

CARELINE

ISSUE 74 | WINTER 2015/5776



**CELEBRATING WITH THE
JEWISH CARE FAMILY**

**INSIDE THIS ISSUE:
SIMCHAS AT JEWISH CARE**

FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

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Otto Schiff Home resident Alan celebrates Chanukah in the home

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Kathryn is just one of the trained advisers who will give you the help you need



IF YOU NEED GUIDANCE, SUPPORT OR INFORMATION WITH A HUMAN FACE

We all need a little help sometimes, and that's where Jewish Care's Helpline is your first port of call. Our expert trained advisers answer 15,000 enquiries every year. So whatever you need, we can help you find it – in complete confidence.

We can tell you about our services: care homes, care in your own home, community centres, support for people living with dementia and for their families and carers'. And if we can't help you ourselves, we'll help you find someone who can. So if you need advice with a human face, please remember Jewish Care.

**REMEMBER OUR HELPLINE.
WE'RE HERE FOR YOU.
020 8922 2222
JEWISHCARE.ORG**

REMEMBER **JEWISH CARE**

Shabbat at Jewish Care



An initiative to encourage the community to do something different on Shabbat



Left Chicken soup and handshakes for King Solomon student and Max Leviticus, member of Jewish Care's Stepney Jewish Community Centre



Inset Havdallah party at Vi & John Rubens House

Every Shabbat is special for us at Jewish Care, it is one example of what makes us different from any other care organisation. We have Shabbat meals, synagogue services and celebrations in our resources every week of the year, many of which are run by our fantastic army of volunteers.

Our doors are always open to members of the community to join us for Shabbat. Having people visiting, talking to clients, helping serve meals, run services and activities is appreciated by clients across our services – it helps them feel connected to the wider community. So this year to coincide with Shabbat UK we encouraged school children and individuals looking to do something different on Shabbat to come and visit us at Jewish Care.

Residents and members at Jewish Care homes and community centres from London to Brighton, were joined by local school children and volunteers from across the community to experience Shabbat at Jewish Care.

We welcome the community's involvement in making every Shabbat special at Jewish Care. Following the success of our recent

Shabbat at Jewish Care we are organising another weekend of activities that will take place soon.

If you are interested in taking part in this forthcoming weekend activity or regular Shabbat activities in Jewish Care resources contact Jo Hyams in Jewish Care's volunteer team by emailing jhyams@jcare.org or call 020 8922 2403. CARELINE

Below JCOSS pupil Mathilda Stone making challa with Betty Spiers, a resident at Jewish Care's Kun Mor and George Kiss Home



AROUND THE WORLD OF JEWISH CARE

South London Community Support Service volunteer, Ruth Rolle presented with a highly commended award in the Jewish Chronicle People's Choice category at the Wohl JVN Volunteering Awards.



Jewish Care's 38th Pro Am Golf Day at the Grove raised over £35,000 for Jewish Care's Rela Goldhill Lodge.

Residents from nine Jewish Care homes enjoyed a day of colour, music, art and nature when an enormous Colourscape walk-in sculpture was installed in the gardens of The Princess Alexandra Home.



Young Jewish Care supporters were accompanied by Holocaust Survivor Centre member Renee Salt on a recent visit to Poland. Lauren Shahmoon (right) commented "visiting the camps in which Renee had both suffered and survived, in her company, was an indescribable and emotional experience".

Director of Fundraising and Marketing, Daniel Carmel-Brown (2nd from right) joined seven other runners who took part in the 10km Run to the Beat at Wembley Stadium to raise vital funds for Jewish Care.



Jon Rouse, the Director General for Social Care, Local Government and Care Partnerships from the Department of Health with Selig Court resident on a recent visit to Jewish Care.



The Mayor of Camden, Councillor Lorraine Revah joined Rabbi Menachem Junik, residents, staff and volunteers of Sidney Corob House in Rosh Hashanah celebrations.

Property industry leaders helped 150 young property professionals at CBRE to raise a record-breaking £17,500 for Jewish Care at the annual YJC Property Dinner.



Pupils from the Independent Jewish Day School visit Jewish Care's Clore Manor Home to celebrate Rosh Hashanah together.

Long standing Jewish Care volunteer Barbara Waterman was presented, by her local MP Matthew Offord, with the Prime Minister's Point of Light Award in recognition of her outstanding services to volunteering.



The ACOL Bridge Club in West Hampstead hosted the second Jewish Care Bridge Queens raising an impressive £15,500 for Jewish Care.



Betty Loftus celebrated her 99th birthday at the newly redeveloped Betty and Asher Loftus Centre in Friern Barnet. Friends and family including Betty's three sons, daughters in law, 10 grandchildren and 5 great grandchildren enjoyed a cream tea followed by 'Flake 99's' from Uncle Doovy's Ice Cream Van that visited the home for this special occasion.



↑ Talented piano player Tali Quint marked her Bat Mitzvah with a sponsored musical tour of six Jewish Care homes, entertaining more than 100 Jewish Care residents across the community.

♣ Julia Gilbert, celebrated her 107th birthday with her family, residents, volunteers and staff at Jewish Care's Vi & John Rubens House, where she has been living for the past three years.



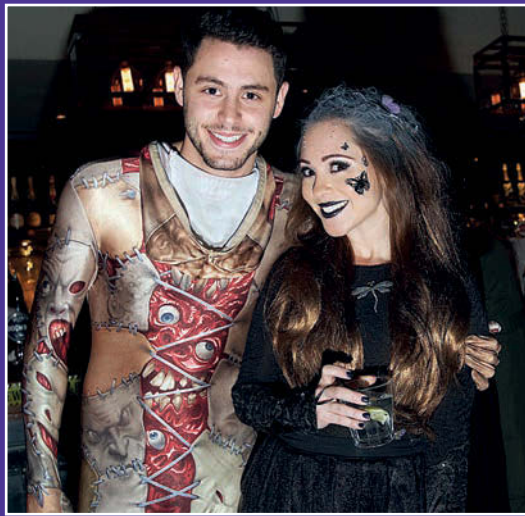
↑ Judy Dewinter, the Chairman of Myeloma UK, being presented by Tom Betts from Topland Group, with the prestigious Topland Business Luncheon Award in memory of Philip Greenwold in recognition of her commitment and determination to support people like her who are living with myeloma, an incurable cancer.



↑♣ Jewish Care paid tribute to its unsung heroes at the annual volunteers' awards event at the Maurice and Vivienne Wohl Campus. Comedian Ivor Baddiel presented awards to volunteers across the organisation.



600 Young Jewish Care partygoers raised more than £15,000 at Jewish Care's Hallorave, Jewish Care's most spectacular Halloween party yet organised by The Rock Committee and Young Jewish Care.



Stepney Jewish Community Centre members enjoyed a Frank Sinatra tribute afternoon to celebrate what would've been his 100th birthday.



Residents from six Jewish Care homes attended the Remembrance Sunday service at the War Memorial in Edgware. Ex-serviceman Morris Kaye, 94, a resident of Jewish Care's Rosetrees home, laid a wreath on behalf of Jewish Care in memory of the contribution of those who served in the war.

The Holocaust Survivors' Centre Dinner at the Grosvenor House Hotel was hosted by Nick and Maxine Leslau with 350 guests including members from the Centre. The event raised half a million pounds to help fund the Centre and its outreach services.



The Mayor of Barnet, Councillor Mark Shooter accompanied by the Mayoress of Barnet, Melissa Shooter, presented winners awards to the Rubens House quiz team, Jewish Care's inter-home quiz final held at Jewish Care's Betty and Asher Loftus Centre in Friern Barnet.

Leading the way

How we are investing time to develop our future leaders

It's a busy Sunday afternoon at the Michael Sobell Jewish Community Centre in Golders Green. The room is full of lively chatter. It's one of the regular teas the centre hosts for residents from Jewish Care's Selig Court along with members of the Holocaust Survivors' Centre. But this is no ordinary tea party. It's also one of the places where young professionals, possibly the future lay leaders of the charity, are volunteering in order to get to know the organisation better.

It's all part of a new programme inspired by our Chairman Steven Lewis and driven by a young surveyor called Nat Roden.

Although Jewish Care's Young Patrons programme continues to grow, Steven has long been concerned that there still may not be enough younger people coming through to give the organisation the strength to meet the growing needs of the community. Not so much the professional experts who deliver the charity's services, but the lay leaders who are such a crucial part of its backbone.

Over in East London, Jewish Care has long been helping prepare young people for the challenge through the MIKE programme run from Redbridge Jewish Community Centre. This aims to nurture Motivation, Inspiration, Knowledge and Education by engaging young people between the ages of 13 and 17 in volunteering and peer leadership. It's been a huge success, with hundreds of young participants.

Jewish Care's CEO Simon Morris describes the MIKE programme as "a breeding ground for future communal leaders" and many of the organisation's professionals have taken part.

Richard Shone participated as a 13-year-old. Now he runs Jewish Care's six community centres. He explains that: "It gave me a pathway from being a committed person in the community to being a professional person in the community. It built my confidence, gave me new perspectives and new opportunities. I'm delighted my son Jamie's just started MIKE himself."

Another young participant is Ian Grant, a previous winner of the Saul Keene Award for Excellence in Leadership, who says: "MIKE helped me realise what I want to do with my life – which is work with young people in the community – and helped develop the skills to realise my ambition."

As Carolyn Rozenberg, Assistant Director of Fundraising at Jewish Care points out: "We've always been good at reaching out to people still at school, especially through initiatives such as the MIKE programme in Redbridge but getting busy young professionals on board is a challenge."

That's where Nat Roden and the tea at the Michael Sobell Jewish Community Centre come in. Through the Forum for Jewish Leadership, Nat, a 24-year-old chartered surveyor had spent some time volunteering at Jewish Care's Stepney Community Centre.

"Volunteering at Stepney was fantastic and left me wanting more. I was sure there were lots of people out there who, like me, really wanted to get involved. All of us can easily give three hours a month to volunteer. But people just think they're too busy – especially when they're setting out on a career. We need to make it easy for them to get involved."

Nat approached Jewish Care with the idea of creating a development programme for young professionals that would offer them a hands-on insight into Jewish Care. With Carolyn Rozenberg's and senior lay leader Michael Dunitz's help, Nat set about designing the kind of programme that would attract more people like him. "We originally planned to look for six to eight young professionals

Below Some of the 14 participants on Jewish Care's first ever lay leadership programme





Left MIKE participants, with representatives from RJCC and Jewish Care, at last years programme awards ceremony

who wanted to get more involved in volunteering for Jewish Care in a structured way. We set out to find eight people and ended up with 14, because they were too talented to turn away. We've got a really diverse group, with architects, teachers, accountants, civil servants and lawyers and people from all kinds of backgrounds."

"One Sunday every month we all come along to a Jewish Care resource and take part. The programme falls into three parts. Firstly, we get a lay leader or a professional from Jewish Care to tell us about what they're doing, how they do it, and why – that's helping us understand how Jewish Care operates. Then we do an hour's voluntary work, like running an activity with residents at a Care Home, which brings the whole thing to life and makes a difference to other people's lives. Finally, we have a group discussion to work out what we've learned. The Michael Sobell tea is actually an extra event we volunteered for, just because we enjoy it and as a group we've really gelled".

As Nat says, it's about getting under the skin

of the organisation and learning how it helps the community, rather than just fundraising or taking part in events.

When asked how he finds the time to take part, Nat's fellow participant Amy Woolf explains: "If you want to get something done, ask a busy person". A 30-year old with a six-month old daughter and a budding career at KPMG to look after, Amy relishes the extra challenge of the programme. "You can always do more if you're committed enough. And this is a way of showing our respect to the incredible staff and volunteers who keep these amazing services going." That's an opinion echoed by 22 year old Shoshana Goldstein-Silverblatt, another of the 14 programme members: "When we went to the Fun Day at Princess Alexandra Home in Stanmore in the summer I couldn't believe how much effort volunteers were putting in to make it so brilliant – and how much they were getting out of it too."

Of course, the programme is less than a year old, but it already looks like it could help meet Steven Lewis's great challenge. The last word goes to Nat Roden: "We're already looking for next year's members. So if you're a young professional and want to get involved, we'd love to hear from you. I promise that you will have the time to do it". **CARELINE**



MORE INFORMATION

For information about the Lay Leadership Development programme contact crozenberg@jcare.org. For information about the MIKE programme call Redbridge Jewish Community Centre on 020 8551 0017.

Far left Leadership programme participant Rebecca Usden with Jewish Care resident Rene Landsman

Ask us a question

Jewish Care's free confidential helpline provides advice and information about support on offer either from Jewish Care or other local service providers. These are some of the questions our trained staff have been dealing with recently



■ **I'm a carer for my mother who has dementia. My husband and I are at the point of looking for a care home for her as she needs more care than it's possible for me to provide, even with other carers helping me. I heard the Government was about to introduce a cap on care costs, but now I've seen on the news that it's being delayed. I don't really know what this is or what it might mean for us. Can you help?**

The cap on care costs is essentially a Government limit on how much older people will have to pay towards their care. To be eligible for the care cap, the person affected must first be assessed by the local authority as having high care needs. However, its introduction has now been delayed until April 2020. From this date, the intention is that people aged over 65 will not pay more than £72,000 for the cost of their care. If that care is provided in a care home this cap will not cover food and accommodation even after reaching the cap. If there is a gap between what the local authority will pay for care home fees and what the care home charges, any top up made will not count towards the cap.

Irrespective of the care cap we advise that you prepare well in advance for any future care you may need to fund.

■ **I don't know if you help people like me. I was diagnosed with schizophrenia a few years ago. It's caused a lot of problems but now I'm ready to start living my life again. But how can someone like me find a job? I**

haven't been able to work for a long time and I don't know where to start.

I'm sorry to hear that you've had a difficult few years. It's great that you're ready to start rebuilding your life. Jewish Care used to have its own team that supported people with mental health conditions but we now work in partnership with another Jewish organisation, Jami. They offer mental health support for our community and can help with employment support too – so they may be just what you need. You can call them on 020 8458 2223 or take a look at their website at www.jamiuk.org to see if there are any other ways they could support you.

■ **I can't get about as I used to and I need a little bit of help. I know that Jewish Care have a homecare service but that's not really what I'm looking for. I just need someone to take me to hospital appointments every now and again, or pop out to collect a prescription, that sort of thing. I don't need qualified carers, just the sort of thing a neighbour might help with. Do you know of anyone?**

It's possible that some of those tasks could be something Jewish Care could help with, maybe through our volunteer led befriending service, so please do give the Jewish Care Direct helpline a call to discuss it further. You can call the number below, email us or visit the website. There's also an organisation called Chevrat Bikkur Cholim (Friends of the Sick) who may be of help. You can contact them on 020 7435 0836 or take a look at their website: www.ukfos.org to find out more.

HOW TO CONTACT US

The confidential helpline is open Mon to Thurs, 8.30am-5.30pm and Friday 8.30am-2pm (5pm in summer). You can call Jewish Care's Helpline on 020 8922 2222, visit www.jewishcare.org or email helpline@jcare.org

Southend Aid Society celebrates 60 years of giving

In the mid 1950's the Southend & Westcliffe Hebrew Congregation formed the Southend & District Aid Society to help charities supporting members of the local community.

The Aid Society, as they are now known, recently celebrated their 60th anniversary with a birthday celebration tea attended by current and former committee members, family and the wider community. Both Jewish Care's Chairman and Chief Executive spent the afternoon in Southend for this special celebration.

Speaking at the event Simon Morris, Chief Executive, Jewish Care praised the

committee for their tireless efforts;

"I feel it is important to be able to say publicly how immensely grateful we are for the loyal and unwavering support the Aid Society has given the organisation – their work goes way beyond the formation of Jewish Care. We share a history and common purpose – to offer care and support to our community in times of need."

Chairman, Steven Lewis added;

"It is with huge admiration that I'm here today to celebrate the achievements of the Aid Society who, tirelessly and with passion and utter dedication, have worked for this community for more than sixty years. It gives us all

something to aspire to"

Current Chairman of the Southend & District Aid Society Jeffrey Greenstein reinforced the need for continued work urging new members of the community to come forward and play an active role in the small but supportive Jewish Community in the local area. **CARELINE**

MORE INFORMATION

If you are interested in finding out more about how you can get involved get in contact with Nicola Gold on 020 8922 2829 or email ngold@jcare.org





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.

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

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Turn your Simcha into a Mitzvah for Jewish Care

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

25th Wedding Anniversary

Marian & Stephen Shelton

30th Wedding Anniversary

Gillian & Nicholas Levin

40th Wedding Anniversary

Carol & David Rosenberg

Linda & Gabor Martell

Karen & Simon Nash

Elaine & Malcolm Wolf

50th Wedding Anniversary

Mildred & Frank Clisby

Sandra & Ivan Lester

Carole & Brian Berman

Myra & Leo Blond

Eve & Maurice Brazil

Rhona & Johnny Brickman

Mr & Mrs Irving Childs

Linda & Ronnie Conway

Muriel & Eliakim Mizrahi

Suzanne & Philip Okrent

Shirley & Howard Silver

Brenda & Russell Smith

60th Wedding Anniversary

Phyllis & Stan Conway

Ruth & Sidney Bookatz

Celia & Leslie Brennan

Eva & Ronald Jacobs

Shirley & Sidney Jacobs

Laureen & Ivor Loochin

Betty & Jack Pollack

Celia & Louis Shaw

Dorothy & Harold Tuwie

65th Wedding Anniversary

Joan & Sydney Baderman

Special Wedding Anniversary

Jane & Steven Jaffe

Tony & Alex Feigenbaum

Marriage

Lianne & Eli Rice

100th Birthday

Don Cohen

Anne Lamport

Kitty Yaros

Special Birthday

Celia Baker

Jean Beecham

Marianne Bernett

Ruth Bernitz

Susan Bernstein

Stephen Bickler

Patsy Bloom

Herbert Brill

Wallace Clayman

Nicola Cohen

Stanley Comras

Jonathan Esfandi

Geoff Faerber

Len Farra

Alex Feigenbaum

Hetty Fisher

Iris Gladstone

Liesl Grunberger

Phoebe Hadi

Anthony Hammell

Hilary Hammell

Cliff Harris

Richard Harris

Mark Harvey

David Jackson

Steven Jaffe

Morris Kasmir

John Katz

Ray Kay

Gunter Lawson

Karen Leibovitch

Henry Lesser

Harold Levene

Leonard Licht

Betty Loftus

Sherrill Maisel

Cyril Marcus

Irene Marks

Irene Max

Dr Derek Mellins

Raymond Minsky

Lynn Mirelman

Louise Naftalin

Alan Orchover

Loretta Peterman

Michael Rapp

Brenda Rechtman

Estelle Sacks

Edna Schneider

Sheila Selby

Daniel Serota

Graham Shapiro

Jacqueline Shaw

David Shaw

Frula Shear

Alfred Sheinwald

Shirley Shenker

Karen Simmons

Stephen Spitz

Melvyn Stein

John Stern

Allen Sternstein

Anne Stevens

Joseph Szlezinger

Beth Tabatznik

Reuben Taylor

Dr Samuel Walport

Doreen Walport

Beryl Walters

Lyla Ward

Howard Webber

Sandra Webber

Julius Weil

Serge Weinberger

Sylvia Winroope

Shirley Yarrow

Bat Mitzvah

Miss Hodaya Mason

Miss Raquel Menashe

Bar Mitzvah

Master Benjamin Sinclair

Master Jamie Wilford

Master Yitzchok Zev

Second Bar Mitzvah

Gerald Nadler

By Way of Thanks

Ruth & David Teacher

Awarding of MBE honour

Dr Lionel Kopelowitz

Eishet Chayil

Nova Scott

Special Occasion

Miriam Dysch & Joel Goldman

For more information call Annie Binysh on 020 8922 2827 or email abinysh@jcare.org

Leading health practitioners share their knowledge with the community

DEMENTIA

DIABETES

STROKE

An introduction to Jewish Care's Health Insight Series

Simon Morris, Chief Executive, Jewish Care

Finding accurate information about health matters can be a daunting minefield. Receiving a diagnosis of any kind can be difficult to comprehend for any of us. And it is a natural human instinct to want to make sense of what our doctors tell us. But where do you start? Who do you trust? How do you find support through others who may be experiencing the same?

Jewish Care may be our community's largest social care provider, but we are all too aware we can't do it all on our own. With more of us living longer, and with the overall squeeze on social care provision, the need for our services is set to carry on growing.

So as well as providing a wide range of first-class services for 7,000 people and their families every week, we also recognise we have a role to play in informing and educating our community about health and social care issues. We can help members of our community find a safe way through minefields that may initially seem very daunting indeed. We can do it by providing access to people who may be able to provide them with the information and at least some of the answers they need.

This is why I am so delighted that with the support of physician Victor Hoffbrand, we have been able to attract the country's leading experts in their fields to share knowledge and information with the community. They include NHS Directors and leaders in their field from dementia to stroke, diabetes, arthritis, Parkinson's and eye conditions.

This series of events have been run in partnership with the *Jewish Chronicle* who, after each event, ran a feature article from each of the speakers. We felt this content was so rich and worthy of sharing further with our *Careline* readers that we have provided an edited version of the articles from the first of the speakers in this issue. The next three will be covered in the next issue of *Careline*.

We recognise we have a role to play in informing and educating our community about health and social care issues

We very much hope you'll find them informative and useful.

A full version of these articles is available on the *Jewish Chronicle's* website.

MORE INFORMATION

If you have been affected by these issues and want information about support available contact Jewish Care's helpline on 020 8922 2222 or email helpline@jcare.org

What more can we do about dementia?

Alistair Burns, National Clinical Director for Dementia, NHS England

Ask people over 55 about their greatest health fear and the chances are they'll say it's getting dementia. Yet, despite the growing spotlight on the condition and improving diagnosis rates, there's still a lack of awareness of what dementia is and what can be done to help people right now.

Firstly, we need to understand that dementia is not a normal part of ageing like middle-aged memory loss. It's caused by brain diseases, including Alzheimer's or a series of strokes. We do not yet have a cure, but we can address the symptoms, both through drugs and therapeutic approaches, so that people can feel an improvement for some time.

The Dementia Friends initiative is a great way to address some of the social isolation that people living with dementia experience

One key issue is to recognise that there's more to a person with dementia than their dementia. If you think of your memory as sets of bookshelves, with every shelf being ten years of memories, when dementia starts to shake the shelves, the memories begin to fall from the top, so recent memories go first.

But the two types of memories – memory of events and emotional memories – are in different bookcases, with the more recent

memories on flimsier 'shelves'. That's why when people say: "What's the point of visiting my mother when she doesn't even remember my visit?" it's important to see that even if she might not remember what you talked about, she will remember how she felt when she saw you and you greeted her with a kiss.

We all need to ensure we see beyond the dementia label too.

The Dementia Friends initiative is a great way to address some of the social isolation that people living with dementia experience. We can all pledge to do something to make a difference too. That might be banks offering alternatives for people who can't remember a PIN number; it might be those in the media not calling people with dementia 'sufferers'; or it might be members of the public not complaining if an older person at the till in front of them is taking a long time counting out their change.

We're often asked whether there is anything you can do to prevent dementia.

There is evidence that some things might help: physical exercise, mental stimulation, only consuming alcohol in moderation, keeping your cholesterol and blood pressure under control. Above all, keep active and think young.

And what of the future? There's some evidence that the number of new dementia cases is falling, thanks to better management of the risk factors for vascular dementia. And although we have not yet made the breakthrough in finding a cure, with the growing interest and investment in research into dementia, we are in a better place than we have ever been.



What can we do about diabetes?

By Professor Jonathan Valabhji, National Clinical Director for Obesity and Diabetes, NHS England

Between six and seven percent of the population have been diagnosed with diabetes, which costs the NHS £10bn every year – equivalent to ten percent of its budget. As diabetes rates soar and the NHS budget comes under greater pressure, this is an issue we simply must tackle.

There are broadly two different types of diabetes with major differences in cause. In type 1 diabetes the immune system destroys the cells in the pancreas responsible for insulin production. Without insulin injections, people cannot survive.

In type 2 diabetes, the problem is not deficiency, but resistance to the action of insulin. The pancreas responds by producing more insulin. It does that successfully for years, but eventually gets tired and production then falls so glucose levels rise. As people gain weight, they become more resistant to the action of insulin, so as more of us become overweight and obese, the number of people developing type 2 diabetes is increasing.

The consequences of types 1 and 2 are very similar. Glucose draws in water (the osmotic effect). High sugar causes high volumes of urine, which leads to dehydration and feeling thirsty. Alarm bells for type 1 ring if there is dramatic weight loss too.

The osmotic effect also occurs in eyes – making it harder to focus – although these symptoms disappear with treatment.

The risk of heart attack and stroke doubles if you have diabetes and the condition is one of the main causes of blindness and kidney failure in England. Nerves in the feet can also be affected which can also lead to amputation in

certain situations.

In England, 2.7million people have diabetes. Of those, 91% are type 2 and 9% type 1. But for every five diagnosed cases of type 2 diabetes, there's one undiagnosed, meaning a further half a million people are unaware they have diabetes.

More than six in every ten English adults are now overweight or obese. As the obesity crisis mounts, so does the prevalence of diabetes. Genetic factors also increase the risk, but only by a small amount.

It's time for all of us to take responsibility for looking after ourselves better

Being overweight significantly increases the likelihood of type 2. Research suggests that up to 80 percent of type 2 diabetes relates to lifestyle factors, much of which could be prevented by adopting lifestyle changes like losing weight, improving diet and exercising.

Will that protect you forever? Maybe not, but it can delay the onset by a number of years. That delay reduces blindness rates, heart attacks, strokes and ultimately deaths. So prevention is essential, as it gives people more years lived in health and less exposed to the awful complications of diabetes.

It's time for all of us to take responsibility for looking after ourselves better.



DIABETES

STROKE

Stroke. A treatable disease we need to treat better

By Professor Tony Rudd CBE, National Clinical Director for Stroke, NHS England

A stroke is caused by the blood supply to part of the brain being cut off. That bit of brain then dies and the person loses the functions it controls.

Depending on the part of the brain affected any activity can be impaired – including paralysis of one side of the body, difficulty swallowing or speaking or with the thinking processes and memory, visual impairment, loss of sensation, depression, anxiety and fatigue.

Up to seven out of ten strokes could be avoided if people avoided unhealthy lifestyles and risk factors were treated effectively.

High blood pressure is the single most important cause, yet if it's diagnosed early and treated effectively the risk is eliminated

High blood pressure is the single most important cause, yet if it's diagnosed early and treated effectively the risk is eliminated.

Atrial fibrillation causes about one in five strokes. Here people develop an irregular pulse, which can result in blood clots forming in the heart, which can then dislodge, resulting in a stroke.

Treatment with an anticoagulant such as warfarin will prevent two-thirds of all such strokes. But currently of the 16,000 patients admitted to hospital with strokes in England associated with atrial fibrillation, less than half are on effective treatment.

Other risk factors include obesity, high cholesterol, diabetes, alcohol and recreational drugs.

The first thing needed after a stroke is an accurate diagnosis. This means being seen by a stroke specialist and having a brain scan. Without the scan it's impossible to differentiate accurately between the two major sorts of stroke – a bleed into the brain or a blocked artery causing the brain to die as a result of the loss of its blood supply.

Time is absolutely critical. That's why the NHS is raising public awareness of stroke symptoms through the FAST campaign, training paramedics to identify possible stroke rapidly and getting the patient to a hospital that is always prepared to receive stroke patients.

A new treatment involves directly putting a wire into the blocked blood vessel, snaring the blood clot and pulling it out. Trials have shown this can be life-transforming for a small proportion of people. We're going to need to find a way of making it widely available in the health service

Not everyone can make a full recovery from a stroke. But skilful care can get someone from being bedbound to someone independent with a good quality of life. Recovery can take years, so treatment must not be stopped too early. Much of this should take place once the person is back at home.

Unfortunately between 10 and 20 per cent of people who have a stroke will die as a result.

Stroke is not a fashionable disease. But with proper treatment and more research funding we could hugely reduce its impact – both by preventing it and by minimising its effects.

CARELINE



A Special Thank you

Through our vast range of care homes, day centres and outreach services, Jewish Care helps 7,000 people and their families every week

When people say thank you, or ask how they can show their appreciation for the care, support and guidance they or a family member has received there are many ways to share their passion for Jewish Care and the work we do. Some people volunteer, others make donations or consider leaving a Gift to Jewish Care in their Will. At the moment Gifts in Wills provide a quarter of our voluntary income.

These wonderful gifts help make a real difference to so many lives. "The care and dedication shown to my mother was second to none! I believe her life was extended by the kindness and dedication she received from the staff who looked after her. I am so grateful to Jewish Care." Said Mrs L whose mother lived in a Jewish Care residential home for the last ten years of her life.

On behalf of all those people whose

lives have been touched across the organisation, we would like to thank everyone who has made the wonderful gesture of including us in their Will. These very special gifts enable us to continue to offer our high level of care and support to the community, often at a time when individuals are most vulnerable, facing despair and bewilderment or simply needing a friend.

Legacies enable us to enhance individual's quality of life and support their families.

Each one perhaps a parent, sibling, grandparent or friend and each receiving the high quality care Jewish Care is renowned for, such as:-

- Hetty, who lived for eight years in a Jewish Care home, lovingly cared for by our staff.
- Freddy who lives with dementia and visited the Leonard Sainer Centre five days a week then moved into Otto Schiff House.

FIND OUT MORE

If you'd like to find out more about including a Gift in your Will, Call Alison Rubenstein in confidence on 020 8922 2833 or email arubenstein@jcare.org



- Rita who loves visiting the Michael Sobell Centre, going on outings and having lunch with her friends.
- Izzie who each day has freshly cooked tasty and nutritious kosher meals delivered to his home in Southend after his operation.

It is through the generous Gift in Wills by these individuals, their families and friends to say thank you, that we are able to continue our work. **CARELINE**

"It may not be the Troxy, but you've still got to keep your standards up."
Jack, 98

Charity Reg No. 802559

Jack is 98. He may live on his own, but we ensure he is never lonely. Three days a week, we bring him along to one of our Jewish community centres. "Tuesdays are my favourites. I love to dance – even after a three-course kosher lunch." Our community centres are a lifeline for hundreds of people like Jack. But we depend on donations, and we rely on Gifts in Wills for £1 out of every £4 of the funds we need to raise.

To find out more about including a gift in your Will to Jewish Care, please call Alison Rubenstein on 020 8922 2833 or email arubenstein@jcare.org

WHAT KEEPS JACK ON HIS TOES EVERY TUESDAY AFTERNOON

jewishcare.org/legacy

REMEMBER **JEWISH CARE**

Keeping it in the family...

From weddings to Bar Mitzvahs and special birthdays, Simchas in our resources are truly special occasions

A Jewish Care residential home might not be the first place you'd think of to celebrate a wedding, Bar Mitzvah or special birthday. But you might be surprised by how many Simchas take place across the organisation's services, residential homes and centres.

For some of the people who live in Jewish Care's homes, the staff, volunteers and fellow residents are the closest thing they have to a family – so it's only natural for everyone to celebrate together.

And even if residents do have family, many are simply too frail to leave the home for long periods. So bringing the Simcha to them is often the most sensible option available.

Those who hold Simchas in resources also get to experience the added benefit of being able to celebrate with their wider Jewish Care family. Residents, staff and volunteers love being part of the celebration – we love a party at Jewish Care!

Earlier this year, 83-year-old Harry Skolnick celebrated his second Bar Mitzvah at Clore Manor in Hendon. All Harry's family came to join him – and his relatives in Israel sent messages of congratulation – as he was given an Aliyah and enjoyed a Kiddush after the shul



Above Bar Mitzvah boy Jamie with his grandparents and Care Home Manager, Elizabeth

service. Harry's nephew Ian says: "Our uncle can't get out and about like he used to. So it was wonderful to see him surrounded by so many young people. It was perfect."

And it's not just our residents' own celebrations that we welcome. We're only too happy to help any of their relatives mark a special occasion. Like Jamie Wilford, who became the first boy to celebrate his Bar Mitzvah during a Shacharit Service at our Princess Alexandra Home in Stanmore.

Jamie's grandma, Mavis Roth is a resident at the home, and his grandpa Joseph has been a volunteer there for many years. Unfortunately, Mavis can't leave the home very often, so it made perfect sense to have the Simcha there.

Jamie's family invited all the other residents, staff and volunteers at the home to enjoy the service along with their family and friends.

Jamie's mother Aviva explains: "We couldn't have a Bar Mitzvah without Jamie's grandmother participating in some way. As

Left Harry Skolnick celebrates his 2nd Bar Mitzvah





Right Jamie alongside his father and grandfather at his Bar Mitzvah he shared with his family and residents at Princess Alexandra Home

mummy couldn't get to the Shabbat Morning Service we felt it would be really meaningful for Jamie to share this special Simcha with his grandma and all the residents, volunteers and staff at the home who know him well now."

Many of our residents' families decide to celebrate the important events in their lives with Jewish Care. When Sara Armstrong chose Florida as the venue for her wedding to fiancé Jason Trost in Florida earlier in the year she realised that her 95-year-old Nanna, Fay Armstrong, wouldn't be able to make the journey: she's simply too frail.

Sara also knew Fay wouldn't be able to come to the formal blessing she'd arranged at

Leez Priory in Essex. But it was very important for Sara that her Nanna was able to see her wedding blessed in person. Faye lives at Vi and John Rubens House in Redbridge, so Sara arranged a special blessing at the home with Rabbi Richard Jacobi.

Sara told us: "I really wanted Nanna to be part of my wedding celebrations, and this was the perfect way to do it. It was a beautiful event, with so many generations of our family, and all of nanna's new 'family' at Vi and John Rubens too."

And it's not just weddings and Bar Mitzvahs that people are celebrating with Jewish Care. When Debbie Collins wanted to mark several big family occasions all at the same time, she decided to celebrate at Lady Sarah Cohen House in Friern Barnet. "My grandma Maisie had been a resident there, my mother-in-law runs the gift shop, and my dad Malcolm Feiger has been a Jewish Care volunteer for a long time. So it was the perfect place to mark his 80th birthday and my daughter Millie's ninth birthday – which both happened to fall on the first day of Rosh Hashanah. It was important we were together as a family and so we all attended the service in the new Wohl Synagogue. The service was followed by a beautiful Kiddush. The residents love the children, the staff and volunteers all really understand our culture. But most importantly of all, we all felt really welcome – like we were part of the community ourselves." **CARELINE**

If you'd like to mark your Simcha in a Jewish Care resource, please talk to the resource manager.

Below The Happy Couple with Nanna Fay



GET COMMITTEE'D!

Some of our fundraising committee's recent events:

Friends of Stepney held a lively cockney afternoon with fish and chips and musical entertainment provided by Bill'n' Ricky sing a-long.

Over 1,500 people attended the 2015 **PAH fun day** event which raised a staggering £20,000 towards the home. The hundreds of children who attended were entertained by a range of activities on offer from ball ponds, bouncy castles and slides to Scalectrix races, go-karting, t-shirt painting, balloon art and even a Laser Quest. 12 Jewish schools from the NW London area entertained the crowd who also spent time browsing the various stalls and enjoying the culinary delights on offer.

The Options Committee held their annual sponsored walk this summer shortly followed by a theatre outing. Both events raised in total over £600 Only a few months later the same committee held a Bridge Luncheon at Vision Hall raising £500 followed the next day by a sell-out screening of James Bond Spectre raising £1450.

The Friends of Rubens held a 60s summer tea. Residents joined the fun dressing up and singing along to old time favourites.

The Challenge Committee screened the Premier of the new James Bond film Spectre. Every seat in the 191 seat cinema had been sold with a further waiting list of well over 40 hopefuls hoping they would be allocated a seat. The screening raised over £1,500 Jewish Care.

Middle Street Synagogue in Brighton opened its doors for a very special fund raising evening to support outings and entertainment programmes at **Hyman Fine House** as well as the restoration of the synagogue.

The annual Garden Fete at **Lady Sarah Cohen House**, organised by the **Friends Committee** was attended by over 200 people who enjoyed a lovely strawberry and cream tea whilst being entertained by singer Roy Blass. The event was a huge success raising in excess of £5,000.



Lichfield House
2 Lichfield Grove
Finchley Central
N3 2JP

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E: info@colemansstates.co.uk
W: colemansstates.co.uk

Fundraising for

JEWISH CARE

If you, your friends or family sell a property through Colemans Estate Agents, we will donate 25% of our 1% fee to Jewish Care

Colemans are a family run estate agent simply trying to do their best for a good cause

This covers the whole of Hertfordshire, Middlesex and London and potentially could earn thousands of pounds for Jewish Care

Any referral must mention Jewish Care at point of first meeting

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

January

Wednesday 13

A Theatre trip to see *Around The World in Eighty Days* at the St James Theatre (H.O.P.E.)

Wednesday 27

Walking tour. Mittel Europe in NW3: Jewish Hampstead with an Exclusive Visit to Belsize Square Synagogue (MSJCC)



February

Monday 1

Day trip to see *Masters of the Everyday: Dutch Artists in the Age of Vermeer* at the Queen's Gallery (H.O.P.E.)

Tuesday 23

Business Group Breakfast with Ana Botin at Grosvenor House (Fun)



TBC

Bridge Queens at Acol Bridge Club (Fun)

March

Thursday 3

Theatre trip to see *Mrs Henderson Presents* at the Noel Coward Theatre (H.O.P.E.)

Wednesday 9

Walking Tour. An East End Story: Spitalfields in Words (MSJCC)

Thursday 31

Young Patrons Dinner at The Dorchester (Fun)

April

Wednesday 6

Walking Tour. Jewish Theatreland (MSJCC)

May

Tuesday 3

Property Investment Breakfast Club at The Dorchester (Fun)

Wednesday 4

ADGS Golf Day at Dyrham Park (Fun)

June

Thursday 16

RAGS Golf Day at Abridge Golf Club (Fun)

Sunday 19

Princess Alexandra Home Family Fun Day (Fun)

Monday 20

Jewish Care Annual Campaign Dinner (Fun)

July

Wednesday 6

The Great Jewish Bake Day (Fun)



EVENT KEY AND CONTACT GUIDE

Fun	Committee/Fundraising event – call the events team on 020 8922 2837 or email bookings@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@jcare.org

DATA PROTECTION STATEMENT

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

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

All information we collect is held in strictest confidence.

We would like to keep you informed about our fundraising activities, products and services. 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

There's no place like home...

With more and more older people deciding they want to carry on living independently in their own homes for as long as they can, Jewish Care's Homecare service is adapting to meet the changing needs of the community

According to official figures, by 2020, for the first time ever, there'll be more than one million over 70s in the UK. Looking after all those extra older people is predicted to require an increase of 38,000 in the number of care home beds available in the UK.

Health Minister Jeremy Hunt recently stated that he wanted our country to be 'the best place in the world to grow old'. To help meet this challenge, he is encouraging more older people to move back in with their children and live together as extended families, taking countries like Italy as his model.

But what about people for whom this simply isn't an option? And what about those of us who want to carry on living at home for as long as we possibly can?

There are increasing numbers of people looking at support in their home. Jewish Care's Homecare service is designed to help members of the community to continue to live independently in their own homes. The service supports people with a huge range of requirements – from those who just need a little companionship right through to those with complex care needs.

Those needs are changing, as Angela Murphy, Jewish Care's assistant director responsible for Homecare explains: "Recently, we've been getting lots more calls from family saying that their relatives want to stay living at home as they get older. Whilst some would love to care for families members themselves often they just don't have the time to do it on their own or they have tried to but have struggled to do it all."

"Our Homecare service offers peace of mind for the whole family or wider network of neighbours and friends. We offer a totally professional one-to-one package, so mum or dad, aunty or uncle can carry on living in their

own home for as long as they want to, and the family can still pop in whenever they want to. It's still their home they're living in, that's the important thing for our clients."

The Homecare service is currently available to any member of the community who lives in North West or North East London, Redbridge, Southend and Westcliff. It's recently been expanded to cover Enfield in direct response to the growing need in the community there. And it's being introduced in Hertfordshire too.

Our home carers don't just pop in and out for a quick 20-minute visit every day. They're a really important part of our clients' lives

The service isn't only expanding geographically either. With more and more people asking for 24-hour Homecare, Jewish Care will be introducing that as a service from 2016 too.

All 50 Homecare staff are fully trained to Quality Care Foundation level – and the service is independently inspected, certified and regulated – which means they're completely professional. They can help with anything from medication to meal preparation, washing and dressing, but they're much more than just carers – clients tell us they bring a smile, joy and above all life into their homes – enjoying a game of cards together or a chat over a cup of tea. They can even help out with light housework like cleaning, ironing and changing beds.

And it's not just the high level of staff training, professionalism and readiness to go the extra

mile that makes Jewish Care's Homecare different. As Angela Murphy says: "All our carers fully understand the cultural needs of our clients too. Not just the big things like keeping Kosher, but the little things that make a real difference. And they don't just pop in and out for a quick 20-minute visit every day. They're a really important part of our clients' lives. Often, they're just like members of a real family."

"Of course, it takes careful planning to make the commitment to be such a big part of someone's life. We need to be careful when we are dealing with new referrals to make sure we're getting the right match between client and carer. That's one of the reasons we can never be an emergency or even an acute service.

"People sometimes expect the service to

be free. I only wish it could be, but that's completely beyond our means. We provide Homecare for people who are paying for themselves and for people who receive care funding from their Local Authority. But the cost is always subsidised by Jewish Care's fundraising efforts, because the charity is committed to providing the very highest level of care the community deserves. Even if you think it might be beyond your needs, we may still be able to help you. I'd encourage anyone who feels they need Homecare but can't afford to pay to get in contact with Jewish Care by calling our helpline, our trained staff will be able to provide advice and support about what help your entitled to."

CARELINE

STATE OF INDEPENDENCE – RITA'S STORY

"When I lost my husband, I felt so alone – I didn't think I'd ever be able to cope. I have dementia so I sometimes forget to do things. I was very worried. I'd completely stopped going out on my own. Then I called Jewish Care's helpline. They sent a social worker to give me an assessment. Myrna, my carer, started to visit four days a week. She's a godsend. She helps with the shopping, she makes lunch – we even do

the garden together. After a while Myrna said she thought I might enjoy meeting new people at the Michael Sobell Jewish Community Centre. I was a bit nervous, but she was right. Now I never miss a week. I've made so many new friends. I've even been taking computer lessons so I can Skype my family. I'm still living in my own house – thanks to Myrna. I honestly don't know what I'd do without her."



Left Homecare worker Myrna delivering Rita's shopping

Our biggest challenge to date?

Jewish Care's chief executive Simon Morris shares his views



Some people say that life is like a roller coaster. There's a track in front of us and sometimes the track turns in ways you wouldn't expect. You are presented with highs and lows all within a short space of time.

The past year, our 25th anniversary year has presented me, and all of us at Jewish Care, with a roller coaster of emotions. Whilst I have experienced some great highs during the year I have also seen the track turn in ways we wouldn't have expected.

It wouldn't surprise those who know me to know I don't like roller coasters. My dislike for roller coasters probably stems from a lack of control. Its natural human instinct to want control, with this comes a degree of certainty coupled with the freedom to make choices and plot our own destiny.

The Chancellor's announcement in the summer to introduce a National Living Wage, a new extension to the current National Minimum Wage was a twist and track change few saw coming. I expect it will take us through some uncomfortable rides over the coming years.

The principle of this track change is absolutely right. I fully support increasing low pay. We are an organisation who values its staff. We have embarked, over the past few years, in an exercise to increase the pay of our lowest paid workers but we have been mindful of the need to do this in a sustainable 'controlled' way. Last year the lowest paid 17% of staff were given a 9% pay increase. Our front line staff are the backbone of our organisation. We all owe so much to them for the fantastic work they do to care and support older and vulnerable people across our community. We had planned to recognise this by continuing to close the gap between the lowest paid staff and the managers.

Whilst the likes of Costa coffee have announced an increase in prices of their coffee when the National Living Wage takes effect in April paying for this increase isn't quite as simple for an organisation like Jewish Care.

Local authorities are responsible for paying fees for our clients who can't afford to pay for their services. However, the fees paid by the local authority continue to reduce compared

to the real cost of providing these services. We fill this gap thanks to the generosity of the community. The support we receive from the community enables us to continue to provide a wide range of quality services to the whole community irrespective of people's ability to pay.

million pounds each year by 2020.

Over the coming year we will be looking closely across the business to understand how we can meet this additional cost. We will be talking to our clients, supporters, volunteers, staff and the government to discuss our options. Unlike Costa Coffee the answer for how

Whilst the likes of Costa coffee have announced an increase in prices paying for this increase isn't quite as simple for Jewish Care

The government's announcement will see an increase in the National Minimum Wage increasing by £2.50 an hour by 2020. That's a 38% increase. The majority of our staff are front line care workers, catering staff and cleaners. Over 50% of our staff currently earn less than the proposed National Living Wage. We estimate the cost to us will be several

we will meet this new challenge isn't simple.

It's not the first time, nor dare I say it the last, that the tracks have turned in unexpected ways. Yet working together, being open and honest about the challenges ahead we have managed the roller coasters of the past and I have every confidence we will manage this latest track change. **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 supporting individuals, families and communities to enable people to make a meaningful difference to their lives, with dignity and choice.

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



CARE HOMES

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

- Clore Manor, Hendon
Personal & dementia care
- Hyman Fine House, Brighton
Personal, dementia & nursing care
- Kun Mor and George Kiss Home, Friern Barnet,
Personal and dementia care
- Lady Sarah Cohen House, Friern Barnet
Dementia care
- Otto Schiff, Golders Green
Dementia & nursing care
- The Princess Alexandra Home, Stanmore
Personal & nursing care
- Rela Goldhill at Otto Schiff, Golders Green
Physically disabled, aged 18+
- Rosetrees, Friern Barnet
Personal & dementia care
- Rubens House, North Finchley
Personal & dementia care
- Vi & John Rubens House, Ilford
Personal, dementia & nursing care



CONNECT@ CENTRES

Offering a choice of cultural, social and leisure pursuits, for the young@heart aged 55+.

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

INDEPENDENT LIVING

Offering independent living within a supportive setting.

- Selig Court, Golders Green
- Shebson Lodge, Southend

COMMUNITY CENTRES

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

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

All our services can be accessed by calling the **Jewish Care Helpline**, that will give you confidential information and advice. 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 the Jewish Care Helpline by calling **020 8922 2222**, visiting us at **www.jewishcare.org** or emailing us at **helpline@jcare.org**

DEMENTIA ACTIVITY GROUPS

- Stamford Hill
- Southend-on-Sea
- Stepney

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 SUPPORT GROUPS

- AfterShock, Edgware ⑦
- Butterflies, Golders Green ⑦
- Stepping Stones, Golders Green ⑦
- Stronger Together, Golders Green ⑦
- Moving On, Redbridge ⑦

CARER SUPPORT AND SOCIAL GROUPS

- Carers' Café, Southend and Redbridge
- Physical Disability Carers Support Group, Golders Green
- Dementia Carers & Family Support Group, Edgware
- Memory Support and Social Groups
- Memory Way Café, Golders Green, Edgware and Redbridge

- Singing for the Brain, Golders Green and Temple Fortune in partnership with Alzheimer's Society
- Dementia Day Club, Southend
- L'Chaim Group for people living with dementia, Stamford Hill

OTHER SUPPORT GROUPS

- Singular Challenge for people going through separation and divorce, Golders Green
- Wellbeing Group, Stepney
- The Jewish Care Stroke Club, Finchley
- Hearing aid surgery, Redbridge
- AJR Association of Jewish Refugees, Redbridge
- JEMS Group for people living with Multiple Sclerosis, Edgware

SOCIAL GROUPS

- New Beginnings for people over 50, Redbridge
- New Faces for people with visual impairment or physical disability, Edgware
- Sobellers for people over 55 who are single, Golders Green
- Sunday Socials for people who are over 65, Golders Green
- The Hillside Club for people over 50, Stamford Hill
- Thursday Social Club for people over 50, Redbridge
- Time for Tea, Stepney

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.

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
- Jami, Olympia House, 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

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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