

CARELINE

ISSUE 72 | WINTER 2014/5775



**SHABBAT SHALOM:
THE WARMTH OF
JEWISH CARE**

**WORLD WAR ONE
CENTENARY ISSUE**



FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

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CAKE ALERT!

We are pleased to announce the
official date for The Great Jewish
Bake Day 2015 is Wednesday 1 July

Register for your free fundraising
pack or to find out more information
email bakeday@jcare.org or call
020 8922 2810



Our future plans

The coming months promise to be busy ones for Jewish Care

Over the past eight years, Jewish Care has embarked on a multi-million pound capital appeal to raise funds to update and develop our resources and construct purpose-built and modern care facilities which meet the changing needs of our community.

People are living longer (and people in the Jewish community live longer than the national average). Therefore, the need to provide state-of-the-art environments offering the highest quality care is an aspiration Jewish Care holds.

To meet the changing needs and expectations of those for whom we care, we ensure that our new and upgraded facilities enable the most isolated and vulnerable members of our community to stay in touch with their Jewish identity. We offer them care and support that recognises and respects their culture and faith.

Our current project is the development of the Betty and Asher Loftus Centre in Friern Barnet and our future developments include constructing a second independent living complex (following on from the success of Selig Court on the Maurice and Vivienne Wohl Campus) in Hendon on the site which currently houses Ella & Ridley Jacobs House and the Sam Beckman Centre.

We are also looking into the possibility of developing a campus of services and care for



Above An artist's impression of the interior of the Betty and Asher Loftus Centre

the Redbridge Jewish community. This would consist of a new community centre and independent living apartments. There are also plans to redevelop the site in Stanmore, which is currently home to The Princess Alexandra Home. This would involve creating a 'village' type community comprising an independent living complex, a centre for people living with dementia and a residential care home. There will also be a hub building which houses a day centre as well as shared facilities open to all, such as a café, restaurant and shop. **CARELINE**



Left The new building is taking shape

Inset An artist's impression of the exterior

Around the world of Jewish Care

⚡ Ronit Knoble, Eddie Gershon and their children put on an event in September at their house to raise money for the Holocaust Survivors' Centre and Lady Sarah Cohen House. They presented Simon Morris with the cheque.



ELLISA ESTRIN



BLAKE EZRA PHOTOGRAPHY

⚡ Professional and amateur golfers played at Jewish Care's Pro Am Golf Day in September at Dyham Park Country Club. Over 70 people took part in the day which was sponsored by Lockton and raised over £40,000 for Jewish Care.

⚡ Residents from Clore Manor and other Jewish Care homes took part in the annual Remembrance Day service at the memorial in Edgware.



MIKE FREEDMAN



JUSTIN GRAINGE

⚡ Gloria Hunniford was one of the guests at a fashion show held at Annabel's in October. The event was held to mark the contribution of Dame Gail Ronson DBE (pictured with her daughters) to Jewish Care.



JUSTIN GRAINGE

⚡ Two residents from Clore Manor in Hendon, Herman Katz and Maud Solskone, celebrated their 100th birthdays on consecutive days. They were presented by the Deputy Lord Lieutenant of Barnet, Martin Russell with birthday cards from Her Majesty the Queen.



JAMIE NESSIM



JUSTIN GRAINGE

⚡ Mike Freer MP presented letters from Prime Minister David Cameron to Matthew Kayne and Simon Davies, both residents of Rela Goldhill Lodge, who fundraise for Jewish Care.



ASHLEY WILLIAMS

Half term fun at a holiday scheme held at Redbridge JCC.

More than 400 guests enjoyed the Rock Halloween party at The Forge in the City. The event raised £13,500.



BLAKE EZRA PHOTOGRAPHY



BLAKE EZRA PHOTOGRAPHY

The Alzheimer's Disease Golf Society ladies' lunch and fashion show took place in September in Golders Green. It featured an exclusive viewing of Averyl's of Temple Fortune's new autumn and winter collection. The event raised funds for the Sam Beckman Day Centre for People Living with Dementia.

Three students from King Solomon High School in Redbridge completed a sponsored half marathon walk around Fairlop Waters in the summer as part of their Yoni Jesner Leadership Award. Chloe Santaub, Charlotte Moore and Samantha Manoff raised £200 for Vi & John Rubens House and presented the cheque to the home.



ASHLEY WILLIAMS



Trisha Ward, Pam Bertschinger and Lesley Shaw, Memory Way Café volunteers who were finalists at the Mayor of London Awards, which took place at City Hall in September.

Seven residents from Rela Goldhill Lodge went to EuroDisney in Paris in September.



MASSIMILIANO BIANCONI



JENNY COHEN

10 residents from Sidney Corob House, Rela Goldhill Lodge and Clore Manor visited JCoSS in October for tea and entertainment from the school's choir. Year 8 and 9 pupils served tea to residents and spent time chatting to them.



↑ Danny Seliger (centre) won the Topland Group Business Luncheon Award in memory of Philip Greenwold. He is pictured at the luncheon with (from left) Steven Lewis, guest speaker Lord Rose, Simon Morris and committee chair Nick Doffman. The event raised £250,000.

↓ Animals from Ark Farm paid a visit to residents of Sidney Corob House in August.



↑ Patsy Bloom and Susan James, co-chairs of the Bridge Extravaganza, which took place at the Landmark Hotel in November.

↓ Journalist Eve Pollard OBE was guest speaker at the Local Angels lunch held at the Marriott Waltham Abbey in November. The event raised £21,000 for Jewish Care.



↑ First Secretary of State and Leader of the House of Commons William Hague was guest speaker at a business breakfast held at the Mansion House in November. He is pictured with Business Breakfast committee chair Lord Leigh and Simon Morris. The event raised £45,000.



↑ Lord Wolfson, the chief executive of NEXT Plc, was guest speaker at a Property Investment Breakfast in September, sponsored by Tony Page. The event, held at the Four Seasons, raised £33,000 for Jewish Care.

↓ Joshua Rozenberg, Judge Jules, Ben Winston, and Graham Goodkind were among those who took part in a Jewish Care business mentoring event in November in central London.



📌 An exhibition of Rosh Hashanah artwork by Jewish Care clients went on display at the Michael Sobell Jewish Community Centre in September.



MARK WINGROVE



FIONA ELIAS

📌 75 Jewish Care volunteers from the Michael Sobell Jewish Community Centre enjoyed the third annual thank you party at the centre in September. Volunteers who attended the party included those involved in all the activities that run from the centre.

📌 Jewish Care staff Daniel Carmel Brown and Charlotte Fisher were among several runners raising money for Jewish Care who took part in the "Run to the Beat" 10km run at Wembley Park in September. They raised over £6000 through their hard work.



SHABNAM ZOKAIE



EMMA RIND

📌 Pupils from the Independent Jewish Day School visited Clore Manor to share apple and honey and bring the shofar to residents for Rosh Hashanah.

GET COMMITTEE'D!

Jewish Care is supported by a large number of fundraising committees. Careline takes a look at some of their efforts.

JUNE

A sell-out crowd attended **Friends of Stepney** Italian Afternoon. More than 70 members and guests enjoyed an Italian-inspired lunch followed by entertainment by Davis Capri. The afternoon raised £1000 through ticket sales, donations and raffles.

JULY

This year's **Lady Sarah Cohen House** fete was the most successful to date. £6400 was raised to purchase a weighing hoist for the home. **The Friends of Rubens House** held their annual raffle draw at a carnival-themed tea party for the residents. The event raised £1500 for the home. **Sidney Corob House** held a fundraising barbeque. A cake sale on the forecourt helped raise £100 and a separate cupcake and scone sale raised £67.

AUGUST

Kingsbury Aid Society held its last function, the annual "Walkabout". Over 80 people in 22 different cars took part in St Albans. Refreshments were held at the end of the event at Bushey Centre and the day raised over £700 for Jewish Care. The original **Challenge** park walk had to be postponed due to bad weather, but it took place three weeks later and the event raised £2306.

OCTOBER

The Options Committee held a ladies bridge event. The new generation **Outlook Committee** held its first event, a trip to see *The Marriage of Figaro*. **The Friends of Stepney** organised "Keep the Home Fires Burning" – a World War One Commemoration Centenary Concert performed by Mickie Driver and his Variety Collective. It was held at Redbridge JCC and raised £1600. **The Friends of Lady Sarah Cohen House** held their last annual supper quiz in the synagogue at the home, raising £1400.

Staff award win

Jewish Care has been awarded the highly prestigious Investors in People Gold Award. Following a rigorous assessment that included lengthy interviews with over 100 staff and volunteers from right across Jewish Care, it now joins the top 7% of organisations across the UK which have achieved the Gold standard.

This standard is only given to organisations which can demonstrate excellence in developing and supporting their staff and Jewish Care needed to meet more than 165 requirements that included commitment to its values, continuous improvement, investment in people and social responsibility.

The report said: "Both staff and volunteers love working at Jewish Care because of their relationships with managers, colleagues, clients and rela-

tives. They believe that Jewish Care really cares about them and managers go out of their way to support their work and personal needs. Jewish Care has much to be proud of."

Jewish Care can now use the GOLD badge on literature to show to others that it is a quality organisation. Chief executive Simon Morris said: "We are proud of this achievement and how committed we are to care not only for the people who use our services but also those who work and volunteer across the organisation. Jewish Care is an organisation that really does 'Promote Meaningful Lives' for everyone who uses our services and works and volunteers here." **CARELINE**



**INVESTORS
IN PEOPLE | Gold**

Mitzvah Day

Mitzvah Day was celebrated in November, when members of the Jewish community reached out to connect with Jewish Care residents and members across our services. Players from Leyton Orient Football Club visited Vi and John Rubens House in Ilford, including Scott Kashket whose great-grandmother is a resident at the home.

Mike Gapes MP was one of 100 guests who attended a tea party at Redbridge JCC. Mitzvah Mummies groups brought their children to meet residents and Matthew Offord MP joined one of these intergenerational visits at Clore Manor.

Jewish Care's chief executive Simon Morris said: "Mitzvah Day has become a valuable day in the Jewish Care calendar. Our clients look forward to it."



Happy Birthday

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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.

25th WEDDING ANNIVERSARY

Mr & Mrs D Bowers
Verna & Paul Lang
Sharon & Adrian Mullish
Juliet & Richard Romain
Corinne & Ivan Rosenberg

30th WEDDING ANNIVERSARY

Susan & Martin Lee
Anne & David Sugarman

40th WEDDING ANNIVERSARY

Shoshana & Roy Bard
Linda & Barry Bloombaum
Diana & Robert Errington
Jacky & Leslie Lipowicz
Mimi & Stephen Lucas
Melanie Phillips & Joshua Rozenberg

45th WEDDING ANNIVERSARY

Ruzena & Barry Conway
Bernice & Michael Feldman

50th WEDDING ANNIVERSARY

Diana & Gerald Barnett
Rosalind & Clive Boxer
Diana & Malcolm Brahm
Frankie & Tony Branston
Hilary & Geoffrey Burns
Joy & Stanley Clayman
Jacky & Tony Epstein
Valerie & Norman Fetterman
Rabbi Henry & Anne Goldstein
Jeffrey & Naomi Greenwood
Judy & Harold Kelner
Pat & Eric Kiel
Jane & Brian Leaver
Marilyn & Joe Lehrer
Rosalind & David Midgen
Sandra & David Peterman
Pamela & Murray Relkin
Judith & Brian Robinson
Doreen & Don Ross
Sheila & Barry Samuels
Lorice & Alan Stain
Carol & Sidney Symons
Priscilla & Michael Tropp
Dianna & Michael Wernicke
Rosalind & Bernard Wols

52nd WEDDING ANNIVERSARY

Lilian & Henry Moss

60th WEDDING ANNIVERSARY

Cynthia & Sidney Berman
Barbara & Basil Cohen
Helen & Armond Graham

Geraldine & Clive Hartstone

Mrs & MR Katz
Betty & Bunny Marks
Shirley & John Marks
Denise & Norman Pinner
Mavis & Joseph Roth
Frances & Harold Wayne
Annette & Frank Yarrow

70th WEDDING ANNIVERSARY

Rose & Gerard Bentley

WEDDING

Barbara & Salvator Gabay
Daughter of Ian & Elizabeth Stern
Dina & Jason Webber
Katie & Raymond Graff
Lyn & Tony Clayden
Peter Young
Raisel & Ben Freedman
Susi & Harvey Gilbert
Terry & Stanley Gerrard
Yaeli & Sami Birnbaum

BIRTHDAYS AND SPECIAL BIRTHDAYS

René Anisfeld
Jonathan Ashley
Murray Ashton
Harvey Baker
Shoshana Bard
Roy Bard
Anne Barth
Alf Berlin
Evelyn Berlin
Marilyn Blair
Martin Bloomberg
Morris Bourne
Eric Boxer
Johnny Brickman
Rhona Brickman
Angela Cohen
Leo Cohen
Margery Cohen
Malcolm Cowen
Gerard Cukier
Victoria Dahan
Annette Davies
Maurice Davis
Cyril Dennis
Tony Dinkin
Hettie Dony
Ruth Drake
Tony Eisen
Brian Eisenberg
Norman Elias
Anita Elman

Sylvia Elton
Albert Elton
Henry Engelsman
Issy Ezekiel
Edna Fersht
Shirley Field
Laurie Finegold
Debbie Fox
Sylvia Garston
Lilian Geey
Angela Gold
Myer Goldberg
Monty Goldstein
Allen Gould
Michael Green
Stephanie Greenbaum
David de Haas
Judy de Haas
Herbert Haberberg
Laurence Harris
Ann Harris
Hilda Hart
Marian Herbst
Ruth Issacs
Ronnie Jacobs
David Kahn
Harry Kanter
Betty Klein
Brian Kogan
Vic Kravatsky
Esther Leach
Lawrence Lederman
Martin Lee
David Leibling
Jeanette Leibling
Adam Levin
Michael Levy
Vivienne Lipowicz
Deborah Livingston
Ian Livingston
Lauren Loochin
Julian Low
Akiva Luton
Estelle Luton
Mervyn Lyndon
Lottie Mallinek
Percy Meller
Joan Mendel
Max Messing
Peter Millar
Muriel Mizrahi
Vivian Newton
Harry Nissen
Simone Pearlman
Marilyn Pearlman
Sylvia Perl
Shirley Pinfold

Harold Pollins
Victor Press
Maurice Raphael
Valerie Rosenthal
Michael Ross
Mavis Roth
Pamela Samuel
Brian Scott
Phoebe Serlui
Freddie Shaw
Vivienne Sheridan
Andrew Sherling
Sidney Slovick
Maud Soskolne
David Specterman
Vivienne Stoll
Neil Swimer
Stuart Trogal
Daniel Trup
Jacqueline Vegoda
Howard Weissbaum
Ruth Wiseman
Dan Woolf
Michael Wreschner
Keith Zerdin

CENTENARY CELEBRATION

Claire & Paul Morland

ESHET CHAYIL

Wendy Reisman

BATMITZVAH

Natasha Hertzog

BARMITZVAH

Toby Cowan
Joshua Carmel-Brown

SECOND BARMITZVAH

Joseph Gollow
Raymond Nedas

BIRTH

Zack Benson

UPSHERIN

Solly Milton

NEW HOME

Andrea Sinclair

WITH THANKS

Gina Orloff
Toby & Joan Gold

SPECIAL OCCASION

Rebecca & Thomas Dodds

For more information call Ruth Merrian on 020 8922 2831 or email 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 two of the most common questions our staff deal with



ARI RAYMOND

Above Our helpline staff are always happy to answer your queries

■ My mum needs home care as she cannot cope on her own at home now. How can Jewish Care help her, and what will it cost?

Jewish Care has a well-established homecare service that has been supporting the community for over 25 years across North and East London as well as Herts, Redbridge, the surrounding areas and Southend. Homecare is a flexible service that supports people in their own homes. This flexibility means that an older person and their families can find personalised support that will meet their needs.

It is important for families to try and find gentle solutions to support their older relative as they become frailer, as this can prevent a crisis. Jewish Care's homecare service offers a wide range of support that differs from person to person. For some people we will visit them daily for one or two hours to help them prepare for the day and help with some of the domestic chores. For others, we visit for longer periods and support with GP, hospital appointments and occasionally stay overnight if they are unwell or are returning from a recent hospital stay. We recognise how important it is for people and their families to have some peace of mind and feel that they are not managing often difficult times alone.

Homecare can be paid for in a variety of ways.

■ The local authority works with us if it is known that a person is Jewish and they have less than £23,000 in savings. It is important to let the local authority know that you or your relative is Jewish and would like to be supported by Jewish Care. You are entitled to choose your

homecare provider and the authority has a responsibility to help you access a Jewish service if this is what you choose.

■ If you have more than £23,000 in savings, Jewish Care can support you directly without the need to engage the local authority. We will then charge for this on an hourly rate. This rate remains the same for evening, weekends and bank holidays.

■ What is attendance allowance and would I be eligible for it? I keep hearing about it but no one has explained what it is and how you get it.

Attendance allowance is a non-means tested benefit, and savings and income are not taken in account when applying. It is available to you if you are over 65. Its purpose is to support you with some of the costs that can be associated with living with a disability or long-term condition. Attendance allowance can support you if you:

■ could benefit from help with personal care, such as getting washed or dressed, or supervision to keep you safe during the day or night

■ have any type of disability or illness, including sight or hearing impairments, or mental health issues such as dementia.

■ have needed help or support in the last six months.

Attendance allowance has two weekly rates. These rates depend on the help you need.

■ £54.45 if you need help in the day or at night

■ £81.30 if you need help in the day and at night.

These rates apply from April 2014 – April 2015. **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** or email **jcdirect@jcare.org**



HOPE

Homes Outings Programme & Entertainment

BOOK ONE OF OUR EXCITING EVENTS

Have fun and make a difference at the same time!

All profits will fund outings for residents in Jewish Care homes.

Transportation by coach included in price. All seats are reserved and paid for in advance.

Forthcoming events include *The Inner Temple*, *Di and Viv* and *Rose* and two exhibitions at *The Queen's Gallery*.

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

All funds to go to **JEWISH CARE**

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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?

TAY-SACHS  **JEWISH CARE**

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

THERE ARE SO MANY WAYS YOU CAN HELP SUPPORT JEWISH CARE

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

JEWISH CARE

Wars and remembrance

Jewish Care has a number of clients who are 100 or even older. In the year when we commemorate the start of the Great War, Careline looks back at how it, along with the Second World War, affected their lives.



Right Gerald Samuel, honorary secretary of the Jewish Board of Guardians, 1913-17. Killed in action, June 1917 aged 31

Below Dorothy Conway celebrates her 100th birthday with a bottle of bubbly

This year saw the commemoration of the 100th anniversary of the start of World War One. Many Jews served and lost their lives in World War One. One name in particular, stands out to those interested in Jewish Care's origins: Gerald Samuel, honorary secretary of the Jewish Board of Guardians (the forerunner to the Jewish Welfare Board which evolved into Jewish Care) was killed in action in June 1917.

His father was Lord Bearsted – the founder of Shell Oil. In Gerald's will, he bequeathed a house in Stepney to the Board of Guardians to look after 10 boys who needed care, in the finest traditions of *tzedakah* – traditions that are cemented in everything Jewish Care does today.

A few Jewish Care residents born during those war years (1914-18) are still alive, and some can even recall events at that difficult time. Dorothy Conway was born on March 4th 1914. Dorothy, or Dolly as she likes to be



known, does have memories of the war. Now living at Rosetrees in Friern Barnet, she says: "I remember the Zeppelins coming over, and I didn't recognise my father when he came home from the war."

She grew up near Nottingham. One of her earliest wartime recollections is of an explosion at the Chilwell ammunition factory in July 1918, in which 134 Nottingham workers were killed, and dozens more injured. It was Britain's worst ever disaster involving an explosion. "We ran out into the street," says Dolly. "There were people running, holding towels over their heads, and carts with people on – there were not many ambulances then. It was awful."

Dolly left school at 14, and worked in a knitting factory. She met her future husband, Leonard, during the Second World War, and they married in 1947. She has two daughters – Janis and Gillian – five grandchildren and nine great-grandchildren, and puts the secret of her longevity down to "a sherry now and again, and I've always got Baileys."

Trudie Burke celebrated her 100th birthday in August. Once a volunteer at Rubens House in Finchley, she now receives support from Jewish Care's community support and social



FLUXINPX

work team. She too, recalls the advent of air warfare: "I remember the Zeppelins flying in the sky and my dad carrying me to the shelter and wrapping a fur coat around me to keep warm, when I was only three."

Trudie has enjoyed a long and fascinating life. "Before I married," she says, "I worked as a secretary at the Jewish Agency. It was next to the British Museum which I loved exploring on my lunch breaks. Then I raised my family in Shrewsbury where there was one other Jewish family and my sons had their barmitzvah lessons at Wolverhampton shul and had their barmitzvahs at Golders Green Synagogue. Once [my husband] Samuel retired, we moved to London and enjoyed travelling around. When he died, I joined a friendship club and later started to volunteer at Rubens House to chat with the residents. On a good day I still like to go over to Rubens House for a chat."

Julia Gilbert is 106 and now lives at Vi & John Rubens House in Gants Hill. She was born in 1908 and grew up in the East End of London, living in Stoke Newington. She lost her husband in World War Two, leaving her with two young sons. Now she has nine grandchildren and several great-grandchildren.

She was a keen volunteer at Stepney Jewish Community Centre after her retirement, and is eager to stress the value of volunteering: "More young people should volunteer and visit homes and community centres, it's very important."

David Arkush was born in Glasgow in June 1914, just before the outbreak of the war. Now he is a regular at the Michael Sobell Jewish



KAREN ZETTER

Above Julia Gilbert with her birthday card from HM The Queen



Community Centre, where he once volunteered. He says: I have been very happily married to Shirley for 62 years, we married in February 1952. We have six grandchildren, and we have two great-grandchildren. The children are devoted to us... and to Shirley's cooking!"

Left David Arkush, who served in the Second World War

It was the Second World War which had a major impact on David. "I served as a dentist and was captured by the Japanese as a prisoner of war in Singapore for three and a half years," he explains. "Luckily I was treated quite well and worked as a dentist. I used to organise weekly Shabbat services for the Jewish boys. The news that we were being liberated and would be allowed to go back home was the best piece of news I ever had."

War has, without a doubt, had a significant impact on the lives of many Jewish Care clients. For most of them, it was the Second World War which proved to be a life-changer. But there are those who had their earliest years shaped by the Great War, even if their memories remain vague. We know now, that it was not "the war to end all wars". At Jewish Care, people living in our homes or attending our community centres know that there will always be others with whom they can share their stories and memories of those difficult times. **CARELINE**



HOME FRONT FOOD



War has had a huge effect on our diets. In the First World War, queues for food became a common sight, and rationing was only introduced in 1918, towards the end of the conflict. Basic foodstuffs were in short supply, with “fish sausages” and “barley bread” just two of the culinary delights suggested in “The Win-the-War Cookery Book”, approved by the Ministry of Food.

Food distribution was better organised by the time of the Second World War, with food rationing beginning in 1940. Among the first foods rationed were sugar, tea, butter and meat. By 1941, just one egg per week was the ration for an adult... and there were no bananas at all!

The wartime diet was actually quite healthy, with plenty of vegetables available as people were encouraged to grow their own through the “Dig for Victory” campaign. Housewives became inventive and clever in conjuring up tasty dishes from the meagre rations available. Here are just two of the popular recipes from that era. As Churchill might have said: “We will fight them with the quiches...!” **CARELINE**

VEGETABLE CASSEROLE

Ingredients

- 450g mixed root vegetables
- A knob of margarine
- 50g coarse or medium oatmeal
- sprinkling of paprika
- chopped parsley and herbs to flavour
- salt and pepper to taste
- 1 stock cube
- 1 pint vegetable stock

Method

1. Peel and dice the vegetables.
2. Fry in the margarine until slightly cooked.
3. Add the oatmeal and stir until the fat is absorbed.
4. Season with paprika, herbs, salt and pepper and add the stock cube.
5. Add the vegetable stock and simmer gently, covered for one hour. Stir occasionally or it may burn on the bottom. If you wish, a little cooked meat or fish may be added at the last minute to add some variety. (Serves 6)

VICTORY SPONGE

Ingredients

- 1 large raw potato, grated
- 2 medium raw carrots
- 1 cup breadcrumbs
- 1 tablespoon flour
- 2 tablespoons sugar
- ½ teaspoon vanilla or lemon essence
- 1 teaspoon baking powder
- 3 tablespoons jam

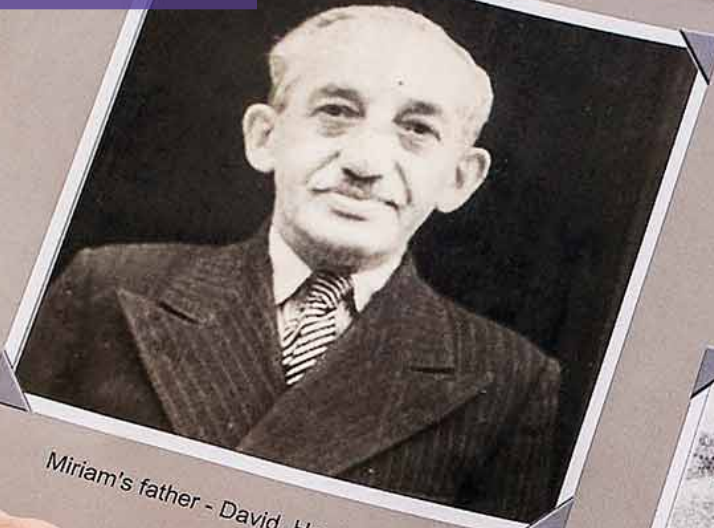
Method

Mix together the grated potato and carrots, breadcrumbs, flour, sugar and flavouring. Thoroughly stir in the baking powder. Put the jam in a heated basin and spread it around to cover the inside of the basin. Cool. Put in the pudding mixture, tie on a cover of greased paper, and steam for one hour.



HELP MIRIAM REMEMBER WHO MIRIAM IS

Miriam's family



Miriam's father - David. He died in 1951.

Miriam's mother Fagel and eldest child around 5 years old in this photo.



Miriam can remember life as a child, but struggles to recognise her own daughter. For many people, that's the reality of living with dementia. Our Memory Book project is an initiative that began inside our centres for people living with dementia. It enables clients to create a printed memento of their life story. With family and staff assistance it helps unlock memories and brings back a sense of self. It's an innovative way in which Jewish Care helps connect people like Miriam to their past.

If you or someone you know needs our help or support, call 020 8922 2222 or email helpline@jcare.org

Shabbat shalom!

Celebrating the day of rest is always important at Jewish Care



Above Members of the Holocaust Survivors' Centre, The Sam Beckman Centre for People Living with Dementia and Ella & Ridley Jacobs House enjoyed lunch with members of Hendon Reform Synagogue

Top A table decoration for Shabbat made by a Jewish Care client

In October, the community held its first-ever Shabbat UK initiative, which saw thousands of people around the country making an extra effort to celebrate Shabbat in some way. At Jewish Care, we decided to hold our own celebration at the same time, so that any clients – whatever their level of religious observance – could participate in and enjoy the day.

Many clients in our homes and day centres made decorations in the days preceding the Shabbat, and lots of people were able to partake in the celebrations around the day, in one form or another.

For many of our clients, the marking of the weekly day of rest has always played an important part in their lives. Hettie Tauber is 96 and now lives at Vi & John Rubens House in Ilford. Hettie says that she enjoys how the Jewish holidays are celebrated at Vi & John Rubens House, especially Pesach, which is her favourite. But she notes: "We don't have the foods like years ago on Shabbat, everything has changed."

When she was growing up, she appreciated not having to work over Shabbat. "I especially enjoyed the large pot of stew being taken to the baker on a Friday to be cooked," she says. "The pot would be collected on Saturday, and that would be the Shabbat meal. The pot was large as it had to feed 12 children. The smell from the pot was fantastic, it filled the house."

Gaby Wills, Jewish Care's assistant director of care services says: "Enter any Jewish Care home on a Friday afternoon and you will notice a different feel to any other day of the week. There is a sense of slowing down, of calm, a feeling of getting ready for something special. The women have their hair and nails done and the men have a fresh shave, and of course the familiar and comforting smell of chicken soup greets everyone. We all choose how we express our Jewishness. Some follow an orthodox route while others live secular lives, but there are very few Jewish people for whom Shabbat is not a significant part of childhood, family and identity."

'Shabbat is like a loyal friend who returns every week.'

"For the 600 or more people who live in our homes, and those living with dementia in particular, keeping and expressing their individual identity can be very challenging. Shabbat, with its familiar rituals and smells, candles, wine and challah, is like a loyal friend who returns every week without fail to remind every individual of their past and present and of their own way of being Jewish. It connects them with who they are." **CARELINE**

Below Redbridge JCC played host to a massive challah baking session



ANDREW H. WILLIAMS

Hardy perennial

This year's festival of lights will be celebrated by a member of the Holocaust Survivors' Centre with joy mixed with memories of Chanukahs long past. Careline reports.

Hardy Verstandig is rightly proud of his garden. The neatly clipped lawn is bordered by flowers in different hues; he reaps cherry tomatoes, rhubarb, gooseberries and strawberries in abundance and an apple tree dominates the skyline.

He and his wife Johanna have put down roots here, both literally and metaphorically, having lived in this country for over 70 years. "I was born in Leipzig," says Hardy, "then my parents moved to Berlin and I lived there for seven years." He had an orthodox upbringing, speaking mainly Yiddish at home. "My father made sure that I had to be the first one in shul and the last one out," says Hardy, who cherished learning Judaism from a young age.

His carefree childhood was cut short by the Nazis. "Things were not easy. I had my barmitzvah in 1939. There wasn't a synagogue standing in Berlin because they had all been destroyed, and my father, being very orthodox, arranged for my barmitzvah to be celebrated secretly in a school hall so that the Nazis wouldn't find out."

His second barmitzvah – traditionally marked at the age of 83 – took place at Kenton Synagogue and was a less secretive affair. Being the only Holocaust survivor left in the congregation, the event was cause for great celebration. "It was absolutely fantastic," says Hardy.

Now a member of Jewish Care's Holocaust Survivors' Centre, Hardy has travelled around the country speaking of his childhood experiences under the Nazis to schoolchildren. "I left Berlin in 1939, on one of the last kindertransports leaving the country," he says. "I was with my brother – my brother was already over 16, so my father had to change his passport to make him appear a year younger, so that he



JOY SABLE

Above Johanna and Hardy at home

could get on the train. I went to school here and picked up the language – I was told that it was better to speak broken English, rather than good German in the streets, as war had been declared." His parents, however, did not escape, and perished in Auschwitz.

Hardy was introduced to Johanna, who had escaped from Poland, after living here for a few years. They have now been married for 62 years and joined the HSC soon after it opened in 1993. "We play bridge on a Monday and on Thursday we are in a choir. There are so many things going on there," says Johanna.

"As far as the Holocaust is concerned, whoever is there considers it their second home," says Hardy. "Who knows what would have happened to them if there wasn't a centre to come back to and make friends, and be considered somebody in this world?"

Not that they like to dwell on the experiences of their early years. "I prefer to escape and not delve backwards in my life," explains Johanna. "But it is very helpful going there. We make friends

and go to each other's houses."

In spite of everything, the Verstandigs have retained their faith in God. "Some who have been in the camps, they say they are not believing anymore, but instinctively I do, no matter that I lost my parents, brothers, eight uncles and aunts on my father's side and eight on my mother's side. We would have been a very big family," Johanna reflects.

This Chanukah, as ever, will bring back poignant memories of celebrating the festival years ago. "I remember playing with the dreidl in the synagogue at Chanukah, and I recall playing with nuts, instead of money," says Hardy. By the late 1930s, it was impossible to celebrate Chanukah under the Nazi regime. This year, Johanna and Hardy will go to Kenton shul and the HSC to mark the happy festival. Then they will return home to eat some of the wonderful produce from their garden. For if anyone deserves to enjoy the fruits of their labours, it is surely Johanna and Hardy Verstandig. **CARELINE**

Pictures at an exhibition

A new display at an Oxfordshire museum was the starting point for a remarkable reunion. Careline finds out more.

It was always going to be a difficult day. Emotionally charged, traumatic – but at the same time uplifting. Reunions often release feelings long buried, tucked away out of sight, and this reunion was no different. Nine members of Jewish Care’s Holocaust Survivors’ Centre made the trip in August to the Soldiers of Oxfordshire Museum. There, the members – five of whom had survived the horrors of Bergen Belsen concentration camp – were reunited with a former soldier who had taken part in the camp’s liberation.

The museum had added a new exhibition, depicting scenes from the camp, and it seemed the perfect opportunity to reunite one of the surviving liberators with a few of those he had helped. Gilbert King, 96, served in the Oxfordshire Yeomanry, and was a 28-year-old attached to the British 63rd Anti Tank Regiment which freed the camp on April 15 1945. Now a frail old man, he still carries with him the dreadful memories of the sights that greeted him and his fellow soldiers upon entering Bergen Belsen. “It has brought back memories that I have never forgotten, should never be forgotten. To see bodies that were just skin and bone littered all over the compound – one just can’t forget that. Every dug-out was full of bodies, it was too terrible to describe.”

Below Holocaust Survivors’ Centre members with Gilbert King (seated)



Above Rene Salt points out a picture of her parents at the museum

The HSC members had a chance to meet Gilbert in a quiet room, away from the public. Shaking his hand, they thanked him and his colleagues for having the conviction to step into the camp filled with typhus and cholera.

The museum is geared towards families, so the Bergen Belsen display has been created with an inner room to shield younger children from the more graphic images. It also provides

The exhibition stirred up a range of emotions, including shock

a space for quiet contemplation and reflection. Along with pictures, there are various artefacts on display including a typewriter used to write letters to families of those who survived.

For HSC member Rene Salt, the exhibition stirred up a range of emotions, including shock, when she spotted a photo of her parents on a display board. Her mother died two days after liberation, and Rene herself would have perished had it not been for the timely intervention of the British soldiers. “I was unconscious when we were liberated and



Left A kiss to remember: Gilbert King meets HSC member Tauba Bieber

would have died if they had come a day later," she said. "We thought the liberators were being cruel because all they gave us was a quarter of a slice of bread and a spoon of stewed apple. Later, when we saw others dying from eating too much, we realised they had saved us by giving us tiny portions."

For Rene, and the other survivors, what they experienced is more than just a display of fading photographs. They need to keep the memory of those they lost alive, and it is a tribute to their strength of spirit and endurance that they still do all they can to ensure their stories are not forgotten. As Rene said: "Seeing the exhibit brought back very vivid memories

although we have to live with this all the time."

Museum vice chairman Colonel Tim May said that he felt "privileged" to welcome the survivors to the exhibition. "Our soldiers are not to be seen as heroes but soldiers facing particular challenges. They could not afford to let their emotions overcome them as they had a job to do."

But those liberators were undoubtedly regarded as heroes by those who survived. As Susan Pollack said: "I was liberated there. As the soldiers came in, I recall thinking, here come the battle worn people, here come the battle worn soldiers. The kindness they showed, the generosity. They picked us up from death, they put us into beds, and they brought ambulances. Such true generosity. That has been a 'candle' all my life and I thank you."

Survivor Freda Wineman believed that the museum display is not only cathartic for those who endured the concentration camps, but also for those remaining soldiers who took part in their liberation: "The liberators need their own voice. They also couldn't speak and it was left too late, in a way. It is so important that the Soldiers of Oxfordshire Museum has given the liberator a space to talk about his experience, just as we do." And when there are no more soldiers left to tell their stories, then the pictures at the museum will have to do that job for them. **CARELINE**



Left Gilbert King, far right, before the liberation of Bergen Belsen

Our valuable volunteers

Jewish Care's army of 3000 volunteers is its strength. Jewish Care president Lord Levy handed out dozens of commendations at the Betty and Aubrey Lynes Volunteer Awards in June this year. *Natalie Kennard meets three recipients.*

Maurice's story

For those of advanced years, computers can still be one of life's great mysteries. Clicks, Macs, crashes, browsers, emails and dongles are as impenetrable as the densest pea-souper. Maurice Jackson, a volunteer, can clear the skies. At the computer suite at the Michael Sobell Jewish Community Centre in Golders Green, Maurice teaches the complete novice to trawl the internet, Skype long-lost relatives and helps anyone who simply gets stuck.

Three years ago, aged 65 and newly retired, Maurice wanted to give his life renewed purpose. Divorced and with his two adult sons, Ben and Robbie, having flown the nest, he approached Jewish Care.

He said: "Jewish Care is a marvellous organisation and it has always been supportive to me and my family. My brother David is in Lady Sarah Cohen House in Friern Barnet and he is very well looked after."

Scrutinising Jewish Care's list of volunteering vacancies, the former teacher and IT manager

found the post in the computer suite and gave it a try. Maurice, now at the centre on Tuesday mornings, said: "I love doing this. It's a good way of meeting people and always fun. I make sure of that."

Maurice's favourite story is how he arranged for a 97-year-old man to Skype the brother in Perth he had not seen for years. The brothers are delighted to reconnect, the technology is failsafe, calls are scheduled to accommodate different time zones – everything is fine except that the London brother is a little hard of hearing. Maurice says: "My role is as a go-between. When the brother in Australia inquires after the health of his sibling, I have to shout in his ear: 'He wants to know how you are!'"

Maurice has helped someone with limited internet skills scour the web for a job, assisted users of Jewish Care's kosher internet service (where certain sites are disabled) and whisked an elderly woman back to her twenties by showing that the first-rate keyboard skills she had as a young typist had not diminished at all.

Tuvya's story

The sheer joy of bringing delight to others was rewarding for Tuvya Sulzbacher, 17, who brought in Shabbat for the adults of Rela Goldhill Lodge – with physical disabilities and sensory impairment – every week for more than two years.

Now at Yeshiva Gedolah in Gateshead, Tuvya said: "Yaakov Green, a friend from Menorah Grammar School, and I would light Shabbat candles, sing *Shalom Aleichem* and *Lecha Dodi* and talk about the week's *parsha*."

"Then we'd go to the rooms of those who couldn't come to see the candle lighting and ask how they were feeling and whether they had had a good week. Staff told us that residents liked to close the week like this and looked forward to us coming. We could tell from the way they responded what they liked the most. It reminded many of their childhoods."

"It was reassuring to see those less fortunate than ourselves cared for in such a special way. It made me realise how much we take for granted – how we can go to shul on Shabbat – and that these people can't. I now appreciate what I have."

"The experience taught me the beauty of giving and how important it is to volunteer. Doing something for others makes a major impact on their lives."

Below Maurice Jackson (top of pic) helps client Howard Brilliant to get to grips with a computer



MARK WINGROVE



JUSTIN GRAINGE

Left Tuvia Sulzbacher with Lord Levy

Sharon's story

This is true, too, for volunteer Sharon Edwards, 63, who sees people with dementia enjoying music even when their mental faculties are diminished. Sharon, a Jewish Care volunteer for 15 years, brings music to the lives of residents – not only those with dementia – at Lady Sarah Cohen House on Thursdays.

Classical music and the opera are Sharon's passions and she says: "It's always my ambition to make my love, their love." By linking her tablet to the TV at the home, Sharon delivers her audience's YouTube favourites: Barbra Streisand singing *Hatikvah*, *True Love* by Bing Crosby and Grace Kelly, songs from *West Side Story* and *South Pacific* and anything by Andre Rieu.

Sharon downloads music from the BBC: *Jerusalem* and *Land of Hope and Glory* from the Last Night of the Proms are always popular and when the festivals come around, residents get to hear timely tunes. "I put on something relevant so residents can appreciate what's going on in the world," she says.

Having chronic fatigue syndrome means Sharon tires easily, but says that the music sessions are absolutely part of her life. She started volunteering as she became more observant in the 1990s. Sharon says: "I knew it would be a good thing to help others. My sister-in-law worked at Jewish Care so that was my starting point. I began helping people with dementia and didn't like it, but it changed when I started bringing in music. I still put on Mozart in the home, which is very relaxing, and will sometimes play a movement of classical

music. Say classical music and people think of The Three Tenors but there is much more to it than that."

In the words of Lord Levy at this year's awards ceremony: "Your contributions, and those of your colleagues, help our staff team to connect with the community and ensure that those who use our services and take part in our activities live full and meaningful lives. The breadth of contribution is enormous and the commitment and care of all our volunteers ensure that Jewish Care makes a real difference to everyone who comes into touch with it." **CARELINE**

Below Sharon Edwards with Lord Levy



JUSTIN GRAINGE

Giving something back

*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*



Above Michael Blake with his mother Ruth

Michael Blake, joint treasurer and a trustee of Jewish Care, explains how his mother's legacy has made an extraordinary difference to clients at the Michael Sobell Jewish Community Centre – a place which was close to her heart

I was raised in a household where charity work was the norm. Both my parents held meetings at our home – my father as chairman of a JIA (now UJIA) committee and my mother for B'nai B'rith and Wizo. My mother also helped out at Jewish Care's Stepney Community Centre and the Michael Sobell Jewish Community Centre. She greatly enjoyed working in the community with a group of her close friends.

When she passed away, my mother had left a percentage of her estate to charity. My sister and I decided it would be fitting, considering my mother's connection with the Michael Sobell Jewish Community Centre, to allocate a large proportion of the funds to Jewish Care. An opportunity arose to name a room in the

centre, which we gratefully accepted. We feel that she would have been happy with our decision.

My mother-in-law passed away earlier this year, which left my father-in-law alone in his home. To help ease the loneliness, I suggested he visit the Michael Sobell Jewish Community Centre and perhaps take up playing bridge again. After a few months he agreed to give it a try and it has been such a great success. So much so, that he has persuaded two of his fellow 90-plus year old friends to join him on a regular basis every Wednesday, and they can't stop thanking him for the introduction as they get so much enjoyment from it.

All this would not be possible without the legacies on which Jewish Care relies. It seems that people do not realise the amount we have to raise in the community each year – which is over £17million – and we need to raise even more. There are also some tax advantages now in leaving money to charity! In addition, Jewish Care has very ambitious plans for the future, as some of our housing stock is quite old and is in need of renewal. There are major plans for The Princess Alexandra Home site, Ella & Ridley Jacobs House and Redbridge Jewish Community Centre. In order to raise the amount of money required, we desperately need people to leave us legacies – I'm not sure what we would do without them. Whether the gift in a will is large or small, it will make an incredible difference to members of our community.

Ultimately, there are few who do not know somebody who has benefited from Jewish Care's services, either directly or indirectly and surely they must feel that it would be appropriate to give something back to the Jewish community. **CARELINE**

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



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

January

Thursday 8

Tour of the Inner Temple (H.O.P.E.)

Sunday 18

Secrets 'n' Songs gala tea (H.O.P.E.)

Sunday 18

Clore Manor supper quiz (Com)

Sunday 25

YJC Girls' tea HSC (Fun)

February

Thursday 12

Di and Viv and Rose (H.O.P.E.)

Wednesday 18

Two exhibitions at the Queen's Gallery (H.O.P.E.)

TBC

YJC Property quiz (Fun)
further details tbc

TBC

YJC Rock Committee event (Fun)
further details tbc

TBC

Business Group Breakfast (Fun)
further details tbc

March

Monday 9

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

Young Patrons dinner at the Marriott Grosvenor Square (Fun)

Thursday 19

Beautiful (H.O.P.E.)

Sunday 22

Rosetrees annual supper quiz (Com)



Flickr: SVETLANA ASANOVA

April

Sunday 26

Virgin Money London Marathon (Fun)

May

Business Group Breakfast (Fun)
further details tbc

June

Sunday 21

The Princess Alexandra Home Family Fun day (Com)



JUSTIN GRANGE

EVENT KEY AND CONTACT GUIDE

Com	Committee event – call Angela Jayson (020 8922 2804) or email ajayson@jcare.org
Fun	Fundraising event – call Ruth Merrian (020 8922 2831) or email rmerrian@jcare.org
H.O.P.E.	H.O.P.E. event – call the hotline (020 8922 2192)
RJCC	Redbridge Jewish Community Centre event – call 020 8551 0017 or email redbridgejcc@jcare.org
MSJCC	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. Please tick the relevant boxes if you would prefer not to receive information on: Fundraising appeals Careline magazine Events

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

How do we combat loneliness?

Jewish Care's chief executive Simon Morris shares his views



BLAKE EZRA PHOTOGRAPHY

As I drove into work this morning I listened to a wonderfully articulate 93-year-old man talking about the reality of loneliness: the days he spends alone, the evenings crying, the meals he cooks for one since losing his wife of over 50 years. He has a loving family, they visit from time to time but they have their own lives. The few remaining friends he has have their own struggles.

I challenge anyone to listen to that honest interview and not be touched by it, thinking about themselves or a relative. The interview was followed by one with Baroness Sally Greengross, an active member of our community who is currently the chief executive of the International Longevity Centre – UK. She outlined findings of a new report the centre had published that unraveled the extent of loneliness in men over 50.

None of what was said on the Radio 4 programme surprised me. I hear these stories all too often, but it did get me thinking about the challenge we as a society and in particular we as a community face, in responding to increasing social isolation.

The first big challenge is getting people to talk about being lonely. There is a stigma attached to admitting loneliness – possibly a sense of guilt that you shouldn't complain as others have it worse. A concern that you may worry or cause stress to your family or friends. An unwanted burden on your children or loved ones.

All credit needs to be given to Esther Rantzen for her open account of her personal struggles with loneliness when her husband passed away. She acknowledged her children had and continued to be supportive, that she had close friends but that she still couldn't shift the feeling of emptiness inside her. Not content with talking about her feelings and raising awareness, she decided to take action to help others. In 2012 Silver Line, a new confidential helpline for older people, was born.

Esther has come to Jewish Care on several occasions to talk about this issue. She is helping us to take the stigma out of loneliness. We are a caring community. We don't like to think of those around us feeling alone. We have a wealth of activities and opportunities for social interaction within the community. We

are developing a wide range of support and services for the increasing numbers of people choosing to stay in their homes. 80% of the people we support in their homes live alone.

There are those in the community who struggle alone, unsure where to turn

For many, our home care services or the visit to a day centre is the only social contact they have. It is their lifeline to the real world. We rely on people coming to us, asking for help whether it be through a family member or a communal organisation. Whilst I know that our services are reaching thousands, there are others in the community who struggle alone, unwilling to ask or unsure where to turn.

Our challenge is to work together to identify people who are at risk of feeling alone and reach out to them. The challenge is great and

it isn't one we at Jewish Care can do alone. Collectively we need to increase understanding of the impact of loneliness and agree to combat this together. Loneliness is much greater than simply an emotional experience. Research shows that loneliness and social isolation are harmful to our health: lacking social connections is a comparable risk factor for early death as smoking 15 cigarettes a day, and is worse for us than well-known risk factors such as obesity and physical inactivity.

Loneliness can be felt by people of all ages, but as we get older, risk factors that might lead to loneliness begin to increase and converge. I know the facts, I hear them in my day-to-day work but I continue to be touched by the individual stories I hear. This morning was a reminder of the importance of our work and the challenge ahead for both Jewish Care and the wider community.

If you are reading this and concerned about someone in the community or you are struggling with feeling lonely please do get in contact. We do care and we can support you. Call our confidential helpline on 0208 922 2222.

CARELINE

REMEMBER, FROM BEFRIENDING TO PLAYING THE GUITAR, SHARING YOUR LOVE OF COOKING AND OFFERING YOUR SKILLS YOU CAN MAKE THE DIFFERENCE

REMEMBER to find out more about volunteering by calling 020 8922 2406 or email volunteer@jcare.org www.jewishcare.org/volunteer

REMEMBER **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

SUPPORTIVE COMMUNITIES

Informal social tea parties held in volunteers' homes to help build friendships, a stronger community and prevent social isolation among older adults.

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 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:

Please call Douglas Krikler on **020 7597 3968**
or email doug.krikler@investec.co.uk
or visit investec.co.uk



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