

# CARELINE

ISSUE 71 | SUMMER 2014/5774



**BRINGING IN  
THE DOUGH:  
THE GREAT  
JEWISH BAKE DAY**

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**



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Blake Ezra Photography  
Six-year-old Harry Darsa and Jewish Care client Jack Mindel, with Chava Cupcake on the Great Jewish Bake Day.

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REMEMBER **JEWISH CARE**





# AROUND THE WORLD OF JEWISH CARE



Richard Adler from the Sky series "Jews on Bikes" took five friends and their bikes to the Holocaust Survivors' Centre in March. Pictured here is centre member Ina Fryer showing her wild side!

Max Sugarman, Emma Goldstein and Adam Shelley (all pictured left to right) with Alex Pollack and Sha'ron Karpel took part in the London Marathon in April. Their combined efforts raised £12,500 for Jewish Care.



JUSTIN GRAINGE



BLAKE EZRA PHOTOGRAPHY

The Rt Hon John Bercow MP, in conversation with Jewish Care clients Hettie Tauber and Freddie Knoller at the annual campaign dinner.

The annual campaign dinner, held at the Grosvenor House Hotel in June, raised £4.4 million. It was sponsored by Investec Specialist Bank for the eighth year running. Pictured are (from left) Simon Morris (chief executive), Nicola Loftus (dinner chair), Steven Lewis (chairman), the Rt Hon John Bercow MP, Lord Levy (president of Jewish Care), Linda Bogod (campaign committee co-chair) and Robert Suss (campaign committee co-chair).



BLAKE EZRA PHOTOGRAPHY



JUSTIN GRAINGE

Arsenal and England football player Paul Merson was guest speaker at the Redbridge Sports and Entertainment committee's breakfast event in May. The event raised £40,000 for Jewish Care's services in Redbridge.

The YJC property quiz was held at Knight Frank's offices in February. The event raised £2700 and 90 people attended.



BLAKE EZRA PHOTOGRAPHY



JUSTIN GRAINGE

Employee volunteers from Moreland Estates took time out in January to visit and entertain football fans who are members of the Sam Beckman Centre for people living with dementia.



📌 Jewish Care's annual Celebration of Success, paying tribute to the contribution made by staff to the organisation's success, took place at the Michael Sobell Jewish Community Centre in May.



📌 Volunteer coordinator Bryan Gordon with Dennis Centre volunteer Dorothy Brown, at the Memory Way Café first anniversary party held at the centre in December.



JUSTIN GRAINCE

📌 Lily Richards (left) and Ray Nathan, members of Jewish Care's Stepney Jewish Community Centre, enjoy cheesecake at a Shavuot lunch sponsored by Clifford Chance and the Canary Wharf Group plc, at the Clifford Chance offices.



📌 Charlotte White celebrated her 100th birthday in February with a party at Hyman Fine House. She is pictured here with Brighton mayor, Denise Cobb.

📌 Nearly 100 golfers took part in the Alzheimer's Disease Golf Society (ADGS) Golf Day at Dyrham Park Country Club in May raising over £55,000. Pictured (centre bottom) with other committee members is Morella Kayman MBE, chair of the ADGS, who has now stepped down from the role.



BLAKE EZRA PHOTOGRAPHY

📌 Welsh mezzo-soprano Katherine Jenkins OBE was the special guest at the Holocaust Survivors' Centre dinner in March. The event, held at The Marriott Hotel, raised £180,000 for the centre.



BLAKE EZRA PHOTOGRAPHY



📌 A team from the Brenner Jewish Community Centre at Raine House set up a stand at a local library to inform people about Jewish Care's services.



ARI RAYMOND



↑ An exhibition of screen prints created by residents of Otto Schiff care home went on display in the home in February.

↓ Hannah Cripps celebrated her 106th birthday at Rubens House with a card from the Queen and a party with friends.



FLIXNPIX



FLIXNPIX

↑ The Next Generation Committee's evening of bingo and sushi was held at the Michael Sobell Jewish Community Centre in April, raising £2000 for Jewish Care.

↓ Over 300 people enjoyed an evening of entertainment, food and festivities at Redbridge Jewish Community Centre's annual Yom Ha'atzmaut celebration in May.



FLIXNPIX



FLIXNPIX

↑ Vi & John Rubens House resident Hettie Tauber was one of the many recipients of flowers brought by pupils of King Solomon High School as part of its Shavuot celebrations.

↓ The Potters Bar Golf Day took place in April, with 88 participants. An amazing £11,000 was raised for Jewish Care.



SHABNAH ZOKAIE



BLAKE EZRA PHOTOGRAPHY

↑ Singing star Pixie Lott was the special guest at the Young Patrons dinner in March. Held at the Marriott Hotel in central London, the event raised £145,000 for the Holocaust Survivors' Centre.





ARI RAYMOND

↑ H.O.P.E. supporters paid a visit to the Hindu Mandir or temple in Neasden in March. The trip finished with a tea at the Michael Sobell Jewish Community Centre.

↓ Top chef Denise Phillips joined local dignitaries at the Brenner Jewish Community Centre at Raine House where she held a cookery demonstration for centre members.



JUSTIN GRANGE



↑ Staff and volunteers from the Southend and Westcliff Jewish Community Centre took part in Cyclo Aid in May, a fundraising event for Jewish Care's Southend and District Aid Society.



BLAKE EZRA PHOTOGRAPHY

↑ Pupils from the Independent Jewish Day School joined residents at Clore Manor for a model seder celebration.

↓ The Woman of Distinction luncheon at the Institute of Directors in May raised £80,000. The speakers were Dame Stephanie Shirley, Tessa Ross, Sidney Corob House resident Susan Schlaen and Theresa May MP. Pictured (left to right) are Dame Stephanie Shirley, Tessa Ross, Theresa May MP, Lady Young and Phillipa Mintz.



BLAKE EZRA PHOTOGRAPHY



TABITHA FIREMAN

↑ The Chief Rabbi, Ephraim Mirvis paid a visit to Hyman Fine House in Brighton before Shavuot. He met residents, staff and volunteers at the home.



♣ Sir Michael Rake was guest speaker at a business breakfast at Claridge's in March. The event, which was attended by 180 people, raised £50,000.



BLAKE EZRA PHOTOGRAPHY



FLIXNPIX

♣ Dorothy Conway celebrated her 100th birthday in March with a party for family and friends at Rosetrees in Friern Barnet.



BLAKE EZRA PHOTOGRAPHY

♣ In April, TV personality Esther Rantzen visited the Holocaust Survivors' Centre to give a talk about The Silver Line, a new helpline for older people.

♣ Purim festivities around Jewish Care included youth movement volunteers from RSY and FZY making hamantashen with residents at Clore Manor.



JUSTIN GRAINCE

♣ More than 1700 people enjoyed The Princess Alexandra Home's fair in June. The event raised a record £20,000.

♣ Committee member Phil Spencer, Dame Gail Ronson DBE and committee member Barry Soraff at the RAGS golf tournament in June. The event, at Abridge Golf and Country Club, raised £150,000 for Jewish Care, £10,000 for the Community Security Trust and £5000 for the Doris and Sidney Gold Trust.



JUSTIN GRAINCE

## IT'S IN THE BAG



**W**e have been given a unique advertising opportunity to promote our helpline and brand on prescription bags given out in independent pharmacies located in highly populated Jewish areas.

The campaign ran for eight weeks late last year in 33 chemists and feedback we received said that people thought it was great to see our helpline promoted in these trusted shops. We have repeated the campaign and it will continue to run at intervals until the end of the year. This will see our helpline advertised on 320,000 pharmacy bags across 80 different pharmacies in Edgware, Hendon, Golders Green, Finchley, Stanmore, Radlett, St John's Wood, Bushey, Chigwell and Loughton. Keep your eyes out for these bags!

## GET COMMITTEE'D!

**Some of our fundraising committees' recent events:**

### NOVEMBER

The Friends of Stepney held a sing-along version of the musical "Oklahoma". It was a full house of over 70 people. The event raised just under £1000 for the centre. The Friends of Lady Sarah Cohen House held a supper quiz. Over 100 people attended and raised £1500. 150 guests attended a supper quiz at Barnet United Synagogue which was hosted by The Friends of Clore Manor committee. The event raised over £2500. The Friends of Rosetrees held an annual bridge evening. 50 people attended and the event raised over £1300.

### DECEMBER

The Friends of Lady Sarah Cohen House held their annual raffle, raising

£1600. The Friends of Brenner held a supper quiz which 70 people attended, raising just under £800.

### FEBRUARY

The annual Options Supper Quiz held in Bushey Synagogue raised £2581. The Friends of Rubens House annual supper quiz, held at Cockfosters and N Southgate Synagogue raised an amazing £6500.

### MARCH

The Challenge Committee held an "Elvis Shmelvis" evening in Bushey Country Club. Over £650 was raised. The Rosetrees supper quiz, attended by 150 people, raised £4000.

### APRIL

The Options committee bridge and kalooki evening was attended by 80 guests and raised £1164.

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



# 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.

## 23rd WEDDING ANNIVERSARY

Betty & Joe Rahamim

## SILVER WEDDING ANNIVERSARY

Mr & Mrs D Bowers

Sara & Gerald Isaac

Verna & Paul Lang

Juliet & Richard Romain

Michelle & Jonthan Stoops

## PEARL WEDDING ANNIVERSARY

Anne & David Sugarman

## RUBY WEDDING ANNIVERSARY

Carla & Howard Coleman

Stephanie & John Cooper

Diana & Robert Errington

Melanie Phillips & Josh Rozenberg

Jacky & Leslie Lipowicz

## SAPPHIRE WEDDING ANNIVERSARY

Ruzena & Barry Conway

## GOLDEN WEDDING ANNIVERSARY

Muriel & Allan Beaver

Helen & Michael Cohen

Pauline & Leon Davis

Estelle & Peter Ellerman

Jacky & Tony Epstein

Stephanie & Jack Ferster

Valerie & Norman Fetterman

Meriel & Rodney Joseph

Andrea & Alan Kaplin

Marcia & Geoffrey Linch

Lynne & Malcolm Lindsay

Lorice & Alan Stain

Priscilla & Michael Tropp

Marianne & Jack Ullman

Lorna & John Ziegler

## EMERALD WEDDING ANNIVERSARY

Mrs & Dr Brill

## DIAMOND WEDDING ANNIVERSARY

Mr & Mrs Burnside

Janet & Ivor Cohen

Lilian & Robert Curtis

Carol & John French

Helen & Armond Graham

Mr & Mrs Katz

Adele & Monty Lesler

## PLATINUM WEDDING ANNIVERSARY

Sidney & Bubbles Denbin

## MARRIAGE

Yetta Faith & Stanley Gerrard

Professor Waxman & Naomi Heaton

Candy Hammer & Barrie Levy

Lizzie Futter & Anthony Rosenfelder

Laura Trill & Simon Sefton

## SPECIAL BIRTHDAY

Louise & Simon Abraham

(joint birthdays)

Geoffrey Abrahams

David Arkish

Philip Baum

Allan Beaver

Vivienne Bellau

Rosalind Black

Sandra Blackman

Marilyn Blair

Michael Brand

Rhona Brickman

Lynda Burns

Suzanne Caro

Len Clayman

Angela Cohen

Howard Cohen

Nina Cohen

Ivan Collin

Mollie Da Costa

Harry Danzig

Dorothy Dobbs

Ruth Drake

Ellis Black

Tania & Howard Falk (joint birthdays)

Zippi & Shaike Falkovitz (joint birthdays)

Miriam Fields

Laurence Finegold

Naomi Fisch

Michael Franks

Peta Freedman

Robert Galman

Neville Gamsu

Karen Gaunt

Maureen Gold

Howard Gold

Pauline Golding

Anne & Gerald Goodwin (joint birthdays)

Dr Allen Gould

Beryl Graff

Gus Graham

Wendy Grant

Morris Guest

Laurence Harris

Marian Herbst

Derek Horwood

Muriel Hyman

Gordon Isaacs

Beryl Jackson

Ronald Jacobs

Carole Jayson

Harry Kanter

Gerry Kaye

Oliver Kenley

Lauren Kraftman

Alan Kravitt

Sheila Krendel

Gerald Kushner

Claude Landes

Esther Leach

Jeanette & David Leibling

(joint birthdays)

Maurice Lessof

Alan Levene

Marie Lever

Midge Levy

Margot Lew

Helen Lewis

Vivienne Lipowicz

Paul Littman

Mervyn Lyndon

Lottie Mallinek

Warner Mandel

Werner Mattes

Joan Mendel

Estelle Mendoza

Joan Michaels

Jackie Miller

Michael Morris

Stella Noss

Cheryl Pack

Simone Pearlman

Sylvia Perl

Shirley Pinfold

Ruth Rael

Gerald Raphael

Hilary Raymond

Barbara Reef

Howard Remer

Harry Reuben

Alec Rifkin

Harry Roberts

Valerie Rosenthal

Lev Rubin

Ben Rudolf

Brian Scott

Phoebe Serlui

Freddie Shaw

Vivienne Sheridan

Betty Shifrin

Adele Silver

Joyce Silverman

Walter Sinclair

David Specterman

Sydney Sunshine

Stephen Sweden

Harold Tannenbaum

Linda Tanner

Sybil Toper

Stuart Trogal

Glenn Vald

Ernest Waldman

Roger Walters

Carol Warner

Gerald Wiseman

Peter Wiseman

Dan Woolf

Sidney Zack

## BARMITZVAH

Joel Wolinsky

## 2ND BARMITZVAH

John De Lange

Alan Kravitt

Monty Simmons

## BIRTH OF DAUGHTER

Frederic Nada

## IN HONOUR OF

Ruth Timon

## OBE

Leslie Rose

## BY WAY OF THANKS TO

Joan & Tony Gold

## IN CELEBRATION

Yehudt Black

Riska & Thomas Dodds

Eileen & Peter Jacobs

Jan Sanders

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



# 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 are asked*

■ **I saw my aunt deteriorate over a period of time and now realise the importance of advanced planning (wishes) for care when I'm older. What do I have to think of?**

Advance Care Planning (ACP) is a process of discussion between you and those who are important to you. During the discussion you may express preferences about your future care. For example, should your health deteriorate to an extent you require formal care, where would you want to be cared for? This important information should be reviewed periodically and can be taken into account if you were unable to make your own decisions (should you lose mental capacity). ACP is not legally binding. Another important factor to consider is, making a Lasting Power of Attorney for Property & Affairs and/or Health & Welfare. This is legally binding and provides peace of mind to you and loved ones, enabling them to act in your best interests when needed. It prevents the Court of Protection needing to get involved which can often be a costly process causing anxiety and distress.

■ **My father has recently been deteriorating in terms of his ability to look after himself and I have two young children so do not have the time to care for him. Does he need to go straight into a care home? Can you explain some of the options open to me?**

I wonder what your father's views are? What does he want? How is his health impacting upon his daily living? He may not be aware that he could attend a community centre for stimulation and thereby giving you a break during the day. In most situations, people want to retain their independence and sense of 'being in control'; he may believe he is

managing quite well and having a conversation with him will help to establish all of these questions. However, your views are also important, as his care needs are impacting upon you.

You would be entitled to a Carers Assessment from the local authority as well as support from our Family Carers Team. It would be helpful, with his consent, to have a meeting with one of our team to establish what his views might be. This consultation would take into account both your views when planning future care.

If he requires assistance with washing and dressing, the outcome might be that your father would arrange for a carer to come into his home to assist at the times that are most difficult for him. This is called a care package and is monitored and reviewed to either increase or decrease where appropriate. The idea of the care package would be to initially keep him at home, encourage his wellbeing and independence and be of assistance to your caring role. If this care package does not improve both you and your father's situation, then residential care can be considered.

■ **I'm thinking of buying a mobility scooter. What is the best way to ensure I buy what I really need?**

In the past couple of years, the Office of Fair Trading (OFT) has been investigating a number of firms in the mobility aids/scooters market for breaching competition laws. These practices have led to older people paying vastly inflated prices for scooters, some of which are not even suited for their specific needs. It is wise to remember the following points:

■ Shop around, including online, to compare products and prices and research what product best suits your needs.



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

■ Think twice before buying, and don't feel compelled to purchase.

■ Double check facts and terms and conditions; do you fully understand the costs and know whether it includes extras like installation, ongoing service charges or warranties?

■ Talk to someone you trust for a second opinion.

■ Be wary of time-limited or exclusive offers that need to be signed on the spot. There is usually a seven-day cooling-off period for all sales over £35 on the doorstep.

The key message is take your time and ensure that you have all of the necessary information before making a purchase. **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)





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**For bookings and information please contact Elizabeth Israel on 020 8922 2192**

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# A helping hand

*Renata McDonnell of Six Point Foundation explains the work of the Foundation in supporting Holocaust survivors*

**M**ichael\* was one of “the Boys” – 732 young Holocaust survivors, most of them boys and some of them girls, who came to Britain after liberation – and used to visit The Holocaust Survivors’ Centre to socialise with this group of old friends. A succession of health troubles stopped him from using public transport, but he also could not afford the return cab fare to the centre in Hendon, 18 miles from his home.

The Holocaust Survivors’ Centre and its neighbouring therapy centre, Shalvata, secured a grant on his behalf from Six Point Foundation to help cover the cost of the fare. This is just one example how the Foundation can help Holocaust survivors and refugees of Jewish origin living here who are struggling financially to boost their quality of life.

Six Point Foundation was set up in 2011 with some of the proceeds from the disposal of assets owned by the Otto Schiff Housing Association (OSHA), which had its origins in a fund set up in 1933 to rescue Jewish people from Nazi oppression in Germany.

Since the Foundation made its first grant, it has awarded over £330,000 in over 300 grants to individual Holocaust survivors and refugees in financial need. Grants have been for one-off expenses to improve quality of life such as home adaptations, medical bills, travel costs and temporary care. As the Foundation does not take requests for funding directly, The Holocaust Survivors’ Centre is one of five partner agencies which confidentially assesses people who have requested help and makes requests for grants to the Foundation on their behalf.

Six Point Foundation also gives grants to organisations supporting Holocaust survivors and refugees. So far it has awarded over £1.85 million in grants to organisations around the UK such as Jewish Care. The Holocaust Survivors’ Centre has received several grants to support its social/activities programme, including an expansion to Selig Court, and its social work/counselling programme, as well as an occupational therapist and a full-time outreach worker to reach out to survivors in need.



**Above** Living in the moment: HSC members enjoy lots of social activities

In addition, 11 Jewish Care homes received Six Point Foundation funding to run innovative activities programmes for residents. Natasha Carson, registered manager of Hyman Fine House in Brighton, recently remarked on the success of one of their funded activities: “Cooking and food has long been recognised as a central theme in Jewish culture and way of life. For people to come to residential care and no longer be able to use a lifetime of experience and knowledge is a sad reality of most care settings. Setting up a cookery group was seen as a way of recognising people’s self-worth and valuing their ability.”

Before it closes within the next three to four years, the Foundation aims to reach and help as many struggling Holocaust survivors and refugees as possible in modest but meaningful ways that would not come about if it did not exist.

Holocaust survivors or refugees must be of Jewish origin living in the UK with an income of less than £10,000 per year (excluding pensions or social security) and have assets less than £32,000 (excluding a primary residence and a car). Please contact The Holocaust Survivors’ Centre on 020 8802 5032 for more information about requesting a grant.

\*His name has been changed for confidentiality.



# One is fun

**W**hen you are on your own and older, it is very important to eat healthily and maintain a varied diet. It is so easy just not to bother, but being on your own doesn't mean beans on toast is the only option... there are plenty of tasty recipes perfect for solo eaters.

There are a couple of useful tips to remember if you are cooking for one. Plan your meals so that if you do have leftovers, they can be used in another recipe the next day. For instance, if you have cooked extra boiled potatoes one

night, add them with some peas and onions to a couple of eggs the following evening and you have a Spanish omelette.

It is often cheaper to buy meat, chicken and fish in larger packs, so divide food into individual portions and freeze for another time.

Here are two recipes which are speedy, tasty and ideal if you are on your own. With the left over crème fraîche in the second recipe, add some honey and a chopped banana, and you have a delicious, nutritious dessert too! **CARELINE**

## LEEK AND SAGE RISOTTO

### COOKING TIME

PREP: 10 MINS • COOK: 20 MINS

A quick risotto easily made extra special by adding two or three large grilled mushrooms

### Ingredients

- 1 tbsp olive oil
- 2 small leeks, sliced
- 4 sage leaves, shredded
- 85g risotto rice
- 220ml hot vegetable stock
- 3 tbsp grated cheese
- 3 large mushrooms

### Method

1. Heat the oil in a pan, add the leeks and sage and fry for 2 mins until the leeks are starting to soften. Stir in the rice and cook for 1 min, stirring. Add the stock and bring to the boil. Reduce the heat, cover and simmer for 10-12 mins until the rice is tender.

2. Meanwhile, grill the mushrooms, then slice and set aside. Remove the rice from the heat, then stir in 2 tbsp of the cheese and freshly ground pepper. Spoon onto a plate, sprinkle with the remaining cheese and top with the sliced mushrooms.

## FISH WITH PEAS AND LETTUCE

### COOKING TIME

PREP: 5 MINS • COOK: 10 MINS

### Ingredients

- 1 Little Gem lettuce, shredded
- 2 spring onions, thickly sliced
- handful frozen peas
- 1 tbsp olive oil
- 140g boneless white fish fillet
- 1 tbsp crème fraîche

### Method

1. Mix together the lettuce, spring onions and peas in a microwave-proof dish. Drizzle with olive oil. Sit fish fillet on top, spoon over crème fraîche, then season. Cover with cling film, then pierce film.

2. Microwave on medium for 6-8 mins until the fish is cooked. Lift fish off the lettuce, then give lettuce and peas a good stir. Spoon lettuce mix and sauce onto a plate, then sit fish on top.



# Making life better

*Caring for people with dementia in the community means that people can stay connected with all that is familiar, for longer. Natalie Kennard discovers how Jewish Care is at the forefront of this initiative*

**In 2012, Prime Minister David Cameron launched 'Dementia Friends', the biggest campaign in the UK to change the way people think about dementia.**

With 800,000 people with dementia – the figure is rising daily – and two thirds living in their own homes, 'Dementia Friends' is all about accepting that the condition can be part of everyday life.

Lloyds Bank, Marks and Spencer, Argos, Homebase and others on the high street have grasped David Cameron's baton, training staff to be more understanding, to communicate more clearly over the telephone and to be patient at the till.

Padraic Garrett, Jewish Care dementia service manager, describes watching a customer at the checkout one lunchtime at Tesco's: "Clearly, the customer was confused, but had it gone badly she would have come away feeling a failure, a fool and stressed. Instead she was treated with dignity and respect. Yes, having to wait longer to pay was frustrating for me, but it was just a few minutes more. We have to give out the message that we respect older people. The power is in our hands to make people feel good."

The reverse – low self-esteem – causes stress, depression and a lowering of the immune system, which can cause even greater cognitive impairment. Learning about the condition and how to react in certain situations can make life better for people with dementia. Given proper support and understanding, people can live well and be happy and fulfilled.

While life in London and other cities can be more challenging, those in the Jewish community may be cushioned. Passers-by seeing someone they recognise in distress will often lend a hand. But the best benefit is how Jewish Care has taken on board the Prime Minister's campaign wholeheartedly.

Gill Yentis, dementia development practitioner, explained: "David Cameron threw down the challenge to create one million Dementia Friends who will become the eyes and ears of those with the condition. His campaign is normalising dementia in society. It is part of everyday life, or very soon will be."

Post launch, Jewish Care squared up to the question: "How should the Jewish community respond?" Its call to action kicked off with stories about dementia in the Jewish press, followed by a cross-community opportunity to wise up to the condition. Gill has been leading teach-in sessions about dementia to any communal group keen to listen and learn. Thanks to her lessons, Leo Baeck College has incorporated a dementia and disability module into its rabbinical training while a Hertfordshire shul now has 50 per cent funding for a welfare worker for older members.

One pleasing reaction came from a rabbi who visited a congregant with dementia shortly after Gill's talk. Her advice helped the rabbi to talk calmly to the man about the wife he was convinced was still alive – even though she had passed away many years ago. Invitations for Gill to talk about dementia trickled in at the start, but have become more frequent as the realisation dawns that an extraordinarily big issue is on the horizon.

**Below** Hilary Els, who attends the Sam Beckman Centre for people living with dementia, with her daughter Jenny Scott who volunteers there. They are holding a 'memory quilt'



BLAKE EZRA PHOTOGRAPHY

Older shuls with ageing congregations will be especially affected and should be organising pastoral care and making their buildings accessible to ensure that life-long shul goers can continue to attend. Sympathetic 'Dementia Friends' are crucial too. One shul had banned a long-time member of the choir on the grounds he now had dementia and could not be trusted. Gill says that shuls need to prepare financially for demographic changes as people age.

Normalising dementia means those with the condition can remain living at home for as long as possible, which, provided support structures are in place, is better for the individual and their family and makes sound financial sense.

Jewish Care's support for people with dementia is logical given that 'living a meaningful life' is a top priority. That can mean bungee jumping in the Lake District or taking a helicopter ride. Several Jewish Care clients have had a ball with Dementia Adventure, a groundbreaking charity that offers one-off adventures, including holidays, for people with dementia and their carers.

"It was a 90-year-old man who took the helicopter ride. You should have seen the expression on his face!" says Trisha Ward, disabilities development practitioner.

One big Jewish Care success story is its Memory Way Cafes. The first one opened two years ago at the Otto Schiff care home in the Maurice and Vivienne Wohl Campus, three more followed: the Sam Beckman Centre in Hendon, the Dennis Centre in Redbridge and the most recent to open at the Leonard Sainer Centre in Edgware. More cafes are to follow. Carers and their relatives who have dementia meet new friends, hear interesting speakers and exchange useful tips on strategies to cope over tea and cakes.

Memory Way Cafe coordinator Pam Bertschinger says: "Sharing experiences with others and knowing you are not alone makes carers and their loved ones feel comforted, nourished and less isolated. At a time when social lives can be telescoping down, the café provides the opportunity to forge new friendships."

A similar initiative, Care4cafe, is targeted at younger people with dementia and younger carers. It was launched by Jonathan Cohen, who at 31, is a carer for his mum Ruth Marks, 65. "I want to meet people in the same position as ourselves," he says. "Many with dementia are much older than my mum and are cared for by their spouses. Going to the toilet when we're out is one of my biggest issues. I can't



JOY SABLE

leave my mum outside – and when she needs to go it feels weird to walk into the cubicle together."

Singing for the Brain, at the Otto Schiff home, is another activity for people with dementia and carers to enjoy, for as the condition takes hold, they are able to do less together. Singing familiar songs is a great leveller.

Sometimes when life becomes too challenging for the carer at home, residential care becomes the only way forward. Jewish Care's three day centres for people with dementia are credited with putting off that heart-wrenching moment by giving carers essential respite.

Jenny Scott is a volunteer at the Sam Beckman day centre and her mum Hilary Ells attends each day. Jenny says: "It's a lifesaver. My dad couldn't have mum at home. She repeats herself and asks questions constantly. It's exhausting."

The day starts with tea and toast – most breakfast earlier but forget – and next come activities to keep the brain active, like Scrabble, discussions, art, watching a film or painting nails. The timetable is adjusted to suit that day's attendees.

Jewish Care's Family Carers service offers practical and emotional support. Wendy Stolerman, central team community support and advice worker, says: "Carers lose the companionship, conversation and social interaction they had with their partners and you find out who your friends are. It can be terribly isolating. You cannot underestimate the benefit of having someone outside their immediate circle to talk to who is not judgemental.

"Some families regard a diagnosis of dementia as 'the end'. But there still is a lot of living to do."

And that is largely thanks to Jewish Care.

**CARELINE**

**Above** Sheila (left) and Len Sykes, who attend the Memory Way Café with coordinator Pam Bertschinger





Over 4000 people took part in a range of events for Jewish Care's second Great Jewish Bake Day in June. Seven coffee shops and bakeries, 16 schools, 23 Jewish Care services, five street events, two supermarkets, a number of synagogues and individuals across the community 'baked a difference' to raise funds and awareness for Jewish Care. All the money raised will be used to organise tea parties for older and isolated people in the community as well as helping to support our vital services.

Daniel Carmel-Brown, director of fundraising and marketing, said: "The wonderful thing about the Great Jewish Bake Day is everyone can get involved in some way or another, from the kids who made and sold cakes raising a few pounds, to the larger Bake Day events bringing schools and care homes together. We want to thank everyone who was involved, every penny we raise is important to us and we hope that along the way lots of fun was had and cakes were eaten!"



# THE GREAT JEW







# WISH BAKE DAY





# Every picture tells a story

*Gideon Summerfield's unusual form of volunteering for Jewish Care has made a huge impression upon members of the Holocaust Survivors' Centre*

**H**aving drawn portraits of his entire year group at JFS, budding artist 18 year old Gideon Summerfield embarked upon a life-changing challenge last summer when he decided to draw a series of portraits of Holocaust survivors. He was introduced to staff at the Holocaust Survivors' Centre and Shalvata who suggested he spend some time to get to know members first. During his summer holidays, he spent Tuesdays in the centre's art room, meeting survivors, drawing and painting with them, and listening to them. Stories of their past lives often emerged from their artwork as they talked.

As Gideon got to know members, he asked those he felt would be comfortable with the idea, if he could draw a portrait of them.

Gideon wanted his portraits to be powerful drawings of real people with personal stories to tell. Each survivor chose an item of importance to them to hold in the picture. Drawn in biro, the A2 drawings are a larger scale than any of his previous pictures but Gideon felt the size was important to relay the importance of these pictures.

What started as a summer art project became a transforming experience for Gideon. Although he is now studying art in Cardiff, he regularly visits the centre when back in London and calls his new friends every so often to see how they are doing.

He says: "I set about to draw some portraits of survivors but got much more out of it. The friendships I formed took over the project and the portrait was almost something I did in the background. The HSC members I met wanted to pass their stories to me; as a young person they knew I could be part of their legacy.

"For me it has been a real privilege. I thought at the age of 18 I was knowledgeable enough to withstand their stories, at times I have found it difficult to comprehend what

they have been through and how they survived. I will always carry their stories with me and share them with others and I know this project has linked me to an organisation I will always stay connected to." **CARELINE**

**Below** Portrait of Alicia Gornowski by Gideon Summerfield



# Making an exhibition of themselves

*It's never too late to discover your creative side, as some Jewish Care clients in Southend found out earlier this year*

**T**he Royal Pavilion on Southend Pier played host to a very unusual art exhibition in January. "Jewish Community Art on the Pier" displayed a selection of works created by members of the Southend Jewish community, including clients of the community centre and connect@southend.

"The exhibition showed the work of 27 local artists who came from a cross-section of the community," says Chris Sternshine, the Community Development Assistant at Southend & Westcliff Jewish Community Centre. "We were also very pleased to display work from Redbridge Jewish Community Centre and the Dennis Centre. The event attracted over 1300 visitors and received nothing but positive feedback. The event helped to raise the profile of Jewish Care locally and enabled us to work in partnership with other organisations."

The exhibition was a joint venture between Jewish Care and Southend Borough Council, and its opening was attended by local MP David Amess and Mayor of Southen, Councillor Derek Jarvis.

For some of the artists, it was their first experience of having their work on public display. Annie Lewis is 95 and the oldest participant in the exhibition. She is currently a tenant at Shebson Lodge and attends Southend and Westcliff Jewish Community Centre. She has always been creative: she made gowns for top fashion designer Bill Gibb, but it was not until she retired that she started to paint, draw and crochet.

She says being involved in arts and crafts is "wonderful and makes life worth living". She says she was surprised to see her paintings on display: "I have always loved art by my work and family life left me no time for hobbies. I now draw, paint and do crafts on a regular basis in my flat and when I attend Jewish Care's community centre."



Left *Poppies* by Annie Lewis and below, *A Sunny Place* by Barbara Goldstein

At 69, Barbara Goldstein is one of the younger exhibitors. She regularly attends the keep fit class at connect@southend and joined its Thursday art group because she has always liked to paint. She says she gains inspiration from chatting to people.

However and whenever inspiration strikes, it is evident that anyone can create a little touch of magic with a paintbrush... what's stopping you? **CARELINE**



## MORE INFORMATION

You can find out more about the wide variety of arts and crafts classes held in Jewish Care's community centres and connect@centres by calling Jewish Care Direct on 020 8922 2222, visiting [www.jewishcare.org](http://www.jewishcare.org) or emailing [helpline@jcare.org](mailto:helpline@jcare.org)





# Net prophets

*In a summer that has seen World Cup fever take hold, James Masters chats to some Jewish Care residents and discovers that, when it comes to the beautiful game, they are really on the ball*

**L**eslie Richmond thought he had seen it all during his 100 years. “How the heck did they manage that?” he asks incredulously. “Even now, Orient keep me on my toes. I just don’t understand how they managed to mess it up again. At least there’s always next season.”

A resident of Vi and John Rubens House in Ilford, Leslie has lost none of his enthusiasm or love for Leyton Orient, despite their painstaking defeat in the League One play-off final. If you ever needed a reminder of how much football matters, then a few minutes in the company of Leslie will give you an indication. Leading 2-0 at Wembley Stadium, Orient contrived to lose on penalties and deny Leslie of the perfect way to celebrate his century.

Fiercely passionate and with a youthful enthusiasm which belies his years, his voice cracks whenever he thinks of what might have been had Orient held their nerve. Just days after the cruel demise against Rotherham, Leslie was already looking forward to next season – something he’s done regularly since visiting Brisbane Road (now the Matchroom

Stadium, home ground to Leyton Orient) as a teenager.

“I remember going to see Orient against Aston Villa in 1929,” he says. “It was an FA Cup match and Orient had got a 0-0 draw at Villa Park, it was an excellent result. We brought them back to Brisbane Road and hoped for a good performance... we lost 8-0.”

Leslie’s memory is spot on – and while he’s seen a few successes over the years, his frustration at missing out on promotion still rankles. During a visit to the Ilford home last year, Orient striker David Mooney had promised Leslie he would return with a trophy and throw all the residents a party if the club were successful. Unfortunately, that promise never came to fruition.

“I’m upset, of course I am,” he says. “But I also know that it can’t be helped. They did so well to get to the final and I’m very proud of them.”

While his brothers supported Arsenal during their childhood years in Hackney, there was only ever one club for Leslie. “My brothers all loved Arsenal, but I never really had any other thoughts but Orient,” he says. “That was the way it was. For 100 years it has been that way and I wouldn’t ever change it.”

While Leslie was left pondering another year of frustration, something he has got used to over his lifetime when it comes to Orient, others got their football fix by watching the World Cup despite England’s early exit.

For Arnold Strongwater, 80, the World Cup brought back memories of one of the most exciting days of his childhood. In 1966, Arnold, a resident at Sidney Corob House in West Hampstead, lived just minutes from Wembley Stadium where England defeated West Germany 4-2 in the final.

“I will never forget that day,” he says. “I lived just down the road from the stadium and everyone was so excited. Everyone was sat around the television and when England scored the winning goal, I could hear the roar of the Wembley crowd in our living room. It’s

**Below** Leslie Richmond (right) shares football memories with Leyton Orient player David Mooney



KAREN ZETTER





one of those moments which you'll never forget. The noise was so loud. That night, everybody was so happy. People were out on the streets celebrating, it was a wonderful day."

Arnold, who also spent time living in Southend where he became a regular at Roots Hall (the home ground of Southend United), has watched football his entire life. When he eventually returned to London, he adopted Chelsea as his new team and foresees great things next season.

"I love Chelsea," he says with a glint in his eye. "I'm a big fan of Jose Mourinho and I know the players love him. I think they'll do something special next year."

While football has changed markedly since Arnold first began his love affair with the sport, it was at Southend where his love of the

## 'I saw some great players like Martin Chivers and Jimmy Greaves'

game really developed. "I used to go to watch Southend a lot with some friends and it was a really good atmosphere," he says. "Ted Hankey was the goalkeeper I remember. He was a fantastic player and someone who I always really enjoyed watching. I remember Frank Dudley too, a really good centre forward who scored lots of goals. I always enjoyed going there. I still look out for their scores."

Like Arnold, Gary Bloom is also a resident at Sidney Corob House. Gary, 58, is a Tottenham season ticket holder having attended his first game in 1964 when Spurs defeated Wolverhampton Wanderers 7-4 at White Hart Lane. The likes of Martin Chivers and Jimmy Greaves were just two of Bloom's heroes growing up, while he will also never forget the day England were crowned champions of the world.

"I can still remember it vividly," says Bloom. "I was on holiday with my parents at the time. Everyone was talking about the game and we managed to watch it at a flat owned by one of the waiters at the restaurant. I loved football growing up and went to Spurs at every opportunity. We played some great football and it was a real treat. I saw some great players like Martin Chivers and Jimmy Greaves. They played in some really entertaining Tottenham teams. I think this year Spurs



JOY SABLE

have done OK and a sixth place finish and qualifying for Europe is what we could have expected."

Nowhere is the red and white divide in north London felt more than at Sidney Corob House though. Arsenal fan David Loss, 72, was left to celebrate an FA Cup triumph and his club's first trophy in nine years. He counts Charlie George, the legendary Arsenal striker, as one of his heroes, while he is also a firm believer in manager Arsene Wenger. "Wenger is a great man," he says. "He changed football in this country and people forget that. I love watching Arsenal but I do listen to most football on the radio now. Charlie George was one of my favourite players but I also loved Dennis Bergkamp. He was a different kind of player to what we had seen before. Then there was Thierry Henry, a wonderful player. He used to run with the ball so effortlessly and score so many extraordinary goals."

For Derek Sherling, 72, the opportunity to listen to football on the radio is something which brings back happy memories. "I prefer listening to the radio with football," he says. "I don't like the television commentary where they go on and on, sometimes I like to have a picture in my mind. I used to listen on the radio when I was younger and it's something I really enjoy."

Getting to games is difficult for some residents with Orient supporter Leslie opting for the television and radio to get a glimpse of his beloved O's. But that has not lessened his love for the game – nor for Orient, whom he continues to adore.

"Sometimes I get to watch Orient on television if I'm very lucky but it's normally the radio," he says. "Hopefully next year I'll be able to see them at Wembley again." CARELINE



Top Arnold Strongwater has vivid memories of the World Cup in 1966

Inset David Loss remembers the glory days of Arsenal





# Making it count

*Do something amazing today and leave Jewish Care a gift in your will.  
Whatever you give will have a lasting impact on the wonderful work we do*



**W**hat makes someone leave Jewish Care a gift in their will? Whether large or small, any legacy is always very welcome, for without it, Jewish Care would not be able to do the vital work it does. And leaving a legacy is a wonderful way to ensure that your last wish to do something positive for the Jewish community, even when you are no longer around, will be carried out.

Shirley, Michael and Lily\* have each made the generous decision to remember Jewish Care in their wills. Here are their stories:

Shirley has been attending Stepney Jewish Community Centre for 10 years. She has always lived in the East End, but with the Jewish community diminishing, finds the support and friendship she receives at the centre a real boon. "That's why I've decided to leave a legacy to Jewish Care," she says. "It's my way of saying thank you for all the help I've had over the years. Jewish Care is like my family, so when I'm gone, my gift will help Jewish Care continue its wonderful work."

The £100 Shirley is planning to leave will go towards supporting the Stepney Jewish Community Centre, thus enabling the small community in the area to continue to enjoy all the centre has to offer.

Michael has been on a Jewish Care fundraising committee for the past seven years. It raises money for the care home where Michael's mum spent the last three years of her life. Now that his mother has passed away, he has decided to leave a gift to Jewish Care in his will. "I won't be around forever, but I want to do something that will outlive me – and what could be better than enabling Jewish Care to go on providing excellent care? My mother benefited, and in this way, others will too."

With people living longer, and the numbers of those with dementia on the increase, support for Jewish Care's homes is vital. Michael's £250,000 donation will have a direct impact on the quality of services we are able to provide in our care homes.

Without transport provided by Jewish Care, Lily would not be able to attend the Michael Sobell Jewish Community Centre in Golders Green. "The centre keeps me busy and I have

**"I won't be around for ever, but I want to do something that will outlive me"**

made lots of friends," she explains. "But I wouldn't be able to come along were it not for the care bus that brings me here. I intend to leave some money in my will to Jewish Care, so that the buses can keep running. What would people like me do if they weren't able to get out of the house? Jewish Care stops me feeling isolated, and I want to repay that in the only way I know. The money I leave will make sure people won't be stuck at home."

Lily's £5000 legacy will help to ensure our buses can keep running. Her donation will be commemorated with a "leaf" on the Tree of Life (above left) at the Michael Sobell Jewish Community Centre. Her kind donation will enable people living alone to be part of the warm Jewish community that is Jewish Care.

**CARELINE**

\*All names have been changed for confidentiality purposes.

## FIND OUT MORE

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 in confidence 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)



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

### August

#### Sunday 3

The London Triathlon (Fun)

#### Monday 4

Tour of Upton House (H.O.P.E.)

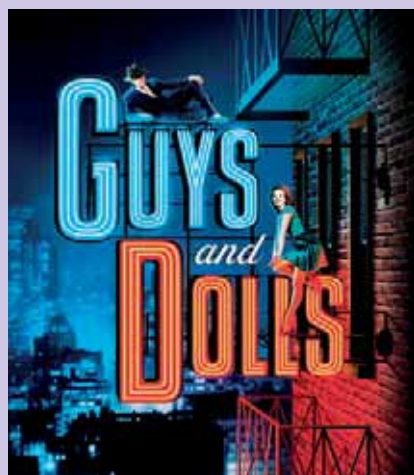
#### Sunday 10

Sponsored walk of London Parks (Com)

Options committee – *Sound of Music* at The Princess Alexandra Home (Com)

#### Wednesday 27

*Guys and Dolls* at Chichester Festival Theatre (H.O.P.E.)



### September

#### Monday 1

Pro Am Golf Day at Dyrham Park Golf Club (Fun)

Visit to the Churchill War Rooms including tea in Golders Green (H.O.P.E.)

#### Sunday 14

Run to the Beat 10km (Fun)

#### Wednesday 17

Visit to the Queens Gallery to view *The First Georgians: Art & Monarchy* exhibition (H.O.P.E.)

#### Thursday 18

ADGS fashion show with Averyl (Fun)

Local Angels talk with Dr John Briffa (Fun)

#### Friday 19

Property Breakfast club with Lord Wolfson (Fun)

### October

#### Monday 6

Fashion show at Annabel's (Fun)

#### Tuesday 21

Ladies bridge at Vision Hall, Radlett (Com)

### November

#### Saturday 1

Rock Spooktacular Party (Fun)

#### Wednesday 5

Topland business luncheon with Sir Stuart Rose (Fun)



#### Monday 10

Business mentoring evening (Fun)

#### Wednesday 19

Local Angels luncheon at The Marriott Hotel, Waltham Abbey (Fun)

#### Tuesday 25

Bridge Extravaganza (Fun)

### EVENT KEY AND CONTACT GUIDE

<b>Com</b>	Committee event – call Angela Jayson (020 8922 2804) or email <a href="mailto:ajayson@jcare.org">ajayson@jcare.org</a>
<b>Fun</b>	Fundraising event – call Ruth Merrian (020 8922 2831) or email <a href="mailto:rmerrian@jcare.org">rmerrian@jcare.org</a>
<b>H.O.P.E.</b>	H.O.P.E. event – call the hotline (020 8922 2192)
<b>RJCC</b>	Redbridge Jewish Community Centre event – call 020 8551 0017 or email <a href="mailto:redbridgejcc@jcare.org">redbridgejcc@jcare.org</a>
<b>MSJCC</b>	Michael Sobell Jewish Community Centre – call 020 8922 2900 or email <a href="mailto:sobell@jcae.org">sobell@jcae.org</a>

## DATA PROTECTION STATEMENT

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

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

All information we collect is held in strictest confidence.

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

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

Name:

Address:

Tel:

Email:

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



# The 'Jewish' in Jewish Care

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



BLAKE EZRA PHOTOGRAPHY

**B**eing Jewish means something different to all of us. Whatever the meaning, it's there somewhere in our DNA. It's this DNA that connects us to others, gives us a sense of belonging or meaning. Here at Jewish Care our 'Jewish' is deep rooted in our organisation's DNA. It shapes our values and the way we work. It is so much more than a kosher meal or a festival celebration.

Our starting point is acknowledging that everyone's DNA is different. Providing support and services to Jewish people can't be achieved through a "one size fits all" approach.

When it comes to our 'Jewish' we don't care how religious or irreligious our clients are. We extend our support and services to anyone in the community without question.

Many of our customers don't see themselves as religious but they do feel Jewish and have connections with people in the community that have shaped them. We often see residents in our day centres or people living in our homes reignite with those they knew from Hebrew classes, boys' club or the dances they attended in their youth. Wonderful reunions,

friendships reborn, connections made.

Our Jewishness also comes from our connections with the community. Seeing Jewish schoolchildren lighting Chanukah candles with care home residents or a Friday night family dinner at our independent living scheme Selig Court, is a reminder of the important role our wider community plays within the Jewish Care community. For Jewish Care, the organisation and community are intertwined, one can't exist without the other. That's what makes Jewish Care's DNA so unique.

We were recently contacted by a man who was struggling to care for his wife of 60 years who was living with dementia. He explained he wasn't connected to the Jewish community

Our amazing unique army of volunteers brings so much of a *heimische* feeling into Jewish Care

in the UK, had never been a member of a synagogue, and had few Jewish friends. This was a conscious decision the couple had made when they came to the UK as survivors of the Holocaust. They didn't want to talk about their past, they wanted to rebuild their lives and felt the easiest way to do this was to step away from their roots and horrific past. We asked him why he came to us in his time of need. His response was that he knew that if he ever needed support the only place he could turn would be the Jewish community – we are his extended family, the only family he would rely on if he needed anything.

We find when it comes to people living with dementia, the Jewish traditions evoke a sense of belonging and connection that they struggle to find in their day to day lives. There is something amazing about being at a seder

night in one of our care homes where on average, over 80% of our residents are living with dementia. People, who may struggle to remember what they had for breakfast, are singing along to *Ma Nishtanah* or *Dayenu* with a smile on their face and a sense of purpose. These regular lifelong traditions are often those hardwired into you, so deep within you that they last beyond so many other memories.

A few years ago a client asked to lay tefillin for the first time. We contacted a local rabbi who visited the home. The following day the client asked to lay tefillin again. The rabbi returned and continued to return daily until the client sadly passed away. Having spent a considerable amount of time in the home, the rabbi had developed a special relationship with the home and other clients living there. Recognising the role he was playing in meeting the spiritual and pastoral needs of some clients, we have recently employed him to work across a number of Jewish Care resources.

What many, both inside and outside of the community ask, is how do we create this *heimische* feel when many of our staff members

are not Jewish? (Why we don't recruit more Jewish people is an article in itself and one I will address in a future issue of *Careline*.)

The answer to this question is three-fold. Firstly, when DNA is imbedded in a person or organisation, it's difficult if not impossible to take it out. Secondly, staff join us fully aware of our values and what they mean in practice. They come to us committed to embarking on learning and development to ensure they can meet the cultural and religious needs of our clients. And lastly, our amazing unique army of volunteers brings so much of a *heimische* feeling into Jewish Care.

On a recent tour of our campus in Golders Green, shadow health secretary Andy Burnham talked of his admiration for the way members of our community support each other. He was blown away by the volunteer involvement in all aspects of our services and I could sense he was wondering if and how this could be replicated elsewhere. I didn't say it, but I expect he would struggle. The 'Jewish' in Jewish Care is in our DNA and I don't believe, regardless of all the advances in cloning, that's possible.

**CARELINE**

## 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: Amelie 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**



# 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



PHOTOS: JUSTIN GRANGE UNLESS NOTED

## 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

## 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 Jewish 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

## 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 **helpline@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

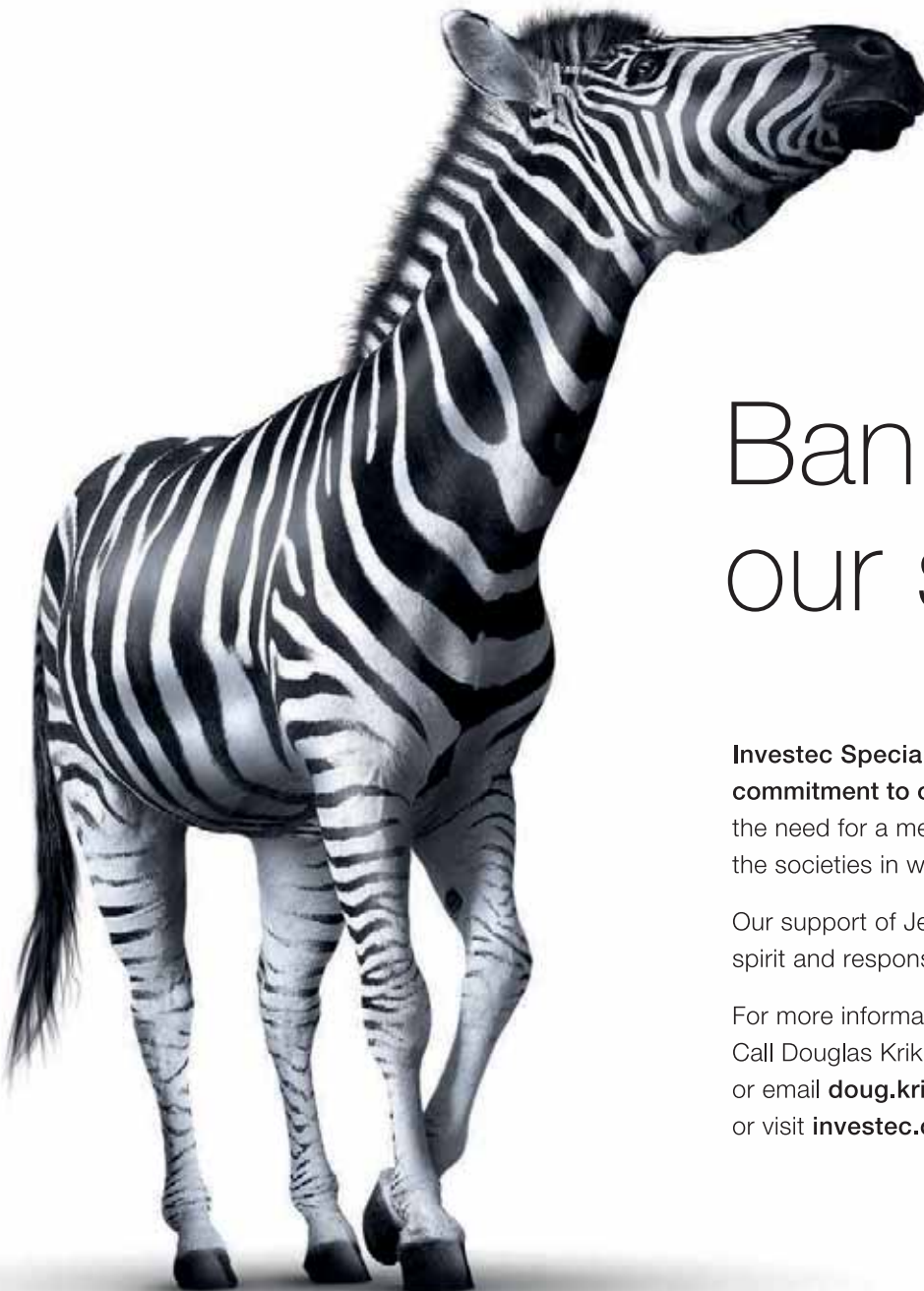
- ① in association with Kenton United Synagogue
- ② in association with Southgate Progressive Synagogue
- ③ in association with the League of Jewish Women and Edgware & District Reform Synagogue
- ④ with the support of World Jewish Relief
- ⑤ in association with Southend & Westcliff Hebrew Congregation
- ⑥ In association with RNID
- ⑦ In association with the Jewish Bereavement Counselling Service



KEITH GOLD



Out of the Ordinary™



# Bank on our support

**Investec Specialist Bank is driven by a profound commitment to our culture and values.** We recognise the need for a meaningful social purpose that considers the societies in which we operate.

Our support of Jewish Care reflects our shared spirit and responsibility for caring for others.

For more information:  
Call Douglas Krikler on **020 7597 3968**  
or email [doug.krikler@investec.co.uk](mailto:doug.krikler@investec.co.uk)  
or visit [investec.co.uk](http://investec.co.uk)