

# CARELINE

ISSUE 75 | SUMMER 2016/5776

## WHEN THE DUCHESS CAME TO TEA



FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**

# Contents



## News and features

<b>Volunteers awards</b>	.....3
<b>News in photos</b>	.....4
<b>The Great Jewish Bake Day</b>	.....8
<b>Food at Jewish Care</b>	Meeting the needs of vulnerable people .....10
<b>Ask us a question</b>	Questions to Jewish Care’s helpline team .....12
<b>Health Insight Pull Out</b>	Articles from leading health practitioners .....15
<b>Legacies</b>	How a gift in a will has kept one family together....19
<b>The digital way forward</b>	Technology and Jewish Care .....20
<b>Minyan team</b>	A spotlight on this volunteer led service .....22
<b>Development news</b>	Building for the future .....24
<b>A vision for Stanmore</b>	.....26
<b>The final word</b>	.....28

## The guide

<b>Forthcoming events diary</b>	.....9
<b>Mazeltov and thanks to those who have turned their Simcha into a Mitzvah</b>	14
<b>Services Directory</b>	A guide to Jewish Care’s services.....30

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HRH Duchess of Cornwall visits the Holocaust Survivors’ Centre for tea

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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**



# Volunteers celebrated at Jewish Care Awards

*The commitment and dedication of Jewish Care's volunteers were recognised at the Betty and Aubrey Lynes annual celebration of volunteering held this year at the Betty and Asher Loftus Centre.*

**C**hairman, Steven Lewis opened the evening by paying tribute to those receiving awards as well as the organisation's army of 3000 volunteers of all ages. Steven Lewis commented; "Tonight is an opportunity for us to showcase the breadth of volunteer's contribution whilst recognising that this is just a snapshot of the work that volunteers undertake each and every day in the world of Jewish Care".

Compering the evening and presenting awards, comedian and writer, Ivor Baddiel said; "It's been said a million times, but I'm going to say it again, the work you do is so vital and brilliant and Jewish Care really couldn't manage without you... in an increasingly uncertain world, what you do shows that all we really need is a bit of kindness, compassion and of course, caring." **CARELINE**

**Below** Ivor Baddiel and Jewish Care Chairman Steven Lewis present award to Benji Rosenberg, Sara Levan and Maria Chapman representing The Jewish Studies team and Year 8 teachers at JCoSS for facilitating an intergenerational programme with Jewish Care.



**Left** Joseph Malinsky, was presented by Ninette Lynes with the Young Volunteer Award. The 16 year old school pupil who volunteers every week at Lady Sarah Cohen House visiting the residents helping with Kiddush and with the services on Shabbat morning.



**Left** In the 20th anniversary year of the annual Bridge Extravaganza, an event that over the years has raised in excess of £1.5 million, Committee Chairs Patsy Bloom and Susie James accepted the Outstanding Fundraisers Award which was presented to the Bridge Committee.



**Above** Howard Albert, Lilian Rosenberg, Gerry Dunn MBE and Sidney Green collecting their award on behalf of the 70-strong meals on wheels team from Redbridge Jewish Community Centre. Their award, the Outstanding Relationship Group Award, was presented for delivering so much more than just hot meals to vulnerable people in the community.



# Around the world of Jewish Care

Members of Jewish Care's Holocaust Survivors' Centre celebrated their New Year's Honours for services to Holocaust education and awareness.



Year 4 children from Rosh Pinah Primary School who joined the whole school's Purim Sponsored Zumba in aid of Jewish Care.

A special birthday celebration on Purim for Jewish Care's oldest resident, 109 year old Esther Sachon.



Members of Jewish Care's Stepney Jewish Community Centre enjoyed a guided tour of the unique Crossrail roof garden.

Volunteers enjoyed a thank you karaoke party at the Leonard Sainer Centre for people living with dementia during Volunteers Week. Hermi and Shirley (pictured) also won the Unsung Hero Award at the Jewish Care Volunteer Awards this year.



Stuart Gulliver, Group Chief Executive of HSBC, was the guest speaker at Jewish Care's Mansion House Business Breakfast. L-R: Sheriff Charles Bowman (Alderman), Robert Elliott, Linklaters, Steven Lewis, Chairman, Jewish Care, Rt Hon the Lord Mayor, The Lord Mountevans, Stuart Gulliver, Stephen Zimmerman, Honorary President, Jewish Care, Lord Leigh of Hurley, Chairman of Jewish Care's Business Group Committee.



Andrew Klein, Pater Goldstein, Gary Kaye and Robert Goldstein in full swing at the annual golf tournament organised by both the RAGS Committee and the Redbride Sports and Entertainment Committee raising funds for Jewish Care's work in the Redbride area.





↑ Girls from the Ayesha Community School, a Muslim school in Hendon visited Lady Sarah Cohen House. They painted nails, gave presents and chatted to residents.

↓ Vanessa Kushner, stepped onto the wings of a plane travelling at speeds of 135 mph to raise funds for Rela Goldhill the Jewish Care home where her late father was a resident.



↑ Kosher Deli presented a cheque for £4,000 to Jewish Care Chief Executive Simon Morris following generous support from customers.

↓ Former rocket scientist Braham Grant was presented with his second telegram from the Queen by the Deputy Lord Lieutenant Martin Russell when he celebrated his 105th birthday at Rosetrees home.



↑ Eighteen young people celebrating their Bar and Bat Mitzvah this year took part in a 10K sponsored walk for Jewish Care.

↓ More than 300 guests attended a lively EU breakfast debate at The Dorchester, kindly sponsored by Tony Page.



↑ Over 300 people attended this year's Young Patrons Dinner at The Dorchester in support of our residential homes for people with mental health needs. L-R: Andrew Freedman, Laura Kaplan, Adino Ebrahimoff, Jamie Landesberg, Marcus Grossman, Cassi Gevertz, Sofia Beale, Daniel Dangoor.



¶ Only days before the EU referendum the Prime Minister, Rt Hon David Cameron MP took time out of his busy campaign schedule to speak at Jewish Care's annual fundraising dinner. He told the 1,200 guests of his admiration for the community and Jewish Care; "I love you. I love Jewish Care and I love what you do. So much of it epitomises what I am getting at when I talk about big society." The evening was brought to a close by former X Factor winner and multi-platinum selling artist Leona Lewis who generously donated her time to perform at the event.



↑ The Princess Alexandra Home Family Fun Day saw a record number of 1600 visitors enjoying a great family fun day whilst raising nearly £20,000 to help enhance the lives of residents.

¶ Residents and supporters of Rosetrees home enjoyed a tea to celebrate the 15th anniversary of the Friends of Rosetrees Committee.



↑ Adam, Liam and Josh – Three of the five strong team of Jewish Care supporters who ran the Virgin Money London Marathon raising over £10,500.



↑ Children from Eden Primary School took part in a joint creative arts project together with residents of Jewish Care's Betty and Asher Loftus Centre exploring music, memories and moments they treasure.

¶ The Mayor of Camden, Lorraine Revah, planted a small tree with residents and staff in the garden of Sidney Corob House on the festival of Tu B'Shvat, the Jewish new year for trees.







↑ Rubens House was opened by Margaret Thatcher 50 years ago. Residents, relatives, staff, volunteers and supporters celebrated the milestone with local MP Mike Freer.

↓ Singer songwriter Dean Friedman performed a private concert in aid of Jewish Care at the home of Ronit Knoble and Eddie Gershon..



↑ 300 people enjoyed a lively Yom Ha'atzmaut party at Jewish Care's Redbridge Jewish Community Centre, including Wes Streeting MP and the Mayor of Redbridge.

↓ The ADGS Golf Committee pictured with Hilary Doxford who spoke at this year's annual event.



↑ On a recent visit to the Holocaust Survivors' Centre the Chief Rabbi told members how he is inspired by how they led their lives and for all they have been through and praised the centre for its support and the joy it brings.

↓ London Mayoral candidate, Zac Goldsmith, spent time talking to members at the Redbridge Jewish Community Centre.



↑ Residents, staff and volunteers from Hyman Fine House took part in The Flourish Festival in Brighton as part of the home's creative arts programmes supporting residents to age positively and live meaningful, creative lives.





More than 5000 people took part in Jewish Care's fourth Great Jewish Bake Day, raising funds for older people in our community. Children from 25 nurseries and schools, together with members of community centres and residents of care homes came together across London and the South East to bake, ice and enjoy cake to help support the 10,000 people whose lives are touched by Jewish Care every week.








Bakeries including Cartons Boulangerie in Stanmore, Mr Baker Express in Borehamwood and Bonjour in Hendon were amongst those who got on board selling cakes on behalf of Jewish Care for Bake Day.

Daniel Carmel-Brown, Jewish Care Director of Fundraising & Marketing commented, "Now an annual favourite event in the diary, Bake Day is about so much more than just raising funds. It's about people of all ages coming together with Jewish Care clients in our homes and community centres to have tea and cake and understand more about Jewish Care and the work it does across the community." **CARELINE**





## A round-up of forthcoming events

SEPTEMBER 2016				
<p><b>1 September</b> HOPE event River Tea Cruise Contact 020 8922 2192</p>	<p><b>8 September</b> HOPE event <i>Guys and Dolls</i> Phoenix Theatre Contact 020 8922 2192</p>	<p><b>12 September</b> Pro-Am Golf Day</p>		<p><b>25 September</b> Next Generation Kids Secret Cinema</p>
OCTOBER 2016				
<p><b>26 October</b> Options Committee Ladies' Bridge Lunch</p>	<p><b>27 October</b> Health Insight Evening – Palliative and End of Life Care</p>			<p><b>29 October</b> YJC Rock Halloween Party</p>
NOVEMBER 2016				
<p><b>2 November</b> Topland Group Business Luncheon</p>		<p><b>3 November</b> Health Insight Evening – Respiratory condi- tions in older age</p>		<p><b>8 November</b> Local Angels Lunch</p>
	<p><b>10 November</b> Redbridge Sports Dinner with Frank Bruno</p>	<p><b>13 November</b> Friends of Lady Sarah Cohen House Supper Quiz Night</p>	<p><b>17 November</b> Health Insight Evening - Common Cardiac Conditions</p>	<p><b>17 November</b> RJCC Football Quiz</p>
<p><b>21 November</b> 20th Anniversary Bridge Extravaganza</p>			<p><b>24 November</b> YJC Round Table Property Experts Dinner</p>	<p><b>27 November</b> Friends of Rosetrees Annual Bridge Supper</p>
DECEMBER 2016				
<p><b>4 December</b> Friends of Rubens House Chanukah Tea</p>	<p><b>8 December</b> Health Insight Evening – Urological Disorders in the Elderly</p>	<p><b>10 December</b> Great Days Out – Annual Pantomime, Snow White</p>	<p><b>18 December</b> Friends of Lady Sarah Cohen House Chanukah Raffle Draw</p>	

For information on any of these events contact the events team on 020 8922 2816 or email [bookings@jcare.org](mailto:bookings@jcare.org)

## Round up of recent local fundraising committee events...

The **Options Committee** held a bridge evening raising £570.  
The **Friends of Rubens House** annual Supper Quiz was a great success raising in excess of £6,000.  
The **Friends of Rubens House** organised a trip down memory lane with a talk from Tony Abrahams on the East End of London. The evening raised nearly £1,000.  
The **Friends of Lady Sarah Cohen House** quiz night was a sell out with 150 people attending raising £2,700.  
The **Friends of Rosetrees** held their best ever Annual Quiz Supper in March.

The **Challenge Committee** held their very popular traditional afternoon Tea Dance for the second year running. The event raised over £1,100.

Local fundraising committees support Jewish Care resources and services through arranging a range of fun and social events. **If you are interested in finding out more about local community fundraising opportunities contact Sarah-Jane Burstein on 020 8922 2816 or email [sjburstein@jcare.org](mailto:sjburstein@jcare.org)**



# Specialist food on the move

*Nikki Saunders looks at the development of food services for vulnerable people in the community*

**J**ewish Care produces a staggering two million plates of food a year which is an integral part of the service we provide to the community.

Over the years we have experienced an increase in frailty levels and complexity of need particularly across our care homes. When we brought our catering services in-house three years ago we committed to investing in product development for our clients with specialist dietary needs. With around 10% of people living in our care homes presenting with Dysphagia, a difficulty in swallowing, we set about developing the first kosher reformed meals – pureed food that both looks and tastes as it should.

Richard Munns, who is responsible for Catering Services across Jewish Care, explained: “We strive to ensure that the food we provide is appetising, nutritionally effective and visually attractive. It is so important to us that our clients with Dysphagia are given the same high quality food, dignity and respect they deserve.”

With the meals having been given the seal of approval from Jewish Care’s clients, we are now working in partnership with Hospital Kosher Meals Service to provide this specialist food to hospital patients within the M25. This new hospital range has been developed following discussions with NHS food supplier Medirest, part of Compass Group UK & Ireland, the UK’s largest food services company.

Five dishes are currently available to hospital patients including both meat and vegetarian parev options with more in the pipeline. An estimated 600 meals a month will be required to start with.

Jewish Care Trustee Michael Blake attended the launch held at Chase Farm Hospital and sampled the new food range. He told us: “I genuinely thought it was a normal spread of food, most of the dishes looked exactly like they would in their solid form and they tasted delicious. It will give people added confidence to eat when their meals look exactly the same as the person’s sitting next to them.”

**Below & inset** A few examples of Jewish Care’s pureed food range – food that looks and tastes as it should





These new specialist meals will also be available to the many members of our community who use Jewish Care's invaluable Meals on Wheels service.

To most people, Meals on Wheels is known as the kosher food delivery service for older members of our community. Yet to its recipients and to our committed team of volunteers, it has a far greater significance.

Richard Shone, who oversees Meals on Wheels, explained: "The food, whilst providing an important service, gives us the opportunity to regularly visit people in their homes, check that they seem well, and report if there are any concerns.

"We offer our volunteers a specialist befriending training course to ensure they are equipped to go the extra mile and assist our clients with anything they may need during their visit whether it's preparing the food on the plate or just staying for a cup of tea and a chat. The service provides a connection to the community that many of the people receiving Meals on Wheels otherwise wouldn't have."

Meals on Wheels began in Redbridge over 40 years ago and today it is supported by over 250 volunteers who deliver between 50 to 60 hot meals a day plus frozen meals. The service also delivers 500 meals in Southend each year and will soon commence in Stamford Hill.

In Barnet, the Council recently ceased providing their own Meals on Wheels service. Jewish Care has quickly stepped in and carried out a very successful trial with staff delivering frozen meals to clients in Edgware, Finchley and Golders Green. With the plan to expand the current service, more volunteers are required locally to deliver the food.

Richard Shone added: "We want to give our individual recipients the focus and time they need – which is why a large pool of dedicated



volunteers in Barnet is essential."

Meals on Wheels isn't just a service provided to community members who find it hard to leave the house. It can be just as valuable to someone active but who finds themselves in a vulnerable position, such as a recent widow purchasing meals alone or someone who struggles to cook for themselves. It can give them the freedom to go out without worrying about where their next meal is going to come from.

86-year-old Sonny Fineberg from Redbridge has been receiving Meals on Wheels for over seven years. "The service is vital to me as I have arthritis and I cannot bend down at the stove to cook meals. The volunteers who deliver the food are so friendly and the quality of the food is excellent. The team deliver to me three times a week and are kind enough to deliver an extra meal during their final visit to see me over the weekend so that I can get out and see friends rather than waiting for food to arrive."

***Jewish Care are in need of more volunteers to meet the increased demand of the Meals on Wheels service. If you would like to know more about how you can help please contact [volunteers@jcare.org](mailto:volunteers@jcare.org) or call 020 8922 2405 CARELINE***

## South London kosher food guide

Although the Meals on Wheels service is currently only available in certain areas, Jewish Care has developed resources to respond to the needs of communities in other parts of London and the South East.

The South London Community Support Service, jointly funded by Jewish Care and Nightingale Hammerson, has created an essential food guide enabling people living in South London, Surrey and Kent to access kosher food. As well as listing shops that stock kosher products, it highlights all of those that will deliver. It also notes

additional services such as supermarkets which provide a telephone service, vital for people who are unable to get to the shops themselves and do not shop online.

Stephen Ison, who developed the food guide, told us: "The Guide has proved helpful for people considering a move to South London and wanting to know if kosher food will still be accessible. It is also invaluable to older people who may once have driven to Golders Green to collect their food but have found it increasingly difficult to make the journey."



# 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 am worried about my elderly neighbour who lives alone. She has a cleaner who comes to her home a couple of times a week but she has made some comments about the cleaner being controlling over her money and affairs and this concerns me. What should I do?**

I'm sorry to hear about your concerns for your neighbour. If you have an opportunity to talk to her about it a little more, to find out what might be going on, that may be helpful. But whether you're able to or not, I would suggest you contact the local authority social services for the area where you live. Tell them what you know and they will have a duty to look into it, to make sure your neighbour is kept safe from being at risk.

**My wife has recently been diagnosed with dementia. I have been advised to get a lasting power of attorney. How do I go about this and why is it important?**

A Lasting Power of Attorney (LPA) is a legal document which would allow you to make decisions on behalf of your wife if or when she is no longer able to do so. There are two types of LPA – Health and Welfare, Property and Financial Affairs. A Health and Welfare LPA would allow you to make decisions about

your wife's medical care, personal care, where care is provided (e.g. in a care home) and so on. A Property and Financial Affairs LPA covers things like managing a bank or building society account, paying bills, selling a property etc.

It's important to have an LPA because, without one, should your wife be unable to make decisions for herself, you couldn't just step in to do this on her behalf. You may need to apply to the Court of Protection to become a Deputy for your wife. This can be a very lengthy and costly process, and if you were not appointed as your wife's Deputy, the local authority would take on this role instead.

An LPA needs to be in place before your wife loses her ability to make her own decisions, should this happen. The necessary forms can be obtained from the Office of the Public Guardian (telephone 0300 456 0300) and you can complete them yourself.

However, please be aware that if they are completed incorrectly, they may be rejected. Alternatively, you can arrange an LPA through a solicitor which, although more expensive, will ensure an application is accepted.

**I am widowed in my 70's, healthy and happy but I am aware that things could change at any moment. Having cared for my husband through a terrible illness I have a strong idea of how I want to be cared for, should I need it. How should I tell my son/daughter my wishes for future care?**

It's good that you are thinking about these issues now, although I'm sorry to hear that this has come about due to your experiences in caring for your husband. There are two types of advance decisions you can make – an Advanced Decision and an Advanced Statement.

Advanced Decisions are legally binding as long as they meet certain criteria. Assuming the person making one has the capacity to make their own decisions at the time, the Advanced Decisions allow them to refuse certain medical treatments.



I wonder, however, if what you're referring to is an Advanced Statement, which sets out your wishes and preferences for future care. This could include, for example, the type of care and support you would like to receive, where you live, what's important to you, who you would like to be involved in making decisions about you and so on. Unlike Advanced Decisions, it isn't legally binding, but health and social care professionals should take it into account when making decisions about your personal care (if you become unable to do so) and have to have a good reason for not doing so. An Advanced Statement doesn't need to be written down but doing so ensures there is a permanent record of your wishes. Putting together an Advanced Statement (or an Advanced Decision) can also be a good way of starting what can often be a difficult conversation. I hope yours goes well.

**Everything seems to be online nowadays. I am finding I have to use my computer more and more to fill out forms and book things but I am not IT confident. What can I do?**

You're certainly not alone. Many people feel a little left behind by technology, it's hard for anyone to keep up. But there are lessons which can help you to become more confident in using IT. Age UK run computer lessons around the country (contact them on 0800 169 2081) or you could ask in your local library, which can be a great source of community information. Some of Jewish Care's community centres also run computer lessons; call the Jewish Care Direct helpline on 020 8922 2222 and they can put you in touch with your nearest one.

**My father is 90 and lives alone. He is independent and doesn't need carers but I do worry about him falling or becoming ill. When I am here I know if he needs me he can call but I travel a lot and really worry about him. What can I do?**

It's good to hear your father is well and living independently but I can appreciate your concerns. Technology could be useful in a situation such as this, some examples being a lifeline alarm, personal alarm or telecare system.

A lifeline alarm is a pendant worn around the neck with a button to push in emergencies. This transmits a signal to a unit installed in the home which is connected to a 24 hour response centre. The centre will try to make contact with the person and can also alert nominated key holders or call for an ambulance, if necessary. For further information, contact Age UK on 0800 169 2081.

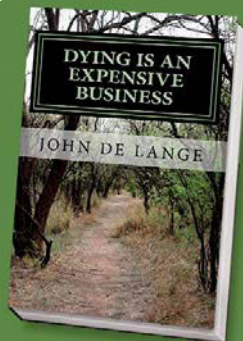
There are different types of personal alarms which can alert those within a limited distance of the person wearing it. Some examples are those which will send out an alert if the person falls or wanders or if the house gets too cold.

A telecare system is a network of sensors placed around the home. They monitor constantly so the person doesn't need to do anything in particular to trigger an alarm. As well as monitoring what's going on in the home, they can also send prompts to the person, for example, to take their medication.

For further information on alarms and telecare systems, contact the TSA (formerly the Telecare Services Association) on 01625 520 320. **CARELINE**

## BUYING THIS BOOK WILL SUPPORT JEWISH CARE!

The author, John de Lange, who is a volunteer at Jewish Care's Betty and Asher Loftus Centre, denies getting any inspiration while working there, and to stress this he has decided to give Jewish Care all his earnings from the book.



Mrs Sedge who owns The Poplars, a luxury old people's home, has discovered that shortening the lives of her rich residents after getting her hands on their money is a good way to make her fortune. Helped by her conniving lawyer and a helpful firm of undertakers everything is going swimmingly; the residents are being disposed of and the money is rolling in. Then her gardener digs up a skull which is when Detective Eric Stubble, star of the local constabulary, is forced to take notice and investigate.

**Dying is an expensive business by John de Lange can be purchased on Amazon as a paperback for £9.99 or as an ebook for £5.99.**

# 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.

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

All funds to go to **JEWISH CARE**



# 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

Janine & Michael Nathan  
Lana & Martin Bond  
Lindsey & Ashley Morris

## 40th Wedding Anniversary

Elaine & Geoff Abrahams  
Frances & Stephen Grossman  
Hazel & Barry Leventhal  
Shirley & Ashley Bogush  
Deborah & David Hiller

## 40th Wedding Anniversary & 65th Birthday

Naomi & David Landy

## 50th Wedding Anniversary

Angela & Michael Woolf  
Bonnie & Alan Hemmings  
Diana & Anthony Rau  
Eta & Stanley Weitzma  
Evelyn & Adrian Mildiner  
Evelyn & Sydney Sunshine  
Gilla & Emile Abdulezer  
Greer & Robert Jaffe  
Jacky & Lyddon Simon  
Jules & Sandy Sher  
Marian & Stephen Shelton  
Ruth & Michael Baum  
Sandra & Robert Clifton  
Sheila & Saville Shela  
Shirley & Walter Gold  
Toni & Malcolm Cooper  
Valerie & Alan Rosenthal  
Vicky & Harold Harris

## 50th Wedding Anniversary & Special Birthdays

Judy & Barry Hyman

## 55th Wedding Anniversary

Paula & Paul Marber

## 60th Wedding Anniversary

Bette & Derek Taylor  
Brenda & Arnold Archer  
Edith & Bernie Schusman  
Mr & Mrs H S Baars  
Joyce & Phillip Grahame  
Louise & Don Wyman  
Nita & Len Clayman  
Rosemary & Paul Florsheim  
Valerie & Philip Newman

## 65th Wedding Anniversary & Receiving the Queen's honour

Freda Knoller & Freddie Knoller  
BEM

## 70th Wedding Anniversary

Rene & Cecil Landsman  
Sylvia & Sidney Pizer

## Special Anniversary

Sir Michael & Lady Heller  
Rochelle & Nicholas Hai

## Wedding Anniversary

Roslyn & Stuart Winton

## Special Wedding Anniversary & Birthday

Andrea & Mervyn Druian

## Wedding

Mr & Mrs Aaron Levis  
Karla & Michael Austin  
Kim Corina & Greg Kantor  
Shirley & Philip Caplan  
Tamar Fluss & Jeremy Smith

## Special Birthday

Barbara Westbrook  
Frances Seaton  
Gill Simmons  
Hana Rayner  
Helene Littlestone  
Iris & Alan Butnick  
Lady Anne Samuels  
Leonie Lewis  
Rose Sinclair  
Ruth Musgrave  
Selma Shrank  
Shirley Gurevitz  
Stanley Clayman  
Stephen Raymond  
Stephen Sorrin  
Susan Nyman

## 40th Birthday

Daniel & Clare Zinkin

## 50th Birthday

Andrew Klein  
Lisa Ryde  
Lord Andrew Feldman  
Paul Lang  
Penny Low  
Simon Gale  
Simon Galkoff

## 60th Birthday

Alan Freedman  
Cecil Taitz  
Dana Cukier  
Errol Rudnick  
Howard Burkeman  
Howard Harris  
Ian Burgess  
John Bowers  
Stuart Russell

## Joint 60th Birthday

Gillian & Mark Peters

## 65th Birthday

Angela Levine  
Martin Linton

## 65th Birthday & 2nd Bar Mitzvah

Alan Harris

## 70th Birthday

Barry Slavin  
Beryl Meghnagi  
David Turner  
Dennis Pinner  
Graham Gouldman  
Helen Bocarro  
Hilary Burns  
Howard Youngerwood  
Ian Gerecht  
Ingrid Sellman  
Irene Singer  
John Simmons  
Lawrence Josephs  
Linda Schneiderman  
Lorraine Rinkoff  
Rev Malcolm Brown  
Margaret Ellison  
Moiria Gershinson  
Richard Mintz  
Robert Salmon  
Ruth Waxman  
Sally Black  
Sandra Hilton  
Stephen Coleman  
Stuart Fox  
Vicky Harris

## Joint 70th Birthday

Georgine & Jeff Levison  
Jillian & Wayne Adler

## 75th Birthday

Lady Judith Callman

## 80th Birthday

Anthony Goldwater  
Arthur Levy  
Averil Marks  
Bernard Wolfson  
Bernice Rowley  
Bernie Klinger  
Betty Freedman  
Brian Hyman  
Brian Leaver  
Brian Robinson  
Clifford Krieger  
Frances Frankel  
Frances Lester  
Gabriel Kessler  
Geoffrey Wolf  
Harold Ashley  
Hazel Kyte  
Rabbi Henry Goldstein  
Jeremy Gasson  
June Bradbury  
Ken Fenton  
Linda Yudolph  
Malcolm Melbourne  
Michael Gumpel  
Norman Gershon  
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Shirley Davis  
Souad Musry  
Stuart Gavurin  
Tom Komoly  
Wendy Gerroll

## Joint 80th Birthday

Audrey & Irving Angel

## 85th Birthday

Fred Fishburn  
Gilda Cohen

## 90th Birthday

Arthur Lasky  
Ben Brill  
Bernard Denton  
Betty Krieger  
Bob Horesh  
Edna Fortuyn  
Erna Angus  
Estelle Boyers  
Esther Sopher  
Gerti Baruch  
Henry Cooper  
Jack Conn  
Jeanne Gordon  
John Silbermann  
Kitty Smulovitch  
Lenny Berwald  
Lily Flaum  
Lionel Belkin  
Mary Marks  
Richard Goide  
Ruth Rosmarin  
Stuart Carne  
Sue Lester  
Sydney Kanter  
Sylvia Sprey

## 91st Birthday

Mildred Elton

## 95th Birthday

Anne Gower  
Kitty Cohen

## 96th Birthday

Harry Roberts

## 100th Birthday

Alfred Cohen  
Anne Miden  
Esther Leach  
Harris Sheldon  
Hetty Tauber

## 2nd Bar Mitzvah

Alan Landesberg  
Gerald Barnett  
Harold Dagul  
Dr Harvey Gordon  
Henry Knobil  
Howard Keen  
Marcus Mann

## Bar Mitzvah

Sam Wolfson

## Bat Mitzvah

Dalia Gordon

## Births

Eira Sestrud Jacobson

## New Home

Barbara & Stuart Trogal

For more information call Claire Hartley on 020 8922 2811 or email [chartley@jcare.org](mailto:chartley@jcare.org)



# Leading health practitioners share their knowledge with the community

ARTHRITIS

EYES

PARKINSON'S

*In the last issue of Careline we published the first three articles following our recent Health Insight Series of events. This four page special pull out provides you with edited articles following the last three talks given by leading health practitioners in their field. This issue we focus on Parkinson's, Arthritis and Eye Conditions.*

## News of a second series of Health Insight Events

**L**ast year Jewish Care organised a series of events to co-incide with the organisation's 25th anniversary to provide access and information about common health conditions to members of the community. They were intended to be a one-off series of events but the feedback from the 900 attendees has led us to organise a second series of events.

Once again, thanks to support from Professor

Victor Hoffbrand, we have secured leading speakers in their field. Details of dates and topics for events are below, further information can be found at [www.jewishcare.org/events](http://www.jewishcare.org/events)

The events are free events, booked on a first come first serve basis, for anyone in the community. We are grateful to the Jewish Chronicle for their continued support and to the Rosetrees Trust for sponsoring this second series of events.

PALLIATIVE CARE

LUNGS

HEART

BLADDER

CANCER

SKIN

## HEALTH INSIGHT EVENINGS



Kindly sponsored by the Rosetrees Trust – funding cutting edge medical research ([www.rosetreestrust.co.uk](http://www.rosetreestrust.co.uk))

27 OCTOBER 2016

Palliative and End of Life Care

3 NOVEMBER 2016

Respiratory conditions in older age

17 NOVEMBER 2016

Common Cardiac Conditions

8 DECEMBER 2016

Urological Disorders in the Elderly

19 JANUARY 2017

Cancer Care in England

2 FEBRUARY 2017

The skin and old age

Times for all the above dates: 6pm (for 6.30pm prompt start) – 8pm  
at Michael Sobell Jewish Community Centre, Maurice and Vivienne Wohl Campus  
221 Golders Green Road, London NW11 9DQ  
To book your FREE space, please email Roxanne Portnoi at [bookings@jcare.org](mailto:bookings@jcare.org) or call 020 8922 2837

In partnership with





# Arthritis: How to stop getting 'old' as you get older

By Dr. Huw Beynon, consultant physician and rheumatologist

**I**t was the American comedian George Burns who said: "You can't help getting older, but you don't have to get old". I would agree: it is not necessarily your chronological age but your biological age that matters.

Arthritis, which is an inflammation of the joints, can be caused by around 100 disorders. Not all of them are associated with advancing age, but some are, including the most common problem that affects the joints — osteoarthritis. Eight million people in the UK are affected by osteoarthritis, which causes pain and decreased mobility. It is a wear and tear disorder of the major joints including the hips, knees, spine and fingers.

The most commonly affected joint is the hip. If you perform X-rays on people over 65, you will find around one in 20 has evidence of wear and tear in their hip joint.

So how likely are you to develop osteoarthritis? As it is a condition primarily caused by wear and tear the risks do increase the older you get. But we also know that there is a genetic predisposition.

Once you have developed osteoarthritis it is not necessarily always a downhill path. Some patients can see an improvement or remain stable but in a substantial number of cases, the joints will deteriorate to the point at which orthopaedic surgery becomes the best option.

For the right patient — with the right surgeon — surgery can give fantastic results. But for some suffering with osteoarthritis, pain relief is the immediate priority and there are a number of options including analgesics, such as paracetamol and codeine, and non-steroidal anti-inflammatories.

There is also evidence that taking regular doses of vitamin D is important. This is especially so in Britain, where during the winter months huge numbers of people suffer

vitamin-D deficiency through lack of exposure to sunlight, potentially causing muscle and joint pain.

Sadly, there is no wonder drug on the market for osteoarthritis but other causes of arthritis can be successfully controlled with drugs such as rheumatoid arthritis, an inflammatory version of the condition and gout.

For older people, one of the biggest risks to their health are falls, especially as many are more vulnerable to fractures because of osteoporosis, or lower bone density. Every year, about one-third of over 65-year-olds and more than half of over 80-year-olds suffer falls. Falls are the leading cause of injury and death for older people.



The fitter you are, the less likely you are to fall and so the less likely you are to develop fractures that can lead to arthritis

That is why it is so important to keep your fitness up in later life. The fitter you are, the stronger your muscles are and the less likely you are to fall and so the less likely you are to develop fractures that can lead to arthritis.

You are never too old or too infirm to take some sort of exercise and it really is a positive way forward to help you stop getting "old" as you get older.



# What do we expect from our eyes as we get older?

*By Mr Alan Mushin, consultant Ophthalmologist, Moorfields Eye Hospital*

**O**ur eyes and vision can develop problems as we get older and these are some of the common eye problems in later life.

First, cataracts. We all get cataract changes as we get older but don't worry if you are told you have cataracts beginning – it may take years before they progress to the stage at which surgery is required. Surgery is the only treatment but it has a 98% success rate. It is an operation carried out under local anaesthetic and you see better by the next day. However, many people will still need to wear glasses after cataract surgery. The operation is done using ultrasound and an artificial lens is put inside the eye to replace the natural lens which should last you about 40 years!

## Macular degeneration is the greatest cause of poor vision in the elderly today

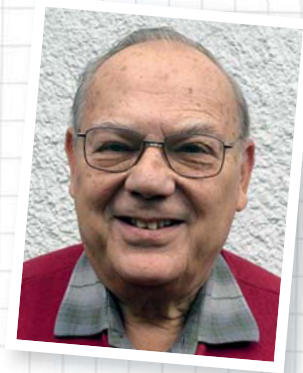
Next, glaucoma. This is a common condition which even today can lead to blindness – but with early diagnosis and treatment, you should be alright until extreme old age. Glaucoma can be controlled, but not cured. It is caused by increasing pressure within the eye. By the age of 70, the incidence of glaucoma is 3.5% of the population, rising to 6% by the age of 80. The big problem is that glaucoma has no symptoms until it is quite advanced, and so regular screening to measure your eye pressure is important after the age of 40.

Treatment using drops is so successful that the amount of surgery required is only 10% of what was needed 40 years ago.

Macular degeneration is the greatest cause of poor vision in the elderly today. The macula is a very small area in the centre of the retina which is needed for fine focus and reading. It has a very poor blood supply and as the circulation ages, it becomes vulnerable to loss of nutrition, and the cells die one by one. There are two main types of macular degeneration – wet and dry. The dry type is more benign and progresses slowly. The wet type causes leakage of blood within and behind the retina. It can be treated by injections into the eye of powerful (and expensive) drugs but these have to be repeated every month to six weeks for a long time. These injections do not help everyone but can control the condition in 40 to 50%.

Diabetes must also be mentioned because it affects the retina in every case. First, diabetics get cataracts several years earlier than non-diabetics. Second, the changes in the retina are based on the breaking of small blood vessels which happens all over the body in diabetics, but blood in the eye immediately causes deterioration of vision. So, diabetics need to have their eyes monitored regularly and any significant bleeding can be treated very well with lasers.

Finally, floaters – very common as we get older, representing an ageing change in the jelly inside the eye and benign in 97%, but if you get one, you should have your eyes checked just in case it is anything more serious.



# Could rare genetic conditions more common amongst the Ashkenazi community be the key to curing Parkinson's disease?

*By Prof. Tony Schapira, Head of Clinical Neurosciences at the UCL Institute of Neurology and Dr. Stephen Mullin, clinical research fellow, Institute of Neurology, UCL*

**P**arkinson's disease causes tremor, stiffness and slowness of movement. Understanding of Parkinson's has evolved over the last 50 years, however, a drug that slows or stops its progress has remained elusive. Now a consensus is emerging amongst the research community that a rare genetic condition which is more common within the Ashkenazi community may hold the key to realising this goal.

In the 1970s the emergence of drugs which improved the movement related symptoms of Parkinson's revolutionised the quality of life for these patients. However, within the last two decades, the detection of a number of genes that cause Parkinson's may hold the key to curing it. In particular, recent discoveries linking the gene that causes the rare genetic condition Gaucher disease to Parkinson's has opened up exciting avenues to developing powerful new treatments.

Gaucher disease is caused by the inheritance of a faulty gene (glucocerebrosidase – GBA) from each parent, resulting in the body's inability to break down cell products, which then accumulate in parts of the cell called lysosomes. The diagnosis of Gaucher disease is initially by the presentation of symptoms like a low blood count or enlarged spleen. Current Gaucher disease treatments have emerged within the last twenty years and resulted in many affected patients living completely normal lives.

In the 1990s doctors began to notice that some of their Gaucher disease patients and family members were developing early signs of Parkinson's. While two copies of the faulty GBA gene are required to develop Gaucher disease, having one (known as carriers) or two copies increases the risk of Parkinson's. In the UK, up to 5-10% of Parkinson's patients carry one copy of the abnormal GBA gene, rising to

25% in parts of Israel. The GBA gene link to Parkinson's is probably the most exciting discovery in recent years because the faulty GBA gene is by far the most important risk factor for Parkinson's yet discovered.

There are two goals that now follow on from this discovery. The first is to understand how the faulty GBA gene can cause Parkinson's. The second is to develop a drug to stop Parkinson's developing or progressing in those that have the faulty GBA gene.



## Understanding of Parkinson's disease has evolved over the last 50 years, however, a drug that slows or stops its progress has remained elusive

Much work around the world is now being coordinated to achieve these goals and patients with Gaucher disease and their families can play a crucial role. Researchers at the Royal Free Hospital have developed several simple and safe tests that enable them to understand the very early stages of Parkinson's and study the Gaucher-Parkinson's link.

There is significant optimism that with more help from Gaucher patients and their families, and from those with Parkinson's, significant advances towards new drug therapies can be made in a short period which will be of value not only to Parkinson's patients but also to those with Gaucher disease. **CARELINE**



# Bringing people together

*Celebrating the Legacy Auntie Lynn & Uncle Bernard gave to Jewish Care*

**L**ooking out into the garden at the Maurice and Vivienne Wohl Campus and seeing a group of three women sitting, talking and laughing is not an unusual sight but for one family it is extra special.

Selig Court resident Ruth is entertaining her daughter Eva and granddaughter Lara whilst they are visiting from Canada. Ruth is delighted that they can stay in Selig Court's Guest Suite which was built thanks to the generosity of a Gift left in the Will of Lynn and Bernard Sugarman.

This special self-contained space enables friends and family members to visit their loved ones at Selig Court on a short term basis. The Guest Suite is booked most days during the year.

Ruth's granddaughter Lara suffers from a neurological condition as the result of a car accident when she was a child which means she needs a wheel chair and 24 hour support from her nurse. Eva, Ruth's daughter, explained how visits to her mother would be impossible without the guest suite



family together. It is wonderful being able to come and visit my mother with Lara. We have very special times together and it is so important for Lara to spend time with her grandmother. It

people's lives and their gift continues to give. It brings together generations of families to share special times and create memories. Their nephew Michael Leigh explained "Auntie Lynn and Uncle Bernard would take so much pleasure knowing that their legacy to Jewish Care is benefiting so many people. They had a deep love for the community and were known for their loving kindness to everyone. It is touching that their memory lives on in such a positive way."

Gifts in Wills given to Jewish Care however big or small make such a tremendous difference to so many people and enable us to continue to provide high level of care within the community for future generations.

**CARELINE**

## This incredible gift from the Sugarman's has helped us keep our family together.

because of Lara's needs. Staying in the guest suite means Lara and her carer are close by so Eva can spend precious time with her mother and also regularly relieve Lara's carer. The support and help the family receive from the whole team at Selig Court, such as the provision of wheelchairs and commodes as well as an accessible bathroom in the suite, along with the warm welcome which is always given, turns a potentially complicated situation into a pleasant experience. Without the additional support Jewish Care provides, Lara would not be able to enjoy special times with her mother and grandmother.

Eva said "This incredible gift from the Sugarman's has helped us keep our

brings us all so much happiness. Selig Court provides a safe and loving environment where mum can live her life independently, but we have peace of mind that there is round the clock support should she need it. We feel that we are all part of Jewish Care's family".

Lynn and Bernard Sugarman's generous Legacy has touched many

### FIND OUT MORE

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, Amelie House, Maurice and Vivienne Wohl Campus, 221 Golders Green Road, London NW11 9DQ or email [legacies@jcare.org](mailto:legacies@jcare.org)

# The digital way forward

*Investment in technology is providing new services and support for the community as Nikki Saunders reports*

**T**hese days most of us struggle to function without technology. Whether we're texting a friend, shopping online or booking flights, technology allows us to do things far more quickly and efficiently.

This is also true in almost all aspects of industry, perhaps with the exception of social care where somehow the sector has simply not kept up.

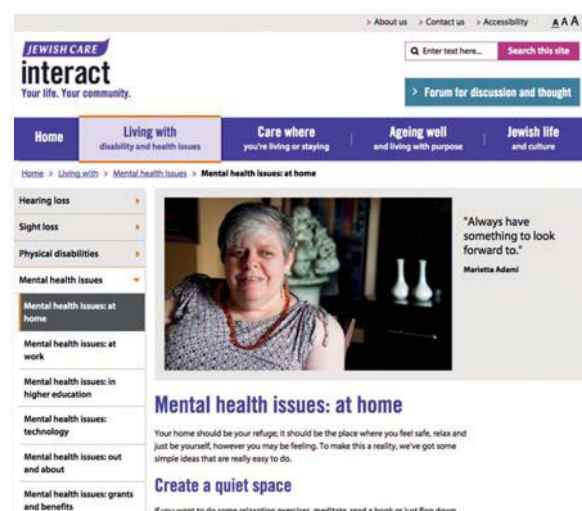
On a recent visit to Jewish Care, Alistair Burns, NHS England's National Clinical Director for Dementia, told us: "Health and care have not always kept pace... yet the use of innovation can deliver huge improvements in the quality of care and life for people with social care needs."

## The 24/7 online resource enables users to access information anytime

His words were timely for Jewish Care, an organisation who over the last few years have been exploring how technology can help improve the way we provide services and support to the community.

The first major project to plug this gap has been the launch of Jewish Care Interact. This multi-faceted online service, supported by the KC Shasha Charitable Foundation, provides an excellent source of advice, information and activities for older and disabled Jewish people, their friends, family and carers.

The 24/7 online resource enables users to access information anytime, on a broad range of topics to help facilitate independent living. The easy to navigate site includes information on living with a disability or health condition, signposting to the right care, and ideas about



how to age well and keep healthy. The service also promotes numerous courses and activities offering the opportunity to learn new skills and engage in creative pursuits. There is also a section on Jewish life and culture filled with delicious recipes and festival resources.

Jewish Care Interact was developed in partnership with a group of our clients, as well as their families and carers, who were asked for their thoughts and ideas as the project evolved.

Sandi Wassmer, who manages the development of Jewish Care's Digital Services, explained, "By involving an expert panel of our service users from day one, we have been able to ensure that Jewish Care Interact provides the information and signposting that our target audience actually want and need."

She added, "It has also been carefully designed to work with all sorts of assisted technology, such as specialist keyboards or screen readers. Anyone with any ability can use this resource."

For those experiencing memory loss, the virtual reminiscence room offers a therapeutic experience using different foods, items,



places and events to stimulate the senses. Topics include memories from the Jewish East End and celebrities with Jewish heritage, making use of songs, images and video clips to enhance the reminiscence experience.

Recognising how vital peer-to-peer support is, the resource also hosts an online chat forum to give anyone with concerns or questions the opportunity to speak with a professional or others in a similar position.

ent types of technologies and how we can best support older and disabled people to live in the digital age. We want to see them using the technology which will actually help them participate in society and get on with their lives.”

Technology in people’s homes and social care settings is developing at a rapid rate with innovation delivering huge improvement in the quality of care and life for people with social care needs. Recognising this, and the

## We’re looking at all different types of technologies and how we can best support older and disabled people to live in the digital age.

Matthew Cane, a volunteer at Michael Sobell Community Centre and a previous resident at Jewish Care’s Rela Goldhill, sat on the expert panel. “Taking part in workshops for Jewish Care Interact was really interesting and I was able to give my ideas on where everything should go. It’s a brilliant resource as it is so easy to use and you can communicate with lots of different people through it. There’s something for everyone.”

The service is continuing to expand and the hope is that as it does, the users will connect through online forums and discussion groups, providing vital peer to peer support.

Jewish Care Interact is just the beginning of a much more ambitious strategy by Jewish Care to get older and disabled people more digitally engaged.

Sandi, who is herself visually impaired, highlighted why this new strategy is so important. “For someone like me, if it wasn’t for technology, I wouldn’t be working. It’s the difference between me being dependent and independent. It allows me to communicate, participate and be active. That’s why I’m such an advocate and feel Jewish Care has a responsibility to support those members of the community who wish to develop their digital skills.”

One way in which Sandi and her team plan to do this is through Jewish Care’s Karten Centres. These have historically offered the community the opportunity to learn general computer skills such as using Word and Excel. Now Jewish Care is planning to offer people the chance to learn the digital skills they really want.

Sandi told us: “It’s no longer about sitting in front of a computer. We’re looking at all differ-

ent types of technologies and how we can best support older and disabled people to live in the digital age. We want to see them using the technology which will actually help them participate in society and get on with their lives.”

need to explore and develop these opportunities, Jewish Care have recently employed their first ever Digital Transformation Manager. Lisa Jacobs who has taken on the new role explained: “We’re less excited about the technology and more excited about the opportunity to better meet people’s needs. We are considering a broad range of technologies which will enhance the service we provide, from technology which will help staff administer medication to lasers which inform staff if a resident has fallen even if they are unable to reach their alarm button.”

She added: “This is not about replacing one-to-one care. This is about giving staff the tools to help free up their time so that they can spend even more of it with our residents and service users – the people who matter most.”

**Take a look at our new digital service at: [www.jewishcareinteract.org](http://www.jewishcareinteract.org) CARELINE**

**Below** A Karten Centre volunteer with one of his clients illustrates how older people are starting to take advantage of the many opportunities offered by modern technology



# The ultimate mitzvah

## *A spotlight on the volunteer-led Minyan Team*

**O**n a bright afternoon in July, a group of ten men join together at a cemetery in North West London to lay to rest a Jewish Care resident who has been living at one of our care homes for many years. One begins to recite Kaddish, the Mourner's Prayer, and the others respond.

Though this may reflect a scene with which many of us are familiar, on this occasion the men in attendance have never met the deceased lady, nor did they know her family.

They have come together because they are volunteers in Jewish Care's Minyan Team, a committed and inspiring group of people who give support when needed to ensure there are enough people present at a funeral for Kaddish to be said.

Around five or six times a year, a resident in one of our care homes passes away leaving few family or friends to attend their funeral. Prior to the creation of the Minyan Team, care home managers would call around Jewish Care staff to ask if they might be able to attend. In some cases, with such short notice, a minyan wasn't possible.

## The volunteers in the Minyan Team are completely altruistic and participate in the ultimate mitzvah

Simon Morris, Jewish Care's Chief Executive says that this is an example of a small initiative that highlights the difference between Jewish Care and others in the sector.

"I often get asked by colleagues in the social care sector what makes Jewish Care different from other social care providers. I explain to them it's so much more than a kosher meal.



For me it's the way we, as a community, come together to support each other with an understanding of the importance of cultural and religious needs. The work of the Minyan Team is a shining example of this. A small team of dedicated volunteers providing respect and dedication to honour members of the community who they have never met. It's a combination of both Jewish and Care and that's what sets us apart".

The Minyan Team was set up in 2010 and it now has over 100 volunteers who can be called upon at very short notice and asked to attend a funeral.

Gillian Gold, who works in Jewish Care's Volunteers' Department and oversees the Minyan Team, told us, "We talk about how we care about our service users when they are residents and do everything to support them during their lifetime, and that includes their burial. It is the last act of kindness we can show them".

Rabbi Junik, Jewish Care's Spiritual and Pastoral Support Worker, explained why the



Minyan Team provide such a vital role. "The volunteers in the Minyan Team are completely altruistic and participate in the ultimate mitzvah – attending the funeral of someone they do not know to ensure that the full Kaddish prayers can be recited, to honour the deceased and comfort the mourners."

The Minyan Team has volunteers from a range of religious affiliations who attend cemeteries across London.

Claire Lesser, one of the Minyan Team's Volunteer Co-ordinators told us, "When we need to find volunteers to attend a cemetery in North West London, it is not a problem but

## This is an example of an initiative that highlights the difference between Jewish Care and others in the sector

The Minyan Team is co-ordinated by six Volunteers who ensure a speedy and efficient service when required, contacting individuals to find the necessary number of people to attend a funeral. They also work with care home managers, contacting the late resident's synagogue and giving information about the resident to the minister officiating.

As well as organising a Minyan for a funeral, the team are able to provide volunteers to attend a shiva or stone setting if required.

it can be a real struggle to find people at short notice to attend a funeral in Essex or Southend. Those are the cemeteries for which we are particularly keen to find more volunteers."

**CARELINE**

**The Minyan Team is in need of more volunteers in both Essex and Southend. For information please contact [volunteers@jcare.org](mailto:volunteers@jcare.org) or call Gillian Gold on 020 8922 2402.**

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all aboard



Your donations of unwanted items can help us raise more money for Jewish Care

# Building for the future

*Our strategy, underpinned by our desire to ensure people can live meaningful lives, requires us to develop facilities as well as making changes to the way we deliver services. Here we provide you with an update of some of our development projects. You can also read more about our plans in Stanmore on pages 26-27.*

## Minister and Chief Rabbi open new Jewish Care Betty and Asher Loftus Centre

**R**t Hon Alistair Burt MP, Minister of State for Community and Social Care, was joined by the Chief Rabbi and other Jewish Care supporters at the formal opening of Jewish Care's Betty and Asher Loftus Centre.

The new Centre is a unique care community offering residential and day care to over 250 people every day, including a nursing home,

and includes the building of the Kun Mor and George Kiss Home, a new 48 bed residential care home, as well as the Eleanor Rathbone Centre and a new purpose built home for the members of the Sam Beckman Day Centre for people living with dementia. The Eleanor Rathbone Centre connects the two existing homes, Lady Sarah Cohen and Rosetrees and is home to the Wohl Synagogue, shop, café and a large reception space.

The care community has been named after and dedicated to Betty and Asher Loftus, for the family's ongoing support and generosity to Jewish Care.

During the Minister's speech, he praised the community for the support and care they share for each other, by commenting "Your community look after each other giving older people respect and care they deserve". He later highlighted the feeling of home and security at Jewish Care stating "you get a real sense of home, and the word home matters".

*'Your community look after each other giving older people respect and care they deserve'*

two residential care homes, a Centre for people living with dementia, amongst a wide range of communal facilities, from a synagogue to a shop and a café.

The £17million project has taken three years

**Inset** The Chief Rabbi Ephraim Mirvis at the official opening of the Betty and Asher Loftus Centre.



**Right** Rt Hon Alistair Burt MP on a tour of the Centre with Jewish Care Chief Executive, Simon Morris







## Plans unveiled in Redbridge

**Jewish Care have unveiled their plans for the redevelopment of the Redbridge Jewish Community Centre (Sinclair House).**

The plans, which are subject to securing planning permission and funding, will see the 45 year old community centre transformed into a modern facility alongside 52 one and two bedroom independent living apartments.

We hope to be able to report more about this development in the next issue of *Careline*.

**Above** Artist impression of internal view of the new dining room.

**Inset** Artist impression of proposed community centre and Independent Living Apartments.

## Exciting plans for Hendon Independent Living Scheme approved

**Jewish Care have been granted planning permission by the London Borough of Barnet to redevelop a former care home in Hendon into 32 one and two bedroom independent living apartments for older people in the community.**

These plans have been developed following the success and huge demand for Selig Court, Jewish Care's independent living scheme in Golders Green. With growing numbers of older people with support needs wanting to live in their own home, this is the first of several independent living schemes the organisation is planning in the coming years as Neil Taylor, Jewish Care's Director of Care and Community Services explains;

"Independent living is ideally suited for older people who have limited support needs yet want to live independently within a secure community environment, with their own front door and retain their life skills for

longer. As people's care needs change we can offer a higher level and intensity of support. Hendon is the first of three independent living schemes we hope to build in the next few years."

**Hendon is the first of three independent living schemes we hope to be building in the next few years**

The £10 million development is possible thanks to a generous donations from the Wohl Foundation, alongside a bank borrowing facility. Works are expected to begin later this year. We hope to see residents moving into this fantastic new development in the heart of Hendon by spring 2018. **CARELINE**

# A vision for Stanmore

## *Jewish Care's ambitious plans for a new Care Campus in Herts*

**O**ver the past decade Jewish Care has successfully carried out a number of capital projects to construct purpose-built modern care facilities to meet the changing needs of the community.

On pages 24-25 you will have read about our plans for development projects in both Redbridge and Hendon. The third and largest project we are planning, and probably our most ambitious to date, is the development of a care campus on the site of the Princess Alexandra Home in Stanmore.

The 16.5 acre site is currently home to a 68 bed care home. Although it is surrounded by wonderful grounds with magnificent views across the countryside, the building itself is in need of modernisation. Our plans will not only see the transformation of the services on this vast site but will also see investment in the landscaping of the gardens to make the most of this location.

The £45 million project will aim to create a unique care campus with a range of services to meet the needs and desires of older people in the local community. A new 64 bed nursing and dementia residential care home will sit alongside Assisted Living Studios and 48 Independent Living one and two bedroom apartments. The site will also house a day care facility, a restaurant, synagogue, shop, hairdresser, and leisure and well-being facilities for the residents and visitors to enjoy on a daily basis.

The project will be delivered in phases with the new home being built alongside the existing home. Current residents will then move into the new home and the full demolition of the existing home will then take place, to enable the second phase of the building works, the development of independent living apartments, to begin.

Jewish Care has a wealth of experience in ambitious capital projects. Both the Maurice and Vivienne Wohl Campus in Golders Green

and the Betty and Asher Loftus Centre in Friern Barnet pay testament to the organisation's ability to create care communities that act as a flagship model, not just in the community but for the entire social care sector.

As with other recently built care homes, the new home in Stanmore will be arranged in a 'cluster model' with 16 bedrooms sharing a home-style kitchen, dining room and living space. This design gives residents the opportunity to develop more individual relationships with residents and staff teams alike.

**Right** Artist impression of rear garden view of the new development







Below Ground floor and site plan of proposed development



## The Stanmore Campus is a hugely ambitious project and once complete will be an exceptional site to serve the community in South Hertfordshire

Having proved a huge success in our Golders Green Campus at Selig Court, the new Independent Living Apartments in Stanmore will act as an exciting alternative to residential care, allowing older people to remain independent and safe in their own homes, whilst still having the option to be part of the social activities on the campus and make use of our extensive facilities. New to the Jewish Care offering will be the suite of Assisted Living Studios designed to provide a bridge between care home living and Independent Living.

All residents as well as members of the community will be able to make good use of the communal facilities that campus living provides.

With no government funding available for the development of new resources, the total cost of this project will need to be met through fundraising efforts.

Simon Morris commented; "The Stanmore Campus is a hugely ambitious project and once complete will be an exceptional site to serve the community in south Hertfordshire. It does however rely on the generosity of individuals and families across the community. We have already received some exceptional pledges of support and we will need many more in the next few months if we are to turn this dream into a reality and provide for the future needs of the community".

Detailed plans for the build are being developed and contractors will be appointed later in the year. No work will begin until Jewish Care have successfully fundraised for this project.

**If you are interested in supporting this development, please contact Daniel Carmel-Brown on 020 8922 2765. If you have general questions about the development email [princessalexandra@jcare.org](mailto:princessalexandra@jcare.org) CARELINE**



# A personal celebration and a time to plan for the future

Simon Morris, Chief Executive, Jewish Care



**I have always had a plan. As a boy when my friends wanted to become train drivers I had a plan to be The Minister of Transport. Even as a child I wanted to make a difference. Whilst my plan didn't take me into the world of trains they have I believe, put me in the driving seat.**

I don't think you become a Chief Executive of an organisation like Jewish Care by chance. I didn't wake up one morning thinking how did I get here but I do from time to time reflect and think how fortunate I am to be here.

This summer, I will be joined by 19 colleagues across the organisation to celebrate our 20th year of working for Jewish Care.

Like many long serving colleagues I have progressed through the organisation and after several promotions was appointed as its Chief Executive. It has been an amazingly rewarding and challenging 20 years.

In the last issue of *Careline* I talked about the challenge of the National Living Wage sprung on us late last year. I continue to fully support the principle of increasing low pay but against the backdrop of local authority real time social care cuts, its introduction will impact on the organisation's long term sustainability and we are already feeling the impact of this change on our ability to recruit staff. We strive to offer

our staff competitive salaries that are at or above the market median and we have increased the wages of the lowest paid staff in Jewish Care above the current £7.20 National Living Wage. However this has been overshadowed by some of the big supermarkets and coffee shop chains who have this year already met the 2020 National Living Wage target of £9 an hour. It takes a very caring individual to choose to work as a front line care worker for some of the most vulnerable people in our society for less than £8 an hour when my local Lidl supermarket is paying 20% more for shop assistants.

The good news is that once staff join us they tend to, like me, stay for long periods of time. Our current organisational average length of stay is eight years compared to a sector wide five and a half years. Our staff tell us they like working for Jewish Care. They like our values, our caring approach, the sense of community and belonging we can offer and the opportunities for development and career progression.

Yet today as I write this article we have more vacancies for front line staff than I can remember in my 20 years working here and I do worry that the decision to Brexit could make things even worse.

We currently have 218 EU Nationals working for Jewish Care. Some are already voicing their concern about their long term future in this country. The message they are hearing from the country is we don't want or need you here. The truth is we do.

It is too early to know what the impact will be for our EU staff once we formally exit the European Union. We are talking to our advisors and doing all we can to reassure staff we will support them as best we can. We value them, we want them to stay and I want to be presenting them with their long service awards.

Our reputation as a quality social care provider and a good employer remains high and we are working hard to compete in this market place to ensure we can continue to provide a range of quality care services to the community.



We are in a fortunate position to have enviable support from across the community. Support that enables us to provide services to the whole community regardless of an individual's ability to pay. Of our £50 million turnover nearly one third comes from donations from the community. We have to raise £15 million each year to keep our services open. It's not easy raising this money year on year from a shrinking community with a younger population who we know don't have such a strong affinity with Jewish charities that their parents' or grandparents' generations had.

If demand for communal services was declining maybe this wouldn't be such a problem, maybe we would need to accept that times are changing. However, at Jewish Care this is not the case, the demand for services is greater than ever before. With people living longer, an ageing community and the reduction of government funding into social care we have seen a year on year increase in demand for our services.

So with all the current challenges we face in providing day to day care why are we investing so much money developing new projects?

The answer is three fold and based on a clear plan and vision:

1. We need to plan for the future as well as meet current need. Some of our services are

outdated and in need of investment.

2. Our strategy plans see us providing more services on single sites which in recent experience has led us to deliver a wider range of quality services whilst bringing significant efficiencies.

3. Once complete, each of these projects will contribute to the bottom line. Each of our new resources will have an element of Independent Living accommodation. Not only are we meeting a current need but these Independent Living components in Redbridge, Stanmore and Hendon will all contribute to the long term financial security of this organisation.

The message they are hearing from the country is we don't want or need you here. The truth is we do.

In 20 years' time, when someone else is sitting in my office leading this organisation, I hope they can look back and see how the 2016 vision, planning and investment has enabled the development of sustainable social care services. Without that vision we won't be able to deliver the sort of care in the settings that I and others in my generation will hope and expect to receive. **CARELINE**

## Are you, or is someone you know, a Jewish Holocaust survivor in financial difficulty?

We may be able to help.

We give grants to help with all kinds of one-off expenses, such as home adaptations, medical bills, travel costs and temporary care.

### Who we help

People who can benefit from our grants must:

- Be a Holocaust survivor or refugee
- Be of Jewish origin (whether practising or not)
- Be resident in the United Kingdom
- Have an income of less than £10,000 per year (excluding any pensions or social security payments)
- Have assets of less than £32,000 (excluding a primary residence and a car)

### Get in touch

We work with 5 partner agencies to give grants:

- National
- The Association of Jewish Refugees** 020 8385 3070
- Greater London
- Agudas Israel Housing Association** 020 8802 3819
- Bikur Cholim** 020 8800 7575
- Holocaust Survivors Centre (Jewish Care)** 020 8203 9033
- North London Bikur Cholim** 020 8802 5032

Contact us

[info@sixpointfoundation.org.uk](mailto:info@sixpointfoundation.org.uk)

[www.sixpointfoundation.org.uk](http://www.sixpointfoundation.org.uk)

Six Point  
Foundation



# 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  
*Nursing & nursing with dementia care*
- Otto Schiff, Golders Green  
*Dementia 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

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

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

## HOME CARE SERVICE

Enables clients to remain living independently in their own homes.

### AVAILABLE IN:

- Hertfordshire
- NE London
- NW London
- Redbridge
- Southend & Westcliff





All our services can be accessed by calling the **Jewish Care Helpline**, which 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
- 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
- Nechama, Golders Green 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, Friern Barnet 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

### OTHER 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 formed a partnership to create a single mental health service for the Jewish community. Jami's focus is on recovery; moving from lack of control and autonomy to becoming an active member of the Jami, Jewish and wider community. Jami assists people on this journey to living the life they want to live.

#### ACTIVITIES AND SERVICES:

- Helps service users manage their mental and physical health and daily routine
- Visits people in hospital, organises befriending and offers peer support
- Jami's hubs run varied programmes throughout the week
- Assistance with job searching and advice on managing the work-life balance
- Courses and seminars to educate the whole community about mental health, wellbeing and recovery
- Support is also offered to carers of people with a mental illness

#### LOCATED AT:

- Martin B. Cohen Centre for Wellbeing, Edgware
- Elliott Simmons Centre for Wellbeing, Leila's House, Finchley
- Mitkadem Centre for Wellbeing, Redbridge
- Kadimah Centre for Wellbeing, Stamford Hill

- 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

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Wishing Jewish Care much hatzlacha  
and best wishes in all their endeavours

KOSHER DELI SUPPORTING

## JEWISH CARE

Our continued support and partnership with Jewish Care has enabled us to give back to the community through this worthy charity organisation. It is a pleasure to work with such a fantastic team of people who really care and through our partnership, together we were able to help raise £4,000 earlier this year.

**“TOGETHER we can HELP!”**



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**Golders Green**  
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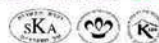
**Temple Fortune**  
Tel: 020 8458 7933

**Hendon**  
Tel: 020 8202 0402

**Edgware**  
Tel: 020 8905 4423

**Borehamwood**  
Tel: 020 8953 9713

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