

CARELINE

ISSUE 77 | SUMMER 2017/5777

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THE MAGIC OF MUSIC

BNEI MITZVAH
CELEBRATIONS

HOW THE COMMUNITY
BAKED A DIFFERENCE

BRINGING THE
COMMUNITY
TOGETHER

FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

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ISSUE 77 | SUMMER 2017/5777



Welcome to our Summer 2017 issue of *Careline*, Jewish Care's magazine for our friends and supporters. Still packed with news and features, information and advice, this issue of *Careline* has a new look and feel. We hope you like it. We welcome your thoughts and comments on both design and content of *Careline*. Please send these to editor@jcare.org or call the editor on 020 8922 2761.

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Mark Wingrove, Jewish Care's in-house design studio to keep costs to a minimum

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Rubens House resident Sarah with three year old Jamie Tobin at intergenerational music group Rosie's little Bubalas. On average eight mums and their babies attend each group on a regular basis and are joined by residents in the home.

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Our unsung heroes

Celebrating the **fantastic work** of Jewish Care's army of volunteers

Jewish Care recognised some of its unsung heroes at the Betty and Aubrey Lynes Annual Volunteer Awards ceremony. The awards were presented by comedian and writer Ivor Baddiel.

Jewish Care Chairman Steven Lewis commented: "This evening is an opportunity for us to showcase the breadth of our volunteers' contribution, whilst recognising that this is just a snapshot of the work that goes on every day in the world of Jewish Care. It is an opportunity to say thank you to every one of you here today and the thousands of others who have given their time this year."



Sheila Lawrence, a volunteer and Jewish Care service user, was overcome with emotion when presented with her award: "I had no idea I was receiving an award, I can't believe I am being honoured this way" Sheila attends Jewish Care's Connect@ group in Southgate and is also an "exceptional" volunteer at the Betty and Asher Loftus Centre.



Joint winners of the Young Volunteer Award were 17-year-old Rhianna Bongart and 14-year-old Jenna Morris. On presenting the award Ninette Levy, the daughter of the late Audrey and Betty Lynes, commented: "Every year I come to this award ceremony and it surprises me to see more new faces of both young and old, but best of all is hearing stories of how the younger generation are getting involved."



Hannah Baruch who has been volunteering with Jewish Care for the last four years was presented with two awards. She commented: "Volunteering has given me so much. Before I was so shy, now I am showing new volunteers around. It has changed me."



Twins Talia and Katie Dimson, were presented with the Sonia Douek Award for Innovative and Creative projects. The girls along with their mum, Jane, organised a second-hand bat mitzvah dress sale, raising £2,000 for Jewish Care.



Connie Stanton danced her way up to the stage to collect her unsung hero award for her 22 years of volunteering at Rubens House.

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

All funds to go to

JEWISH CARE

Baking a difference

The community came out in force for
Jewish Care's Great Jewish Bake Day

Thousands of people from age 1-100 took part in Jewish Care's biggest Great Jewish Bake Day. Children from toddler groups, nurseries and schools visited older people in Jewish Care homes and community centres to decorate and enjoy countless cupcakes together.

Schoolchildren designed posters and baked and sold out of cakes at after-school bake sales across London.

Hundreds of metres of bunting were strung up in homes and gardens across London and the South as people hosted Bake Day tea parties for their friends and neighbours.

After dusting off the sprinkles at the end of the day, Jewish Care Vice Chair, Debbie Fox, said, "Bake Day isn't just about eating cake, although that's a big part of it – it's an event that brings the community together, having fun and connecting with each other, whilst raising much-needed funds for Jewish Care.

"The money raised will go towards our Jewish Care buses that drive older, isolated people in our community to and from our community centres each day and on outings to places of interest, that would otherwise be inaccessible. These buses are a real lifeline, supporting older people in our community to lead meaningful lives." A huge thank you to everyone who took part to make this year the best Bake Day ever.



Around the world of Jewish Care

01 Jewish Care's Young Patrons Dinner raised £170,000 to support Jewish Care's residential homes for people with mental health support needs.

02 300 people attended a Yom Ha'atzmaut Party at Redbridge Jewish Community Centre.

03 Justin Kett, Deputy Head at Sacks Morasha Primary School proudly presented a giant cheque to Carolyn Rozenberg from Jewish Care on behalf of pupils who took part in the Purim Zumbathon.

04 Residents from eight Jewish Care homes enjoyed some royal entertainment from Pearly Kings and Queens at a tea party held at Jewish Care's Betty and Asher Loftus Centre.

05 Judge Robert Rinder spoke to 150 guests at a fundraising event organised by Jewish Care's Friends of Lady Sarah Cohen House Committee.

06 Louis and Trudy Ameringen celebrated their 70th wedding anniversary at Jewish Care's Brenner Community Centre. Louis shared his secret to a long and happy marriage, "Don't argue! Have good health, eat well and work hard!"

07 120 golfers took part in the 47th Annual RAGS (Redbridge Aid Golf Society) golf tournament at Abridge Golf and Country Club, raising £125,000 for community services in the Redbridge area.

08 Sam Pivnik, Holocaust Survivor and resident at Jewish Care's Clore Manor Care Home, was presented with letters from German schoolchildren at the book launch to mark the German publication of his book, Survivor.

09 Milly Finger celebrated her 100th birthday with members, staff and volunteers at the Brenner Centre @ Stepney Community Centre.

10 The Mayor of London, Sadiq Khan, addressed an audience of over 1,000 people at Jewish Care's annual fundraising dinner. Before delivering his speech the Mayor spent time talking to the Jewish Care clients, including 95-year-old war veteran Hyman Pittal. **11** The evening was brought to a close by award-winning artist Craig David.

12 Clients from 14 Jewish Care homes and centres took part in the second ever inter-resource card day, organised by one of Jewish Care's longest-serving fundraising committees, the Bridge Extravaganza Committee. As well as funding the day, committee members played cards alongside Jewish Care clients.



01



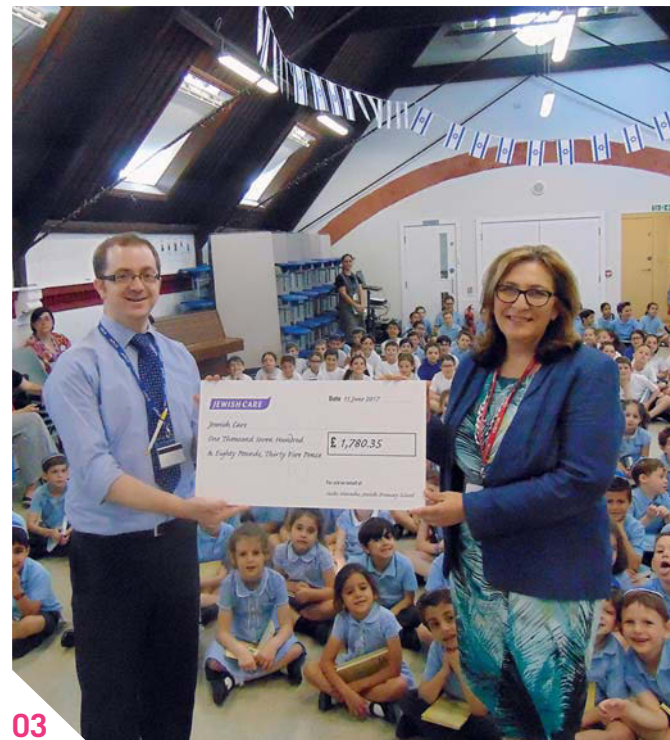
04



05



09



13 Jewish Care Fundraising and Marketing Director Daniel Carmel-Brown is pictured alongside Matt Blom. The two represent half of Jewish Care's London Marathon team who raised a total of £20,000.



13

14 Residents at Jewish Care's Betty and Asher Loftus Centre hosted an intergenerational story-telling and arts and crafts afternoon with PJ Library.



14

15 Twenty gentlemen from the Chaps that Chat group in Redbridge, one of Jewish Care's Supportive Communities groups, visited Mayor's Question Time at City Hall in January.



15

16 The Sobellers group for single people in the community were entertained by Elvis Presley Tribute Act, Elvis Shmelvis.



16

17 Jake Lowy brought his Bar Mitzvah celebration to Clore Manor home where his grandpa Harry (Herschel) lives. Jake who leined his Sedra in the home's synagogue commented: "It was a very inspirational and emotional experience for both me and my grandpops."



17

18 Only weeks after the election the Rt Hon Philip Hammond, Chancellor of the Exchequer, addressed a Jewish Care Business Group Breakfast at Claridges.



18

Jewish Care in the East End

Once the hub of the Jewish community, with an ageing community we are developing services to meet today's needs

Many of the Jews who came into this country in the late 1890s and early 1900s settled in the East End of London. It was a vibrant hub of Jewish life in London and where Jewish Care's roots lie.

Today the community in this part of London is small and declining. However one step inside the Brenner Centre at Stepney Community Centre and it won't take you long to realise that the whilst small this is a special community full of the spirit of the East End. The community in this pocket of London is aging and for most they have no local family networks which is why Jewish Care play such a vital role in their lives.

Jean Nadel, (pictured right), is one of the many clients who doesn't know where she would be without the support of local Jewish Care services: "I had a

broken heart and was miserable then five years ago I found the Stepney Centre.

"In the mornings, it can be difficult for me to get up and dressed ready in time for when the bus collects me, but the moment I get into the centre I remember why I make the effort. Without this place, I would have no life. I come to the centre two days a week but am looking to increase this to at least three and also



am going to sign up for the new meals on wheels service. I don't know what I would do without Jewish Care."

As the community continues to age, the challenge for Jewish Care will be to ensure services continue to evolve to meet the changing needs of this very special community.

THE COMMUNITY IN THIS POCKET OF LONDON IS AGEING AND FOR MOST THEY HAVE NO LOCAL FAMILY NETWORKS WHICH IS WHY JEWISH CARE PLAY SUCH A VITAL ROLE IN THEIR LIVES.



OUR SERVICES IN THE EAST END

All Jewish Care services in the East End of London operate through one team based in Stepney. The team offers a range of services, from Meals on Wheels and Community Befriending to a full programme of day centre activities, operating daily from the Brenner Centre at Stepney and, on Tuesdays, an outreach day service in Hackney.

For further information about East London services contact The Brenner Centre at Stepney on 020 7790 6441 or call Jewish Care's Helpline 0208 922 2222.

The magic of music

Emma Shrimpsley explores some of the many ways music brings happiness and friendships to our residents and members

Music is a big part of life at Jewish Care. With its benefits for happiness and wellbeing, as well as its positive impact on the brain and body, it plays many different roles within our day centres and our homes.

Whether it is singing groups; therapeutic music sessions for clients living with dementia; volunteers who come in to sing or play or visiting choirs and musicians, at Jewish Care we see first-hand how music connects people and improves well-being.

One of the first established singing groups, at the Holocaust Survivors' Centre in Hendon, was created over 20 years ago.

Jewish Care's Moshe Teller, who runs the weekly group, explains: "We sing Hebrew songs which really brings everyone together; whatever their background they are all singing from the same hymn sheet metaphorically and practically.

"Whether or not members know the words, the melody is often familiar and hopefully reminiscent of some of the good aspects of their childhood.

"It's lovely when everyone performs together, without having to think too much about past experiences in negative terms, but instead about positive experiences that they have had through their lives."

Esther Rosen, who has been attending for nearly 14 years, says she loves both the singing and the social aspect.

"Moshe is wonderful. He treats everyone the same, whether they sing, don't sing, have a good voice or not. If the words are too difficult to read he tells us to just sing 'la, la, la', which is what I sometimes do. It gets me out of the house and now I wouldn't miss it."

At the Southend and Westcliff Community Centre, the Jewish Care choir meets every Tuesday under the direction of Jewish Care recreational assistant Jackie Davies.

Now in its third year, Jackie says: "We have between 12 and 20 weekly, most of them are in their 80s or 90s and they love

it. It's really all about the feel-good factor.

"Some of our clients have dementia but the minute they hear songs from their youth, they know every single word."

The Southend choir is one of many that take part in Jewish Care's annual sing-off. This highlight in the calendar year sees on average over 150 residents, members, volunteers and staff from different homes and day centres coming together in their groups for a big lunch and a light-hearted battle of the singing bands.

**"WHETHER OR NOT MEMBERS
KNOW THE WORDS, THE MELODY
IS OFTEN FAMILIAR AND HOPEFULLY
REMINISCENT OF SOME OF THE GOOD
ASPECTS OF THEIR CHILDHOOD."**

As a communal organisation, Jewish Care also welcome community-based choirs and musical volunteers into our facilities. Among them, the JC Singers is perhaps the longest-running.

Organiser and conductor Adela Lassman established the group, that meets at the Michael Sobell Centre, 20 years ago. She says: "Originally we just used to meet and sing and then it was suggested we tour other care homes and Jewish Care centres to entertain. Now we alternate each week between rehearsing and performing – with the money we collect from performances going to Jewish Care."

"We always welcome new members – we are particularly looking for male singers. Along the way we have all become friends so often we get-together for tea or to celebrate the chagim."

At Jewish Care's Betty and Asher Loftus Centre in Barnet, classical musicians from the Concordia Foundation give regular concerts for residents at the three affiliated homes.

Ffion Roberts, from Jewish Care's Living Well Team, says: "The concerts are now sponsored by family members, often in memory of someone who lived in one of the homes. Each concert is different: violinists, pianists, operatic singers."

Many of our care home residents especially look forward to volunteers who come in to share their musical talents.

Jenna Morris, aged 15, is one such volunteer. As part of her Duke of Edinburgh award scheme, she visited Kun Mor and George Kiss home in Barnet weekly to sing with a group of about 15 residents.



Jenna, a pupil at St Albans High School, says: "I have loved it because I can see the residents are enjoying themselves. I choose songs which are from their youth, like *We'll Meet Again*, and I hand out song sheets so that they can join in if they want to. Some even get up and start dancing."

Besides its enjoyability and community-building benefits, music at Jewish Care has an important therapeutic purpose for people living with dementia.

Singing for Memory is a programme developed specifically for clients with dementia and their carers, to help sustain mental and psychological wellbeing. Weekly sessions, predominantly for members of the community, are held at the Sam Beckman Day Centre at Betty and Asher Loftus Centre and at Otto Schiff Care Home in Golders Green's Maurice and Vivienne Wohl Campus.

Susan Dawson, Jewish Care's Community Dementia Projects Lead, explains: "Partly this singing programme is aimed at reducing the isolation that dementia can bring.

and carers and as the relationship builds, this regular contact can also be a gateway to other Jewish Care services. Often, we reach people at an early stage of the disease and we can point them towards information and put support in place."

Within the residential homes, Jewish Care's Participatory Arts programme works in a similar way to Singing for Memory, using creativity to find new approaches to engaging with residents.

Caroline D'Souza, Creative Arts Development Manager, explains: "The aim is to create meaningful activities which enhance quality of life – by increasing self-esteem and sense of self, as well as interaction with others. Whether it is singing, music or other art forms, the facilitator takes their direction from the residents, focusing on their strengths.

"We encourage care staff to join in because it can give them a different perspective on the people they care for," says Caroline.

"THE AIM IS TO CREATE MEANINGFUL ACTIVITIES WHICH ENHANCE QUALITY OF LIFE – BY INCREASING SELF-ESTEEM AND SENSE OF SELF, AS WELL AS INTERACTION WITH OTHERS."

"However, the sessions also build and preserve the memory of music in the brain. Music memory is one of the first parts of the brain to form in utero and incredibly it is rarely degraded by dementia. Familiar words and tunes often stay."

Led by a professional singer, with the support of volunteers, the sessions are structured, starting with tea and biscuits and a chat. Ideally, each client comes with their carer.

Susan adds: "Over the sessions we get to know clients

"For example, in one music group, one of the carers commented on how a particular resident held a conducting baton even though she couldn't grip a spoon to feed herself. As a result, they tried successfully to get the resident to feed herself, improving her day-to-day independence.

"With these sessions, there isn't always a planned outcome – rather it is a more holistic approach to individual residents, in turn leading to a better quality of care."

Guillermo's music group at Otto Schiff

In the Dagul Lounge of the Otto Schiff home **magic is happening**



"The group is very diverse in terms of needs but it has been wonderful. As the session goes on I see the group members become more alert. A couple of weeks ago one lady, who for months had not responded, not even batted an eyelid, moved her finger. In that moment, she was engaged."

Rose, who at 102 is the most vocal member of the group, puts in a request for *You Are My Sunshine*. Holding the hand of the lady sitting next to her, Rose and her partner sway as she sings.

"Even when I don't really feel like it I make myself come to Guillermo's sessions," she says. "He's wonderful and the hour with him makes me happy, it makes me not think about anything else."

Leah, who has sung every word of every song throughout the hour says: "I don't understand how I know every word but I do. I'm glad to be here. It's been a fun day today."

*Names have been changed

Strumming his guitar, musician Guillermo Rozenthuler is playing the first bars of a Frank Sinatra song. Though Leah* is living with advanced dementia and struggles with recollection on a daily basis, she sings every word correctly.

Around the circle of 20 plus residents and carers, others are also singing, swaying, tapping their feet. A member of the group smiles and suddenly starts whistling.

This isn't simply sing-a-long, it is a weekly therapeutic music session which Guillermo runs for residents at Otto Schiff and Rela Goldhill home in Golders Green's Maurice and Vivienne Wohl Campus, as part of Jewish Care's Participatory Arts Programme.

"I aim to do more than entertain," says Guillermo. "I aim for the group to engage with me and each other so that they feel more connected and less isolated."

"At each session we do three different things: firstly we sing songs which residents are likely to know to help activate memory and spark the connections in the brain. Then we do some new things, sing greetings in another language or experiment with syllables, movements or voices. Then I play classical music to see if people can recognise or hum along."

"I AIM FOR THE GROUP TO ENGAGE WITH ME AND EACH OTHER SO THAT THEY FEEL MORE CONNECTED AND LESS ISOLATED."



Leading health practitioners

As a second series of Health Insight events draws to a close Simon Morris, Chief Executive, Jewish Care **reflects on his learning and what's to come**

I have been fortunate to be able to attend most of the Health Insight events we have run since we launched the first series in 2015. I have heard leaders in their field explain the causes, effects and prevention of conditions ranging from dementia and Parkinson's to strokes and cancer. I have been consumed by some frightening statistics and seen some images that maybe I would rather not have seen, but I recognise this is all part and parcel of this important health education journey I have been on.

I have noticed two common threads running through each event. Firstly there is the need for effective prevention. This won't just happen. It comes through informing and educating people so they can take control of their own prevention, be it through weight-loss, exercise or quitting smoking. In some instances, there are increased hereditary risks, ones we can monitor carefully if we know about them. The second common theme every speaker mentioned is the immense pressure that the NHS is under and the impact that has on their own departmental resources.

These two, I believe, are often more interconnected than we like to think. Whilst there is little we can do to fix an

underfunded system the truth is by taking responsibility for our own education, and where possible our prevention journey, many of us can play a critical role in taking strain off an overstretched system.

What we as an organisation have learnt from this series of events is there is a thirst for information and knowledge within the community.

That is why I am delighted that we are developing more events of this nature within our community centre programmes both in Golders Green and Redbridge, details below.

Finally, I would like to take this opportunity to thank Professor Hoffbrand who came to us with the idea of this series of events and has helped us secure leaders in their field, along with our sponsors The Rostrees Trust and the *Jewish Chronicle* for their ongoing partnership.

Thanks to this partnership we have been able to share information given at these events with the wider community through a series of articles. The following, are edited versions of these articles. A full version of these can be found on the *Jewish Chronicles* website.

HEALTH INSIGHT EVENINGS

JEWISH CARE

Jewish Care is delighted to announce a new series of Health Insight Evenings both in Golders Green and Redbridge.

24 OCTOBER 2017

Halacha and medicine

Rabbi Dr Akiva Tatz

Senior Lecturer at the JLE, Founder and Director of the Jerusalem Medical Ethics Forum

Location: Golders Green

19 DECEMBER 2017

Genes, mutations and cancer, the BRCA gene story and others

Dr Adam Rosenthal

Honorary Senior Research Associate, Institute of Women's Health UCL, Consultant at UCH

Location: Golders Green

21 NOVEMBER 2017

New medicines do not grow on trees

Paul Robinson FRCP

Medical Director, Merck Sharp & Dohme

Location: Redbridge

23 JANUARY 2018

Obsessive-Compulsive Spectrum Disorder: Symptoms, mechanisms and treatments

Professor Naomi Fineberg

Consultant Psychiatrist for the Highly Specialised Obsessive Compulsive Disorders Service, Hertfordshire Partnership University NHS Foundation Trust

Location: Redbridge

**All of the talks will be followed by a Q&A session with the audience.
Times for all the above dates: 7pm (for 7.30pm prompt start) – 9pm**

Confirmation of venue will be announced prior to the event.

To book your FREE space, go to jewishcare.org/events or call 020 8551 0017 for Redbridge events or 020 8922 2900 for Golders Green events

Cancer care in the future

Cancer is a condition that affects many people and their families, and with our ageing population, **that number will continue to rise**

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

Half of all people born since 1960 – the year I was born – will at some stage in their lives be diagnosed with cancer.

In April of 2015 I was privileged to be appointed as national Clinical Director for Cancer to work with national cancer team members in implementing the UK strategy, "Achieving World Class Cancer Outcomes".

I was first introduced to cancer care as a medical student on the wards of Manchester hospitals, where I witnessed huge variations in care and attitudes, prevalent at that time.

Later, working in Lancashire, I saw the wider impact on families and some of the difficulties of diagnosis as I shadowed and learned from experienced, compassionate GPs. Over the years cancer has also affected my family and close friends with an impact going far beyond the medical aspects of treatment.

These experiences shaped much of my later career, convincing me, firstly, that we could prevent many cancers by organised efforts to support people and communities, and, secondly, that we should be managing cancer services to ensure specialist care, including palliative and supportive care, is available to all.

If our efforts at prevention and treatment are successful, then by 2030 we expect the number of people alive in England, following a cancer diagnosis at some point in their lives, to reach 3 million – a 50% rise from the 2015 figure of 2 million.

Cancer care has improved hugely since I became a doctor. New more effective treatments have been introduced with fewer side effects. Many cancers are preventable through lifestyle changes and improvements in early detection methods. Genetic factors for cancer risk and also response to treatment are becoming understood in detail, making it increasingly possible to personalise care.

One example is our understanding of the so called BRCA mutations, more



common in Ashkenazi Jewish people and linked to certain cancers. Where people from an Ashkenazi background have a family history of breast or ovarian cancer they should discuss the possibility of genetic testing with their GP. For further advice you can contact a support organisation, for example Chai Cancer Centre.

At a national level the NHS has also provided specific funds for improving cancer care. For example, over a two-year period we have £130 million earmarked to replace and improve radiotherapy machines. We also have over £200 million to help local cancer services improve cancer diagnosis and care, including follow-up support.

Other initiatives include a national Cancer Drugs Fund which has expedited the adoption of new cancer drugs by between four and six months.

National action alone cannot fully achieve the objectives of the strategy but it can set the framework for local action. Across England there are now 19 areas where NHS organisations come together with patients, voluntary sector organisations and local authorities to make sure the national strategy is implemented locally.

With the NHS facing unprecedented financial pressure, we must also develop new mechanisms for funding cancer care, finding creative ways to work with voluntary, charitable and commercial organisations.

**CANCER CARE HAS IMPROVED
HUGELY SINCE I BECAME A
DOCTOR. NEW MORE EFFECTIVE
TREATMENTS HAVE BEEN INTRODUCED
WITH FEWER SIDE EFFECTS.**

As well as my national role, I continue to work in the NHS as the Medical Director of The Christie Cancer Centre in Manchester and also, recently, in a large group of teaching hospitals – Imperial College Healthcare in West London. I see the challenges and opportunities for cancer care across all parts of the health service. If we are to realise the outcomes called for in the national strategy, all parts of the health system must work together within the national framework.

The Skin and Old Age

You may be **surprised to learn** that the body's largest organ is the skin

Professor Malcolm Rustin – Professor Malcolm Rustin is a Consultant Dermatologist at the Royal Free London and Chairman of the Dermatrust.

In an average 70kg individual, the skin weighs over 5kg and covers a surface area approaching 2m². It serves as a barrier to the outside world but also functions as a sensory, endocrine and immunological organ and helps to control body temperature.

Ageing of the skin is inevitable due natural advancing years, but also has an external component, caused by exposure to damaging ultraviolet (UV) irradiation. The combination impairs the skin's barrier function because of thinning of the upper layer of the skin (epidermis) and damage to the supporting collagen and elastin in the lower layer (dermis). This produces a condition known as dermatoporosis, characterised by thin skin which easily bruises, bleeds and tears after minor trauma. Better education about sunscreen can minimise this external impact.



excised or less commonly treated with radiotherapy.

Malignant melanoma which represents a tumour arising from the pigment-producing melanocytes within the skin, has risen in incidence by 360% since the late 1970s and this worrying trend continues. Moreover, mortality rates have increased by 156% since the early 1970s and the lifetime risk of developing a melanoma is about 1 in 50.

As the only chance of curing a melanoma is for it to be excised at an early stage, self-assessment of one's skin is crucial. If there are changes in any of the A (asymmetrical shape), B (irregular borders), C (presence of more than one colour or uneven distribution of colour), D (greater than 6mm in diameter), E (evolving lesion) criteria, you should seek professional advice.

Another issue for ageing skin is dryness due to changes in the molecular composition of the epidermal cells, most importantly

**OUR SKIN IS AN AMAZING MULTIFUNCTIONAL ORGAN
WHICH FOR MOST OF OUR LIVES WE TAKE FOR GRANTED.
ENJOY IT AND TAKE GOOD CARE OF YOUR SKIN!**

Yet we face a dilemma about sun exposure. On one hand the sun is needed for the production of vitamin D by the skin, plus UV irradiation increases the production of nitric oxide which opens up blood vessels, reduces blood pressure and possibly protects against coronary artery spasm. However, the damaging effects of UV irradiation not only causes dermatoporosis, it can also lead to pre-malignant conditions and skin cancers.

The development of skin cancers secondary to UV exposure (photocarcinogenesis) is a multistage process. The end result of the damage to these cells is altered growth and, after a varying amount of sun exposure, hard crusted lesions (actinic keratoses) or more extensive red-crusted areas (Bowen's disease) may develop. These are pre-malignant but although some may spontaneously regress, others can develop into malignant carcinomas. Treatment of the pre-malignant lesions can involve cryotherapy (freezing with liquid nitrogen) or the application of creams such as 5-Fluorouracil, Imiquimod or Ingenol, which kill the abnormal cells allowing new healthy skin to grow back.

Basal cell carcinomas are the most common and least serious of skin cancers as they very rarely spread to other parts of the body (metastasize). In contrast, squamous cell carcinomas do have the potential to metastasize. Most of these carcinomas are

the reduction in filaggrin, which is the natural moisturising factor. This deficiency may make the skin more at risk of developing eczema, which can be treated with application of emollients and/or topical steroids. An uncommon disease occurring in older Ashkenazi individuals is bullous pemphigoid which can present initially as eczema before evolving into blisters. If any itchy rash or eczema is not settling with simple treatments, seek professional advice.

Other features of ageing skin are the appearance of brown warty growths known as seborrheic keratoses and dotted, raised, red lesions known as cherry angiomas. Both are harmless but if such lesions continue to enlarge, change or bleed, it would be sensible to seek expert advice.

Our skin is an amazing multifunctional organ which for most of our lives we take for granted. Enjoy it and take good care of your skin!

This is an abridged version of the lecture given at a Health Insight Talk, organised by Jewish Care at the Maurice and Vivienne Wohl Campus, Golders Green on 19 January 2017.

Urological Disorders in the Elderly

Urological problems and diseases become **more prevalent** as you get older

Jonathan Glass is consultant urologist at Guy's & St Thomas' NHS Hospitals and The London Clinic

While it is an area of health people may feel embarrassed to discuss, there are many treatment options for urological problems which can make a difference, so it is always worth contacting your GP for a referral.

Incontinence can be a problem for women (and less commonly men). Whether it occurs with coughing or sneezing or with a degree of urinary urgency, there are ways to resolve it, from lifestyle advice, medication or surgery, depending on the cause.

THE SIMPLEST TREATMENT OPTIONS INCLUDE LIFESTYLE CHANGES – CUTTING OUT CAFFEINE AND DRINKING LESS IN THE EVENING.

Kidney stones, though more common in younger adults, do affect the elderly. Sometimes the stone may pass spontaneously, but treatment nowadays is always minimally invasive, using either shock waves or telescopes passed either through the urethra or the skin directly into the kidney. Cure rates are very high.

Urology also looks after men suffering from erectile dysfunction or impotence. As doctors, we are very used to discussing problems men have getting erections and there are things we can do to help.

Prostate-related issues can lead to various health concerns in men.

The prostate gland is located at the base of the bladder, surrounding the urethra, the passage urine passes through. As we age the prostate grows and can



consequently restrict the flow of urine.

Symptoms can include difficulty initiating the flow of urine; a slow, prolonged flow; dribbling at the end of urination; getting up at night to pass urine; day-time frequency and urgency and, occasionally, a complete inability to pass urine.

If you see a urologist, they will take a history, and examine you, including a rectal examination to assess the size and nature of the prostate.

Further non-invasive tests will include a urine specimen, an ultrasound scan of the kidneys and bladder and a flow test to measure how quickly urine passes.

The simplest treatment options include lifestyle changes — for example cutting out caffeine and drinking less in the evening. There is also medication to improve flow by relaxing the prostate muscle and medication to shrink the prostate.

Surgical options involve removing prostate tissue, performed through the urethra so there's no scar.

Another, more worrying, prostate concern is cancer — with approximately 47,000 men diagnosed every year. However, a prostate cancer diagnosis is not necessarily a reason to panic. Often these are slow growing cancers and many men live a very long time after a diagnosis.

If you have a strong family history of prostate cancer — particularly family members who were under the age of 65 at diagnosis — then, even without any symptoms, you should consider speaking to your GP about being tested.

Treatment for prostate cancer can be medical therapy, but if the tumour is confined to the prostate and you have a life expectancy of more than ten years, you may be offered radiotherapy, brachytherapy (radioactive seeds placed in the prostate) or surgery which, in many centres is now keyhole. However, treatment can affect erectile function and continence so you should discuss the implications with your urologist.

The field of urology includes the treatment of kidney cancer, which affects about 12,000 people a year in the UK, and bladder cancer affecting approximately 10,000 people. If you develop blood in the urine you should see your doctor quickly. It may simply be a urinary tract infection or kidney stone, but it may also be the harbinger of something more significant.

Leaflets on urological conditions and treatments can be accessed at BAUS.org.uk/patients/. Other useful sites are mayoclinic.org/diseases-conditions/ and urologyhealth.org/ and prostatecanceruk.org

This is an edited version of a talk given as part of the Jewish Care Health Insight series.



When asked if there is a right time to write a will, I explain that people often make their wills at major life stages such as marriage, having children or buying a house, but there is no right or wrong time. However, I do think it is important to understand if you don't leave a will, the law decides how your estate is passed on – and this may not be what you want.

Writing a will is your way to ensure your family and friends, and any charities you care about are provided for in the way you wish. People choose to leave gifts for all sorts of reasons.

Debbie chose to leave a Gift in her Will to Jewish Care to say thank you for the help both she and her mother Molly received when her mother was diagnosed with dementia and cared for at Leonard Sainer, a specialist centre for people living with dementia. Gratitude is often a strong motivational factor, but certainly not the only one. One thing they all have in common is the desire to make sure that Jewish Care is here caring for the community for future generations.

Jewish Care relies on Gifts in Wills for 25% of its voluntary income. In other words £1 in every £4 we raise comes from a legacy and every gift makes a huge difference.

I always recommend when first writing your will or amending an existing one that you consult a solicitor, to ensure your wishes are clearly expressed and to ensure that your will is validly executed.

It is always advisable to prepare as much information in advance as possible

Ready, Willing and Able

Alison Rubenstein, Legacy Advisor, shares some of the everyday questions she is asked by people considering leaving a Gift in their Will to Jewish Care, and why Legacies, also known as Gifts in Wills are so important.

to take with you. Our Guide to Gifts in Wills and Legacies has a handy checklist to help you do this. This not only makes sure you have everything you need when you go to the solicitor but helps keep their costs down.

There are two main types of legacy gifts: a Residuary Gift where you leave a percentage of your estate to family, friends and/or charities, once all debts and taxes have been paid; or a Pecuniary Gift which is where you leave gifts of fixed sums of money.

What many people don't realise is there may also be tax benefits to leaving a gift to charity. Currently, gifts to charity are exempt from Inheritance Tax (IHT) so if your estate is likely to attract IHT then a gift to Jewish Care could result in the tax being reduced, especially if you leave 10% or more of your taxable estate to charity.

I would like to thank all those who have already shown their support in this wonderful way. The need for Jewish Care is continually growing and we appreciate you being part of our future so we can continue to help the people who need us.

If you would like more information on leaving a gift or to receive a copy of our Guide to Wills and Legacies call Alison 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.

Q MY SON IS 15 AND STRUGGLING WITH ANXIETY AND DEPRESSION. I AM SO WORRIED ABOUT HIM I DON'T KNOW WHAT TO DO OR WHERE TO TURN.

A I'm so sorry to hear that your son is going through a difficult time. It's very hard being a teenager in 2017, so much pressure from schools and peers. I also appreciate the effect it has on the rest of the family too.

Jewish Care does not have any services for under 18s, but I'm pleased to say that another Jewish organisation called Norwood does. They have counselling services as well as a range of therapies and support groups, including a family support team. Their number is 020 8809 8809 and you can find them online at norwood.org.uk

Have you been in touch with the school? It is important for them to know what is going on at home and they will most likely have a pastoral care officer.

It may also be advisable, if you haven't already done so, to make an appointment with your GP who may suggest a referral to CAMHS (Child and Adolescent Mental Health Services).

Q WE HAVE RECENTLY BEEN GIVEN DEVASTATING NEWS THAT MY WIFE HAS TERMINAL CANCER. WE ARE TRYING TO BE PRACTICAL AND PLAN TO ENSURE HER LAST MONTHS AND DAYS ARE HERE AT HOME WITH THE FAMILY BUT DON'T REALLY UNDERSTAND HOW TO GO ABOUT THIS. CAN JEWISH CARE HELP?

A Thank you for contacting us; it must be a very difficult time for you and your family right now. We can certainly help you to understand how to achieve keeping your wife at home.

We work alongside many health professionals, both Jewish and non-Jewish in the community who can assist you and your family further. Please call us here at the Helpline on 020 8922 2222.

We have a team of experienced social workers who can help you understand the support that is available for your wife. With your wife's consent, we will take the details

of her circumstances and arrange a time for a colleague from our dedicated End of Life team to visit you both in your own home and make a full assessment of your wife's needs, as well as talking to you about your own support needs.

This colleague could, should you wish, co-ordinate and communicate with all relevant health and social care professionals, together with voluntary agencies such as Chai Cancer Care or Macmillan who may already be involved, but also bring on board other professionals that need to be involved as and when appropriate. We would advocate and enable you and your wife to obtain the information you are seeking, to give you an understanding of what may be happening and what other support, funding and resources you can expect to receive.

You don't need to struggle through this difficult time alone, so please do get in touch and we look forward to hearing from you.

Q MY LOCAL AUTHORITY HAS PUT UP MY COUNCIL TAX TO PAY FOR SOCIAL CARE. DOES JEWISH CARE GET ANY OF THIS MONEY?

A The government recently gave local authorities the power to add up to 6% over three years onto their council tax bill to help them meet the growing cost of social care. This increase is known as the social care precept. Many of the local authorities we work with have chosen to add a social care precept onto their council tax bill. However, despite a growing gap between the fees local authorities pay us for care and the true cost of care, in many areas we are not benefiting from these increases. Local authorities who are not increasing our fees are citing other budgetary pressures as the reason for not passing the increase back to organisations like us. We know that other independent social care providers are also experiencing the same.

With around 65% of the people living in our care homes being eligible for local authority funding, (this is generally because they have assets of less than £23,250), the real time

decrease in funding from local government is putting a huge strain on us.

The good news is we are a caring community who look out for each other and thanks to this ongoing support we are able to raise £15 million each year to ensure we can continue providing a range of services to all who need them, regardless of their ability to pay.

MANY OF THE LOCAL AUTHORITIES WE WORK WITH HAVE CHOSEN TO ADD A SOCIAL CARE PRECEPT ONTO THEIR COUNCIL TAX BILL

We will continue to put pressure on our local authority partners to increase the fees they pay and on the government to review and change our current social care system.

Q MY AUNTY AND UNCLE ARE STRUGGLING TO CARE FOR EACH OTHER. I HAVE TALKED TO THEM ABOUT A POSSIBLE MOVE INTO A CARE HOME BUT THEY ARE WORRIED THEY WILL BE SEPARATED. WILL JEWISH CARE GUARANTEE THEM A PLACE IN THE SAME HOME? CAN THEY SHARE A ROOM OR HAVE ROOMS NEXT TO EACH OTHER?

A That is a good question. We do all we can to keep couples together, assuming they want to remain together. We will need to spend time with your aunty and uncle to understand and assess their needs and will then identify which of our homes can meet their individual needs.

WE DO OUR BEST TO KEEP COUPLES IN THE SAME HOME, IF NOT NEXT DOOR TO EACH OTHER THEN, IF POSSIBLE, ON THE SAME FLOOR.

As I am sure you will understand, we often don't have two rooms available in the same home at any given time so it is a good idea to plan in advance or be prepared to wait. It is unlikely a move of this nature will be able to happen overnight.

In answer to your question about them sharing a room. We do our best to keep couples in the same home, if not next door to each other then, if possible, on the same floor. We only have one dedicated double room in Clore Manor Home in Hendon. I suggest you call our helpline on 020 8922 2222 and we can discuss this with you further and arrange for a member of the team to come and meet with your aunty and uncle to understand their needs discuss a range of care options with them.



Q MY FATHER WOULD LIKE TO MOVE INTO ONE OF YOUR CARE HOMES. HE'S JEWISH, BUT NOT PRACTICING. WOULD THIS BE OK?

A Of course this would be fine. We provide services for Jewish people across the spectrum of Judaism. Our homes are all kosher and observant of the traditions of Shabbat and Yom Tov.

WE PROVIDE SERVICES FOR JEWISH PEOPLE ACROSS THE SPECTRUM

As long as a resident is respectful, it is not an issue if, for example, they don't want to go to the synagogue services or light candles on Shabbat. However, it often turns out that our residents enjoy getting acquainted, or maybe reacquainted, with the spirituality, fun and tastes of Judaism.

Q MY MOTHER HAS DEMENTIA AND MY FATHER IS HER CARER. ARE THERE ANY PLACES SHE COULD GO DURING THE DAY TO GIVE HIM A BREAK?

A Yes there are. Jewish Care has three day centres for people living with dementia, in Edgware, Friern Barnet and Redbridge, which offer activities and a high level of care and support. Your mother could attend one or more days a week depending on your preferences and availability of places.

If you think this is the sort of thing that your father might be interested in I would suggest he calls us and we can arrange for a centre manager to call him for a chat. They can also arrange for your mother to visit the centre, or should she wish, attend as a guest for a day to see how she finds it.

The Jewish Care Helpline, provides 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.

Its opening hours are: Mon to Thurs 8.30am – 5.30pm and Fri 8.30am – 5pm (until 2pm in winter). You can contact the Jewish Care Helpline by calling 020 8922 2222, visiting us at jewishcare.org or emailing us at helpline@jcare.org

Celebrating Bnei Mitzvah at Jewish Care

Emma Shrimpsley explores the many ways we mark this special time in a person's life, **no matter how old they are!**

It has been an emotional day for Jewish Care clients Sadie, Celia and Jean – at the ages of 84, 93 and 86 they are celebrating their Bat Mitzvahs, together with 26 JFS Year 7 students. Collectively they participated in a Jewish Care and JFS Bnei Mitzvah programme, which has seen the students spending time with the three ladies and other members of the Jewish Care Centre they attend.

The programme, which also gives pupils the chance to learn more about Jewish Care and volunteering, is just one of several opportunities we create for Bar and Bat Mitzvah students as they make their Jewish journey into adulthood. Not only does this inspire them to think about their responsibility to the community, it is also a wonderful way to bring the generations together.

Now approaching its third year, the programme involves fortnightly sessions bringing the students and day centre members together to talk about their lives, looking at photos and comparing the experience of 12 and 13-year-olds then and now.

This year the children created collages and poems for the members and helped them learn or improve their Hebrew reading, culminating in the Bat Mitzvah ceremony in The Wohl Synagogue at JFS – in front of their families and Jewish Care

and JFS president Lord Levy.

At the ceremony Jean Islin, 86, read aloud the poem one of the students had written for her.

"It was very emotional. I didn't expect it," says Jean. "We loved the children, they worked so hard with us making us collages and poems. We learned from them and they learned from us and the ceremony was truly tremendous."

Sadie Levy, 84, adds: "The way the children were teaching us the Shema was amazing. It was very good learning from the children the way they learn things. A girl being Bat Mitzvah is something I never thought I'd be, but this was an honour and that's how I feel, that I've been honoured."

JFS student Tamar Silas, who spoke at the ceremony, says: "On one of my first trips to the community centre I met these three amazing women, including Celia. I loved hearing her tell us all about her siblings and her Friday night dinners."

"It made me realise how lucky I am that I have the opportunity to go to a Jewish school and also that I have grown up in a time and place where I can be Jewish. I will remember this experience for the rest of my life."

As well as the get-togethers with the community centre members, the students had lunch club sessions where they heard from Jewish Care's chief executive Simon Morris, vice chair Debbie Fox and volunteer Simon Davies, who gave an





inspirational talk about disability. JFS's social action coordinator Tami Addlestone, who co-organises the programme, explains: "It really gives the students an understanding of the importance of having a Bar/Bat Mitzvah, when our ancestry shows us that so many times in history Jews have not been able to celebrate their Jewish identity.

"It also gives them a connection to their Jewish history and a sense of community, inspiring them to think about their role in making the world a better place."

In addition to the programme pupils have chosen different ways to fundraise for Jewish Care.

Some created Bake Day events and a number went on to join pupils from Yavneh College and JCoSS in Jewish Care's recent 10K Bnei Mitzvah Walk.

The walk, now in its second year, is much more than a sponsored event. The Year 7 and 8 pupils set off from Jewish Care's Maurice and Vivienne Wohl campus in Golders Green and finish at the Betty and Asher Loftus Centre in Friern Barnet, where they have tea with clients. They also stop en route for refreshments with residents at Hendon home Clore Manor. In this way, the children can meet some Jewish Care clients and get an understanding of the difference their fundraising is making collectively.

Jacob Hirshler, 12, a JCoSS pupil, wanted to do the walk because his grandfather Lou Peters is a resident at Jewish Care's Rosetrees.

He says: "I told my grandpa I was doing it and I think he understood. I really enjoyed it because there were other students from my year at school and we all worked



Top Jewish Care B'nei Mitzvah sponsored 10k finish at Betty and Asher Loftus Centre

Inset Jacob Hirshler with Papa Lou

Right Jade Albert celebrates her bat mitzvah with her great-grandma at Jewish Care's Princess Alexandra Home

together to figure out which way we were walking. We stopped for a drink and then talked to some of the residents, who were great and really encouraging. They told us it was wonderful that we are doing this."

As well as the organised Jewish Care Bnei Mitzvah activities, many bar and bat mitzvah celebrants find individual ways to support Jewish Care, from sponsored silences to fundraising fashion shows to using their talents volunteering.

Others choose to donate a portion of their present money or take part in our Simcha Giving programme, where they ask guests to give money to Jewish Care instead of a present.

On occasion, if one of our clients has a family simcha they are unable to get to, we have Bar and Bat Mitzvah children who bring their celebrations to us. As a communal organisation, we are delighted to host them in the homes or community centres.

Cousins Benji and Jade Albert recently celebrated their Bat Mitzvah and Bar Mitzvah with their great grandma Esther, at Jewish Care's Alexandra Home, where she is a resident. Keen to learn from her, Benji, Jade, and their families arranged a second reading and celebration with Esther in the home, along with their grandmother and long-standing Jewish Care volunteer Marilyn, in front of residents, staff and other volunteers.

Marilyn says: "We were so proud of both of them and it was special for all the residents to have a party as I feel like they are a big family."



Benji, who originally celebrated his Bar Mitzvah in Israel, says: "We have an amazing picture of four generations of my family altogether celebrating my Bar Mitzvah."

Speaking passionately about the Bnei Mitzvah programmes, The Lord Levy, President of Jewish Care and JFS commented; "Its programmes and activities such as these that set Jewish Care apart from any other care provider. These are unique opportunities that are of huge benefit to both the young people and Jewish Care clients. I would encourage everyone with children or grandchildren to suggest they get involved in a Jewish Care Bnei Mitzvah activity. It's a rewarding way for them to show their personal commitment to the Jewish community at this important time in their lives."

To find out more about how you, your children or grandchildren can get involved, email events@jcare.org or call 020 8922 2837.

Turn your Simcha into a Mitzvah

25TH WEDDING ANNIVERSARY

Liz & Bernie Enlander
Tina & Peter Korn
Karen & Paul Simmons
Rachel & Ashley Summerfield

30TH WEDDING ANNIVERSARY

Laura & Daniel Davis
Lord & Lady Livingston
Roberta & Robert Perlman

40TH WEDDING ANNIVERSARY

Anne & Neville Chajet
Lyn & Peter Feldshreiber
Victor & Mary Kateck
Andrea & Brian Kogan
Susan & Alan Taylor

50TH WEDDING ANNIVERSARY

Rosalind & Stephen Adler
Joan & Peter Altman
Ruth & Charles Bernitz
Lesley & Ian Daniels
Heather & Howard Eden
Patricia & Roy Ellis
Norma & Alan Goldman
Hilda & Victor Gordon
Lillian & Joe Gordon
Marion & Andy Green
Hilary & Tony Hammell
Irene & Geoffrey Herman
Sharon & Philip Jacobs
Rosalyn & Harold Jayes
Marilyn & Brian Lamb
Jill & Malcolm Lawrence
Betty & Peter Olswang
Gillian & Wally Onnie
Mary & Geoffrey Rose
Barbara & Martin Rosen
Barbara & Roger Rosenber
Natalie & Richard Rubin
Dorothy & John Sadlik
Sonia & Ricky Shaw
Ruth & Philip Simmons
Ellis & Sylvia Tuhim
Joyce & Andrew Young
Coral & Maurice Zack

60TH WEDDING ANNIVERSARY

Estelle & Ivor Belkin
Mr & Mrs A Hilton
Evelyn & Robert Horesh
Marcelle & Walter Kohn
Hazel & Eddie Leigh
Phyllis & Cyril Lishak
Sheila & Ronald Metzger
Eleanor & Izzy Miller
Susan & Melvin Nelson
Cris & Harvey Pollins

Josephine & Sidney Sands
Silvia & Harold Stone

65TH WEDDING ANNIVERSARY

Doreen & Sam Walport

WEDDING ANNIVERSARY

Marilyn & Michael Becker
Sir Victor & Lady Blank
Baroness Deech & Dr John Deech
Stephanie & Keith Mount
Anne & Daniel Rubin

MARRIAGE

Clare & Steven Altmann-Richer
Suzy & Jonathan Cantor
Rose Michelson
& Jonathan Cohen
Georgia & Isaac Dwek
Abigail Herman & David Kosky
Yvette Lesser & Joshua Scherer-Thompson
Lesley Berliand & Jeremy Margolin
Sarah Bregman & Luke Reid

CONGRATULATIONS

Dorothy & Malcolm Gordon
on Rosie's Bat Mitzvah
Schera Morris Masters
on Légion d'Honneur award

BIRTHDAY

Fay Aarons
Leo Abeles
Audrey Alterman
Audrey & Irving Angel
Brenda Archer
Albert Arnold
Ros Astaire
Mavis Baker
David Becker
Brenda Belmont
Jeff Bendon
Eli Benson
Yvonne Bernstein
David Bichler
Barry Bloombaum
Sir Clive Calman
Audrey Cass
Doreen Cohen
Rose Cohen
Philip Cohen
Vera Coleman
David Collie
Simon Conway
Bess Coverman
Trevor Cowan
Monty Daitz
Hella Daltrop
Barbara Davis

Gerry Desmond
Odette Dreyfuss
Henry Ebner
Ruth Eisenfeld
Pauline Feitelberg
Raymond Fellerman
Valerie Fellerman
Michael Fienberg
Anthony Filer
David Fine
Andrea Fisher
Harold Franks
Ronnie Fraser
Gary Freedman
Salvator Gabay
Molly Gay
Toni Goldenberg
Maurice Golend
Milly Gould
Anthony Green
Sheila Harris
Stuart Harris
Henry Harris
Gillian Hart
Marion Harvey
Stuart Herman
Mayer Hirst
Barbara Howard
Nora Isaacs
Barbara Jackson
Rodwin Jackson
Sharon Jacobs
Sheila Jacobs
Susan Joseph
Anne Kanolik
Victor Kateck
Arnold Kopelowitz
Lionel Kopelowitz
Sally Lass
Vicki Lazar
Michele Leach
Lyn Leader-Cramer
Brian Levi
Alan Lewis
Gary Lyons
Rita Mandel
Irene Mansfield
Mildred Markham
Lauren & Harvey Martin
Bernie Masters
Sheila Matthews
Sue & Howard Morgan
Barbara Newman
Rita Offenbach
Leah Okin
Stuart Okin
Alan Page
Henry Phillips
Carole Posner
Martin Rabin
Raphael Richmond
Valerie Rosen
Tony Roth
Joseph Roth
Eric Salamon

Lila & Dave Shaffer
Lenny Silver
Alf Silverman
Hedy Simmonds
Linda Simmons
Tony Simmons
Harold Sobell
Sidney Spellman
David Stanton
Miriam Stein
Beatrice Stone
Tony Sussman
Isa-Lee Sweiden
Stuart Swimer
Naomi Taub
Rose Taylor
Raymond Temple
Hilton Teren
Sheila Trup
Malcolm Vinacour
Jo Weitzman
Joyce White
Angela Wilson
Howard Wise
Audrey Wolman

BAR MITZVAH

Jesse Cooper
Jake Gilbert

SECOND BAR MITZVAH

Clive Boxer
Martin Kudlick
Ronnie Metzger

BY WAY OF THANKS

Russell Caller
Rabbi Steven Katz
Evelyn & Adrian Mildiner
Gila & Paul Rose
Sarah & Brad Sacher
Jason Sears
Daniel Wolinsky

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.

For more information call The Simcha team on 020 8922 2600 or email simcha@jcare.org

Looking for a challenge

From pounding the streets, **climbing up mountains or cycling across the city**, there are events for people of all ages and fitness levels to help raise money for Jewish Care.

There are times in our lives when we want to show our appreciation to those who have helped us, our families or friends.

This was the driving force behind 27-year-old Josh Domb's decision to join team Jewish Care for this year's Virgin Money London Marathon: "When my grandma, Diane, went to live at Jewish Care's Otto Schiff home last year, I was very keen to find a way to show my appreciation for everything that the team at Jewish Care has done for her. It has been tough for the entire family and I don't know what we would have done without them. Running a marathon for this excellent charity, whose work has benefited my whole family, was a great way to show my gratitude and I've had an incredible time preparing for this day."

Josh, an avid runner, was the first of the four-strong Jewish Care team to cross the finishing line this year, with an impressive time of 3:10, having been spurred on along the route by family and strangers alike: "The support the whole way around the course was pretty indescribable. Having hundreds of total strangers shout your name and cheer you on makes a huge difference. Seeing my parents cheering their hearts out in the grandstand with 100 metres to go will also stay with me for a very long time."

For many people signing up to a challenge is an opportunity to push themselves to new limits. When Daniel Carmel-Brown, Jewish Care's Director of Fundraising and Marketing, decided to run the Marathon, the furthest run he had done was 10K. Taking on this challenge was a test of physical and mental endurance for him: "This was the most amazing thing I have ever done in my life and definitely the toughest, both physically and mentally. There is digging deep and there is reaching beyond what is normal for a human being to do to achieve a lifetime ambition. It was like



Josh Domb en-route at the Virgin London Marathon

an out-of-body experience, I learnt that it is truly the case that 'thinking the impossible' does make things possible."

Despite this he has no regrets and is already talking about his next Marathon. His motives were clear: "Like most families, mine too has been touched by Jewish Care for decades, and the charity did, until January, continue to play an important role in the life of my one remaining grandparent. Sadly, my grandma Lily Ezekiel passed away early in the new year but I witnessed the incredible care given by such dedicated colleagues. I ran the Marathon to say thanks to each and every one of them".

For father and son team Joel and 15-year-old Boaz Greenwood, embarking on the Coast to Coast cycle ride was primarily an opportunity to spend some quality time together. Once they had committed to taking to their saddles the duo decided to do so in aid of Jewish Care, a charity the family have had a long-standing connection with.

Joel commented: "My father Jeffrey was the first chairman of Jewish Care. As a family it's our charity of choice. I have a financial background so it is natural that

I look around and see which charities are putting their money to good use. My perception is Jewish Care does this well".

For most people a challenge event involves a walk, cycle or run, however some people come to us with ideas and challenges of their own. Edgware mum-of-four Vanessa Kushner stepped out of her comfort zone last year onto the wings of a plane to raise funds for Rela Goldhill, the Jewish Care Home where her late father was a resident.

Vanessa, a qualified teacher and tutor, said: "I wanted to do the wing walk in memory of my late father, Franchot Ross. I have done a zip wire, two sky dives and now this. I was so nervous but once I was up there it was fun. When we came down I felt exhilarated".

From planes, to boats, bikes or feet, whatever the challenge or motivations, however big or small, Jewish Care provides support from the start to the finish line, with a dedicated member of the team to help you with your fundraising and training to get you ready for the challenge.



Wing walker Vanessa Kushner

To find out more about taking part in a challenge event for Jewish Care, please contact the Events Team on 020 8922 2834 or email events@jcare.org

Upcoming events

SEPTEMBER

10 CHALLENGE COMMITTEE

Tea Dance

10 FRIENDS OF VI & JOHNS

Pearly King and Queen afternoon tea party

11 PRO-AM GOLF DAY



OCTOBER

02 HOPE EVENT

V&A Museum
Balenciaga:
Shaping Fashion

08 ROYAL PARKS HALF MARATHON

10 BUSINESS BREAKFAST

with Lord Price

15 FRIENDS OF RUBENS HOUSE COMMITTEE

An evening with Judge Rinder

22 FRIENDS OF VI & JOHNS

Quiz Night

23 CONNECT@ SOUTHGATE

Tea with Judge Rinder

24 OPTIONS COMMITTEE

Ladies Bridge Lunch

28 YOUNG JEWISH CARE SOCIAL COMMITTEE

Halloween Party

29 LADY SARAH COHEN

Supper Quiz Night

NOVEMBER

01 TOPLAND GROUP BUSINESS LUNCHEON

with Laura Kuenssberg

01 HOPE EVENT

Cabaret
by Kander & Ebb

07 HOPE EVENT

Canaletto & the Art of Venice
Queen's Gallery

14 OPTIONS COMMITTEE

Lunch with Prue Leith

22 LOCAL ANGELS LUNCH

with Judge Rinder



23 REDBRIDGE SPORTS DINNER

27 BRIDGE EXTRAVAGANZA

16 YOUNG JEWISH CARE

Round Table
Property Dinner



For information on any of these events contact the events team on 020 8922 2305 or email bookings@jcare.org

Why recent events remind us of the importance of community

Simon Morris, Chief Executive, Jewish Care

I like to think that I am a positive person who sees the glass half full, however, even the most positive of people won't dispute that the last few months have been tough. A series of terrorist attacks, the tragic Grenfell Tower fire, either side of a general election that has caused more uncertainty than the stability it intended to bring.



Out of these darkest moments there have been stories of courage, love and ingenuity. I have been moved by the outpouring of individuals who have come together and the community cohesion that is often lacking in the large, impersonal cities we live in.

We feel the impact of uncertain times here at Jewish Care as increasing numbers of people turn to us for support and reassurance. It is a natural response when we feel more vulnerable to turn to our community. Over the last few months we have experienced a continued increasing demand for our services. I can't put that down simply to recent events but I do believe they have had an impact.

It is not uncommon for us to be approached by older members of the Jewish community who for one reason or another haven't been connected to the community for some time. They aren't members of a synagogue and they have few social connections within the community. However, as they become older, frailer and more isolated they feel a need to reconnect to their roots. They know their community is there for them. Somewhere safe they can turn.

And it's not just in our services where we see members of our community seeking a sense of belonging and togetherness. In June this year 1,100 people came together for our annual fundraising dinner. There was an even stronger sense of community and pride this year as guests heard stories of how we come together to support those who need us. The generosity in the room will, I hope, ensure we can continue to provide a range of services to all who need them. I am fortunate in my work to see first-hand day in day out what being part of a caring community means. Our thousands of volunteers are at the core of this and only weeks after our fundraising dinner we held our annual volunteer awards ceremony. I left that evening feeling uplifted and inspired by the stories I heard. Our volunteers are the unsung heroes in Jewish Care. They are the glue that holds us together and makes us the special community we are.

If we were to form our opinions of younger people from the media our impressions wouldn't be great. However, a visit to our annual MIKE awards will make you think again. MIKE is a unique youth leadership programme for 14-18-year-olds run

at the Redbridge Jewish Community Centre. The programme and the community centre in Redbridge continues to be a breeding ground for leaders in our community. A generation of 'mensches' who understand from a young age the benefit and importance of giving time to support others. An impressive and caring cohort of young people who are a credit to our community.

The recent election forced the country into an unexpected debate about social care. A much-needed conversation. As a nation, we have woken up to the realisation that the government can't meet the full cost of social care. Where we go from here remains uncertain as social care is the elephant in the room most want to keep caged up. My hope is that the debate about the future of social care isn't left on the doorsteps and that our current government takes forward the game-changer that is needed. What is clear is that social care can only be delivered through fostering partnerships between individuals, families, local authorities and organisations such as Jewish Care.

AS I REFLECT ON THE LAST FEW MONTHS, AS TOUGH AS THEY HAVE BEEN, I AM OPTIMISTIC. IF WE REMAIN STRONG TOGETHER, RECOGNISING AND VALUING ALL THAT IS POSITIVE IN OUR COMMUNITY, WE WILL BE FINE.

As I reflect on the last few months, as tough as they have been, I am optimistic. If we remain strong together, recognising and valuing all that is positive in our community, we will be fine.

There is, within our community, more that unites us than divides us. We are a caring community, that is here for those who need us. If you have any doubt you just need to spend time in any of our Jewish Care services. Services that are supported by an army of unsung heroes, those who give up their time to support others, and our incredibly generous supporters. Thank you. You keep my glass full even in the most difficult of times.

Shana Tova, to a peaceful and healthy new year.

A guide to what we do

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, coordinate 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
- ▲ connect@stamfordhill

INDEPENDENT LIVING

Offering independent living within a supportive setting.

- ▲ Selig Court, Golders Green
- ▲ Shebson Lodge, Southend
- ▲ Wohl Court, Hendon (opening 2018)

COMMUNITY CENTRES

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

- ▲ Brenner Centre at Stepney Jewish Community Centre
- ▲ Michael Sobell Jewish Community Centre, Golders Green
- ▲ Redbridge Jewish Community Centre (Sinclair House)
- ▲ Southend and Westcliff 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 AND LIVE-IN CARE

Enables clients to remain living independently in their own homes.

AVAILABLE IN:

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

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.

- ▲ Jewish Care Connect – Jewish audio news, culture and current affairs, Golders Green
- ▲ Jewish Care Explore – Digital skills for everyday life, Golders Green & Redbridge
- ▲ 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 Memory, Golders Green and Friern Barnet
- ▲ 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 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. Throughout Essex and London including...

- ▲ 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

JEWISH CARE INTERACT

The place for all things independent living and ageing well in the UK Jewish community.

- ▲ Jewishcareinteract.org

MENTAL HEALTH

Jami

The Mental Health Service for our Community

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

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: Mon to Thurs 8.30am – 5.30pm and Fri 8.30am – 5pm (until 2pm in winter). **You can contact the Jewish Care Helpline by calling 020 8922 2222, visiting us at jewishcare.org or emailing us at helpline@jcare.org**

CHALLENGE YOURSELF

for Jewish Care

Whether **running a marathon** is your thing, **climbing a mountain** is your calling, or you have a **passion for cycling** – there is a challenge for everyone, no matter your age or fitness levels.

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.

Sign up today at
jewishcare.org/challenge



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

