

CARELINE

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**LIGHTING UP SHABBAT
AT JEWISH CARE**

FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

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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.

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REMEMBER **JEWISH CARE**

20th anniversary success for Bridge event

For the 20th year running hundreds of people have filled the rooms of central London hotels for the UK's largest charity bridge event – Jewish Care's Bridge Extravaganza.

The event was the brain child of Petplan founder, Patsy Bloom. It was after she sold her business that Patsy set out on a quest to form a fundraising committee formed of capable women. The committee is co-chaired by Patsy and fellow founder member of the Bridge Extravaganza Susan James.

Patsy is the first to recognise the team effort it takes to ensure the success of the event; "People often see me and Susan as the driving force. Without every member of the committee we wouldn't be where we are today. Working alongside those who I carefully approached 20 years ago are some newer, younger faces and together we make a great team".

This year's 20th anniversary event raised a record breaking £100,000 taking the total raised since its inception to over £1.6million.

The money raised has funded the running costs of the care buses Jewish Care use to collect people from their homes to the organisation's centres for people living with dementia.

Speaking after the event Simon Morris, Jewish Care's Chief Executive praised the dedication and commitment of the entire committee as well as thanking those who have supported the event over the years;

"Over the past 20 years this event has become a fixture in the calendar of so many people across the community. The dedication from the committee and the support of those who sponsor and attend the event is remarkable. This event has raised much needed funds to ensure people living with dementia can attend our day centres. These centres are



Above The Bridge Extravaganza Committee

a life line for people living with dementia and their carers".

Earlier in the year, to mark their 20th anniversary the Bridge Extravaganza Committee organised the first ever card day for residents and day centre members from Jewish Care resources across London. Around 80 people from sixteen Jewish Care resources from East to North-West London were provided with Jewish Care transport to take them to the event held at the Betty and Asher Loftus Centre in Friern Barnet.

Bridge Extravaganza Committee members played cards alongside Jewish Care clients, staff and volunteers. Everyone came together over lunch where stories were shared and common interests discovered.



The dedication from the committee and the support of those who sponsor and attend the event is remarkable.

Hendon based, Clore Manor Care Home resident Moshe Nurtman told *Careline*; "I have had a great day out. It has been the first time I have left the home for a while because I had a fall. I feel like I have had a holiday, it's a great thing for me to come here and play cards with all these different people". **CARELINE**

Left Co-Chairs Susan James and Patsy Bloom



Classical music concerts at Jewish Care

A music loving volunteer who brought professional classical music to care home residents

The first in a series of classical music concerts for residents, carers and family members was recently held at Jewish Care's Betty and Asher Loftus Centre. The concert, performed by musicians from the Concordia Foundation, was organised by volunteer and music lover Michael Stein who commented;

"I was organising concerts at my Synagogue and five or six residents from Jewish Care homes had come along. The care staff told me they wished the musicians could come and play in the homes so more of the residents could enjoy the music. Once the new Betty and Asher Loftus Centre had been built with the Wohl Synagogue large enough to hold a concert, this became a possibility."

The first concert was made possible thanks to Michael's friends and family who instead of buying him presents for his 70th birthday gave donations to Jewish Care.



Helen Livney who came to the concert with her husband, David, a resident at Rosetrees, said, "David hadn't really communicated for weeks but the music has made him come alive."

Cruising to Brussels

Residents take to the shores on a cruise across the channel

Residents at Rela Goldhill, Jewish Care's home for adults with disabilities, love their holidays. This year six residents from Rela Goldhill together with three residents from Jewish Care's Otto Schiff home enjoyed a cruise to see the sights of Brussels.

On his return, Leonard Rose, a resident of Otto Schiff Home said, "The cruise was well organised and the crew and the staff on board were very helpful. It was wonderful to see the sea and good to go on holiday together. The highlight was the Madness tribute band 'Badness', they were fantastic!"

Marietta Adami added, "It was another amazing experience with my friends, I love

cruises, they are my favourite holiday!"

The five-day holiday was funded by money raised at Jewish Care's Pro Am Golf Day 2015 as well as by donations from The Shores Charitable Trust, The Childwick Trust and donations from individuals and families in the community and residents' own families.

If you are interested in finding out more about how you can support future concerts, holidays or any other activities at Jewish Care call 020 8922 2811. **CARELINE**



Around the world of Jewish Care



Richard Pearlman, Rod Epstein and Rabbi Landau took part in this year's 100 mile London Bike Ride raising money for Jewish Care. Following the ride Richard commented 'Fundraising is my way of thanking Jewish Care for the fantastic help they provided, not only to my mum, but to so many others.'

Residents at Vi and John Rubens House celebrate a cumulative 212 years at a birthday party attended by the Mayor of Redbridge, Cllr Gurdial Bhamra. 108 year old Julia Gilbert and 104 year old Ian Rodin were surrounded by relatives, friends, volunteers and staff for this very special birthday.



The Lord Mayor of London opened the doors of Mansion House for a Jewish Care's Business Breakfast addressed by The Governor of the Bank of England, Mark Carney.



Members of Jewish Care's Michael Sobell Community Centre took part in a Rosh Hashanah Shofar making workshop given by Rabbi Simmons.

Boxing legend Frank Bruno MBE was the guest speaker at the Redbridge Sports Dinner raising over £35,000 for local Jewish Care services in Redbridge.



Young Jewish Care supporters embarked on an inspirational trip to Poland, accompanied by Holocaust Survivors' Centre member Rene Salt.



↑ 700 people attended the Topland Business Luncheon raising over £250,000 for Jewish Care's residential homes for people with mental health needs. *Today* programme host and former political editor for the BBC, Nick Robinson was a guest speaker at the event.

↓ This year's prestigious Topland Business Luncheon Award was presented to 29 year old Jonny Benjamin in recognition of his tireless efforts campaigning and raising awareness to break the stigma around mental illness.



↑ Adam Leviton was one of five people who completed the Royal Parks Foundation Half Marathon for Jewish Care raising over £4,000. On completing the run, Adam commented; "This was a great opportunity for me to show gratitude to the organisation who gave my wife Laura's grandma, Ida Neymiller, an incredible amount of support. The run was in her memory and all the work that the organisation continues to do today."

↓ Pearl and Lionel Winston were surprised by Cllr Pete West and Rabbi Silverman, who joined them to celebrate their 70th wedding anniversary alongside residents, staff and volunteers at Jewish Care's Hyman Fine Care Home, where they live together.



↑ 500 people attended the Young Jewish Care Halloween party at The Forge, in the city raising over £15,000.



↑ Ex-serviceman and Clore Manor resident, Leonard Rubenstein laid a wreath at a Remembrance Sunday Service on behalf of Jewish Care.

↓ The 11th award ceremony for the MIKE leadership programme was held at the Redbridge Jewish Community Centre. The programme run by professionals at the centre has become a breeding group for future leaders across the community.





↑ Evie Levitt dressed up as Violet Beauregarde for an afternoon of pure imagination at the Charlie and the Chocolate Factory themed Secret Cinema event organised by The Next Generation Committee that raised over £4,000 for Jewish Care.

↓ Staff from Waitrose in Temple Fortune presented Jewish Care's Michael Sobell Centre Manager, Belinda Topliff with a cheque for £220 after the centre was chosen to be one of their local charities in their Community Matters Scheme.

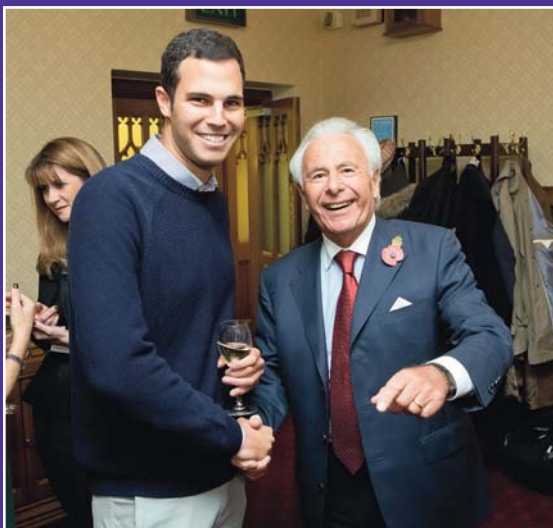


↑ Michael Sobell Community Centre member Benny Namda celebrates Succot with Rabbi Junik, Jewish Care's Spiritual and Pastoral Support Worker.

↓ A lively lunch organised by the Local Angels Committee (pictured) raised a record £24,500 to help support local services, for people age 3 to 103+, provided by Jewish Care in Redbridge.



↑ Stepney Community Centre member, Tony Fisher had the art work he painted at the Centre showcased in the Community Window Gallery at Canada Place in Canary Wharf.



↑ Lord Levy hosted a reception at the House of Lords for members of Jewish Care's first YJC Lay Leadership Programme. Developed by Young Patron Nat Roden this peer-led programme enables dynamic young people to become actively involved with Jewish Care's work.

Shabbat at Jewish Care

Emma Shrimpsley looks at some of the initiatives that make Shabbat special at Jewish Care

It is the Jewish in Jewish Care which makes us different from any other social care provider. Never is this more evident than on Shabbat which, for our clients, means far more than kosher meals and access to synagogue services. It is the feeling of being part of a community with a shared Jewish experience that makes Shabbat different to other days of the week and gives Jewish Care clients a sense of belonging.

Jewish Care's Chief Executive Simon Morris comments: 'When I get to spend time over Shabbat in a Jewish Care resource I know it will be a special Shabbat for me: one that reminds me what sets us apart from other social care providers and makes me proud to be part of a loving, caring community full of rituals and traditions.'

From pre-Shabbat activities at day centres, to Friday night candle lighting and dinner at residential care homes, to volunteer-led Shabbat services and visits, there is something meaningful and engaging for Jewish Care clients across all levels of observance.

At Clore Manor in Hendon, Hasmonean High School boys have been leading the Saturday morning Shabbat services for some 16 years.

Social Care Co-ordinator at Clore Manor Sharon Arad explains: 'It began with a group of four or five boys coming in every Saturday to make a minyan. After a few years we decided to formalise the arrangement, with their Year 11s coming in each week to take the Shabbat service. We also get a group of Hasmonean girls arranging the Kiddush, getting it sponsored and coming in to prepare it.'

'Even the less religious residents look forward to it. While they may not go to shul, they enjoy having the youngsters in and hearing the singing as the Kiddush is made in all the lounges.'

Benji Shebson, is the youngest of four brothers to have all taken their turn leading the service.

He says: 'While the residents differ in their levels of observance, the majority really enjoy us being there and many of the relationships continue beyond pupils finishing Year 11. Personally, I love hearing some of the amazing



stories the residents tell. One resident I have struck-up a friendship with, was a part-time actor who has been in *Star Wars*. I love hearing his stories and he loves telling them. I would genuinely say I call him a friend now.'

Jewish Care's residential homes have an open door to the community.

The synagogues in Jewish Care's homes often become a focus for bringing the community together and family members are actively encouraged to attend services with their relatives living in the homes.

'The services are so wonderful. I don't know what I'd do if we didn't have the Shul'

One Lady Sarah Cohen resident, who attends the Wohl Synagogue at the Betty and Asher Loftus Centre every week, says: "The services are so wonderful. I don't know what I'd do if we didn't have the Shul on site as I wouldn't be able to go anywhere else. So many people come and join in who don't live in the home which makes it feel like a real community."

Joseph Malinsky, a sixth former at Wren Academy in North Finchley comes in to Lady Sarah Cohen most Saturday mornings.

What began as a short volunteering commitment for his Duke of Edinburgh Award programme three years ago, is now a regular part of his Shabbat.

'Many of the residents are in wheelchairs and I help take them into the synagogue, put their tallit on, take them up to the bimah if they are called up and enable them to be part of the service. There are a few of us who help, of all ages. My father often comes along with me.'

'I think we get as much out of it as the residents do. Some of them are living with dementia and are not always very responsive, but then when I bring them into the service and they hear the brachot I see the recognition on their faces. It's a memory for them which gives them a sense of self and belonging.'

Saturday afternoons, while less structured than the mornings, are another perfect opportunity for visits from the wider community.

For the last year, GIFT has organised an initiative for groups of teenagers to walk to a variety of Jewish Care resources to spend Shabbat afternoon with residents.

At Selig Court in Golders Green, a new Saturday afternoon Havdalah programme is being organised by a graduate of Jewish Care's Lay Leadership initiative, Shoshi Silverblatt.

Shoshi explains: 'As part of the lay leadership programme, a group of us spent a year and half making monthly visits to different resources to really get to know Jewish Care, with a view to getting involved and seeing where our individual strengths could most make a difference.'

'For me, fostering the "Jewish" in Jewish Care fitted in with my lifestyle and knowledge. The Havdalah ceremony at the end of Shabbat is very visual and beautiful. I thought residents would really enjoy a group of us coming in for some afternoon activities, culminating in Havdalah in the winter months.'

'We timed our first visit with Shabbat UK, beginning with a pre-Shabbat Challah bake on the Friday, then a group went back for Friday night dinner to sing a bit and chat to residents. We returned on Shabbat afternoon to have tea and do a little quiz on Jewish traditions, before finishing with the Havdalah Service.'

Lulu (Reine) Arwas, 94, a resident at Selig Court, says: 'It was a very nice experience which I enjoyed because I understood more than ever before the meaning of Havdalah.'

Simon Morris adds: 'It is the enthusiasm of our dedicated volunteers which enables Jewish Care to make Shabbat such an uplifting and engaging experience, for our diverse range of clients, their family members and the community beyond.'

Do you have time on Shabbat to visit a Jewish Care resource? There are a number of ways you can get involved from running services to helping at meal times or supporting our new Havdalah programme. For more information contact the volunteers team on 0208 922 2405 or email volunteers@jcare.org. CARELINE



Inset Joseph Malinsky pictured with his dad, helps residents take part in Shabbat services

Left Havdalah with Selig Court residents Jacqueline Franes and Lou Lou Reine

We all need somebody to lean on

Simon Robinson reports on the increase in peer-to peer networks and support groups for people who live independently in the community.

We're in a room in Redbridge Jewish Community Centre. Conversation is noisy and passionate. There's a lively debate going on. Everyone here seems to know each other really well. But just a few months ago, most of the 30 gentlemen meeting here tonight were total strangers.

Welcome to Chaps that Chat. One of Jewish Care's supportive communities. It's a regular get-together for gentlemen of a certain age many of whom live alone.

Ron Weinberg has been a member for a few months now. He first heard about Chaps that Chat from a friend. Since he started coming, Ron's also brought along three friends of his own. Ron tells us: "It's nice interacting with the other men. It's a good laugh and I enjoy the friendly banter!"

Volunteer Sid Green is the co-ordinator of Chaps that Chat; "Jewish Care asked me to help them set up a men's social group. That's how Chaps that Chat was born." Since launching in October 2015, it's proved a roaring success.

Eighty-five-year-old Sid understands exactly why more people keep coming – and why they keep on coming back: "Chaps that Chat has such a happy atmosphere. The men who come have a wonderful time because it's brought them all together as friends."

Sid worked very hard to persuade local men to come along and join the group. He phoned everyone he knew and even stopped older men in the street who he thought would like to hear about it. He still does.

But it's worth the effort, because Chaps that Chat now has 40 people registered with an average of 30 at every meeting. In fact, it's proved so popular Sid's even had to start a waiting list and is expanding to set up a second group running on a different day at the Centre. Its success has also spread to North London with Jewish Care recently establishing a Chaps

that Chat group in Golders Green with further plans in the pipeline for a second in North London in partnership with Woodside Park Synagogue.

Sid feels the recipe for success for Chaps that Chat is simple: "It makes everyone who attends happy. It's something we all look forward to every month".

It's helping members build lasting friendships too. Three of Sid's group discovered that they lived in the same block of flats. Now, instead of coming to the group on their own, they travel together as often as they can.

"Some members can't make it to the groups on their own – we have one gentleman who's just had heart surgery – but they don't have to worry, because we'll pick them up, and take them home too."

Chaps that Chat go on outings too. "Our first was a very successful trip to the RAF Museum in Hendon The second was to the Imperial War Museum, with 'chaps' enjoying a wonderful day out". Sid tells us: "We're now planning our next trip and the members can't wait to get started."





Above Chaps that Chat on a recent visit to the Imperial War Museum

Fred Praver lost his beloved wife Betty in 2014 after 63 joyful years. He's a regular at Chaps that Chat and also comes along to a local Jewish Care weekly bereavement group Moving On. He's made some very good friends: "I really enjoy it. I've even met a really nice young lady called Sandra there. We like to go to the cinema together. I don't know what I would do if it wasn't for support like this. It really keeps me going."

Fred isn't alone in feeling alone. More people are living longer than ever before. And more of us are choosing to live independently in our own homes for longer than ever before too.

But age isn't the only factor that is putting more people at risk of becoming isolated. Divorce, bereavement and long-term medical conditions see many more of us living on our own. More members of the community are finding themselves in need of support.

Of course, many people still find that support at Jewish Care's incredibly popular day centres and community centres, but others really want to find other like-minded people with whom they can share their experiences.

That's why Jewish Care has developed the supportive communities initiative. We aim to bring like-minded people together in an informal setting in the hope that they will develop real and lasting friendships.

As Neil Taylor, Director of Care and Community Services at Jewish Care says: "We looked at what people across the world were

doing to tackle loneliness and isolation. In the end we saw it's quite simple. We bring groups together who share an interest, organised by volunteers. It usually happens at a tea party, because that helps everyone feel more comfortable."

The supportive communities initiative goes way beyond the Chaps the Chat groups. There are now more than 20 Jewish Care supportive community groups – the common thread across them all is to establish groups of like minded individuals who have a shared interest. One such group is a classical music appreciation group that meets for tea, cakes and of course – music!

Thanks to the generosity of the members of Chigwell and Hainault Synagogue and their partnership with Six Point Foundation, a team of dedicated volunteers now provide tea parties for holocaust survivors and refugees in Essex. Many of these men and women would find it impossible to make the journey to our Holocaust Survivors' Centre in Hendon and were at risk of becoming isolated. Volunteers generously throw open their own homes to host the tea parties. They even pick up the survivors and take them home again. This Essex group is one of five groups run by the team at Jewish Care's Survivors' Centre.

In addition to the twenty supportive communities Jewish Care also runs a range of specialist support groups for people at different stages of their lives who could benefit from



support and sharing their experiences with others, from those living with a disability or life limiting condition to people who are experiencing divorce or bereavement.

Twenty years ago, following a divorce, volunteer Frances Harris established Singular Challenge, a support group for others experiencing relationship breakdown. Now two groups meet regularly in Golders Green. They're designed to help men and women overcome the trauma of separation.

Co-ordinator Gary Elster says: "When Frances was going through her own divorce she realised there weren't any support groups for people in her situation. So she created her own. We've been going ever since. We meet every Monday at Michael Sobell JCC, with talks from specialists on every aspect of divorce: emotional, self-development, counselling, alternative therapies and children's issues. It's a totally safe environment. And most importantly, it's completely confidential."

Jewish Care support the Jewish Bereavement Counselling Service who run a number of support groups for men and women of all ages who have lost a loved one.

There are some times in your life when you really look to your mum and dad for help. When you have a child of your own is one of them. So imagine how you'd feel if you lost one of your parents at that point. Butterflies is a support group for young mums and dads that helps parents of young children to find a space where they can meet and talk with other people who've experienced the same loss.

Trisha Curtis from the Jewish Bereavement Counselling Service commented; "We like to think that bereavement only affects older people, but it doesn't. It can touch people at the start of their lives. Some of them don't

want one-to-one counselling when they are grieving what is often needed is a support network of people who have shared the same experience. Our groups are all facilitated by our experienced counsellors, who encourage everyone to express their feelings."

Other bereavement support groups include Aftershock – a group for young men and women between 18 and 30 who have lost a parent, groups for those age 40-60 and 60+ who have lost a partner and Nechama, which helps bereaved parents.

Neil Taylor explains: "They say a problem shared is a problem halved. All our support groups are designed to help people understand that whatever they're experiencing, they are not alone. That goes as much for people who are living with long-term health conditions as well as those who have lost a loved one.

"This can be a very isolating experience, which is why our support groups also help people living with a medical condition to get to know others who are going through the same experience as they are. JEMS – a group for Jewish people who are living with multiple sclerosis is one such community. It's an absolutely vital lifeline for many members.

"This is just one of the ways that Jewish Care is working to bring people together, and support one another, alongside the professional support we can give them. Without these services many more people would be left feeling isolated and alone."

If you'd like to find out more, or would be interested in joining one of our supportive communities or support groups– or if you know someone who might – please contact Jewish Care Direct on 020 8922 2222 or email helpline@jcare.org CARELINE

Leading health practitioners share their knowledge with the community

Simon Morris, Chief Executive, Jewish Care

Jewish Care may be the 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 thousands of people every week, we also recognise we have a role to play in informing and educating members of the community about health and social care issues. We can help people find a safe way through the minefields of health and social care by providing them access to information.

This is why I am so delighted that with the support of physician Victor Hoffbrand we have been able to once again attract the country's leading experts in their fields to share knowledge and information with the community.

This series includes talks about heart conditions, common respiratory conditions, urological disorders, cancer care, skin care and end of life care.

We are grateful to the Rosetrees Trust for their support enabling us to run this second series of events, free of charge, for anyone in the community who would like to attend.

The events are also run in partnership with the Jewish Chronicle and the following articles are edited versions of articles that appeared in the paper the week after each event. A full version of these articles is available on the Jewish Chronicle's website.

Finally, if you have been affected by these issues and want information about support available contact Jewish Care Direct on 020 8922 2222 or email helpline@jcare.org

END OF LIFE CARE

LUNGS

HEART

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)

19 JANUARY 2017

Cancer Care in England

With Professor Chris Harrison, National Clinical Director for Cancer, NHS England, Medical Director (Strategy), The Christie NHS Foundation Trust, Manchester

In partnership with

 chai cancer care
 together we can cope

2 FEBRUARY 2017

The Skin and Old Age

With Professor Chris Griffiths, Foundation Professor of Dermatology at the University of Manchester

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 or call 020 8922 2837

In partnership with

 THE JEWISH CHRONICLE

Approaches to Palliative and End of Life Care

Professor Bee Wee, National Clinical Director for End of Life Care, NHS England

Death and dying is an inevitable part of life. Sometimes this comes unexpectedly and there is little preparation possible. But of the half a million people who die in the UK each year, over 350,000 have weeks, months or sometimes years when the person's life expectancy is known to be limited, and lots can be done to prepare during what is left of this precious time for them and those close to them.

Palliative care is an approach that improves the quality of life of patients and their families facing problems associated with such life-limiting and progressive illness. It works through the prevention and relief of suffering by early identification, assessment and treatment of pain and other problems, physical, psycho-social and spiritual. In this country, this is known as "end of life care" when it is anticipated that the person is likely to die within the next 12 months.

All professionals should be capable of providing palliative and end of life care, but, rather like high blood pressure or diabetes, there are times when the symptoms or situation are complex enough to need referral to specialists. These are professionals who have had training in areas such as symptom control, communication skills and supporting the emotional, social and spiritual care of people in this situation. Such specialist palliative care may be provided at home or in care homes, hospices or hospital.

Facing an advancing life-limiting illness is a deeply personal experience – for the sufferer, and those they love. Talking about what matters to them and what kind of care and treatment they want can help all involved, including those who may have to speak for them to better advise professionals when decisions have to be made on what treatment is preferred.

As much as we want to encourage people to think, talk and prepare for their end of life, it is important that the health and social care system, and local communities, work together to make sure that the best possible palliative and end of life care is available when it is needed.

The Ambitions for Palliative and End of Life Care provide an excellent framework to achieve this aim. This document was produced last September jointly by 27 national organisations (across health and social care, and statutory and voluntary sector). There are six ambitions:

1. Everyone is seen as an individual
2. Everyone gets fair access to care
3. Comfort and wellbeing is maximised
4. Care is coordinated
5. Staff are prepared to care
6. Every community is prepared to help.

We live in a world where checklists have helped to improve patient safety. But for people facing the last stage of their life, and those who love them, it is crucial that we make their care as personalised and responsive to their needs and wishes as possible. Each person is unique and one size does not fit all.

Jewish Care has produced a series of information leaflets about this issue. We have also been working in partnership with Compassion in Dying to produce a guide titled – *Your treatment and care: Planning ahead for the Jewish Community*. If you would like a copy of this, or for more information or support contact our confidential helpline, Jewish Care Direct on 020 8922 2222 or email helpline@jcare.org



Respiratory conditions in older age

Professor Mike Morgan, National Clinical Director, Respiratory, NHS England

At the beginning of the 20th century, the major causes of death were tuberculosis, pneumonia, influenza and polio.

These conditions still have an impact on health today.

The introduction of effective antimicrobial chemotherapy in the 1960s saw the mortality rates resulting from tuberculosis (TB) decline, although there are still about 8,000 cases each year. The majority of these cases arise from reactivation of the disease in people who have originally contracted it abroad. Fortunately, NHS England and Public Health England have now introduced a new national strategy for TB that focuses on the identification of latent disease in new immigrants and the offer of preventative treatment. The figures already suggest that this strategy is having an effect.

The death rates from pneumonia are no longer of the same epidemic proportions as 100 years ago, however, the condition is still responsible for approximately 35,000 deaths per year. This is a reminder of how important the influenza immunisation campaign is.

The chances of survival from polio were greatly enhanced with the introduction of artificial ventilation in the form of the tank ventilator known as the iron lung, a device which has saved many people's lives. This treatment eases scoliosis or other chest deformities, muscular dystrophy, motor neurone disease and sleep apnoea. However, one of the most common reasons currently for the introduction of artificial ventilation is obesity.

Today the most common respiratory diseases are COPD (bronchitis and emphysema) and asthma, with lung cancer the biggest cause of death. These diseases usually occur with increasing age and people who avoid exercise. Asthma occurs because of airway

inflammation that is usually allergic and results in episodes of wheezing and breathlessness. Sadly, people still die from asthma – albeit a relatively small number.

COPD is a lung condition that results in progressive, irreversible loss of lung function that leads ultimately to respiratory failure. The condition is estimated to affect over three million people in the UK and can be detected by a simple breathing test called spirometry.

Smoking is one of the main causes of COPD, although there is also an element of genetic susceptibility. Stopping smoking is the most important way to combat COPD, along with inhalers, flu immunisation, oxygen therapy for respiratory failure and pulmonary rehabilitation.

While pulmonary rehabilitation is popular and effective, we still lack capacity to provide for everybody who might benefit. In recent years there has been considerable interest in surgical techniques that can improve lung function in a few patients with pulmonary emphysema.

Known as lung volume reduction surgery, it was found to be effective in carefully selected patients. Recent developments now include the possibility of avoiding open surgery by using endoscopic techniques with valves placed by an endoscope.

Whilst respiratory diseases are still important causes of death, disability and hospital attendance and there are still some echoes from the past, today's conditions are more related to older age and frailty.

Whatever the nature of your respiratory disease it has never been more important to keep active and learn about condition.

For more information and advice visit the British Lung Foundation at www.blf.org.uk/ and Asthma UK at www.asthma.org.uk

LUNGS

HEART

The heart of the matter: Common Cardiac Conditions

*By Professor Huon Gray National Clinical Director
for Heart Disease at NHS England.*

The heart is a remarkable organ. It beats approximately 100,000 times a day, 35 million times a year. Given that workload, it's perhaps surprising that it doesn't go wrong more often.

So what can go wrong with the heart – and what can we do to prevent it happening? The key cause of heart attacks is arteriosclerosis, the furring of the arteries which occurs when cholesterol and fatty deposits build up within artery walls, setting up an inflammatory reaction, a build-up of calcium and eventually blood clots which block the flow of blood. This furring-up of the arteries starts very early in life and, if unchecked, will get worse as you get older. But the process is not inevitable and, by tackling those factors which increase your risk, you can significantly bring down the likelihood of a heart attack. The top risk factors include high blood pressure, smoking, obesity, lack of exercise, high cholesterol levels, alcohol consumption and a poor diet. Diabetes is condition which also increases risk if not managed appropriately.

The NHS health check, offered to everyone between the age of 40 and 74, helps people identify these risks in their own lives, so they can change their lifestyle or take medication and so help prevent problems with their heart. The more risk factors you can tackle, the better. Living with several at once can multiply your likelihood of heart problems many times. For instance, if you're a smoker, have high blood pressure, diabetes and high cholesterol, each of which on their own double or quadruple your risk of a heart attack, then your risk rises not 8-16 times but by more than 40 times.

But if you are one of those who unfortunately goes on to suffer a heart attack, what can you

expect? A heart attack is, although the terms are often mistakenly used interchangeably, not the same as a cardiac arrest which is where the heart stops altogether and which is often, although not always, caused by a heart attack. A heart attack commonly causes crushing chest discomfort, sometimes going down the arms or up to the neck.

Getting the blocked coronary artery open quickly after a heart attack is crucial. Today we aim to get people into hospital quickly where an interventional cardiologist can reopen the artery using a tube (catheter) inserted through the wrist or the groin to pass a fine wire, into the blocked artery, with a balloon or stent then used to restore blood supply. This procedure has been transformational. But it's not just about the acute procedures when you have a heart attack. Taking the right medication afterwards also has a significant impact on survival rates. For cardiac arrest, speed is absolutely of the essence and prompt life support (CPR) and defibrillation can make all the difference to survival.

Medical advances mean that an increasing proportion of our population is living longer. That's something we should celebrate. But it does mean more of us will be living with heart disease in our older years. Much progress has been made in prevention, diagnosis and treatments – and there are new drugs and technology on the horizon paving the way for future advances. But there is still more to be done. Whatever your age, and however many years you have left to live, those years will be better if you address the risks to your heart.

CARELINE



Michael's Legacy makes a difference

So many residents and their families will benefit from his special gift



Above Michael pictured with his family at his grandson's wedding in 2013.

When Michael Rein moved to Jewish Care's Rubens House in Finchley he was at a difficult crossroad in his life. He had developed Parkinson's Disease which impacted on his physical health and he found it hard to manage on his own, needing the security of 24 hour support and care.

Michael settled in and soon made lots of friends. His kind ways, wonderful sense of humour and winning smile won everyone over.

"When Dad moved into Rubens House he had a wonderful time, he was so grateful, as was I" explained Lynne, Michael's daughter. Soon both Lynne and Michael were part of the Jewish Care family with Lynne coming every Tuesday, enjoying being part of the Bingo for the residents and helping run sessions from time to time. As a family they became friends with the other residents, sharing in their lives.

Sadly Michael passed away but was certainly not forgotten. So when Rubens House learned Michael had generously left a Gift in his Will they were thrilled that he could continue to make a difference to his friends'

lives. Lynne explained "Dad wanted to say thank you because Jewish Care made such a difference to his final years."

Christina Nimako-Brago, Social Care Co-ordinator at Rubens House, said "We remember Michael with such great fondness, he was a true gentleman and a pleasure to be around. He will long be remembered by all of us. So many residents and their families will benefit from his special gift which has enabled us to refurbish six bedrooms at Rubens House.

'Dad wanted to say thank you because Jewish Care made such a difference'

The bedrooms have now been fitted with en-suite bathrooms, making it much easier to provide personal care for the residents who live in them. I really take great delight in pointing this out to people and explaining how these were made possible thanks to the generosity of a Gift left in a Will."

It is only through the generosity of gifts such as these that Jewish Care is able to continue its work. Every year we need to raise £15 million. A quarter of these funds come from Gifts in Wills. Without them we simply couldn't help the people who need us. **CARELINE**

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



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



My neighbour is in poor health and is housebound. He used to always go to shul and was involved with cultural and religious activities across the community. Not being able to get out and go to shul has left a huge void in his life. Is there anything you could suggest to connect him into this life again?

It's sad to hear that your neighbour is no longer able to attend shul. I can appreciate how difficult it may be for him to feel disconnected to what has been such an important part of his life. I wonder if the shul has a welfare co-ordinator who could perhaps find someone to visit him. If he had been attending regularly, I'm guessing he may know others in the congregation who could perhaps call him or drop in to see him?

Another suggestion I could make is a technological one. The Jewish Care Interact website has online forums where you can chat to others in the Community. There is also a whole section on Jewish Life and Culture, everything from Jewish jokes to reminiscence. There's also a weekly abridged audio version of the Jewish Chronicle and the Jewish News as well as a monthly audio magazine, Jewish Extra so if your neighbour can't get out to pick up the papers he can still stay informed. The website is www.jewishcareinteract.org. If your

neighbour isn't confident about using a computer, laptop or tablet, is this something you could show him? If not, it may be possible for Jewish Care to see if we can match him up with someone. Please call the Jewish Care Direct helpline and we'll see if we can help.

I have recently become a welfare officer in my shul. It is a new role. Is there any support Jewish Care can offer me in this role?

Yes! Most shuls should have a link worker at Jewish Care, who will be a member of our Community Support & Social Work team. If you're not sure whether or not your shul does, or don't know how to get in touch with them, please call the Jewish Care Direct helpline and we can direct you from there. The link worker can keep you up to date with training opportunities at Jewish Care or in the wider Community. Our aim is to work in partnership with local shuls, not just to support individuals but the Community as a whole. This could be helping you to set up a training session or a support group, for example. So please do get in touch with us.

I am in my late 60s and recently widowed. I feel totally isolated and lonely. All of my friends are trying to be supportive but none are in the same situation as me. Is there anywhere I can go to talk to people who will understand what I am going through?

I'm so sorry to hear that your wife has recently died. I wish you a long life. It can be very isolating to feel that no-one really understands what you're going through.

Jewish Care runs a number of support groups in partnership with the Jewish Bereavement Counselling Service where you can get together with others

in the same situation as yourself.

To find out more about these groups or if you just need to talk to someone call us at Jewish Care Direct Helpline or contact Jewish Bereavement Counselling Service on 020 8951 3881 or email enquiries@jbcs.org.uk. I wish you well for the future and hope you will find the support you are looking for.

My husband has dementia and I am struggling to look after him at home. I know he needs to move into a care home but I feel so guilty about not being able to care for him. We always promised each other we would be together in our later years and I feel I am letting him down by moving him.

I can appreciate what a difficult and distressing situation this must be for you. But please know that you really have no reason to feel guilty. Many people in your situation feel the same but it is precisely because you are such a caring and loving person that you feel the way you do.

Caring for someone with dementia isn't easy, I'm sure I don't need to tell you that. Unfortunately, as dementia is a progressive condition it will get even harder as time goes on. For many people, there will come a point when caring for someone at home is just not possible. I don't doubt that you have done the very best you can to look after your husband but you need to look after yourself as well; your needs are no less important than your husband's. By allowing professional carers to take over you are not letting him down, quite the opposite. It isn't about 'putting him in a home', it's about ensuring your husband has the care he needs to live as well as he can and surely that is an act of kindness and compassion.

There are many difficult and complex feelings at work in situations such as

this but you are not alone. Jewish Care has a Family Carers Team who can provide on-going support and guidance to those who are looking out for or looking after someone. Please call us on the helpline if you would like to access this free service. You may also find there is a local carers organisation in your area and I would encourage you to get in touch with them if you can. You will almost certainly find others who are going through or who have been through something similar to yourself.

A friend of mine told me that her mother gets some kind of benefit because she needs help with things like washing and dressing. My father has carers coming in to help with that kind of thing too. He has already been told by social services that he doesn't qualify for help from them because he has too much money. Would he be entitled to anything else?

The social services uses the figure of £23,000 which qualifies you for help

with care. You can apply for Pension Credit if your father and mother's joint income is below £265 and savings below about £40,000. Help is also available if joint income is around £265 and they have service charges in a flat or a mortgage. For single people lower figures apply. If you call 0800 991 234 they will do a rough check.

There is also a benefit called Attendance Allowance which is paid to people over the age of 65 to help with the extra cost involved in living with a disability or long-term health condition. It is not means tested; qualifying for it depends on the care you need (although you don't have to spend it on care), regardless of your income or savings.

There are two rates of Attendance Allowance, the lower and higher rate. The lower rate is currently £55.10 per week and is paid if you meet the criteria for either the day or night time tests. The higher rate is paid at £82.30 per week to those who meet the criteria for both the day and the night time

tests. For further information on Attendance Allowance, you may wish to visit the government website: www.gov.uk/attendance-allowance or call the Attendance Allowance helpline on 0345 605 6055.

Please be aware that there are proposals to change the way Attendance Allowance is administered. The government is looking to transfer the budget and responsibility for it to local councils and there has been some concern about what this might mean in practice, with some organisations fearing it might lead to a 'postcode lottery'. So if you think your father may qualify for this benefit, you may wish to begin the process of claiming sooner rather than later. **CARELINE**

Jewish Care Direct helpline is open from Monday to Thursday, 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





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

Committed locals

Lianne Kolirin reports on the role of Jewish Care's local fundraising committees

Volunteers and donors are vital to Jewish Care's success. But lesser known are the local fundraising committees which provide us with indispensable resources.

Over 150 dedicated volunteers are involved in the 20 local fundraising committees responsible for organising a variety of events and activities to support Jewish Care resources. As the community fundraiser for Jewish Care, Sarah-Jane Burstein is the point of contact for committees. She told *Careline*: "The committees are a huge part of the Jewish Care family and are indispensable to us. I support the committees with their events, working alongside our in-house marketing team and discussing with the committee the allocation of funds they raise".

While some committees are connected to specific homes or centres, others raise funds more generally.

"The committee members are incredible people dedicated to supporting Jewish Care," said Sarah-Jane, who has set up four new committees since undertaking the role this year.

Cyril Marks set up one of the organisation's longest standing committees, the Friends of Lady Sarah Cohen House, he spends much of his time planning the year's fundraising activities.

Below Intergenerational fun at the at the Friends of Lady Sarah Cohen House family garden fete



He said: "My late wife was in the home when it opened 20 years ago, so that's when I got involved. When she was alive I went every day and I still go most days – it's my second home."

Each year Cyril and his committee produce a calendar of events. Highlights include a quiz, a garden fete and a Chanukah raffle, all of which boost the home's budget.

Just like Cyril, Barry Bloombaum and his wife Linda became involved in committee fundraising by way of thanks to Jewish Care for the support they provided Linda's mother. They joined the Options Committee which they now co-chair with Andrea Kaplin. Through a range of events from staging annual supper quizzes, regular bridge tournaments, jazz evenings and sponsored walks held over the last 35 years they have raised in excess of £250,000 for Jewish Care.

"Most of us are still involved," said Andrea. "We've been together so long that a lot of us are friends, that said we are always looking to recruit new blood".

Also looking for new blood is Martin Warren the chairman of the Challenge Committee.

Since its inception 25 years ago, the committee has paid for a computers, wheelchair ramps, holiday funds and much more. As a result Martin has got to know many Jewish Care clients – particularly at Sidney Corob House, which he visits regularly.

The committee, which meets monthly, organises an annual tea dance, guided walk, and a third event which next year will be a film screening.

Six of the original founders are still actively involved, yet Martin is always happy to hear from new members.

"There's a lot of satisfaction in what we do because we help people in need and we have a lot of social interaction along the way"

Not all of the local committees are so well established. Sue de Botton and her father Sid Denbin are part of a recently formed new committee established by long time Jewish Care supporter Cecil Landsman. A forth member Raphael Harris completes the current Clore Manor committee.

Sue became involved after her mother moved into the Jewish Care home last year as



Left This year's Princess Alexandra Home Family Fun Day was attended by 1,500 people

a way of showing their support and gratitude to the home in Hendon.

Their first event – a Chanukah sale – takes place next month and features mugs and keyrings created from residents' artwork.

"It's very informal but well organised," said Sue. "We want to raise the profile of the home and fundraise at the same time. My mum's there and my Dad visits every day so it makes sense to help where we can."

The largest annual event staged by a local committee is the Princess Alexandra Family Fun Day, an event that transforms the grounds of the home into an action packed day with fun fair rides, food and entertainment. This year's event was attended by over 1,500 people raising £20,000 for the Stanmore home.

Marilyn Albert has been involved for three years. She said: "All the members are very friendly and we work together well," said Marilyn.

"And as my mum is in the home, I get to see where the money is spent which is great."

With plans to redevelop this home, the

committee are thinking laterally about next year's event.

Committee Chair Brian Eisenberg commented "Our big challenge is that with the redevelopment of the home we are unable to host the event in the grounds this year. We're currently considering things to do so that we can hang on to that date in the calendar and continue to raise funds."

Local committees bring so much to the community and for that we are eternally grateful

His words demonstrate the enthusiasm, energy and commitment of those involved in local committees. Something that doesn't go unnoticed by Jewish Care's Director of Fundraising Daniel Carmel-Brown; "These are volunteers who off their own back organise great activities and events that not only bring people of all ages across the community together but also provide vital funds to support the work of Jewish Care. They bring so much to the community and for that we are eternally grateful".

Our diary dates on the next page provide's information about some of the events local fundraising committees are planning over the next few months.

If you are interested in setting up a local fundraising committee or joining an existing one we would love to hear from you. Call Sarah-Jane on 020 8922 2816 or email sjburstein@jcare.org CARELINE

Below left Many of our committees organise popular annual quiz events



A round-up of forthcoming events

JANUARY 2017

8 January

Friends of Stepney
East End Walk

10 January

HOPE event
Jazz Age
at the Fashion Museum

17 January

HOPE event
Private tour
and talk at the
Jewish Museum

29 January

Challenge Committee
Film Screening
Deli Man



FEBRUARY 2017

7 February

HOPE event
Promises, Promises
at the Southwark
Playhouse

19 February

Options Committee
Chicago Bridge
Evening

26 February

Friends of
Vi and John Rubens
House Quiz

26 February

Southend and
District Aid Society
Annual Quiz

28 February

Bridge Queens
Bridge Tournament

MARCH 2017

5 March

Friends of Lady Sarah
Cohen House; An
Evening with Judge
Rinder

12 March

Friends of Rosetrees
Annual Quiz Supper

14 March

HOPE event
Visit to the London
Silver Vaults

29 March

Jewish Care
Young Patrons
Annual Dinner

30 March

HOPE event
Thoroughly Modern Millie
at the Aylesbury Theatre

MAY 2017



3 May

ADGS Golf Day at
Dyrham Park

7 May

Jewish Care Bar /
Bat Mitzvah
10K Walk



JUNE 2017

11 June

Maccabi Community
Fun Run



June 15

RAGS Golf Day
Abridge Golf Club



JULY 2017

5 July

Jewish Care's
Great Jewish
Bake Day



16 July

Friends of Lady
Sarah Cohen House
Garden Fete



SEPTEMBER 2017

10 September

Challenge Committee
Annual Tea Dance

For information on any of these events contact the events team on 020 8922 2816 or email bookings@jcare.org

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.

30th Wedding Anniversary

Anne & Malcolm Gordon
Jeanine & Jeremy Ottman

40th Wedding Anniversary

Sylvia & David de la Fuente
Miriam & Michael Kaye
Sonia & Howard Lerner
Marion & David Lyons
Shelly & Barry Poll
Barbara & Michael Ross
Kay & Michael Weldon

45th Wedding Anniversary

Beverly & Malcolm Marcovitch

50th Wedding Anniversary

Loretta & Perry Cash
Hilary & Stan Einhorn
Jennifer & Stuart Fox
Ros & Melvyn Goodman
Helen & Isaac Levy
Jackie & Henry Mincer
Gill & Malcolm Sion
Ros & David Wright

60th Wedding Anniversary

Pearl & Louis Barnett
Rochelle & Ezra Marsh
Lola & David Solomons
Leonora & Gerald Vroobel

70th Wedding Anniversary

Prof & Mrs Samuel Eilon

Special Wedding Anniversary

Marilynne & Michael Fienberg
Barbara & Salvator Gabay
Celia & Martin Hunter
Judith & Paul Littman
Lilian & Henry Moss
Rose & Maurice Saunders
Judy & John Weider

Wedding

Sarah & Rowan Jacobson
Lesley Shaw & Godfrey Marcus
Hilary & Richard Rose
Joanne & Jacob Turner
Alexandra & Howard Winston
Joanne & Henry Zilkha

Congratulations

Rob & Pam Nathan - Son's Marriage

Engagement

Joanna Moses & Robert Black

Birthday

Anita Alter
Stuart Appleman
Dennis Barris
Estelle Benjamin
Ruth Bloch
Daniel Boxer
Rosalind Bull
Michael Burnside
Don Cohen
Jane Cohen
Lieutenant Colonel Mordaunt Cohen
Malcolm Cohen
Ronald Cohen
Stanley Cohen
Esther Collins
Adrian Cowan
Goldie Daniels
Albert Dwek
Harry Ellis
Beatrice Felberg
Manny Feldman
Wendy Fisher
Loretta & Martin Fox
David French
Gerald Gaffin
Michael Goldmeier
Bette Goldsmith
Carole Goldstein
Leila Gordon
Armond Graham
Helen Graham
Ruth Green
Leila Greenstein
Mike Guy
Wally Howard
Harry Hurst
Mike Jacobs
Hermie Jankel
Lou Jefferies
Manuella Joseph
Jackie Karp
Shirley Kempner
Hayden Kendler
Stuart Kira
Betty Korn
Gabor Lacko
Gloria Lebetkin
Andrew Leslie
Beryl Lester
Mark Lipman
Paula Marber
Tony Matthews
Anita Meller
Alec Messulam
Lorraine Miller
Phyllis Morgan
Rose Nerden

Henry Nothman

Ruth Nyman
Lois Peltz
Bradley Rood
Jewel Rose
Maureen Rose
Joyce Rosen
Alan Rubens
Ralph Surka
Sharon Selzer
Lloyd Simon
Lou Spevick
Michael Stein
Vivienne Stone
Michael Taylor
Jackie Webber
Robert Wise
Kitty Yaros

Bat Mitzvah

Rachel Balint-Kurti
Manon Cantor
Elizabeth Charing
Amy Darsa
Jessica Goldstone
Dalia Gordon
Rosie Gordon
Chloe Marks
Hodaya Mason
Rosa Pollack
Esther Rich
Ariella Sharpstone
Yael Swimer

Bar Mitzvah

Benji Albert
Ben Conway
Saul Gotkine
Adam Hart
Noah Kemsley
Jake Lowy

Second Bar Mitzvah

Alan Brenner

By way of thanks

Natasha & Jonathan Ainley
Katy Bercovitch
Deborah & Lawrence Cohen
Allen & Susan Granditer
Ros Grant
Valerie Selby
Emma & Sam Taylor

For more information call Claire Hartley on 020 8922 2811 or email chartley@jcare.org

Never before have our Jewish Care values been more important

Simon Morris, Chief Executive, Jewish Care



This evening I have had the pleasure of celebrating the achievements of our staff at our annual staff awards ceremony. It's one of the highlights of my year. An opportunity to recognise the learning and development of staff and hear stories about the exceptional commitment of individuals and teams working across Jewish Care.

This year was a record breaking year. We presented 37 long service awards to people who have worked with us for 20, 30 or 40 years. One of whom was Helen. For the past 40 years she has worked in our house keeping services meticulously cleaning the rooms for residents in one of our homes for people living with mental illness. On presenting her award, Helen's manager spoke of her kindness and dedication to the job, her respect for residents and how she goes the extra mile without ever complaining. Whilst her length of service is quite remarkable, and something to be celebrated, Helen's commitment to her work and respect for residents is a long way from unique.

Helen is one of our 1,500 strong workforce.

A team I am incredibly proud of. One team that represents 71 different nationalities caring for people across our community. What makes our staff team different from others in the social care sector is that not only do we recruit staff based on their skills but of equal importance are their values.

We are a values driven organisation. Our five values underpin everything we do and set a tone for the way we work as an organisation and how we work with others. Everything we do is underpinned by Jewish values and ethics.

These ethics and values are essentially based on Torah principles. Fundamental concepts such as, 'love thy neighbor' and 'do unto others as you would have done to yourself.' For 3,500 years, Jews have been telling themselves, their children, and the rest of the world: Be good. Be kind. Be honest. Be ethical. Be moral. They are values that I, and I am sure many of you, have worked hard to install in your children. They are values that now more than ever we need to reinforce across society.

Both the recent election results here, in the UK, and across the Atlantic have given space for individuals and groups of people with racist, xenophobic and anti-Semitic views to publically display those views. From spray-painted swastikas and other racist graffiti reported in locations across America the day after the election, to a 57% increase in hate crime reported in the UK the first four days after the referendum.

Both election results have emboldened hate groups, giving them the confidence to express their hatred in a more public manner. The post-election incidents continue as these individuals and groups seem to strengthen in confidence.

One of our five core values is inclusivity. Everyone in our Jewish Care family is as important as the next and deserves to be treated with dignity and respect. This isn't just about the way we treat and provide care to

our clients but extends across every interaction between staff members, volunteers, residents, day centre members, relatives and the wider community. It is, as far as I am concerned, non-negotiable. In today's environment this guiding principle is even more important for us.

Outside of our Jewish Care world, my sense is that people are living under greater pressure, generally people are less tolerance and patience is often fray.

values or those that underpin our religion.

I know we are not alone in experiencing this increase of tempers. I have spoken to colleagues in other social care providers and also to communal leaders about this issue and both have reported increases in 'behavioural issues'. We often hear our clients, elders in our community, say that young people don't have the respect for adults that they used to have. Maybe it's the gradual change in

'Everything we do is underpinned by Jewish values and ethics'

In the last few months I have witnessed or heard about this in action; from increased tempers in queues, on the overcrowded train station platform and, I am afraid to say, on a rare occasion in one of our Jewish Care centres. The latter I found particularly difficult as I heard about a dialogue with a member of staff being spoken to by a relative in a way that I would deem as unacceptable and arguably racist.

I am all too aware that people are often coming to Jewish Care at a stressful time in their lives, a time of change, a time of uncertainty. However, I struggle to accept that this can excuse behaviours that are offensive or abusive. Behaviours that do not fit with our Jewish Care

people's attitudes and behaviours they are referring to.

The second of our five values is Integrity. We treat people fairly and as individuals, and are accountable for what we do.

Never before have our values, and these two in particular, been more important to us.

I hope that installing these values in our small Jewish Care bubble will have a wider impact beyond our organisation.

This evening, as I reflect back on our team at Jewish Care I am proud of what we have created. A multi-cultural hotpot of society that works together, guided by values that both ensure excellence in all we do, with integrity and inclusivity at the fore. **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**

A guide to 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

An experienced team supporting individuals, families, carers and communities by enabling people to make a meaningful difference to their lives, with dignity and choice. The team can help to identify what support, care or services you need, advise, co-ordinate and act on your behalf with local authorities, signpost you to other helpful services, and provide support and advice for as long as required.

They have specialist knowledge on a range of issues including dementia, disability and welfare rights, family carer support, end of life care, and support for Holocaust survivors and refugees. The service has strong links with a range of local services and will be able to help you if you live across London and the South East, as well as by telephone and email if you are elsewhere in the UK or abroad.

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 groups that bring communities together and help build friendships, preventing social isolation among older adults.

- Chaps that Chat, Golders Green and Redbridge
- Tea Parties, across North London and Redbridge
- Classical Music Appreciation Group, Whetstone

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

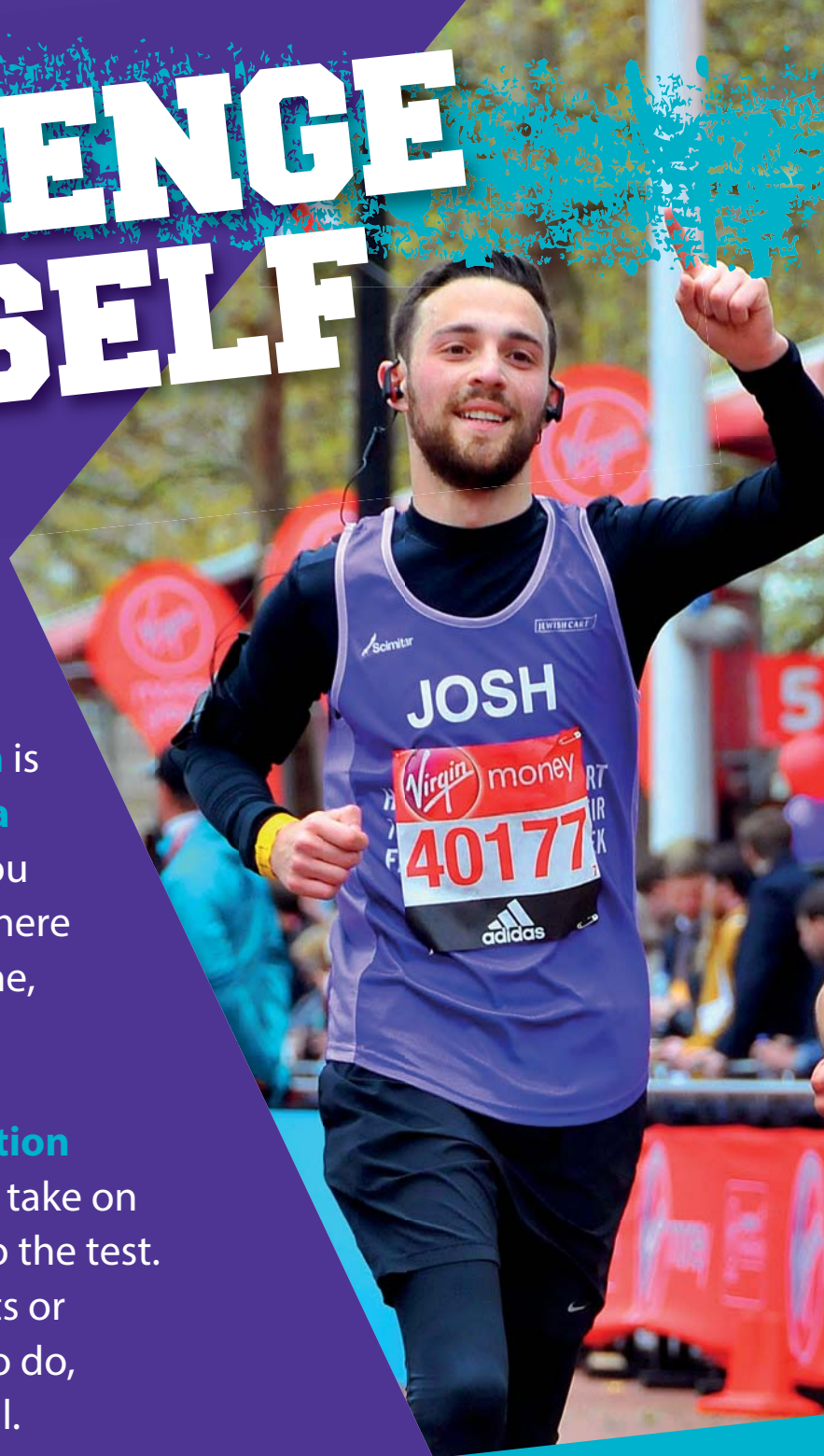
- ① in association with Kenton United Synagogue
- ② in association with Southgate Progressive Synagogue
- ③ in association with the League of Jewish Women and Edgware & District Reform Synagogue
- ④ with the support of World Jewish Relief
- ⑤ in association with Southend & Westcliff Hebrew Congregation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

CHALLENGE YOURSELF

for Jewish Care

Whether **running a marathon** is more your thing, or **climbing a mountain** is your calling, or you have a **passion for cycling** – there really is something for everyone, all ages and all fitness levels.

Make your new year's resolution meaningful and worthwhile, take on a challenge and put yourself to the test. Choose from a wealth of events or simply tell us what you'd like to do, no challenge is too big or small.



For more information please contact the Events Team on **020 8922 2834** or email **events@jcare.org**

