

IN SOUTH HERTFORDSHIRE

YOUR LOCAL COMMUNITY MAGAZINE



LOCAL NEWS AND ANNOUNCEMENTS

Stay up to date with what's
happening across South
Hertfordshire

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 South Hertfordshire'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 South Hertfordshire Hub.



My name is Bev Blass and I am the Community Hub Manager for the South Herts Hub. My role is to oversee the running of The Ronson Family Community Centre and The Zalman and Ruchi Noé Centre for people living with dementia at our Sandringham site.

We have just celebrated the 1st Birthday of both centres and things are going from strength to strength. We feel privileged to work at the beautiful Sandringham site offering our members not only a beautiful building but incredible landscaped views across a 16-acre space.

As I reflect over the past year, I am incredibly proud of all that we have achieved. This could not be done without our amazing volunteers and wonderful team of staff.

Our members enjoy a wide range of social and recreational activities from card games, to baking and everything in between! We are delighted to always offer a range of options for our members and strive to make every day as fun filled as we can. Our centres are also rich in culture and our daily activities reflect this. We endeavour to celebrate Jewish life in the way that best suits each member, and it is so important to us that every single member expresses themselves and their culture that is unique to them.

Once a member comes into our centres they join the Jewish Care family. The atmosphere we create really reflect this. Friendship and laughter prevail and we are proud to offer this in our centres.

Bev Blass
Community Hub Manager for South Hertfordshire

For any questions about activities in South Hertfordshire Hub, please do not hesitate to contact Bev on 020 8442 7750, ext 6836, 07770 967 040 or bev.blass@jcare.org

LOCAL NEWS

Round up of news from Jewish Care in South Hertfordshire

HERTFORDSHIRE NEWS AND ANNOUNCEMENTS

Members had a blast celebrating Rosh Hashannah with parties at The Ruchi and Zalman Noe Centre for people Living with Dementia and The Ronson Family Community Centre at Sandringham.

Jewish Care's pastoral leader, Rabbi Junik, visited centres to blow the shofar and talk about Rosh Hashanah. Members were happy with the familiarity of golden memories and really enjoyed the shofar blowing and singing, but most of all, the apple, honey and plentiful cakes.



QUEEN GREEN CANOPY TREE PLANTING CEREMONY

Members and residents enjoyed planting more 'grass roots' with a Jubilee tree planting ceremony in the front of Sandringham for the Queen's Green Canopy. Residents watched as a beautiful tree was planted in the front garden in commemoration and a plaque was unveiled to mark the occasion, putting Jewish Care on official Queen's Green Canopy map of Jubilee trees.

THE AIR AMBULANCE TALK AND CAKE SALE

The Air Ambulance service are coming to visit members at The Ruchi and Zalman Noe Centre for people Living with Dementia and The Ronson Family Community Centre at Sandringham. They will be giving a special talk to members and we will be hosting a cake sale to raise money for the Air Ambulance.

Other exciting activities coming up include a specially organised talk from Hearing Dogs, a Tai Chi trial session, Heartbeeps baby class session and of course more parties with Chanukah around the corner!

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. Jewish Care's Piaf Garden at Sandringham allotment project, Mavis and Phyllis, Pears Court tenants with volunteer Ruth.

02. Tenants and residents came together to plant a Tree for the Queen's Platinum Jubilee.

03. David enjoyed a winning game of Jenga at The Ronson Family Community Centre games activity session.

04. Ben Horne helping one of the members to say their Tashlich prayer for Yom Kippur in The Ronson Family Community Centre.

05. Tenants at Pears Court enjoyed apple, honey and singing at their annual Rosh Hashannah Party.

06. Staff and members of The Zalman & Ruchi Noé Centre for people Living with Dementia celebrated their one year anniversary of being back in the centre.

07. Julian enjoying Uncle Doovy's ice cream when it came to visit The Zalman & Ruchi Noé Centre for People Living with Dementia.

08. Valerie Wolfson and Corinne Mallach at Jewish Care's Pears Court Retirement Living enjoy gardening in Piaf's Garden at Sandringham.

09. Members of Chatty Café at Sandringham enjoyed a social catch up over coffee and lunch.

10. Pears Court tenants came together for Tashlich with Rabbi Junick and a talk in preparation for Yom Kippur.

11. The Ronson Family Community Centre members and staff enjoyed a staycation at the seaside at Sandringham with fish and chips and flake 99 ice creams!

12. Pam and Hermi receiving their well deserved Volunteer Awards for People's choice.



01



02



JC IN SOUTH HERTFORDSHIRE

13. Julian and daughter Delila enjoying The Zalman & Ruchi Noé Centre for people Living with Dementia 1st Birthday party.



14. Ruth Grant, staff and members of The Ronson Community Day Centre made a wish tree for Rosh Hashannah.



15. Staff cut cake for members and tenants as they all came together for the Queens Jubilee party and jubilee tree planting ceremony.



16. Avril, member of The Ronson Family Community Centre baked honey cake for Rosh Hashannah.



17. Jewish Care Anita Dorfman House resident Evelyn Saville with volunteer Marilyn Albert.



18. Members enjoyed making Judaica bracelets in a Jewellery making activity session at The Zalman & Ruchi Noé Centre for people Living with Dementia.



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

JUDYS STORY

Judy has been volunteering for Jewish Care for the last 16 years and first started volunteering because her late mother was in Jewish Care's former Princess Alexander Home, now known as Anita Dorfman House at Sandringham. Judy used to bring her first PAT dog to visit her mother. Judy feels that volunteering for Jewish Care is the right thing to do at this time in her life. Judy has been married to her husband David for over 50 years and they have two children.

Judy volunteers at Pears Court Retirement Living apartments at Sandringham, running two weekly coffee mornings, brings Maisie the Schnauzer PAT Dog weekly and runs an art appreciation session for women once a month. Her husband David, also a volunteer, takes groups of residents shopping on a weekly basis and facilitates a current affairs session and they are both on the Kiddush and Shabbat rota. During the pandemic, Judy volunteered as a Telephone Befriender, and has continued with her weekly calls.

Judy says, "I volunteer because it gives me a tremendous warm feeling to give. I want to give, I enjoy it, I get a lot from it and I love being around and talking to older people when they aren't too mesmerised by Maisie! I also love seeing the joy that Maisie brings to the residents".

Maisie not only visits Pears Court at Sandringham, but Anita Dorfman House at Sandringham too. She has helped brighten the lives of many residents. It really is a volunteering family affair for the Gottlers!



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,
PLEASE CONTACT:**

Community Hub Manager:

Bev Blass

bev.blass@jcare.org

020 8442 7750 ext 6836

Ronson Community Centre Coordinator:

Oliver Danes

oliver.danes@jcare.org

020 8418 2107

Noe Dementia Day Centre Coordinator:

Rachel Allen

rachel.allen@jcare.org

020 8951 3739

Volunteer Manager:

Jacey Harris

jaharris@jcare.org

020 8418 2106

Operations Administrator:

Benjamin Horne

benjamin.horne@jcare.org

020 8442 7750

Administrative Assistant:

Gill Planner

gill.planner@jcare.org

020 8442 7750 ext 6831

