

NORTH AND NORTH WEST LONDON

YOUR LOCAL COMMUNITY MAGAZINE



LOCAL NEWS AND ANNOUNCEMENTS

Stay up to date with what's happening across North and North West London

KEEPING ACTIVE, STAYING FIT

Some tips to keep moving during the cold winter months

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Welcome to Your Local magazine, Jewish Care in North and North West London'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 MANAGERS

Welcome to the Winter edition!
Hasn't the summer period flown by!



The North and North West London hubs have had an eventful, busy Summer and endured soaring temperatures whilst having fun at the centre keeping cool.

Holocaust Survivor's Centre (HSC) members have enjoyed a day by the River Thames in the sunshine at the Milly Days day trip. They enjoyed strawberries and cream, singing and a boat trip. HSC also re-introduced the Summer Supper Club, which has proved very popular. They have already welcomed special guest, Chris Tarrant, who entertained us all with stories from 'Who Wants to be a Millionaire', including that famous contestant with a tickly cough!

Michael Sobell Jewish Community Centre members contributed to the fantastic art exhibition, displaying a range of drawing, paintings, pottery creations and writing. We have covered many varied subjects during the lively Sobell discussion groups, including 'Do women make better leaders?' to reflect the recent change in Prime Minister. The discussions are always a chance to share our views and keep up to date with news and current affairs.

We are busy planning a Health & Wellbeing week in Winter and shall be looking to local partners to join us

with advice and guidance on the current Cost Of Living crisis. Please do speak to a member of the centre team if you need any help or advice and we shall signpost you to our colleagues to get you the help and support you need.

The Michael Sobell Jewish Community Centre & Holocaust Survivor's Centre teams look forward to seeing you all, and want to take this opportunity from the team to wish you Shana Tova and all the blessings for a Sweet New Year.

We are developing our community programming and we are extremely excited to soon be offering, still life drawing classes, bridge, dance classes and much more so watch this space!

We have The Sam Beckman Choir for people living with dementia, that runs within our Day Centre on a weekly basis. Music is a huge part of everyone's lives and many people have strong connection to music and it can be particularly powerful for people with dementia. Evidence suggests that music can improve someone's mood, behaviour and wellbeing. We are extremely excited about this programme and welcome anyone who wishes to join.

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North West London Community Hub Manager

For any questions about activities in the North West London Hub, please do not hesitate to contact Clare on 020 8922 2900 or clare.leahy@jcare.org

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LOCAL NEWS

Round up of news from Jewish Care in North and North West London

MICHAEL SOBELL JEWISH COMMUNITY CENTRE

MSJCC reopened just over a year ago, and what a year! We have seen it all, masks, visors, distance, on site testing and a brand-new team getting to know the centre and our members.

We recently hosted an art exhibition. We showcased a range of our very talented members' artwork, paintings, pottery, and literature. They say that a picture is worth a thousand words... and our members vibrant designs and energy brought the centre to life by each piece telling a different story.

The Holocaust Survivor's Centre celebrated their 1st anniversary of being in their new home at the Maurice & Vivienne Wohl Campus and the centre has been buzzing with nonstop activities and events. The centre has been thriving, and it has been lovely for staff and volunteers to see so many of the HSC members around the centre.

HSC MILLY DAYS VISIT ALONG THE RIVER THAMES

A special thank you to Milly Days as many HSC members enjoyed a wonderful sunny day by the river, boat trips, live music and strawberries and cream on the beautiful setting along the river Thames. The joy of the day and bond the members bring to one another and to the staff and volunteers was heart-warming and it was a very special day

SAM BECKMAN'S GOT TALENT

Members of The Sam Beckman Centre for people living with dementia recently showcased their talent in a show for their family, friends and Jewish Care staff. There were a number of performances including: Poetry readings, Ballet, a Choir a comedian and line dancing to name a few.

ART THERAPY

Sessions have now started at The Sam Beckman Centre in conjunction with Creative Minds, enabling members to explore their creativity, experiment with a wide variety of art mediums and build their dexterity, motor skills, self-confidence and esteem through stimulating and therapeutic sessions. We are very excited to announce the following new activities coming up: bridge club and life drawing classes.

HSC CHRIS TARRANT DINNER AND Q&A

HSC members enjoyed a very special guest speaker, Chris Tarrant, OBE return for a visit to their new home. Chris was delighted to be reunited with members of HSC, having last visited the centre pre-pandemic in 2019. This time it was Chris's turn to be in the hot seat as he dined with members and then hosted a Q&A, which included some interesting and funny stories from his time on the TV show 'Who wants to be a millionaire' and his contestants. Chris said, "I think you are all extraordinary, Bless you and thank you for making me welcome again. Your stories must continue to be told."



MAZEL TOV TO ELISHA MARKS ON THE BIRTH OF HER BABY GIRL!

Elisha Marks, Operations administrator, at The Sam Beckman Centre recently left to have a beautiful baby girl Layla Ariella, born 6 August 2022. We can't wait to meet our newest recruit, Layla Ariella!

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. Judith recently celebrated her 90th birthday with friends at the Holocaust Survivor's Centre.

02. Chris Tarrant OBE was delighted to be reunited with members of the Holocaust Survivor's Centre as the special guest speaker.

03. Residents of Stella & Harry Freedman House care home at The Betty and Asher Loftus Centre enjoyed the home's annual garden fete.

04. Dinah Gritz celebrated her special 100th birthday with family, residents and friends at Jewish Care's Otto Schiff care home.

05. Members and volunteers enjoying a game of scrabble at the Sam Beckman Centre.

06. Laurence, a resident of Stella & Harry Freedman House care home celebrated his book launch.

07. Connecticut Capella Singing Group: Magevet entertained guests at our Holocaust Survivor's Centre with a selection of songs.

08. Milly Days out enjoying boating and afternoon tea on the River Thames.

09. Members enjoy the beautiful art exhibition. Violet Cohen read an extract from her late husband, Maurice's, book, *Thunder Over Kashmir*.

10. Actor Louisa Clein and Comedian Shazia Mizra joined members of the Holocaust Survivor's Centre for a lively multi-faith discussion.

11. Rita, a resident of Otto Schiff care home, celebrating her special 98th birthday.

12. Sidney Corob House care home resident, Jeho, celebrated his 80th Birthday with a Caribbean themed party.



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JC IN NORTH AND NORTH WEST LONDON

13. Sculptor, Frances Segelman has begun work on a bust of Rachel Levy BEM, who is a member of our Holocaust Survivor's Centre and lives at our Selig Court Retirement Living apartments.



14. The London Male Jewish Choir preformed a concert for members at MSJCC.



15. MSJCC Volunteers Team receiving their Volunteers award for the Best Team.



16. Max Lesner and Leo Freeder who are both participating in Jewish Care's Bnei Mitzvah programme each ran 10k for Jewish Care at the Maccabi Fun Run.



17. Residents at Sidney Corob House reflecting and asking for forgiveness for Yom Kippur with Tashlich.



18. Rosalind, Volunteer at HSC proudly received her certificate for Platinum Jubilee contributor at the volunteer awards.



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

RAYMOND TURNER: JEWISH SPIRITUAL WELLBEING VOLUNTEER AND BEFRIENDER

Raymond is 87 years old and volunteers at Jewish Care's Stella & Harry Freedman House and Kun Mor And George Kiss care home. He has been volunteering for Jewish Care since 1991.

Raymond has long played a key role in guiding and supporting the spiritual wellbeing of the residents. For many years he has been devoted to ensuring residents live a Jewish way of life. Raymond organises kiddush and candle lighting weekly across four of the five Jewish Care homes and plays a lead role in all the Jewish festivals throughout the year. During the pandemic, he also volunteered as a telephone befriender. Raymond's wife, Irene, was also previously a volunteer for Jewish Care in Southend.

Raymond is a storyteller, a listener and a facilitator and recently started to facilitate a new discussion group 'Let's Talk'.

Raymond was originally from Birkenhead and after his army service, worked as production management in industrial lubricants manufacturing amongst other roles in his career. Raymond moved to Liverpool to be with Irene and then later to Essex. Together, they have two sons and six granddaughters.

When Raymond was made redundant, he became self employed as a health & safety adviser and moved to Stanmore where he retired to care for Irene, who lives with Parkinson's full time.

Raymond says, "Caring is my hobby, I volunteer because I want to, it's a family trait. The pleasure I get from helping to improve a life, if only in the moment, is an enormously satisfying reward."



He continues, "Helping is pleasurable and a smile or thank you rewards with an inner glow. There are many ways to volunteer, so if there is a need, have a go and try to fill it. You will have wonderful support from the Volunteer Group. The opportunities are there and if you are job seeking, volunteering is a rewarding way to fill time and it looks good on a CV."

Raymond recently won Jewish Care's Volunteer Award for Volunteer Patron. On receiving the award, he said, "I can think of others who do much more than I. But relatively few awards can be made each year, so I am privileged to be selected. I am grateful to Jewish Care because volunteering with it has enabled me to give time, give comfort, give support, recall memories and in turn receive a smile, a thank you and sharing the special past events in the lives of dear people. I guess sharing is the basis of volunteering – sharing time and experiences."

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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