

IN EAST LONDON AND ESSEX

YOUR LOCAL COMMUNITY MAGAZINE

A photograph of two elderly women, one in a teal sweater and one in a black floral top, lighting two white candles in silver holders. They are both smiling and have their hands held up to the flames. The background is a soft, out-of-focus indoor setting.

LOCAL NEWS AND ANNOUNCEMENTS

Stay up to date with what's
happening across East London
and Essex

KEEPING ACTIVE, STAYING FIT

Some tips to keep moving during
the cold winter months

CONTENTS

Welcome to Your Local magazine, Jewish Care in East London and Essex's round up of activity and service information for your area.

In these pages, you will find announcements, news and information about activities at your hub, alongside some top tips and tricks that you may find useful. This issue also features a few words of welcome from your Hub Manager for the coming few months at Jewish Care.

For more information on anything featured in this issue, just turn to the back page for a list of your go-to contacts!

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HELLO FROM OUR MANAGER

I am excited to welcome you to Your Local magazine for the East London and Essex Hub.



It was a remarkably busy Summer in Essex and East London; our day centres remained very well attended despite the very un-British heat at times. Now we move to colder months, we will be looking to keep everyone warm!

The Brenner Stepney Jewish Community Centre has now been at its new home in Bethnal Green for more than six months. Everyone has settled in and taken advantage of the wonderful garden. Redbridge Jewish Community Centre (RJCC) numbers have grown on Tuesday and Thursdays. In late summer, we welcomed two new members to the RJCC team, enabling us to fully support the ever-popular Wednesdays and to start planning opening on Mondays too. Over at Southend & Westcliff Jewish Community Centre, light poured into the art room for our artists and the Cobham Singers practised for their annual Concert at the start of September. The team continued to deliver a wide programme not just to our members but also tenants of Shebson Lodge.

June started with the annual Volunteers Week, and across our Day Centres we celebrated our wonderful volunteers and the end of June, we held our MIKE Graduation for our youth leadership programme at Woodford Forest United Synagogue. There is more in this issue on this fantastic programme, which has created many leaders of the Jewish Community over the years.

In the last issue we revealed the exciting future plans for the Redbridge Campus. In July, we shared those plans with the local community and stakeholders and invited them to give us feedback and ask questions about our proposed vision.

Whilst we wait for the new campus, over at Woodford Forest United Synagogue we have continued to recreate a mini version of Sinclair House. Along with the Day Centre and MIKE we also run Adult Programming, unofficially known as Sharon Imber Presents. Sharon's programming includes table tennis mornings, Ladies That Lunch and the extremely popular Wednesday & Sunday Night Socials. Many may remember Salt Beef Nights at Sinclair House, watch this space as we intend to bring those delicious evenings back.

RJCC also hosts Supportive Communities' events and later in this issue you can read up on the fantastic work Alison Smardina and Illana Scott do, not just in the Redbridge area but across London, the South-East and soon in Southend.

In late August, the Dennis Centre Dementia Day Centre in Gants Hill expanded to two days a week, where the team continue to run a varied, rich programme – more details are in the following pages.

Neil Rebak
East London and Essex Community Hub Manager

For any questions about activities in: East London and Essex Hub, please do not hesitate to contact Neil on 020 8418 2100, 07770 967 848 or neil.rebak@jcare.org

LOCAL NEWS

THE DENNIS CENTRE

We have had a great time enjoying the summer months at the Dennis Centre. We took advantage of our pretty garden by regularly playing bowls with some hotly contested competitions and when it was too sunny to be inside, we had leisurely coffee & chat sessions on the patio and even enjoyed card making in the sunshine. Some of our members tried out biscuit painting (with edible paints), and the finished product looked as good as it tasted!

We recently had some singalongs featuring a variety of tunes from much-loved musicals and we were surprised at how good everyone sounded.

After our delicious lunch we usually enjoy exercising or dancing to music and finish off the day with tea and cake.

MIKE YOUTH LEADERSHIP

MIKE is a Youth Leadership programme run by Jewish Care that runs for School Year 9s onwards. It stands for Motivation, Inspiration, Knowledge, Education. Our purpose is to enable the young people in the Jewish Community to become the next generation of leaders. We aim to do this through our activities and opportunities that educate them, empower them and prepare them for the future. Each session has its own aim and is taught in an informal environment. The MIKE course helps to prepare young people for many volunteering opportunities within the community and is accredited by OCN, providing modules for participants to complete that are appropriate to their ability.

Our Cohort for 2021/2022 were our first year to return to in person sessions after having online only meetings for two years. We had an incredible uptake with just under 100 young people apply to join the programme. We were also able to hold our first residential weekend away in 3 years with support from the Children's Aid Committee and the Jack Petchey Foundation.

Round up of news from Jewish Care in East London and Essex

This year we will be having trips for both our younger and older participants. Our younger participants will attend another residential weekend away, whereas our older participants will be attending one of our Jewish Heritage trips to Europe. This is an opportunity to explore the Jewish Heritage of a city in Europe and explore what Jewish Life would have been like. This trip is always a programme highlight and we cannot wait to bring this back in 2023 for the first time since 2020.

SUPPORTIVE COMMUNITY GROUPS

Chaps that Chat is a group of around thirty gentlemen who meet at WFUS on the first Wednesday of each month to listen to a guest speaker and to join in interesting discussions. Some of the speakers we have had at Chaps that Chat include Wes Streeting MP, Councillor Keith Prince, Mitch Winehouse – father of Amy Winehouse and former boxing promoter Mike Jacobs and we have a diary of great speakers booked for future meetings.

Men's Talk is a smaller informal men's social discussion group that meet on Thursday mornings at WFUS where they enjoy discussion and socialising.

We have recently restarted our Ukulele Group who meet on Monday afternoons at WFUS to enjoy a ukulele lesson, for anyone who is interested in learning how to play the Ukulele our group would give you a very warm welcome.

Chatty Café @Chabad Buckhurst Hill meet on Tuesday mornings for tea/coffee/cake and a chat for anyone who has a spare hour or so and feels like a drink with some company.

To find out more information about these groups and how to get involved, please contact Alison Sbardina by phone 020 8922 2273 or email asmardina@jcare.org

JEWISH CARE NEWS

NEWS FROM ACROSS JEWISH CARE

As the Autumn and winter months set in, at Jewish Care, we are often focussed on preparing for and celebrating festivals. Across the organisation, we make sure that everyone is able to mark a festival in a way that's meaningful to them, whether that's a spiritual, cultural or family oriented experience. If you are looking for an activity or Jewish Care service to join near you, please contact the Outreach Coordinator listed on the back page of this magazine for more information.

We have some exciting new plans taking shape across Jewish Care. Over the summer, we shared our plans for a new development for the East London and Essex Jewish community on the current site of the Redbridge Jewish Community Centre. This means that we are now able to submit a planning permission application to the local council, which we hope will be successful.

Many Jewish Care hospitality staff have recently enrolled in our new in-house Housekeeping and Chef's Academies focused on developing their skills and knowledge. The Housekeeping Academy and Chef Academy will help us to ensure that we are providing an excellent standard of care for people across our care homes, Retirement Living apartments and community centres.

In July we were able to hold our first annual dinner in three years, attended by 900 people. Together, guests raised £5 million for vital services, and we are incredibly grateful to all those who were able to support us.

We also recently held Staff Awards and Volunteer Awards where we celebrated some of the wonderful contributions of those who keep Jewish Care running and without whom we could not do what we do.

For more updates from across Jewish Care, do make sure you pick up the next issue of Careline, our magazine for supporters, which will be out in December.



COMMUNITY SERVICES IN OFFER

Meals on Wheels

Our Meals on Wheels delivery service offers nutritious, Kosher meals delivered straight to your doorstep. With a varied menu to choose from, all meals come pre-packaged in individual portions.

Befriending

If you, or someone you know is feeling isolated or lonely, please reach out to our friendly team of befrienders who will be happy to connect with you either by phone or in person.

Support with Technology

Our digital support services are on hand to help guide you through using your computer, tablet, smart phone, or any other piece of technology or equipment. For more information, please contact our Jewish Care Explore team on 020 8922 2400 or emailing explore@jcare.org

Virtual Activities/JC Presents

We hold a wide range of virtual activities and events that are available to access online. These vary from musical entertainment, talks from interesting people to tips on keeping fit, and so much more. For more information, please contact the JC Presents team on 020 8418 2114 or email jcpresents@jcare.org

Supportive Communities

To join one of Jewish Care's Supportive Communities, which are informal social groups that bring communities together and help build friendships, please call 020 8922 2273.

PHOTO ROUND-UP

01. Inspired by events at Wimbledon, members of Redbridge Jewish Community Centre perfect their table tennis skills at a weekly session.

02. Participants in Jewish Care's MIKE Youth Leadership Programme enjoyed their annual award ceremony recognising the dedication of more than 90 inspiring young leaders.

03. Lillian and Ronald enjoyed a lovely afternoon with friends at a Sunday Social.

04. Susan received a letter from the Queen thanking her for her 96th birthday card.

05. Josie Masters, one of our longest serving Meals On Wheels recipients in Redbridge, celebrated her very special 100th birthday.

06. Members enjoying a sing-a-long to their favourite songs in their weekly choir practice

at Southend & Westcliff Jewish Community Centre.

07. Leonora showed off her artistic skills her fabulous Rosh Hashanah card design.

08. Kitty Stern, a member at Southend & Westcliff Jewish Community Centre, proudly displays her Jewish Care Rosh Hashanah card design.

09. Thelma Katz enjoyed exploring her way around a laptop in a Jewish Care Explore session.

10. Members of Nettie's Knitting Club at Redbridge Jewish Community Centre created a beautiful and vibrant blanket, which was kindly donated to a resident at Vi and John Rubens House care home.

11. Chaps that Chat hosted guest speaker former boxer Dominic Negus.

12. Members enjoyed their new Ukulele musical activity.



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JC IN EAST LONDON AND ESSEX

13. Stepney Brenner Jewish Community Centre trip to Southend & Westcliff Jewish Community Centre with fish and chips for lunch.



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14. Bryan Gordon, Redbridge receiving his Volunteer Award for Excellence in Volunteer Management and Supervision.



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15. Jewish Care's MIKE Youth Leadership Programme's Shabbaton.



15

16. Margaret a resident at Vi and John Rubens House care home enjoyed her 80th birthday celebrations.



16

17. Members come together for a chat at the new Chatty Café at Chabad in Buckhurst Hill.



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18. Sharon Cohen celebrates her 60th Birthday.



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KEEPING ACTIVE, STAYING FIT

Practical help for people in need of support and their carers

Staying active during the winter months can be a challenge. The weather is colder, darker, often rainier, the pavements are sometimes slippery, and sometimes it feels like the safer and warmer option is to stay indoors. However, we know that with the urge to stay in, our exercise levels can often drop and staying active in and around the home can become harder.

Sometimes, staying active can feel like a chore, which is why it's important to make sure that you do things you enjoy but are manageable. Staying active can also help to lower your risk of heart disease, strokes, type 2 diabetes, and some types of cancer. Improving your strength and balance can also help to prevent injuries and help you to stay independent.

There are lots of other things you can try to keep active around the house. Some of these every day activities may surprise you as counting as 'light exercise' but making sure that you do them if you are able to, has shown to have great benefits on your health and wellbeing.

Light activity classed as moving rather than sitting or lying down, so examples of light activity could include:

- getting up to make a cup of tea
- moving around your home
- cleaning, dusting or vacuuming
- making the bed
- standing up

The NHS also says that we can do activities that strengthen our muscles on the same or different days as aerobic activity – whatever's best for you.

At Jewish Care, not only do we have a number of regular exercise classes which are easily accessible online and

are available for any level of ability, but our website also has some exercises which you can do in your own time and at your own pace. Visit jewishcare.org/keepingactive/keeping-fit to find out more.

Remember that if you are making changes to your exercise routine, picking up any new exercises or starting to become more active, check with your GP in the first instance that your exercises are safe and are at the right level for your ability.

Keeping mentally active is also important if you're at home on colder days. Whatever you choose to do, we have plenty of options as part of our Jewish Care Presents programme.

Jewish Care's Senior Programme Design Manager, Leah Conway, says, "JC Presents provides you with an opportunity to stimulate your mind, socialise, and keep fit. Our Strictly Chair Based Yoga with Dance at midday on a Monday is great fun with routines ranging from sambas to jives (there's always an option to do the exercises standing up) and for a more energetic form of exercise our low impact Fitness Class on a Wednesday at 10am helps tone and strengthen.

"We also regularly have discussions with topics ranging from current affairs, philosophical questions, and whimsical ideas. Authors, academics and thought leaders regularly join us for talks and interviews as well as virtual tours of fascinating places of interest around the globe.

"It's a free service and easy to join. All you need to do is register with your name and email address to jcpresents@jcare.org to receive our monthly programme."

For more information on any programmes mentioned, please contact jcpresents@jcare.org.

VOLUNTEERS

Volunteering is good for your health

REBECCA'S STORY

Rebecca Lloyd, winner of The Saul Keene Award of Excellence in Youth Leadership at the MIKE youth leadership programme awards.

Rebecca (or 'Becca' for short, as she likes to be called) is 18 years old and grew up in Newbury Park living with her mum, dad, grandma and two siblings. Becca is currently the Head Girl and studying at King Solomon High School Sixth Form. Volunteering runs in Becca's family through the generations with her grandma Rita, who has also volunteered for more than 15 years at Jewish Care's Redbridge Jewish Community Centre.

Becca started as a volunteer when she was 14 years old at Summer World, Salt Beef Nights, the MIKE program, after school clubs, the Sunday Socials and other community events to now working with the MIKE programme and also continuing her volunteering with Jewish Care.

Becca says, "Volunteering allows me to give back to a community that has given me so much! It's often a full circle moment when you volunteer at Jewish Care; I went to Summer World and MIKE, now I volunteer and work at both. It's not only helped me to stay in such a loved community, it also has given me many personal benefits; the leadership skills I have learnt have been both helpful for my CV and shaping my confidence and has led me to other Jewish leadership programmes such as Diller Teen Fellows."

Becca has won both a Jack Petchey Award for her volunteering and recently won the prestigious Saul Keene Award.



Becca says about winning the award: "The Saul Keene award is a personal honour; knowing of the man Saul was, to receive that award is a special achievement for me. It also makes me proud to have come so far during my journey at Jewish Care. I used to be quite an introverted child, never thinking I'd be confident enough to run sessions and meet new people but now I am able to do all of those things and more due to Jewish Care!"

When asked about why Becca volunteers she said, "It is like going to see your second family! Everybody looks out for one another and so it always feels like a joy to volunteer and give back to our community."

CARERS CORNER

The Jewish Care Direct and Social Work and Community Support Teams help to answer some of your questions

Q: I'm concerned about Covid this winter. Everyone is a lot more carefree than they were during the pandemic; mask wearing and hand sanitising feel like they are a thing of the past. What can I do to keep myself protected?

A: The colder, winter months always leave us feeling a little more exposed to viruses and catching bugs. Windows are open less and we gather more indoors, which means that things can circulate more easily. First and foremost, it's important to have your booster Covid vaccination and your flu vaccination if you are able to. These vaccinations are the best form of defence against becoming very unwell if you catch Covid or the flu. When you are in crowded places, you may still choose to wear a mask and sanitise your hands. These measures are also still helpful, and although guidance may not be in place for everyone to do this, you are still able to do so. If you are near and around your loved ones, you could also politely ask them to take a Covid test before seeing them, especially if they have recently felt unwell or are experiencing symptoms. You may also choose to wait until someone is feeling better before you spend time with them in person. Please try not to worry, there are plenty of options that will help to protect you.

If you would like signposting to further advice, please contact the Jewish Care Direct helpline on 020 8922 2222.

Q: I'm starting to find things harder to manage around the house. I have some help but am starting to find it quite isolating and am struggling with making meals. Can you tell me more about moving to somewhere with more support?

A: Every case is different, and we are here to help. It could be that our Meals on Wheels service would help with meals, and our befriending service may be able to help with any feelings of isolation or loneliness.

Please call our Jewish Care Direct helpline to have a chat with them about these services. In terms of looking at where to live, the Living with Jewish Care team have plenty of experience and can talk to you about the different kind of options that are available, including Retirement Living, Assisted Living and care homes. They'll also be able to tell you more about levels of support available, answer your questions and talk about the costs involved. We want to help to find the best solution that works for you.

For more information, please visit [jewishcare.org/how-we-can-help-you](https://www.jewishcare.org/how-we-can-help-you). You can also call the Living with Jewish Care team on 020 8922 2222, or email lwjc@jcare.org.



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

Our Helpline can help you find the answers to the most challenging problems. We can tell you about our services: care homes, community centres, support for people living with dementia and their families or online events and activities. 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, call 020 8922 2222, email helpline@jcare.org or visit [jewishcare.org](https://www.jewishcare.org)

JEWISH CARE



**FOR MORE INFORMATION ON ANYTHING INCLUDED IN THIS ISSUE,
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