

# CARELINE

ISSUE 70 | WINTER 2013 | CHANUKAH 5773



THE SKY'S  
THE LIMIT!

FOR FRIENDS AND SUPPORTERS WHO

REMEMBER

**JEWISH CARE**

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OFFERING YOUR SKILLS  
YOU CAN MAKE  
THE DIFFERENCE**

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[www.jewishcare.org/volunteer](http://www.jewishcare.org/volunteer)

**REMEMBER**

**JEWISH CARE**



# JEWISH CARE'S PLANS FOR THE FUTURE

**E**lla & Ridley Jacobs House and the adjacent Sam Beckman Centre for people living with dementia will relocate to a new specialist care community at Asher Loftus Way in Friern Barnet within the next two years. The decision follows work undertaken to look into the viability of altering the existing site which found that it was not suitable for a modern care home.

The Asher Loftus Way site is already home to Lady Sarah Cohen House and Rosetrees care homes, and a building programme to develop a third care home there is well underway. Jewish Care has secured most of the funding required to build the new care home and create a specialist care community which will include the relocated Sam Beckman Centre for people living with dementia. Due for completion in 2015, the site will provide specialist residential and day care to around 250 people.

*This work is only possible thanks to the enormous generosity of the community*

Each care home at Asher Loftus Way will have its own identity and will provide specialist care whilst benefiting from being part of a wider community, joined physically through a series of communal spaces and walkways. There will be activities for the entire community from a café and shop to day and some night activities for people with dementia, holistic therapies and a synagogue.

The cost of developing the new home is £10 million. The cost of upgrading the current facilities at



ARI RAYMOND

Asher Loftus Way and creating the campus is £5.6 million. Over £13.75 million of this has already been donated from the community. Jewish Care is currently fundraising to secure the remainder of the funding required. The entire cost of this project will be funded thanks to the generosity of supporters across the community.

Residents at the 30-year-old Ella & Ridley Jacobs House were informed in October that should they wish, they will be offered a place at one of the three care homes at Asher Loftus Way. Sam Beckman Day Centre users will be offered an increased range of services and activities when the centre is relocated to Friern Barnet. There is plenty of time to plan for this and priority will be to work closely with everyone involved to discuss their needs. Staff who will be affected have been informed that they will be offered a position on the new site.

Jewish Care hopes to develop the site on which Ella & Ridley Jacobs House now stands into independent

living flats for older members of the community. With its proximity to the shops in the heart of the Jewish community, the location is ideal for a development of this type. Plans for the site will be submitted to Barnet Council for approval.

Jewish Care's chairman Steven Lewis said: "The quality of our care is consistent across the board. However, we know we have a lot of work to do to ensure our physical spaces match the quality care. These plans form the next chapter in our 'building for the future' programme - a programme focused on providing quality specialist care and support in modern facilities for our current community and future generations. This work is only possible thanks to the enormous generosity of the community." **CARELINE**

**Above** Building work in progress at the Asher Loftus Way site

**Inset** An artist's impression of part of the finished development



# AROUND THE WORLD OF JEWISH CARE

BLAKE EZRA PHOTOGRAPHY



↑ Guest speaker Jennie Sutton (right), pictured with Diane Blausten, Jewish Care's HR director and Steven Lewis, at Jewish Care's annual Celebration of Success in May.

↓ Jewish Care president Lord Levy, Ella Latchman (sister of the late Maurice Wohl) and her grandson Emanuel Latchman celebrated Chanukah at a party at the Michael Sobell Jewish Community Centre.



KAREN ZETTER



↓ Nicole Gordon chose to celebrate her daughter Adina Rosa's first birthday with residents and friends at Clore Manor. The party was the first in Jewish Care's "Mitzvah Babies" programme, bringing little ones into care homes.

↓ Joyce Saffron won The Topland Group Business Luncheon Award in memory of Philip Greenwold. She was presented with the award in recognition of her volunteering work in Stepney which she has been doing for 50 years. She is pictured with Steven Lewis (left) and Nick Doffman of the luncheon committee. The event raised £230,000.



BLAKE EZRA PHOTOGRAPHY



↑ Hannah Cripps, the oldest resident of Rubens House, was taken on a tour of the House of Lords by Jewish Care president, Lord Levy in October to celebrate her 105th birthday. She was accompanied by social care coordinator Christina Brago Nimako and her son Norman Cripps.

BLAKE EZRA PHOTOGRAPHY



↑ Residents from Vi & John Rubens House visited the JCoSS school succah for lunch and a performance from the school choir in September.

↓ Patsy Bloom (fifth from right) and Susan James (fifth from left), co-chairs of the Bridge Extravaganza, with other members of the committee. The December event at the Landmark Hotel raised £75,000.



BLAKE EZRA PHOTOGRAPHY





RUTH SHARON

Members of the Brenner Jewish Community Centre at Raine House were treated a South American-themed day in November.

“Spooktacular – the 4th edition”, organised by The Rock committee, took place in October at The Cuban in Camden. The event raised £4000 for Jewish Care.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

Lord Dyson, Master of the Rolls, was guest speaker at a legacy event for professionals held in London in November.

Jewish Care’s Youth Leadership Awards ceremony took place at Redbridge JCC in June. Awards were given to young people who have actively volunteered within the Redbridge Jewish Care community.



JUSTING GRAINGE



JOY SABLE

Three young volunteers – Shayna Leah, Perel Gorman and Batya Levy – painted a Jewish-themed mural at the Leonard Sainer Centre in Edgware in July.

Staff teamed up with Osem (the kosher cake people) and Sainsbury’s in Golders Green in July to give out free cake samples and information about our services.



SINEAD RIPPINGTON



KAREN ZETTER

Secretary of State for Communities and Local Government, Eric Pickles MP joined local Hackney Jewish councillor Linda Kelly on a visit to Jewish Care’s Brenner Community Centre at Raine House in July. He met some members and enjoyed a knees-up!



# THE WORLD OF JEWISH CARE

✦ The 11th Boys' Night Out attracted 200 guests to the Park Plaza Riverbank in October. The evening of boxing, magic and comedy raised £30,000 for Jewish Care.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

✦ The Local Angels committee, pictured here with guest speaker Jennie Bond, held a luncheon at The Marriott Hotel, Waltham Abbey, for 180 guests. The event raised £25,000.

✦ "Ladder to the Moon" visited Otto Schiff home in August so residents could enjoy a colourful Hawaiian-themed afternoon.



JOY SABLE



BLAKE EZRA PHOTOGRAPHY

✦ Jewish Care residents from various homes took part in a Remembrance Day event at Edgware Cenotaph, followed by a service and lunch at Clore Manor.

✦ The Michael Sobell Jewish Community Centre launched its new programme of activities, courses and community services at an open day in September. The day included a Capoeira martial arts display.



JASON ANDREWS

✦ There was lots of laughter and enjoyment at The Princess Alexandra Home's Family Fun Day in June.



JUSTIN GRAINGE



BLAKE EZRA PHOTOGRAPHY

✦ In July Jewish Care held its annual Betty and Aubrey Lynes Volunteer Awards ceremony. Pictured are Jake Gilbert (left) who won an outstanding fundraising award, with Steven Lewis and Stanley Myers (right) who won an unsung hero award.



Over 70 golfers supported Jewish Care at the 5th annual Pro Am golf competition at Dyrham Park in September. The event, sponsored by Lockton insurance and risk management specialists, raised £30,000 for Rela Goldhill Lodge.



BLAKE EZRA PHOTOGRAPHY

Gillian Gold, from Jewish Care's volunteers department, was presented to HM The Queen in July at St James's Palace. The reception celebrated the 50th anniversary of SCV (Community Service Volunteers).



BLAKE EZRA PHOTOGRAPHY



Pearly Queen Doreen visited Redbridge JCC in June and attended the centre's Old Time Musical Sunday.



Footballers from Leyton Orient FC paid a visit to Vi & John Rubens House as part of the annual Mitzvah Day initiative in November.

KAREN ZETTER

## GET COMMITTEE'D!

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

### MAY

**The Friends of Stepney** held a Hollywood afternoon, complete with life-size cut-outs of George Clooney and Humphrey Bogart. The event raised just over £1500.

### JULY

**The Challenge committee** raised over £2500 with its walk which took in 119 London sites. The route for the 46 participants began in Liverpool Street and then took in many Jewish landmarks in the East End before heading to famous landmarks in Westminster, the Strand and St Paul's Cathedral.

### AUGUST

**Kingsbury Aid** held its annual walkabout, with over 77 people attending in Cheshunt. The walk was followed by a meal in Bushey Country Club and the day raised £700.

**The Options committee** held its annual Music in the Gardens at The Princess Alexandra Home. Over 100 people attended and the event raised £2000.

### OCTOBER

**Kingsbury Jewish Aid** held a talk at the Bushey Centre given by Michael Bennet, the son of the late Boris, the photographer. **The Ace committee** held a quiz which raised over £3000 for Ella & Ridley Jacobs House. **The Options committee** held a Ladies Bridge Lunch in Radlett which was a huge success, raising just under £1000.

# DEMENTIA AWARENESS CAMPAIGN LAUNCHED

In September, Jewish Care, together with the *Jewish News*, launched a campaign to raise awareness throughout the Jewish community about the challenges faced by people living with dementia.

A series of articles in the *Jewish News* highlighted the need to make communities more "dementia friendly" and stressed the need for more understanding and support.

Jewish Care held a number of dementia awareness evenings at various care homes and community centres, to help people understand how they could play an important part in ensuring the Jewish community is "dementia friendly".

Chief executive Simon Morris said:

"The campaign has raised awareness of dementia and how we as individuals and a community can respond to it. It has opened new doors and brought sections of the community together to consider how they can rise to this challenge. It is a good start but only a start. We as a community have a long way to go if we are to become a community that includes and supports people living with dementia and their families."

Other communal organisations were quick to signal their support of the campaign.

Michelle Minsky, head of the United Synagogue's Chesed programme said: "It is an issue we are becoming increasingly aware of and we will be strongly encouraging members of our commu-



JEWISH NEWS & JEWISH CARE  
**DEMENTIA  
AWARENESS  
CAMPAIGN**

nities to attend the dementia friends sessions as part of a process to make both our communities and our synagogues more dementia friendly. Well done to the *Jewish News* and Jewish Care for giving us both the statistics as well as the stories of individuals affected, but perhaps most importantly, for demonstrating a new positive approach to living with dementia."

A number of synagogues including Finchley Reform, Bromley Reform and St John's Wood Liberal have also responded and said they are committed to becoming dementia friendly.

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All profits go to Rela Goldhill Lodge, a Jewish Care home for younger people with physical and sensory disabilities

### For more information

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Or visit my website at  
[www.simonsays-cards.co.uk](http://www.simonsays-cards.co.uk)





# 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.

## 25TH WEDDING ANNIVERSARY

Roz & Neville Goldschneider  
Natalie & Neville Levy  
Michelle & Jonathan Stoops

## 30TH WEDDING ANNIVERSARY

Mike & Linda Cohen

## 40TH WEDDING ANNIVERSARY

Sidney & Helen Cohen  
Susan & Stephen James  
Mr & Mrs David Joseph  
Stuart & Avril Rattner  
Joy & Graham Shapiro  
Annick & Harvey Simon

## 50TH WEDDING ANNIVERSARY

Shirley & Michael Appleby  
Sue & Barry Blain  
Brenda & Phil Boyne  
Loretta & Robin Burns  
Jacqui & Malcolm Collins  
Martin & Irene & Martin Cordell  
Pauline & Leon Davis  
Ruth & Ray Harris  
Vivienne & Robert  
(Lionel) Harris  
Rabbi Dr Irving &  
Mrs Anne Jacobs  
Maxine & Norman Karobik  
Angela & Edward Kerner  
Jacqueline & Stanley Klarfeld  
Sylvia & Jonathan Kramer  
Melanie & John Lawson  
Marilyn & Sidney  
(aka Ferdi) Lerner  
Lynn & Malcolm Lindsay  
Elaine & Harold Mackover  
Muriel & Ivor Marks  
Rebecca & Jeffrey Milston  
Sandra & David Peterman  
Adrienne & Laurie Phillips  
Simeone & Gordon Salik  
Irene & Felton Wald  
Sheila & Marcel Weinstock

## 55TH WEDDING ANNIVERSARY

Sir Sidney & Lady Rosa Lipworth

## 60TH WEDDING ANNIVERSARY

Audrey & David Alterman  
Marcella and Paul Beder  
Irene & David Brin  
Beatrice & Emanuel Felberg  
Patricia & Morris Guzzan  
Josie & Tony Halle  
Netta & Gerald Hart  
Jenny & Henry Lewis  
Sol & Anita Macatonia  
Barbara & Leslie Mervish  
Rita & Mark Rosen  
Myra & Harry Simons  
Jacky & Dennis Toff  
Dr Ernest & Mrs Vivienne  
Waldma  
Hetty & Alec Ward  
Naomi & Felix Winkler

## 65TH WEDDING ANNIVERSARY

Mary & Jack Marks

## 75TH WEDDING ANNIVERSARY

Theresa & Alf Borman

## WEDDING ANNIVERSARY

Barbara & Salvator Gabay  
June & Ivor Morris  
Michelle & Harris Rosenberg  
Dr Vivienne Watkin &  
Dr Allan Daitz

## MARRIAGE

Alan & Stephanie Benjamin  
Gilly & Elon Bogush  
Sandra & Adam Driscoll  
Daughter of Marc &  
Adrienne Fresko  
Dr Raya & Mr Isaac Hogarth  
Sandra Kvait  
Rachel & Simon Rabin  
Bettina & Stephen Roston  
Talya & Aaron Sarna

## SPECIAL BIRTHDAY

Lucille Aber  
Reuben Abrams  
Stephen Appel  
Yvonne Arbesfield  
Arnold Archer  
Jean Ash  
Dr Murray Ashton  
Julie Backen  
Celia Baker  
Cyril (David) Baker  
Trudie Barnett  
Andrew Barton  
David Berle  
Lorraine Black  
Sidney Bookatz  
Valerie Bright  
Raye Brill  
Robert Brody  
Sidney Burns  
Nigel Burstein  
Jeffrey Cawson  
Andrew Cohen  
Michael Da Costa  
Victor Crow  
Rachelle Dallal  
Alan Davidson  
Neil Davis  
Helen Don  
Simon Driver  
Ian Dunn  
Ralph Emanuel  
Liz Enlander (nee Stoll)  
Linda Epstein  
Rosemary Fertleman  
Scott Franklin  
Sheila Freedman  
Jacqueline Garber  
Ilana Gershlick  
Henry Gess  
Donald Glazer  
Evelyn Gold  
Jean Golding  
John Gordon  
Susan Gore  
Professor Ian Grant  
Beryl Grant  
Joseph Green

## Claire Greenbaum

Jack Gubbay  
Eveleen Habib  
Derek Handel  
Sheila Hershkorn  
Edith Hoffman  
Alan David Hyman  
Angela Jayson (nee Marshall)  
Doreen Joels  
Silvain (Eddie) Josse  
Philip Keen  
Howard Keen  
Lillian Kirsch  
Sidney Kleinberg  
Alan Kravitt  
Roamie Lambert  
Shirley Lawson  
Ben Lerner  
Adele Lesler  
Alan Lever  
Leonard (Len) Lewis  
Steven Licht  
Ian Lieberman  
Jeffrey Lindsay  
Laureen Loochin  
Irene Lowy  
Yvonne Lubell  
Doreen Mann  
Annabella Martin  
Louis Martin  
Stephen Mendel  
Linda De Metz  
Maurice Minsky  
Robert Morris  
Henry Moss  
Gerda Nash  
Lily Nelson  
John Overs  
Laura Pesner  
Alan Philipp  
Pearl Posner  
Norman Primost  
John Rabb  
Brenda Rabinowitz  
Alan Rechtman  
Joan Romain  
Stanley Rosenthal  
Marlene Russell

## Donna Seruya-Sackman

Rita Sacks  
Josephine Sands  
Lilian (Lily) Scott  
Anita Segal  
Carole Shaw  
Fausta Shelton  
Vivienne Sheridan  
Laurence Slater  
Harold Sorsky  
Patricia Stanton  
Kathrin Szlezinger  
Reuben (Derek) Taylor  
Richard Torns  
Marcel Ulrich  
Roger Walter  
Hettie Ward  
Elizabeth Wilson  
Josephine Woolf  
Peter Zinkin  
Dr David Zuck

## JOINT BIRTHDAYS

Angie & Neil Agran  
Mathilde & Ernst Fraenkel  
Lilian & Henry Moss  
Barbara & Roger Rosenberg

## WITH THANKS TO

Naomi & Ilan Joffe  
Debbie & Moni Levy  
Stuart Wolfman

## UNIVERSITY GRADUATION

Taryn Treger

## BRIT MILAH

Harrison Carter Sher

## BIRTHS

Leora Jacobs  
Clare & Ray Kelvin

## 2ND BARMITZVAH

John De Lange  
Aubrey Selby

## BATMITZVAH

Daughter of Karen &  
Jonathan Hodes

## IN HONOUR OF

Sonny Cohen

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



# ON CLOUD NINE!



Above and right Simon with his skydiving buddy

**N**ot one to let his disabilities get in his way, and defying advice from some people around him, Simon Davies fulfilled a lifelong ambition in September when he performed a tandem skydive out of a plane, writes *Ellisa Littlestone*.

Born with athetoid cerebral palsy, Simon is reliant on his electric wheelchair and speaks with the aid of a word synthesiser. Since he was 21, Simon has been living at Rela Goldhill Lodge, Jewish Care's specialist home providing care for adults with physical disabilities and sensory impairments. A prolific fundraiser for the charity, Simon used the jump as an opportunity to raise money for the home. So far, his 15,000ft leap out of the plane has raised over £7000.

After his brave skydive, Simon said: "Everyone told me I was mad doing this jump, but it was something I have always wanted to do and I thought it would be a missed opportunity if I didn't do it to raise money for Rela Goldhill Lodge. It is a unique place that enables me to live as independently as possible." **CARELINE**



COURTESY OF GOSKYDIVE





# REMEMBER, LIVING ALONE DOESN'T MEAN LIVING LONELY

We recognise that many of our clients wish to remain living in their own homes for as long as possible. That's why we have teams of trained social workers, carers for the home and befrienders who do all they can to make that possible. From assistance with council forms, applying for a blue badge or simply having someone to talk to, we'll make sure nobody gets forgotten. Just remember to call our confidential helpline on 020 8922 2222 or email [jcdirect@jcare.org](mailto:jcdirect@jcare.org)



# THE GOLD STANDARD

*Volunteering comes in many shapes and forms. Laurence Gold's work as a volunteer has had a huge impact at Jewish Care. Natalie Kennard finds out more*

**P**harmacist Laurence Gold has an important job at Jewish Care. He runs refresher courses for nurses, teaches Judaism in a nutshell to incoming non-Jewish staff, oversees good medical practice on Jewish Care's Clinical Governance Group and advises on future technology.

Jewish Care is deeply indebted to Laurence for his inestimable input as he does all this as an unpaid volunteer. But conversely, Laurence is deeply indebted to Jewish Care.

"Jewish Care has helped me to maintain my self-esteem and sense of purpose, and has given me a seamless move from work into retirement. Before I retired, I was often asked, 'Won't you be bored?' But I haven't been bored, not even for one day," he says.

Laurence's roles prove that volunteering opportunities with Jewish Care go well beyond the conventional. Not only that, Laurence says that Jewish Care has given him the opportunity to try his hand at teaching – a line of work which has always been a temptation.

"Years ago, when my children Miriam, now 19, Jacob, 25, and Elliot, 27, were young, I took a sabbatical and thought long and hard about a career change, but it never happened."

Laurence's volunteering with Jewish Care began 10 years ago, while he was still a retail pharmacist. When the fundraising committee he was on folded, he happily accepted an invitation to join the handful of volunteer professionals and paid staff on the Clinical Governance Group.

Afterwards, Jewish Care's 56 nurses needed a refresher course in medicines management, part of their annual CPD (Continuing Professional Development), and Laurence volunteered for the job.

Laurence beat his own target of one year to get the nurses together in groups of 10 for training, doing the job in four months. To his credit – and pride – staff at Jewish Care's Redbridge JCC even asked for him when volunteers wanted to be taught how to help clients with their eye and ear drops.

Behind Laurence's fine work is a determination to carve out the best future should he, wife Josyane, a lawyer in the City, and their

contemporaries need support.

As a Jewish Care IT adviser, he wants to see the cutting-edge technology in use at the most modern sites applied to gadgets for service users too. He says: "Technology can make people more active. I want a computer that will announce when interesting events are scheduled and arrange appropriate transport, phones with photos so there's no need to fiddle with number buttons and voice recognition that actually works. Future generations of older people will need to be stimulated and entertained. Technology is the way forward.

"I feel strongly that technology will have a major influence in the way we deal with the growing problem of loneliness and isolation in our ageing population. Exclusion, isolation and loneliness decrease the quality of life and increase vulnerability, causing health issues and leading to increased health service use and all the financial implications associated with this.

"Jewish Care is taking me in new directions that I never would have imagined," he adds. "I have no regrets." Neither does Jewish Care.

**CARELINE**

**Below** Laurence Gold being interviewed for Jewish Care's annual film about volunteering



# WHAT LIFEBOOK HAS MEANT TO MY FATHER AND TO ME:

## LINDEN'S STORY

**O**ur two previous articles about LifeBook, the service that helps people record their stories in an autobiography for their family, focused on how the concept came to be created, and about the scientific research into the many health benefits of reminiscing and volunteering. This article shares the experience of a client who bought a LifeBook for her father.

"The LifeBook experience has been a wonderful thing both for me and for my father. He was apprehensive about it at first and said, "Don't waste your money on buying this for me." But then he would say that! Once it got going, he established a very good relationship with Will, his interviewer, and I know that they had lots of fun, lots of laughs. He started looking forward to the meetings very much and to the fact that someone was showing an interest in him. One of the great things about the process is that they got talking about things family members don't normally talk about. The interviewer was able to go deeper into my father's memories than perhaps I or



my brother or my children would be able to do. That process brought those memories to life. The good joyous ones of course; it's lovely to read his first-hand account of when he met my mother, how she looked and what she first said. It's priceless. But also some of the deeper, perhaps more disturbing, things he hadn't come to terms with inside himself. Talking man-to-man helped to bring those out. There was

one episode in particular that took place in his army career in the war that had obviously bothered him and he had carried it within himself. In this process he managed to come to terms with that episode. It was a therapeutic process for him, and he's cleared it.

I feel very happy because I have given him this gift, this huge gift. It has enlivened him, it's made him happier and I think more 'together'. There's a very noticeable difference six months on. He's got renewed interest in life and has more things to talk about and also I think a sense of great pride that this book is being produced about him. It's in his control. He's in charge of what goes in and what stays out, and it's a great marker for him to have his life paid tribute to in this way. It's also a physical object that he can hand down to the family and to future generations. We're all thrilled with the book and delighted with the process."

This and other interviews about LifeBook are available to watch on their website [www.lifebookuk.com](http://www.lifebookuk.com) where you will find an explanation of how the process works and can sign up online.

### BUY A LIFEBOOK FOR A LOVED ONE AND SUPPORT JEWISH CARE.

LifeBook is an amazing project that records people's life stories in weekly, face to face interviews. These are professionally ghost written, edited and printed in ten hardback copies with up to 160 pages and around 60 colour photographs. Over 110 hours of work in all. A deposit of £425 is payable followed by six, monthly payments of £425. Contact Robin Reed at [robinr@lifebookuk.com](mailto:robinr@lifebookuk.com) or place your order directly online at [www.lifebookuk.com](http://www.lifebookuk.com)

LifeBook has agreed to help Jewish Care fundraise. When a Jewish Care supporter orders a LifeBook online at [www.lifebookuk.com](http://www.lifebookuk.com) (referral code: jc) LifeBook will donate £300 to Jewish Care. Furthermore they are looking for volunteer interviewers and ghost writers. The work is fascinating and their online training is free. Each time a supporter collaborates on a LifeBook Jewish Care receives a further donation of £60 per month over the length of the project, a total of £360. That makes a huge total of £650. So please think of having a go!



# ASK US A QUESTION

*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 some of the most common questions our staff deal with*

■ **My parents are both in their 90s and manage quite well at home. They've been doing ok, but my mum has dementia. She repeats herself a lot, accuses my dad of hiding things and cheating on her. They've been married for 65 years and were always happy together but my dad is exhausted and he's becoming less patient with her. I think they would both benefit from a short break from each other but who could look after my mum? I'm their only child and I live overseas.**

Looking after someone with dementia can be difficult and it sounds like your dad has been managing really well. I wonder if your parents might consider respite care? Your mum could spend some time in one of Jewish Care's care homes where the staff are trained and experienced in supporting people with dementia. Your family could rest assured that your mum is being looked after well and she'll have great opportunities to take part in a whole range of organised activities. We can send you a brochure

giving details of our homes and staff from Jewish Care can provide support with the whole process. Jewish Care has other services which can support both carers and people with dementia about which we can provide further information. For example, there are centres specifically for people with dementia which could give your father a break on a more regular basis. There are also activities for both the person with dementia and those who care for them, such as Singing for the Brain.

■ **I wonder if you can help me. My bubbe lives alone and she's fiercely independent. I've tried to encourage her to get some help at home, as she's finding it more difficult to manage now. She's always refused before, but recently she's started to say that maybe she could do with some help. I'm relieved but, to be honest, I don't know where to start.**

It can be hard for people to accept that they might benefit from some help; many people contact us in similar situations. If your grandmother now

feels that she would like some support, it may be possible to access this through the local authority social services department or through Jewish Care, which has its own home care service. I wonder if your grandmother might like to speak to someone from our community support and social work team? They can arrange to visit her to discuss care options and other ways in which Jewish Care may be able to support her.

■ **My husband died last year and I'm slowly adapting to life without him and living alone. But I'm finding it hard to motivate myself to make anything more than a sandwich. It seems such a waste of time to go to so much effort to cook a meal when there's only me to eat it. So I find myself living on tinned food and vegetables and I'm getting quite fed up with it now. Do you have any ideas that could help me?**

It can be hard indeed to adapt to life without a loved one and if you feel you would like any support around this, please do let us know. In response to your specific enquiry about evening meals, there's a new scheme in Barnet (it also runs in Tower Hamlets, Reigate and Bansted) which could be just what you're looking for. It's called Casserole Club and it helps people share extra portions of home-cooked food with others in their area who are not always able to cook for themselves. You can find out more and sign up online at [www.casseroleclub.com](http://www.casseroleclub.com) or if you don't have internet access, call them on 020 3475 3444. If the Casserole Club doesn't appeal, might meals on wheels be an option? It's possible to organise kosher

Left Kezia French, JCD helpline manager and Jude Lee, one of the advisors



JOY SABLE

meals to be delivered, either hot or frozen. Let us know if you'd like any further details.

■ **Talking to a friend recently, he mentioned there's something you can sign to say you don't want certain treatments or to be resuscitated if you get sick or have an accident. I think he was talking about Power of Attorney but I'm not sure. He couldn't tell me any more – can you?**

It sounds like your friend could be referring to Advance Decisions (they used to be called Living Wills). This is a legal document that sets out the treatment you would or wouldn't want at the end of life, so any healthcare professionals looking after you can respect your wishes. An Advance Decision must be signed, dated and witnessed and your GP needs to declare your mental capacity to make such decisions. A copy can be kept with your medical records but it's important to ensure your partner/family know about it – especially if they might be contacted in an emergency – as well as any healthcare professionals involved in your care.

Advance Decisions are different from Power of Attorney. There are two types of Power of Attorney: Health & Welfare and Finance & Property. These allow you to choose someone who can make decisions for you should you be unable to or you lose the ability to communicate. We can send you some further information or you could call the Compassion in Dying information line on 0800 999 2434. They can also provide information and free forms to make an Advance Decision.

■ **I find with my increasing age that my sight isn't what it was. I accept that it happens as we get older but I do miss reading; I was always a bookworm and took such pleasure in reading a real page-turner! The local library has large print books but it's such a job to get there.**

There are various gadgets that might help, such as magnifiers, and the RNIB (Royal National Institute of Blind People) may be able to advise you about getting these. Their helpline number is 0303 123 9999. You might also be interested in our K C Shasha Centre for Talking News & Books. We have over 1600 talking books by Jewish authors or with Jewish themes and produce recordings of the weekly national newspaper, the Jewish Chronicle. To find out more, call us on 020 8922 2333.

■ **My sister will be coming home from hospital soon, following an operation. She'll make a full recovery but she'll be under the weather for a while. She lives alone and, while she'll be able to look after herself, I thought it would be nice for her to have a main meal delivered so she won't need to cook. She would need a kosher meal and I know the local authority won't provide it as she's not needy enough. Do you know anyone who could help? She lives in Finchley.**

There are a few companies providing kosher meals on wheels. The first is Hermolis, which you can call on 020 8810 4321 or check their website: [www.hermolis.com](http://www.hermolis.com). The second is Wiltshire Farm Foods, 0800 678 3060 and their website is [www.wiltshire-farmfoods.com](http://www.wiltshire-farmfoods.com).

■ **Please can you help my daughter and son-in-law? They've had a truly terrible year – if I were to list all the things they've gone through, you'd probably think I was making it up. They have two young sons and have never had a family holiday as their finances can't stretch to it. I'm not in a position to help financially, and I feel uncomfortable asking for charity, but I really do feel a holiday would be such a boost to them all.**

Jewish Care itself is not a grant-giving organisation but if your daughter or

her husband would like to contact us – or if they give you their permission to contact us on their behalf – we'll see what we can do to support them. You might also like to contact an organisation called Turn2Us. Turn2Us is a charity that helps people in financial need to access welfare benefits, charitable grants and other financial help. They have a helpline which is free to call: 0808 802 2000 (open Monday-Friday, 8am-8pm) or they have a useful online benefits and grants checker on their website: [www.turn2us.org.uk](http://www.turn2us.org.uk).

■ **My beautiful daughter has recently been diagnosed with cancer and they say she doesn't have long to live. I can't even begin to express my grief at this news. How am I going to cope? How is she going to manage; she has two young children? I'm not even sure what I'm asking you for but I just feel I need some support and information.**

It must be devastating to hear that someone you love may be near the end of their life. What does your daughter understand about her illness? Is there a clinical nurse specialist involved in her care and have they made a referral to the hospital palliative care team? There are many people and services around, including Jewish Care, which can support your daughter, yourself and your family. With a little more information, we can ensure you get the guidance you need. **CARELINE**

## HOW TO CONTACT US

The confidential helpline is open Mon to Thurs, 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](http://www.jewishcare.org) or email [jcdirect@jcare.org](mailto:jcdirect@jcare.org)



# HEALTHY WINTER EATING

*Keep the seasonal blues at bay with these tasty, warming recipes*

**E**ating healthily over the cold winter months is important for everyone, but it is especially important for older people. If you are living alone or are housebound, make sure your cupboards are well stocked with healthy food and ingredients.

Whatever your age, it's never too late to start thinking about healthy eating.

Focus on eating regularly and getting the right balance of foods in your diet to make sure you remain as well as possible throughout the winter.

Eating a healthy, well balanced diet will give you more energy, help you feel warmer and can boost your immune system. This means you should eat regularly and have a good variety of foods each day. If your appetite is poor, then try to eat little amounts often. Try to have at least one hot meal each day and have hot drinks throughout the day, especially before you go to bed.

Eat fish at least twice a week, one of these should be an oily fish such as salmon, mackerel, trout or sardines. And don't forget to drink plenty of water!

Here are three delicious recipes which are simple to make and healthy too.

Soup is always an ideal winter warmer, and lentils are a very healthy choice. Fish pie is popular with all ages, so if you have children or grandchildren coming to visit, you may want to try this recipe. The rice pudding is an old favourite and you can add in tinned or dried fruit to make it more interesting. The powdered milk used in the recipe is always a useful item to keep in stock, as is rice, so this really is a dessert of convenience! **CARELINE**



## Red lentil and tomato soup

**Cooking time: 20-30 minutes**  
(this makes 3-4 portions)

### Ingredients

- ½ mug red lentils (rinsed)
- ½ mug chopped onion
- 1 tin chopped tomatoes or
- 1 carton tomato passata
- 1 vegetable stock cube
- 1 teaspoon vegetable or olive oil
- 3 mugs water
- Pepper to taste

### Method

- Rinse lentils in a sieve with cold water.
- Place a medium pot on a high heat, add oil and onions.
- Stir well for 1 minute; add lentils, chopped tomatoes, stock cube and water, stir well.
- Reduce heat to medium, cook for 20-30 minutes until lentils are cooked, stirring occasionally.
- If preferred, you can purée the soup using a hand blender (you may need to add more water).



## Easy fish pie

Preparation time: 25 minutes  
This recipe serves four, so you could make it in two dishes and freeze one for another day.

### Ingredients

- 850g potatoes, peeled and cut into chunks
- 300ml (1/2 pint) semi-skimmed milk, plus 3 tablespoons
- Ground black pepper
- 350g mixed fish chunks, such as haddock, cod or salmon
- 100g broccoli, broken into small florets
- 75g frozen peas
- 1 x 20g sachet parsley sauce mix
- 25g cheese, grated

### Method

- Preheat the oven to 190°C, fan oven 170°C, Gas Mark 5.
- Cook the potatoes in boiling water for about 20 minutes, until tender. Drain well, then mash them with 3 tablespoons of the milk. Season with some pepper.
- Meanwhile, arrange the chunks of fish in the base of a large baking dish.
- Lightly cook the broccoli and peas in boiling water for 3-4 minutes, then drain them thoroughly. Add them to the baking dish and mix with the fish. Season with pepper.
- Empty the contents of the parsley sauce sachet into a saucepan. Pour a little milk into the pan and mix until smooth. Stir in the remaining milk and bring to the boil, stirring continuously. Simmer for 2 minutes, then pour evenly into the baking dish.
- Spoon the mashed potatoes on top, so that they cover the fish mixture, then scatter the grated cheese evenly over them. Transfer to the oven and bake for 35-40 minutes, until golden brown. Enjoy!



## Rice pudding

Cooking time: 20-30 minutes  
(this makes 2-3 portions)

### Ingredients

- ½ mug rice (long grain or pudding)
- 3 mugs milk (made from powdered milk)
- 1 dessertspoon sugar
- 2 dessertspoons dried mixed fruit
- Tinned fruit in natural juice (optional)
- ½ teaspoon cinnamon (optional)

### Method

- Make up powdered milk, following packet instructions, pour into a medium pot.
- Add rice, dried fruit, sugar and cinnamon.
- Place on a high heat and bring to the boil, stirring well.
- Reduce to medium heat, cook for 20 minutes or until rice is cooked, stirring all the time.
- More milk can be added at this stage if you like a softer texture.
- Serve with some tinned fruit on the top... and enjoy!



# CREATURE COMFORTS

*Budgies, dogs and a very friendly parrot... Mel Poluck reports on how a touch of animal magic is bringing love and laughter into Jewish Care's homes*

**V**i & John Rubens House in Ilford has plans to 'bring the outside in', introducing more plants to communal areas and water features to balconies. In keeping with this vision, a recent donation to improve the environment of its dementia units was spent, not on new armchairs, but on four budgies.

Team leader Christopher Oyo says their impact has exceeded expectations: "Sometimes you need something different to the radio or TV. The budgies give the residents something to chat about. When the birds start singing it creates a friendly, homely atmosphere. It's lovely."

Jacklin Stephenson, social care coordinator agrees. "The sound they make is beautiful. The residents are very aware of them. It's about keeping the residents in touch with life," she says.

Even when the unpredictable happens, as with animals it often does, the results can be positive. "The other day a member of staff was cleaning the cage and a budgie flew out. Residents weren't alarmed, they found it really funny," says Jacklin.

Other regular contact with animals comes from visitors and activity coordinators who bring in their pet dogs. "Residents are practically jumping out of their seats to cuddle and talk to them," she says. The home is even considering getting a dog.

On the other side of London at Rosetrees in Friern Barnet, resident parrot Rocky has been settling in to his new environment. "He's really blended in nicely. He's part of the first floor," says social care coordinator Pauline Drayton. "We think outside the box to do something different for residents. We thought the parrot would be nice and someone they could talk to."

And Rocky, who lives on the dementia floor, seems to listen. "He puts his head up to the cage when you talk to him. Residents like him and he doesn't mind being stroked," says Pauline. He even shows affection for particular people by crawling across their shoulders and rubbing his head on them. Rocky fascinates residents when he is taken out of his cage and plays with a ball; if music is playing, he 'sings' and he mimics the phone when it rings.

But the noise doesn't faze residents, says Pauline. "Care homes thinking of getting a pet should look beyond the risk assessment and think positively. A lot of residents have had pets themselves, so why shouldn't we bring animals in?"

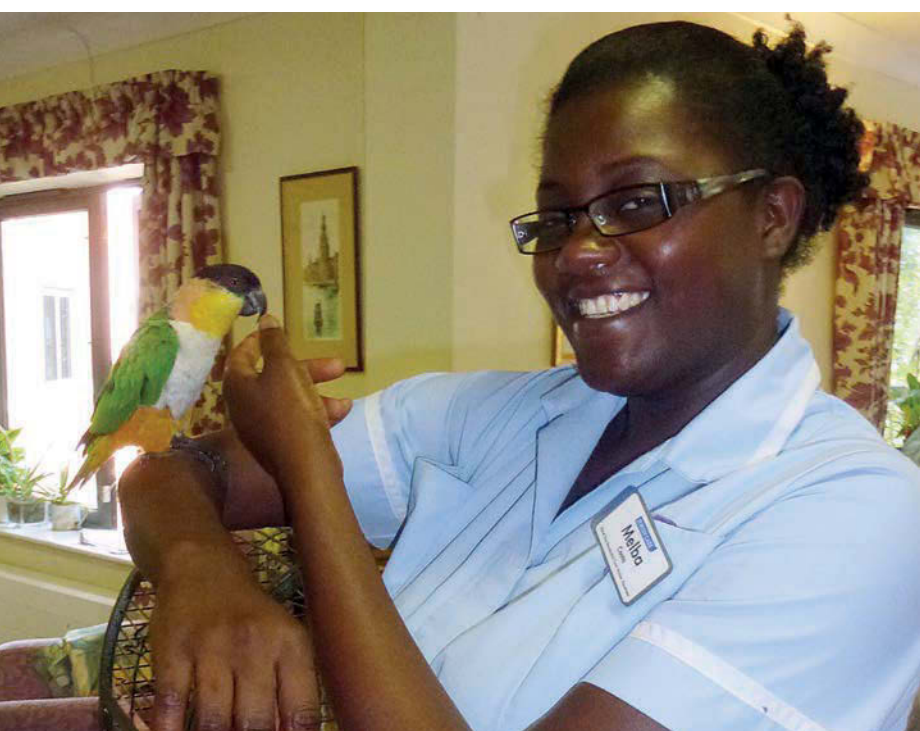
Some interactions with animals across Jewish Care's homes are more ad-hoc, like the time a chicken wandered into a resident's bedroom. Not just any chicken, but one of the home's four pet hens which live in the garden of Brighton's Hyman Fine House.

The resident in question, who chooses to stay in her room all of the time, enjoyed the chance meeting so much, staff now offer her petting sessions with the chickens.

The chickens were the idea of the home's social care coordinator Mark Pady, who learned about the therapeutic quality of chickens for people with dementia. Some residents get involved in their care by accompanying staff as they clean the chicken run. Others enjoy the tactile aspect of collecting warm, freshly-laid eggs, says manager Natasha Carson.

Children especially love the chickens, as a

**Below** Feathered friend: Rocky the parrot with staff member Melba Costa



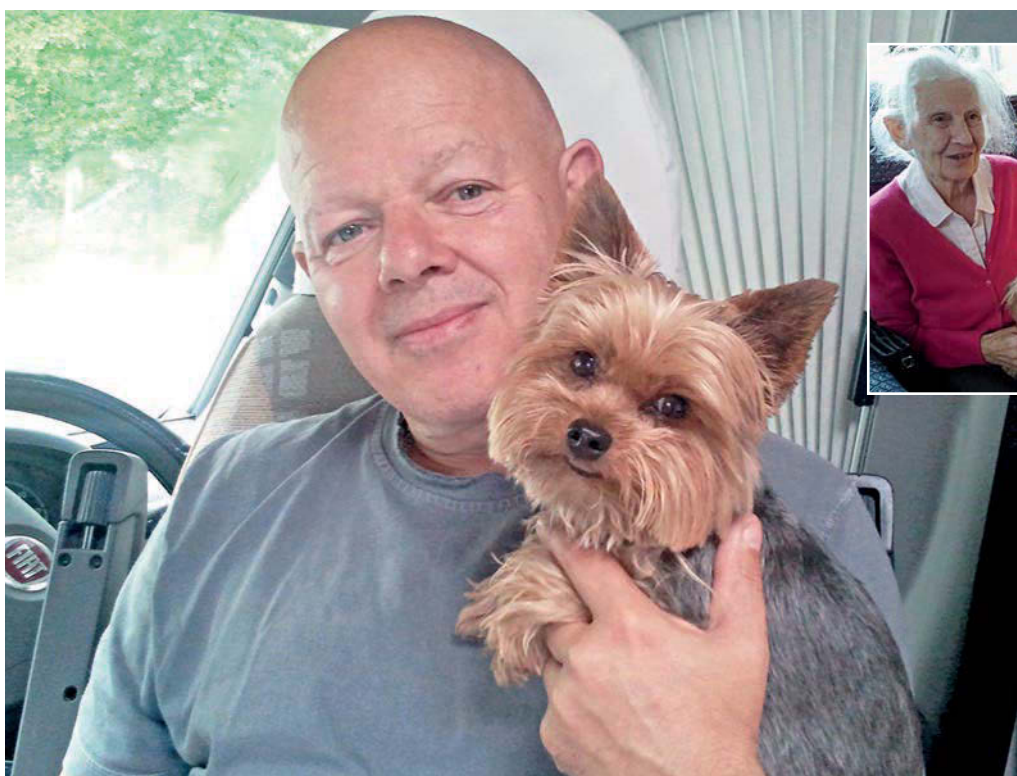
JOY SABLE

recent visit from a local cheder proved. "Having animals adds another dimension to the home. It's become an intergenerational thing," says Natasha.

The home has a history of sharing its living space with animals. Sooty, or 'The Purr Therapist' has been living at Hyman Fine House for six years. An integral part of daily life, Sooty's photo even appears on the volunteers' board on the entrance hall wall. "When one woman first moved to the home she was agitated and unsettled. The cat was the only way to get through to her," Natasha says.

members. Cindy, described by Carson as "a de facto PAT dog" because of her good nature, is one example. "Everyone is pleased to see Cindy. For the lady whose dog it is, that contact is really important," she says.

Contact with animals continues beyond the four walls of Jewish Care's homes. Residents of Hyman Fine House were recently taken on a pony and trap ride and there have been excursions to a local farm and the seafront aquarium. Last summer, Sidney Corob House in Hampstead welcomed sheep, piglets and even a Shetland pony during a 'mobile farm' visit.



Above Mr Darcy entertains a resident

Left Canine cutie: Gary Weston with Mr Darcy, a favourite at Hyman Fine House

Of all the creatures associated with the home though, there is an obvious star. "Whatever the atmosphere – even if people are feeling less calm – it's amazing what happens when Mr Darcy is in the room. You see smiles for the rest of the day. The mood lightens. The staff and the residents love him."

Mr Darcy, a registered 'Pets As Therapy' (PAT) Yorkshire Terrier, belongs to Gary Weston, who says: "I didn't believe it until I saw the difference a pet can make to a resident. I've seen residents with acute dementia trying to speak to him and those with ailments take respite from their discomfort as Mr Darcy sits on their lap. I hope more people are encouraged to take their pets into care homes under the PAT scheme."

Many residents owned pets before moving into the home and in some cases, the same pets continue to visit their owners with family

And the bond between residents and animals may be set to grow stronger. This summer saw trials of a scheme in Scotland to train 'dementia dogs' to assist people in the early stages of the disease to be more mobile, encourage them out of bed and remind them to take medication. Perhaps in future, dementia dogs will become a common sight in care homes.

Meanwhile, for those considering introducing animals into their environment, Natasha advises: "You need to choose animals with the right temperament and have a plan of how to look after them. But go for it. Caring for something is one way of creating meaningful lives. Sometimes we get bogged down in the risks, but it's really important to see the benefits. So much good can come out of contact with animals. My only rule is 'not in the dining room'!"

CARELINE



# A KEY TO CREATIVITY

*Sharon Maxwell Magnus looks at some of the various activities taking place within Jewish Care's homes, helping residents get the most out of their lives*

**T**here are not many activities that a frail gentleman and his two-year-old great-grandson can do together and enjoy equally. But Bobby Ableson has found one of them. He and his great-grandson, who is visiting him at the Otto Schiff home in Golders Green, are immersed in making a screen print as part of Jewish Care's programme to keep residents' creativity engaged and to help them lead meaningful, active lives. They pull the press back, watching their creation emerge with excited faces.

many people whose memories are failing can access other areas of their brains through art. I have a mother who is 94 and has dementia. She doesn't talk any more, but has started painting truly beautiful pictures in her own identifiable style, something she never did when younger. That opened my mind to what people with dementia can express through art. There is this wonderful enriching moment when you lift the press and see their faces as they look at what they've made."

But it isn't just the creativity that makes this activity so special. It is its ability to stimulate memories and help residents share them with each other. Rene Ram for instance, recalls, as she prepares a stencil, how her favourite subjects at school were creative ones such as needlework. This sparks the attention of a man who has, as yet, not said anything, but merely watched the others draw. "I had a good education," he recalls, suddenly animated. And with that, he turns his own attention to creating a stencil, newly enthused.

"What is special is the sense of involvement and achievement they get from this," says Judith. "When someone who only watched previously joins in and makes something, it matters. And they do make some beautiful things. My dream is that eventually we will be able to increase their sense of usefulness by selling their work – as well as ceramics that other groups make with me – like they do at Yad Lakashish [a centre where older people work as artisans] in Jerusalem."

It is wonderful to share in the excitement of the residents generated by the activity as they start to draw and smile. It is clearly a real highlight of their week.

Sheree Charalampous, a specialist in textiles and volunteer at the Sam Beckman Centre for people living with dementia, is also encouraging residents to explore their artistic side. She won the Linda Rose creativity in dementia award for the quilt that she helped users of the day centre make alongside their family, friends and the staff there. The oldest quilter was 96, the youngest, six.

"I look at the quilt and it brings a smile to my face," she says. "It has so much meaning to so many people."



JOY SABLE

**Above** Prints charming: Judith Devons (far right) assists at a screen printing session at Otto Schiff

Bobby, a former printer who typeset *The Times*, has a portfolio of screen prints he has created at the home. He looks at one he made a few weeks ago, his face aglow with pride.

"It's wonderful this is," he chuckles. "Do you see this one I made? Beautiful. Sometimes it surprises me."

The work of the residents is multi-coloured and varied. Challah cloths in bold primary colours, pictures screen printed brightly, taken from tracings of the residents' hands, and a textile wall hanging are just a few of their artistic creations.

Judith Devons, a professional artist who loves working with people, leads the screen printing sessions. She became involved as a result of her own experience: "I realise that

Sheree sees the quilt as an expression of social history as well as a way of expressing individuality. One of her favourite squares was created by the oldest contributor who remembered her father telling her she had “golden hands” when she made a beautiful dress for her doll. “So we worked together to help Miriam turn her square into a beautiful embroidery of her golden hands,” she says.

Creativity is a part of many people’s lives from their youngest days to their oldest, a way of expressing themselves and connecting with others. But the same is also true for those who have enjoyed nature throughout their lives, whether it’s going for long country walks, enjoying the sight and smell of fresh flowers, birds or gardening.



Jewish Care has been finding new ways to help residents to enjoy this side of their lives as well. In September, Jewish Care held its very first Nature Week as an addition to routine nature-based activities. This was organised with Dementia Adventure, which specialises in giving those with dementia, the sort of activities they once enjoyed, tailored to an appropriate, meaningful level.

Padraic Garrett, service manager of the disability and dementia service for Jewish Care, who was responsible for its inception, feels it has been a very valuable addition to the activities on offer for residents.

“When people live with increasing frailty whether physical or cognitive, they tend to stay indoors more, but we are all part of nature and experiencing the sun, seeing the cloud formations and the changing seasons uplift people’s mood overall.” He also points out that activities such as planting bulbs give opportunities for reminiscence and ensure



that people stay connected with nature.

The Princess Alexandra Home in Stanmore was chosen as the venue for the week because it has extensive grounds that residents and guests can enjoy.

Activities included planting vegetables, fruits and herbs in the garden. Residents could arrange flowers into beautiful displays or make an autumn collage out of leaves. Many chose to visit to a Garden Centre where they could touch and smell different herbs and plants, reawakening senses and memories.

All of these activities allow residents both to keep in touch with things that mattered to them when they were younger, to enjoy new experiences and to live more meaningful, fulfilled lives in their twilight years.

Padraic also points out that these experiences also allow for more bonding time with staff. “Enjoying nature is good for the staff too and if you have happy staff and volunteers you have a happy home which is good for residents.”

There is a tendency to think of people with dementia as people who are passive. Jewish Care is changing that stereotype and helping people with dementia lead more fulfilled, meaningful and happier lives. **CARELINE**

**Above** Green fingers: happy horticulturalists at the Leonard Sainer Centre

**Left** In stitches: Sheree Charalampous and Monty Gaynor, a client at the Sam Beckman Centre

## MORE INFORMATION

If you need support or advice about caring for someone with dementia, please call Jewish Care Direct on 020 8922 2222 or visit [www.jewishcare.org](http://www.jewishcare.org). For more information on art workshops run by Judith Devons, visit [www.judithdevons.com](http://www.judithdevons.com)



# BETTE'S STORY

*Bette has decided to leave Jewish Care a legacy. Here she explains some of the reasons behind her decision*



**I'd just like to take a moment to share my story with *Careline* readers, so that you can see the world through my eyes. I've lived on my own in Hackney for over 30 years, after I left my family home in Stepney. There used to be lots of Jewish people living on the estate here and a real sense of community. I could talk with my neighbours about anything and everything, and every Friday we'd wish each other "Shabbat Shalom!"**

It's not like that anymore, it's not the same. As I get older, I cherish the time I get to spend with my friends at the local Jewish Care community centre. I love coming in and playing kalooki in the morning and sitting down to a hot lunch. It's not easy for me to buy kosher food where I live now, and they serve all the favourites here. It makes such a difference to be able to enjoy chicken soup on a Friday with my friends.

The community centre is the only Jewish

place where I can get all the help I need. A Jewish Care bus even comes to pick me up from my flat so I can make it to the centre, now that I can't walk as far as I used to. Staff at the centre also arranged for someone from Jewish Care to come to my flat every day, because I'm finding it harder to manage things at home these days.

It's only since I started receiving support from Jewish Care that I've realised how important it is to have this kind of care, day-in day-out. I think about the community centre sometimes and what would happen if it wasn't there anymore. Where would I go? What would I do?

I feel so fortunate to be part of the community and to be given such wonderful support by Jewish Care. I'm not well off, but I want to make sure that people like me can get the same support I've had. Jewish Care's been a lifeline to me, and that's why I've decided to leave Jewish Care a gift in my will. I know that things aren't easy for Jewish Care at the moment. There's less and less funding from local authorities to help pay for the care that I need, but more and more people needing help.

I'd like to help now, but I'm only on a modest pension. That's why I'm going to leave something to Jewish Care when I'm gone, to thank my community for everything I've been given in this world and all the kindness that's been shown to me.

I'm sure that by reading this, you will understand how special Jewish Care is and hope that you share my commitment to keeping Jewish Care's services running, not just today but tomorrow too. If you're interested in leaving Jewish Care a gift in your will, like I've done, then please do contact Jewish Care. I know that your support really will make a difference.

**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](mailto: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

### January

#### Wednesday 8-Sunday 12 and Wednesday 15-Sunday 19

"Jewish Community Art-on-the-Pier" – an exhibition will be take place at The Royal Pavilion showcasing work of those involved with Jewish Care including work produced by Connect@Southend

#### Monday 20

Tour of Goldsmiths' Hall (H.O.P.E.)

#### Thursday 30

Tour of the Poppy Factory (H.O.P.E.)



### February

#### Tuesday 4

Tour of Hackney Empire (H.O.P.E.)

#### Sunday 16

Options Committee supper quiz (Com)

#### Thursday 20

*Twelve Angry Men* (H.O.P.E.)

### March

#### Sunday 2

Challenge committee event at the Bushey Centre (Com)

Performance of *Renya The Cobbler's Daughter* at the Michael Sobell Jewish Community Centre (MSJCC)

#### Tuesday 4

Tour of Shri Swaminarayan Temple (H.O.P.E.)

#### Monday 10

Business Breakfast at Claridge's (Fun)

#### Sunday 16

Friends of Rosetrees annual quiz supper (Com)

#### Monday 17

HSC annual dinner at the Marriott Hotel (Com)

### Monday 24

Young Patron Annual Dinner at the Marriott Hotel (Fun)

### Tuesday 25

*A Life in Song* lyrics by Don Black (H.O.P.E.)

### April

#### Sunday 6

Sunday Social and New Beginning committees present *A Night at the Musicals* (RJCC)

### Tuesday 15

Second night community seder at the Michael Sobell Jewish Community Centre (MSJCC)

### June

#### Monday 9

Annual campaign dinner (Fun)

### Wednesday 19

RAGS golf day at Abridge Golf and Country Club (Com)

### Sunday 22

Family fun day at The Princess Alexandra Home (Com)

## EVENT KEY AND CONTACT GUIDE

<b>Com</b>	Committee event – call Sigal Nissan (020 8922 2806) or email snissan@jcare.org
<b>Fun</b>	Fundraising event – call Ruth Merrian (020 8922 2831) or email rmerrian@jcare.org
<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 redbridgejcc@jcare.org
<b>MSJCC</b>	Michael Sobell Jewish Community Centre – call 020 8922 2900 or email sobell@jcae.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**

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**MEMORY BASED THERAPEUTIC ACTIVITIES**

**REMINISCENCE**

**ENHANCE SENSE OF WELLBEING**

**IMPROVE SELF ESTEEM**

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Your donations of unwanted items can help us raise more money for 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?**



**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](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**

# IT'S ALL ABOUT CHANGE

*Jewish Care's chief executive Simon Morris shares his views*

**C**hange is never easy. Our human instinct often makes us wary of change. Yet for us here at Jewish Care, change is essential. Change alongside ongoing support from the community is the backbone of why we are still here today.

Over 100 years ago we were an organisation providing grants to support young Jewish girls to stop them prostituting themselves and to support immigrants struggling to settle into the UK. Our community has changed. Whilst prostitution and immigration is less of an issue in the Jewish community, we have other pressing support needs. We have had to and continue to embrace change to meet the needs of the community. We understand change and generally do it well.

Some things haven't and will never change. Everything we do is underpinned by Jewish values and ethics and we continue to provide much needed support to people and their families. How we do this has changed!

*We know that there is a huge demand from the community for more independent living flats*

In the past it was believed that a "one size fits all" service was adequate. Everything we do now focuses on the needs of individual people. Our strategy is now underpinned by our desire to ensure people can live meaningful lives. To achieve this we regularly review our facilities and the delivery of our services.

This year, like many others at Jewish Care, we have made a number of changes to our services. We have recently announced our plans to relocate the services provided at Ella & Ridley Jacobs House and the Sam Beckman Centre to our specialist care community at Asher Loftus Way in Friern Barnet.

Whilst our appraisals have indicated this site



BLAKE EZRA PHOTOGRAPHY

isn't ideal for a care home, initial work highlights its potential for development as self-contained independent living flats for older members of the community. We know, from our development at Selig Court, that there is a huge demand from the community for more independent living and are now working on developing plans for this site.

We all age in our own way and our needs are all different. We support increasing numbers of people living in their own homes and in response to this trend we are looking to extend our home care service to provide a round the clock service for people who require support to enable them to live at home. This year we provided over 56,000 hours of homecare support to members of the community.

It is change that has ensured that 150 years after our establishment we are still here to support the community. Jewish Care is part of the community and the community is very much a part of Jewish Care. It is this partnership that helps shape us.

Our existence would not be possible without you, our loyal supporters. With your continued support we will evolve and change to ensure we are here, in some shape or form, in another 100 years' time. **CARELINE**



# 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.



KEITH GOLD

## 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*

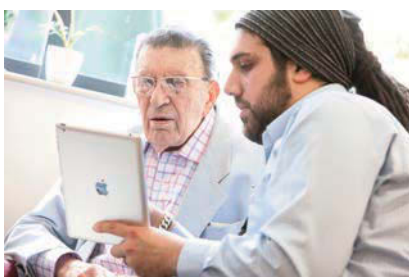


SIDNEY AUSTIN

## 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 ⑤



PHOTOS: JUSTIN GRANGE UNLESS NOTED

## 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

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

- care4cafe, Golders Green  
*A mutually supportive group for people under the age of 70 living with dementia and their carers.*
- 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.

Jami, Olympia House, London

#### ACTIVITIES AND COURSES INCLUDE:

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

#### LOCATED AT:

- Jami House, Golders Green  
Covering North West and Central London
- Martin B Cohen Centre for Wellbeing  
Edgware  
Covering North West London and Hertfordshire
- Mitkadem Centre for Wellbeing  
Redbridge  
Covering North East London and Essex
- Kadimah Centre for Wellbeing  
Stamford Hill  
Covering East and North East London and South London

- 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



KEITH GOLD



Out of the Ordinary™



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