- The Dennis Centre, Ilford
- Leonard Sainer Centre, Edgware
- Sam Beckman 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

DEMENTIA ACTIVITY GROUPS

- Stamford Hill
- Southend-on-Sea
- Stepney



KEITH GOLD



SIDNEY AUSTIN



PHOTOS: JUSTIN GRANGE UNLESS NOTED

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 not able to offer a Jewish Care service that meets your needs, we can help by referring you to other external organisations.

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** or emailing us at **jcdirect@jcare.org**

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
- Monthly support sessions, Redbridge

DISABILITY SERVICES

Services designed for those with various disabilities, promoting independence and choice.

- Karten CTEC Centre
Golders Green & Redbridge
- KC Shasha Centre for
Talking News & Books
- Tay Sachs Screenings
- Carers Disability Support Group
- Hearing aid support surgeries,
Redbridge ⑥

SUPPORT AND SOCIAL GROUPS

BEREAVEMENT GROUPS

- Aftershock, Edgware ⑦
- Butterflies, Golders Green ⑦
- Moving On, Redbridge
- Minus One, Golders Green

SOCIAL

- Social Scene, Golders Green
Monthly events for professional singles aged 35–55
- New Links, Golders Green
For singles aged 60+
- The Hillside Club, Stamford Hill
Cultural and social group for the over 50s
- Young@Herts, Hertfordshire
Social group for the over 55s

SUPPORT

- Singular Challenge 1 + 2, Golders Green
Singular Challenge 1 is a support group for those going through the early stages of separation and divorce. Group 2 is for those moving on from group 1.
- Stroke Club, East Barnet

- Active 8, Golders Green
Support, skills and understanding for people with neurological conditions (including Parkinson's, stroke, MS and MND)
- Multiple sclerosis support groups, Edgware
- Barnet Carers Hub, Golders Green

MENTAL HEALTH RESIDENTIAL HOMES

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

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

MENTAL HEALTH

JAMI and Jewish Care have formed a partnership to create a single integrated mental health service for the Jewish community. Each Centre for Wellbeing provides 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 Southend & Westcliff Hebrew Congregation
- ⑥ In association with RNID
- ⑦ In association with the Jewish Bereavement Counselling Service



DORON BARSAM



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**



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