

CARELINE

ISSUE 86 | SUMMER 2022/5782

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A Jubilant Jubilee

Mental Health Matters

Jewish Care Explore

***A night
to remember!***

FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

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ISSUE 86 | SUMMER 2022/5782



Welcome to our Summer issue of *Careline*. This issue is packed with stories and photos from across Jewish Care over the last six months. As always, we welcome your thoughts and comments on the design and content of *Careline*. Please send these to editor@jcare.org or call 020 8922 2761.

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Boy George and Anita Frankle at Jewish Care's Annual Dinner

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Welcome from

Daniel Carmel-Brown, Chief Executive, Jewish Care

Summer is always a fantastic time at Jewish Care. We relish the opportunity to do more activities outside, enjoy the warm weather (as far as any British summertime will allow!) and generally appreciate being able to experience all the things that come with the effect of sunshine on our mood.

We have had much to celebrate and be positive about over the last six months. I am incredibly proud of Jewish Care's staff and volunteers who have won even more awards since our last edition of *Careline*.

Paula Plaskow, Jewish Care's End of Life and Palliative Care Lead received the End of Life Care Award in the Market 3rd Sector Awards, recognising the expertise and experience of Jewish Care's multi-disciplinary End of Life team. Jewish Care's volunteers in Barnet were also the proud winners of the "Outstanding Service to the Community" award at the London Borough of Barnet Civic Awards, and Jewish Care volunteers at our Sandringham campus, Wendy Pater, Rosalind Monnickendam and Sara Linskell, have each received the Platinum Champion Award for their services to volunteering.

In other news, our fantastic Meals on Wheels teams have delivered over 100,000 meals across our community since the start of the pandemic. Our wonderful volunteers have been crucial in helping us to deliver this service and we are so grateful and proud that they have helped us to reach this milestone.

"OUR FANTASTIC MEALS ON WHEELS TEAMS HAVE DELIVERED OVER 100,000 MEALS ACROSS OUR COMMUNITY SINCE THE START OF THE PANDEMIC."

Our lay leadership play a vital role in supporting and guiding Jewish Care, and I want to sincerely thank Julia Bekhor, who stepped down as a Trustee of Jewish Care earlier this year, for her time and expertise. We also welcome Stephanie Cooper to the Board of Trustees after being a valued member of the Audit and Risk and Quality Assurance Committees of Jewish Care for a number of years. Stephanie is a qualified solicitor and has worked in private practice, as a law lecturer, a member of the Parole Board



and as a tribunal judge and brings with her a wide range of voluntary experience from across the NHS.

We do have some more unfortunate news to share with you. It is with a heavy heart that Jewish Care has decided to start the process leading to the closure of Hyman Fine House by the end of September 2022. Jewish Care strives to provide safe, high-quality care and services, which are effective, efficient, are sustainable in the long term and are in fit-for-purpose facilities, and Hyman Fine House was built to meet the care needs of a different generation when it opened in 1971. We will, of course, support and work with every individual and their family to ensure that, as far as possible, their needs and aspirations are met with them safely being rehoused by the end of September.

Jewish Care, together with, other communal organisations, will continue to have a strong presence in the local Brighton and Hove community. We are committed, with the support of the community, to putting in place services to ensure the local community receive support and care that is Jewish. We will also be creating a brand new, dedicated, Jewish Care Community Services Coordinator role in the local area to support this work, and we will carry out a piece of research with the local community to establish what services they would want to see.

At Jewish Care, Covid-19 still plays a part in our lives. Much like the rest of the country, we have learned to live with it and manage it on a day-to-day-basis. We continue to take precautions to protect those we care for as far as possible, and while there may be some cases of Covid-19 across Jewish Care, numbers are still low and mostly asymptomatic.

Thankfully, the easing of restrictions has allowed us to hold many of our calendar-staple, in-person fundraising events again. In February, our Young Patrons Dinner saw 450 young people raise £150,000 for Jewish Care. In March, our Topland Group Business Lunch saw over 900 people raise over £400,000 for our vital services. Our Family Fun Day in June saw more than 3,000 people join us for a day of rides, activities and festivities, and most recently, in July, we were able to hold our Annual Campaign Dinner in person once again, which saw us raise £5 million. We are so grateful to all those who support our services either through their generous donations or invaluable volunteering work.

We hope that the summer months will continue to bring more smiles, visits, outdoor activities, warmth and joy to all of our residents, tenants, members and volunteers across Jewish Care. We are certainly pleased to feel like we are very nearly back to normal. A big thank you is due to everyone who has supported us to get back to this point and help us look forward to a very bright Jewish Care summer!



Update: Redbridge Development

Jewish Care is excited to announce further details of plans for our fourth strategic and physical campus to support the community across the Essex and East London area.

Following a successful pre-planning application meeting with the London Borough of Redbridge in November, we are delighted to announce that it is now our intention to shortly proceed with our application for planning permission in August to redevelop the site where the current Redbridge JCC building sits.

The exciting new £25 million development in Redbridge on the existing Redbridge JCC site will comprise of a wonderful community centre space which will house a centre for people living with dementia along with a 66-bed care home, which our Vi & John Rubens House in Gants Hill will relocate to. As well as building a beautiful care home and community centre space, this site would house Jewish Care's social work team, as well as providing some communal space for wider use. From recent research into Retirement Living across the area, there is an ample supply of developments that support the local community, and we will no longer be building Retirement Living flats on the site.

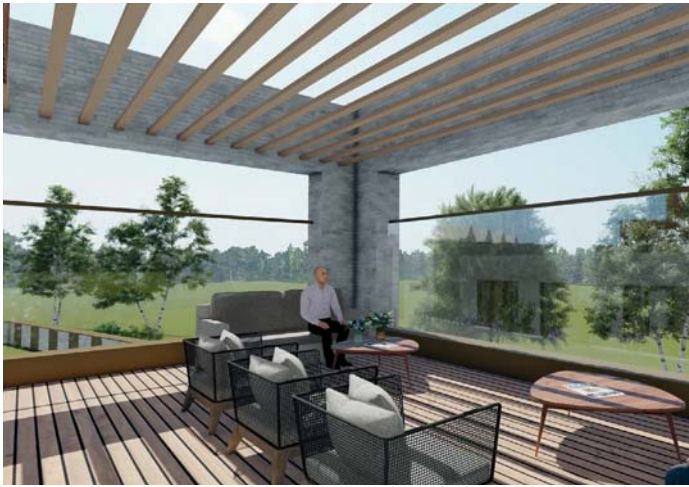
Daniel Carmel-Brown, Chief Executive at Jewish Care says, "We are very excited to have had a successful and positive pre-application meeting with the London Borough of Redbridge about our revised plans. We have always remained 100% committed to the development of the right services to meet the current and future demand for Jewish Care services for our Essex and East London community. This new campus will be an investment for the entire community across East London and Essex, and we are delighted to be moving forward with the process."

We are delighted to be able to share the latest CGI images of what the campus could look like once built. Whilst these images are provisional, they do give an insight in to our intentions for the site.

Jonathan West, Director of Legal Affairs, Property and Procurement at Jewish Care says, "As we progress with our plans for the development, we will continue to involve and update the local community and stakeholders across Jewish Care at each step of the way. The new development will become a key part of the local infrastructure and a central hub for communal events. We are therefore also committed to ensuring that the development is as environmentally friendly and sustainable as possible and we aim to significantly reduce the carbon footprint by using air source heat pumps to reduce gas usage and utilising other measures in order to work towards achieving an excellent environmental certificate under BREEAM (Building Research Establishment Environmental Assessment Method)."

Whilst we continue to work on these plans, Redbridge Jewish Community Centre's Day Centre and adult Community Centre, along with our MIKE programme will continue in the interim at Woodford Forest United Synagogue until the new campus is open. Our centre for people living with dementia will also continue to operate from within its own dedicated space at Vi & John Rubens House until the new campus is open.

For more information on our plans, please visit jewishcare.org/redbridgeplans



Please note that these images are provisional and subject to change.



Jubilant Jubilee celebrations across Jewish Care

Hundreds of cream teas were enjoyed by care home residents, community centre members and Retirement Living tenants to mark the Platinum Jubilee. Celebrations began early with music, teas and parties across the organisation. Dedicated volunteers across Jewish Care also enjoyed cream teas to thank them for their incredible support and dedication during Volunteer's Week (1-7 June).

Members of Jewish Care's Holocaust Survivors' Centre sent a card to Her Majesty the Queen with personalised

messages and photos to wish Her Royal Highness a happy birthday. At the Jubilee Party for members, Adele Hamilton, said, "The music and the atmosphere was wonderful, the scones were especially delicious."

Jewish Care's Chief Executive, Daniel Carmel-Brown, says, "We wish Her Majesty the Queen a very hearty Mazel Tov on this very special occasion from all of us at Jewish Care. We have warmly welcomed members of the Royal Family at our resources and events over the years and often share our residents' joy on receiving Her Majesty's centenarian birthday cards, which often take pride of place in any room. We are pleased to be able to celebrate the Jubilee with our residents, tenants, community centre members and volunteers together as a community at Jewish Care."

As part of the Jubilee celebrations, three dedicated Jewish Care volunteers, Sara Linskell, Wendy Pater and Rosalind Monnikendam received Platinum Jubilee Awards, which were set up in honour of Her Majesty The Queen's 70 years of service by the Royal Voluntary Service. The awards celebrate outstanding volunteers nationwide, who are making a difference every day.

On hearing she'd been chosen to receive Platinum Jubilee Award, Rosalind said, "I was taken completely by surprise. I feel it's a great honour for myself and also recognises all the wonderful volunteers that I've been working alongside for many years at Jewish Care. I like volunteering, it's a chance for me to put back into the community and to do what I enjoy doing the most – caring for other people."



Jewish Care means so much to so many. Some know it for the colour purple, or its new cuddly mascot, Chava Heart, or the large modernist building on Golders Green Road. I didn't know a huge amount about it other than they hosted Gary Barlow at a campaign dinner and the charity clearly loved the colour purple.

But then I joined committees to put on events and with every meeting, learned a little more about the charity. After university, I joined a bunch of other young graduates to organise a Friday night dinner, a nostalgic throwback to university days but this time, with charitable consequences. I then got involved with other committees, the young patrons' committee, the young lawyer's committee (which I helped establish despite, at the time of writing no longer practising as a lawyer) and then the Lay Leadership Development Programme. One of the problems I found with Jewish Care was understanding what it did. It's almost Byzantine in its complexity but at its heart is a thriving social welfare charity for our community. It is clearly top of class, held to the highest of accounts with a seriously impressive cohort of professionals, trustees, and lay leaders who provide counsel.

So why should you volunteer now? Why, when many in our twenties and thirties, seminal times with burgeoning professional and personal lives, why should you be involved with Jewish Care? Why should you bother to volunteer one Sunday a month or visit Amélie House on a cold Thursday evening in November to plan for a fundraising dinner for 500 people? Quite simply, it's the people. It's the beneficiaries. The lives you touch. Those you affect. Whether you manage to lift the spirits of a Holocaust survivor, or put a smile

Below: Andrew and Reina Freedman at our Annual Campaign Dinner 2022.



Why volunteer for Jewish Care?

Andrew Freedman talks to *Careline* about why he volunteers for Jewish Care and how he became so involved.

on the face of someone grappling with mental health issues, or simply ease the burden of family members. Jewish Care is about its people, whether staff or clients.

Of all the volunteering roles I have undertaken for Jewish Care, the most rewarding was the Lay Leadership Development Programme. One Sunday a month 15 young(ish) recruits turned up at different Jewish Care hubs at 10am (always with bagels and coffee) on a Sunday morning for an immersive tutorial in Jewish Care: we might visit a home, hear from the head of social care at Jewish Care and meet with residents. Or we would have

“WHETHER YOU MANAGE TO LIFT THE SPIRITS OF A HOLOCAUST SURVIVOR, OR PUT A SMILE ON THE FACE OF SOMEONE GRAPPLING WITH MENTAL HEALTH ISSUES, OR SIMPLY EASE THE BURDEN OF FAMILY MEMBERS.”

a talk from the CEO on the high level strategic priorities for Jewish Care and speak to the head of one of the residential homes. It was the most effective way of learning about the charity and, provided me with a long-lasting loyalty to it and an incremental understanding of the charity. Now of course, I want to put what I learned to good use and there is an alumni programme which has recently started. I am looking forward to continuing my Jewish Care journey, albeit with increasingly greying hair.

Something that I like to recall is Jewish Care's vision, namely that it is a place where Jewish culture and values are shared and celebrated, while characterised by kindness, compassion and giving. Of course all this is underpinned by meeting the community's real needs in terms of care and services provided. And while Jewish Care is an enormous organisation, it needs our support. Rabbi Sacks z”l once said that to be a Jew is, among other things, it is to enhance the lives of others – for where we bring blessings into other lives, there G-d lives.

If you would like to volunteer for Jewish Care, please contact volunteers@jcare.org or call 020 8922 2405 for more details.

Around the world of Jewish Care

01 Our catering team have prepared, and our volunteers have delivered 100,000 Meals on Wheels since the start of the pandemic to older, isolated people at home in the community.

02 Henry Lewis, magician and resident at Jewish Care's Wolfson Assisted Living at Sandringham received an MBE from HRH Prince William, Duke of Cambridge.

03 Marie Joseph celebrates her 100th Birthday at our Brenner Stepney Jewish Community Centre.

04 Jewish Care's Jason Cloete, Business and Project Manager and Erica Orsos, Senior Housekeeping Supervisor, with the first graduates of Jewish Care's Housekeeping Academy, Mohamad Mousa, Stella Adjei and Saraswoti Pithakotemagari.

05 Marilyn and Terry enjoy dancing again as RJCC's Sunday Socials are back.

06 Maureen and friends at her birthday celebration at Southend and Westcliff Jewish Community Centre.

07 Ivor Perl BEM and member of Jewish Care's Holocaust Survivors' Centre with granddaughter, Lia Bratt, at Jewish Care's Young Patrons Dinner.

08 Chief Rabbi Mirvis visits Jewish Care and Camp Simcha Challah Bake for Shabbat UK at the Michael Sobell Jewish Community Centre at The Maurice and Vivienne Wohl Campus.

09 The Mayor of Barnet, Cllr Alison Cornelius presents volunteer Fred Spitzer with a Barnet Civic Award 2022 for Jewish Care Barnet Volunteers with Gayle Klein, Trustee, Richard Shone, Director of Volunteering & Social Work, Mushka Gluck-Cohen, Senior Volunteer Recruitment Officer.

10 Brian Shaer, resident at Jewish Care Kun Mor & George Kiss care home, participating in the Dance for Life programme.

11 Jewish Care Local Angels Committee luncheon with Rachel Riley raises nearly £40,000 for services in Essex and East London.

12 Jewish Care's B'nei Mitzvah participants are among over 1000 people trained by Jewish Care in Dementia Awareness.



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13 PwC UK Employee Volunteers get the allotment started in Piaf's Garden at Jewish Care's Sandringham.

14 Participants in Jewish Care's MIKE Youth Leadership Programme celebrate Yom Haatzmaut on their residential Shabbat weekend.

15 Ruth Gomm's skydive to raise funds for Anita Dorfman House care home at Sandringham.

16 More than 240 people joined Jewish Care for a Business Breakfast at The Savoy Hotel with Marks & Spencer Chairman, Archie Norman, raising over £55,000 for our services.

17 Staff and residents at Jewish Care's Sidney Corob House care home celebrate the installation of their Ten Commandments stained glass window.

18 Rachel Levy BEM, member of the Holocaust Survivors' Centre and tenant at Selig Court Retirement Living with the artist of Seven Portraits: Surviving the Holocaust exhibition at Buckingham Palace.

19 110-golfers celebrated the 50th anniversary of RAGS Golf tournament at Abridge Golf Club. A cheque for £95,000 was presented to Jewish Care's Chief Executive, Daniel Carmel-Brown, to support Jewish Care's work in the local area. The Community Security Trust were also presented with £10,000, and £5,000 was donated to Sidney Gold RAGS Scholars.

20 Staff and volunteers together as Jewish Care welcome back Redbridge Jewish Community Day Centre members for in-person activity.



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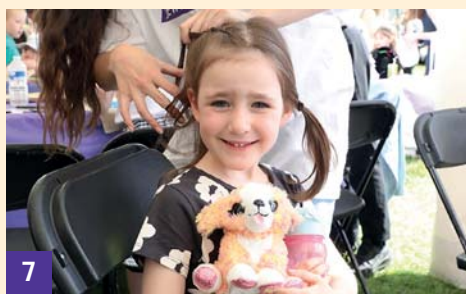
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Family Fun Day

Jewish Care's biggest ever Family Fun Day is back with a hearty welcome

In June, more than 3,000 people from the local community flocked to Jewish Care's biggest ever Family Fun Day. Visitors were greeted by Jewish Care's new purple heart mascot, Chava Heart, who welcomed families across the generations with handshakes and hugs to the day at Aldenham Country Park Events Field.

Families enjoyed an afternoon of fun, food and entertainment. The funds raised will to help to enhance the lives of residents at Jewish Care's Anita Dorfman House care home at Sandringham. The day was kindly sponsored by OakNorth Bank.



1. Jewish Care CEO Daniel Carmel-Brown with the new Jewish Care mascot Chava Heart and friends at the Family Fun Day. **2.** The talented Mihaela Danaila, Activity Coordinator at Anita Dorfman House at Sandringham, sings with Vanessa Class School of Dance and our new talented mascot. **3.** Jumping for joy on the bungee trampoline at the Fun Day. **4.** Part of the army of volunteers that made the day such a great success. **5.** Vanessa Feltz with her daughters, Allegra, Saskia, and their children, came along to enjoy Family Fun Day. **6.** Making paper flowers for residents at the PJ Library stand. **7.** Young volunteer, Alicia Bogard at the hair braiding bar. **8.** MOUVE with Dancing with Louise performing for the crowd. **9.** Families across generations came out to enjoy Family Fun Day. **10.** Giant inflatables proved to be very popular! **11.** Spending quality time together, father and son explore the day's festivities. **12.** Face painting fever set in for many, who turned their faces in to works of beautiful art.

Turn your celebration into a Mitzvah for Jewish Care

60TH WEDDING ANNIVERSARY

Valerie & Noel Gellman
Norma & Bernard Kashket
Frances & Martin Moss

50TH WEDDING ANNIVERSARY

Lesley & Harvey Allen
Sandra & Max Bernstone
Toba & Michael Brown
Barbara & Ian Dunn
Brenda & Laurence Elton
Valerie & Peter Greenwood
Esther & Esmond Gross
Marion & Ray Langford
Fiona & Charles Tannenbaum

40TH WEDDING ANNIVERSARY

Lynn & Charlie Brown

WEDDING ANNIVERSARY

Carole & Alan Orchover

WEDDING

Sara Gordon & Simon Menashy
Lord & Lady Harrington
Tamar & Zak Linden

ENGAGEMENT

Aliza Kaweblum & Hillel Greenwood

2ND BAR MITZVAH

Stanley Brickman
Raymond Laren
Arnold Roth
Seymour Saideman

BAR MITZVAH

Jonah Bloch

BAT MITZVAH

Maya Kulick

BIRTHDAY

Anne Astaire
Lucille Balcombe
Gaynor Black
Barry Bloombaum
Raymond Brandman
Arnold Carmel
Teresa Chevin
Philip Cohen
Sandy Cohen
Simon Cohen
Shirley Collier
Anita Dorfman
Raina Driver
Sylvia Engelberg
Michael Fienberg
Gail Flaum
Ruth Fluss
Victoria Ginsburg
Harold Gittelmon
Adèle Goldstein
Andrew Goodman
Avril Harvey
Brian Hornick
Stan Horowitz
Gerald Kraftman
Howard Lanning
Matthew Lawson
Phillip Leigh
Gillian Lester
Sandra Levi
Lady Gilda Levy
Rita Levy
Howard Lewis
Arnold Mann
Ben Missri
Simon Morris MBE
Elaine Moss
Mary Harrison
Doris Mullish
Lara Olsburgh
Juliette Overlander
Millie Peters
Jordan Phillips

Jeffrey Posner
Jane Roth
Charlotte Sher
Dennis Sher
Doris Sheril
Stella Smidman
David Spitz
Ashley Stark
Celia Stern
Andrew Stock
Martha Vandor
Michael Vogel
Jane Walters
Freda Warshawsky
Diane Webber
John Webber
Phyllis White
Hetty Young

IN HONOUR

Muriel Marks
Ruth Sherski

IN THANKS

Rabbi Mendel & Rebbetzin Rivkah Lew
Lyndon Wagman

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 Celebrate with Jewish Care Team on 020 8922 2600 or email celebrate@jcare.org

Jewish Care marks Mental Health Awareness Week

This year, the theme of Mental Health Awareness Week was loneliness.

Across Jewish Care's Sidney Corob House and Jack Gardner House, our homes for people with mental health needs, residents marked the week together with a series of in-person creative workshops celebrating positivity which included drama, writing and arts, making T-shirts with empowering slogans.

The person-centred specialist care in Jewish Care homes for people with mental health needs includes a programme of activities for residents to ensure that there are many opportunities for meaningful engagement and social activities. Care staff, volunteers and the expert care teams work also hard to build relationships with the local community services and shops.

Norma Christie, Registered Manager at Jack Gardner House, explains, "We aim to support residents to feel independent, empowered as well as understood and included in the community they live in. One of our residents, Naomi, enjoys going to the hairdresser, so we worked with the local hairdresser to support the appointments and explain how to manage some situations which can come up for her and the best ways to enable her to enjoy the experience of having a haircut."



"WE AIM TO SUPPORT RESIDENTS TO FEEL INDEPENDENT, EMPOWERED AS WELL AS UNDERSTOOD AND INCLUDED IN THE COMMUNITY THEY LIVE IN."

Naomi says, "I really like going to the hairdresser in Golders Green and I feel happy going there. I like my long wavy hairstyle, the colour and the way they blow dry my hair. They offer tea and they are friendly and chat with me."

Berel, who lives at Jewish Care's Sidney Corob House care home for people with mental health needs, enjoys boxing with his trainer four times a week. "I really enjoy it," says Berel, "the trainer says I'm really good and have good stamina. We do other exercises, but it's the boxing I enjoy the most."

In the last few years, wellbeing and mental health have become much more of a focus as we work with others to destigmatise those who face challenges. Our care homes for residents with mental health needs often work to do this, and take every opportunity, such as Mental Health Awareness Week to run activities both in the homes and in the wider community.

For more information on Sidney Corob House and Jack Gardner House, please visit jewishcare.org/how-we-can-help-you/homes.



Celebrate the life of a loved one by Giving in Memory

Simeon Kreeger, known as Simmy, sadly passed away in July last year. His children, Janice, Robert and Daniel, decided to make a donation to Jewish Care in his memory to Otto Schiff care home where he lived. They dedicated a garden bench in the beautiful courtyard garden at Otto Schiff on The Maurice and Vivienne Wohl Campus in Golders Green, where Simeon was cared for.

Janice, Robert and Daniel, said, "We wanted to show our appreciation for the care that the amazing staff at Jewish Care's Otto Schiff care home gave to our Dad whilst he was living there. He is sadly missed by us all. Everyone who knew Dad will remember him as sociable, witty and sporty. He was a hard-working and charitable family man with a great sense of humour and we are thankful to Jewish Care for looking after him."

Talking about Simeon at the dedication of the bench, Danuta, Activity Coordinator at Otto Schiff care home, added, "Simeon was a gregarious man with amazing knowledge on a wide range of subjects. He had a great sense of humour and was always the life and soul of any social gatherings."

"Simeon engaged in discussions and quizzes, exercises, the Yiddish group, reminiscence sessions, and he loved music sessions, entertainment, and musical activities. He liked to keep up with current affairs and to read the daily newspaper and shared his thoughts with others in the 'Men's Group' during their get togethers. Simeon was very much liked and is missed by all who had the pleasure to know him."



Jude Rose, Jewish Care's Legacy Lead, explains the importance of the Giving in Memory for Jewish Care and for relatives, adding, "Janice, Daniel and Robert have found a way to give back to Jewish Care whilst honouring and celebrating the memory of Simeon. We thank them for donating to our Giving in Memory programme which is a special and meaningful way to honour the memory of a loved one and to show appreciation and support to Jewish Care, enabling us to continue to touch the lives of thousands of people each week."

If you would like to find out more about the ways that you can remember a loved one through the Giving in Memory programme, email givinginmemory@jcare.org or 020 8922 2840.



"Jewish Care meant everything to my mum, Bertie. That's why I'm leaving them a gift in my Will".

Brian, Legacy Pledger

Brian's mum Bertie loved being around people. That's why she used to say that volunteering for Jewish Care was the happiest time of her later life. Before Bertie passed away, she did not get the chance to amend her Will and leave a gift to Jewish Care. Brian has since told us that he has included Jewish Care in his Will on her behalf; "I don't want to leave it until it's too late, like Mum. I'm doing this for her".

With a gift in your Will to Jewish Care, you can make sure that future generations of our community get the care they need when they need it most.

For more information about leaving a gift in your Will and our free Will Writing Service, please call Sarit on 020 8922 2819, email legacyteam@jcare.org or visit jewishcare.org/legacy

JEWISH CARE



Honour a loved one **CARE FOR YOUR COMMUNITY**

Whether you choose to honour and celebrate your loved one on a personalised Yahrzeit glass or on one of our Trees of Memories, Jewish Care's Giving in Memory programme can help their memory live on.

For more information visit

jewishcare.org/giving-in-memory

Call 020 8922 2840

or email givinginmemory@jcare.org

First Campaign Dinner in three years raises £5 million for vital services

On Monday 4 July, a room of 900 people attended Jewish Care's first annual dinner in three years. Together, guests raised £5 million for vital services which touch the lives of over 10,000 people each week.

The dinner, which took place at Grosvenor House, celebrated frontline staff for the part they played in looking after the community's older and vulnerable people during the pandemic.

Jewish Care's Life President, Lord Levy, said, "It was so good to be back together after such a long time apart and seeing the room full of our supporters was truly amazing. Jewish Care is a lifeline to so many and I want to pay tribute to our staff who ensured that our services continued and adapted during the pandemic and

each and every day, and paid tribute to the critical care given to older and vulnerable people throughout the pandemic.

Guests heard Anita Frankle's touching story through her son, Harvey. Anita had volunteered at Jewish Care's Redbridge Jewish Community Centre for 30 years, but during the pandemic, found herself isolated and alone. Jewish Care stepped in and made sure that she received support through this time. One night, Anita had a terrible fall at home and was rushed to hospital. When Anita needed to be discharged urgently, but was unable to go back home, she was safely admitted to Jewish Care's Vi & John Rubens House care home within 24 hours. Anita initially intended to stay at the care home short term but loved it so much that she decided to live there permanently. Jewish Care was there for Anita and her family when they needed us the most, like so many others that we help and support.

Boy George's fantastic and memorable performance for guests brought a huge amount of joy and energy to the room, which perfectly complimented the atmosphere of excitement at being back together again after three years. Jewish Care is grateful to Boy George for kindly donating his time on the night.

"TO HAVE RAISED £5 MILLION IS A MAGNIFICENT SUCCESS, AND A GREAT START TO OUR CAMPAIGN YEAR, WHERE WE WILL NEED TO RAISE A TOTAL OF £16 MILLION."

ensure that our community is cared for, day in and day out. Jewish Care could not do this work without the generous support of our community and for that, we are truly thankful." Lord Levy also paid tribute to Jewish Care's President, Steven Lewis, for his hard work and dedication to the charity for over 30 years.

Guest speaker, The Rt Hon Sajid Javid MP and Former Secretary of State for Health and Social Care, also addressed the audience and discussed the vital role that social care providers like Jewish Care play

Jonathan Zenios, Chair of Jewish Care said, "We are deeply grateful to our supporters for their generosity in helping us to raise £5 million for Jewish Care's vital services. Without that dedication, we would not be in a position to help as many people or with as high a quality of service. Huge thanks also go to our guest speaker, The Rt Hon Sajid Javid MP and entertainment, Boy George, for making the evening so memorable. With the support of our donors, lay and professional leadership and staff, we can truly ensure that Jewish Care is there for our community and those who need us most now and in the future. To have raised £5 million is a magnificent success, and a great start to our campaign year, where we will need to raise a total of £16 million."



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Living in a technical Era



Hayley Ross
Digital Skills Tutor
Jewish Care Explore

There are more technically savvy older people than ever before and this has grown even more since Covid-19. People shop and pay bills online and have been keeping themselves entertained as well as connected to other people. "We are living in a technical era where technology has crept into our everyday life. This can cause much anxiety if you are not familiar with using it," explains Hayley Ross, Digital Skills Tutor who is based at JC Explore in the Sandringham Campus in Hertfordshire.

"Often, we need to download apps to access and manage prescriptions and make appointments at our GPs. We may need to show our vaccination records, access emails or share information. This can be really challenging if you are not used to the technology. Technology can be extremely helpful and make your life easier once you learn how to bank, pay bills, shop, book tickets and plan travel online."



It can also keep you connected with family and friends through Facetime, Zoom and WhatsApp and join online activities, clubs and support groups. Information can be accessed in an instant, you can get the latest news as it happens, watch your favourite TV series or relax and listen to music.

"TECHNOLOGY CAN BE EXTREMELY HELPFUL AND MAKE YOUR LIFE EASIER ONCE YOU LEARN HOW TO BANK, PAY BILLS, SHOP, BOOK TICKETS AND PLAN TRAVEL ONLINE."

At Jewish Care Explore we have computers, iPads, smartphones and Android tablets, as well as a range of specialist accessories and apps for people with visual and physical impairments. We also have access to computer programmes which generate speech at the touch of a button. We run courses and workshops on everything from PC and iPad basics to learning how to use email, Zoom, Facebook and Skype.

We run a drop-in service at both the Michael Sobell Jewish Community Centre and Sandringham for those who want to play around with our technology or get some ad hoc support as well as offer support over the phone for those unable to access the centres.

For those already using technology, our friendly team can provide advice and tips to help improve skills or build on existing knowledge. We have seen first-hand how our support has enabled people to participate in activities, feel less isolated and more connected within the community."



Evelyn's story

Evelyn, a resident in a Jewish Care home, loves listening to her radio but often struggled due to her visual impairment. She was delighted when she learnt how voice activated home devices could improve her independence.

During a session with Hayley, she discovered the benefits of a voice activated home device and

"I'M DELIGHTED, ITS CHANGED MY LIFE. WE ALL HAVE LIMITATIONS, BUT YOU DO WHAT YOU CAN TO IMPROVE YOUR SITUATION – JUST TRY."

remembered she had one in a box unused at home. Hayley set the device up for her and she explains the joy she has from being able to easily listen to the radio. "Every morning it gives me such pleasure since I started using the Alexa. I'm delighted, its changed my life. We all have limitations, but you do what you can to improve your situation – just try."

If you would like to find out more information about how JC Explore can help you, call 020 8922 2400 or email explore@jcare.org.

Sharing Shabbat at Jewish Care

I enjoy going to the Shabbat services. It means a lot to be a part of the Jewish people who have a cohesion," says Norman Barnett, 96 year-old resident at Jewish Care's Rosetrees care home.

"The service is very easy to understand, and the book is very clear. I used to live in Somerset and there, I felt different to everybody else, so it's a good feeling to be with everybody here in a community atmosphere.

"I was recently called up by my Hebrew name, Nathanel Ben Shmuel, when I had Yartzheit for my family members," continues Norman, "and it feels that they are still with me when I say Kaddish for my father, mother and my wife."

Ilana Greenblatt, Jewish Care's Jewish Culture and Faith Manager, explains, "In our care homes, attending Shabbat services helps people to connect to Jewish life and to others in the care home community. We welcome in Shabbat at Kabbalat Shabbat services on Fridays in our care homes and Retirement Living apartments, with Shabbat volunteers gradually returning in-person."

At Anita Dorfman House at Sandringham, the support of dedicated volunteer, Marilyn Albert is so appreciated by the residents on Friday nights, empowering residents to do as much as possible for themselves. One resident, Daphne Gerlis coordinates kiddush and recently, 102 year-old Millie Peters, lit the Shabbat candles, whilst 102 year-old Henry Lewis MBE, who lives at Wolfson Assisted Living at Sandringham, made Kiddush for everyone.

"IN OUR CARE HOMES, ATTENDING SHABBAT SERVICES HELPS PEOPLE TO CONNECT TO JEWISH LIFE AND TO OTHERS IN THE CARE HOME COMMUNITY."

Shabbat morning services at The Betty and Asher Loftus Centre are tailored to be as inclusive as possible, with representatives from different types of synagogues, services are in Hebrew and English and include discussion.

Rabbi Junik, Jewish Care's Pastoral and Spiritual Lead, talks about the meaning of going to shul. He says, "The weekly services attract many different people and mean something different to everyone. Going to shul can take people back to when they went to shul at different points in their life whilst



being an important personal moment in the week to have an opportunity for spiritual connection.

"It's a chance to be part of a community, to see friends, for prayer and contemplation, to have a chat and a schmooze and to talk about it afterwards. One lady I spoke to told me she enjoyed going so much over Shavuot as she could go three times in a row with Shabbat falling before Shavuot this year.

"Being part of a community enables people to share sadness and happiness in their lives with others. This could be by saying Kaddish to honour the anniversary of the passing of loved ones, sending healing prayers to relatives and friends who are unwell as well as sharing celebratory blessings on the birth of grandchildren, surrounded by the community who know them. Some people are unable to go to shul, so I visit them and find opportunities for them to connect with their Judaism and spirituality, through prayers, songs or sharing thoughts."

After attending a recent Shabbat morning service at The Betty and Asher Loftus Centre, Jewish Care Chief Executive, Daniel Carmel-Brown, adds, "It was so moving to see residents, staff and family members participate in what is so meaningful to many. I was impressed by how the volunteers who led the service ensured it was inclusive of everyone attending. It reminded me why this organisation is so very special and I thank everyone who makes this possible."

If you would like to find out more about volunteering to support Friday night or Shabbat services at Jewish Care please contact volunteer@jcare.org or 020 8922 2405.

Ask us a question

Q: How do I keep cool in the summer? I'm don't cope as well in the heat as I used to.

A: It's great to enjoy the warmer weather in the summer but it's important to remember to keep hydrated and to try to stay out the sun.

As we age, our bodies don't adjust to high temperatures as well. We are more likely to become dehydrated so it's very important to be aware of overheating and heat stroke during the summer months.

Staying out of the sun can help to prevent overheating, and keeping your curtains and blinds closed can keep the house cool. You will also feel cooler if you wear lightweight, breathable fabrics like cotton.



Drinking plenty of cool water throughout the day, about 6-8 glasses, even if you don't feel thirsty will help to prevent dehydration, as well as avoiding caffeine and alcohol. Eating balanced, light, cold meals instead of hot meals will help to keep you cool as well as to replace any salt you lose by sweating.

If you find it's proving difficult to keep cool you can try placing a cool flannel on the back of your neck can help as well as sitting with your feet in a bowl of cool (but not too cold water). Having a cool shower or bath can also cool you down.

When you do need to go out in the sun, use sunscreen of at least SPF 30 to protect your skin on uncovered parts of your body and wear a hat to protect your head, face, ears and eyes. The best sunglasses are those that have a CE mark, UV400 label or a statement that they offer 100 per cent UV (ultraviolet) protection.

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 mum received a dementia diagnosis some months ago and she has been living on her own for the last five years since my dad passed away. As her main carer, I want to do all that I can to support her so that she can live well with dementia. Please can you advise me on things like benefits that we might be eligible for? I'd also like to find out more about services that are available for her in the community.

A: I'm pleased that you have reached out as there is a lot of support available in the community for people living with dementia and their unpaid family carers.

Please do get in touch with Jewish Care's Direct helpline. Our advisors will be able to refer you to our Social Work and Community Support Team to look at the support services available for your mum. This could include visiting one of Jewish Care's specialist dementia day centres, for example, where people living with dementia can socialise and enjoy stimulating activities in a nurturing environment with experienced staff, supporting them in a person-centred way.

You may also like to go along to Jewish Care's Memory Way Café; a warm and friendly environment for people living with dementia and their family carers which includes reminiscence and an opportunity to meet others in similar situations.

Our Jewish Care Direct helpline advisors may also refer you to our Benefits Team who can provide a benefits check and assistance to apply for any benefits you may be entitled to and our Family Carers Team offer one-to-one emotional support and advice. They can also help you to compile an emergency care plan as well as providing a dedicated dementia carers support group. In addition, they could support you with requesting a carers assessment from your local authority, as you may be offered respite.

If you would like to get in touch with Jewish Care's Family Carers Team, receive our Family Carers Newsletter or find out more about any of Jewish Care's vital services, please contact the Jewish Care Direct helpline on 020 8922 2222 or email helpline@jcare.org

Q: I'm confused about recent changes to funding for social care. I'm looking at different care options for my parents but I'm now unsure about what my contribution will be. Can you help?

A: In September 2021, the Government set out its new plan for adult social care reform in England. From October 2023, the Government will introduce a new £86,000 cap on the amount anyone in England will need to spend on their personal care over their lifetime. The means test for financial support will continue to work in the same way as it does currently and determines what someone can afford to contribute towards the costs of their care based on the amount of assets and income a person has. However, the Government are also increasing the point at which a person is eligible for local authority means-tested support. Much of this can be confusing and our teams are here to help you. For more information, one of our Living With Jewish Care team will be happy to help and talk you through some options. You can call them on 020 8922 2222 or email lwjc@jcare.org.

A guide to what we do

Face-to-face services have resumed, with a range of services continuing to operate virtually, online and over the phone.

CAMPUSES

- ▲ The Betty and Asher Loftus Centre, Friern Barnet
SERVICES ON SITE INCLUDE:
Kun Mor and George Kiss Home, Stella & Harry Freedman House, Rosetrees care homes and The Sam Beckman Centre for people living with dementia
- ▲ Maurice and Vivienne Wohl Campus, Golders Green
SERVICES ON SITE INCLUDE:
Holocaust Survivors' Centre, Michael Sobell Jewish Community Centre, Otto Schiff, Selig Court and Amélie House
- ▲ Sandringham, Stanmore/Hertfordshire
SERVICES ON SITE INCLUDE:
Anita Dorfman House, Wolfson Assisted Living, Pears Court, The Ronson Family Community Centre and The Zalman and Ruchi Noé Centre for people living with dementia

SOCIAL WORK AND COMMUNITY SUPPORT SERVICE

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

CARE HOMES

- Offering high-quality residential, nursing and dementia care in an environment that promotes meaningful lives.
- ▲ Anita Dorfman House, Sandringham Stanmore/Hertfordshire
Personal, dementia & nursing care
 - ▲ Kun Mor and George Kiss Home, Friern Barnet
Personal and dementia care
 - ▲ Otto Schiff, Golders Green
Personal and dementia care

- ▲ Rosetrees, Friern Barnet
Personal & dementia care
- ▲ Stella & Harry Freedman House, Friern Barnet
Personal, dementia & nursing care
- ▲ Vi & John Rubens House, Ilford
Personal, dementia & nursing care
- ▲ Wolfson Assisted Living, Sandringham Stanmore/Hertfordshire
Personal care
- ▲ Sunridge Court, Golders Green
Personal care

CONNECT@ CENTRES

Offering a choice of cultural, social and leisure pursuits, for the young@heart.

- ▲ connect@kenton ①
- ▲ connect@southgate ②
- ▲ connect@stamfordhill ⑤

RETIREMENT LIVING

Offering independent living within a supportive setting.

- ▲ Pears Court, Sandringham Stanmore/Hertfordshire
- ▲ Wohl Court, Hendon
- ▲ Selig Court, Golders Green
- ▲ Shebson Lodge, Southend

ASSISTED LIVING

- ▲ Wolfson Assisted Living, Sandringham

COMMUNITY CENTRES

Our community centres provide Meals on Wheels, befriending, events and virtual activities.

- ▲ Brenner Centre at Stepney Jewish Community Centre, at Raine House
- ▲ Michael Sobell Jewish Community Centre, Golders Green
- ▲ Redbridge Jewish Community Centre, currently located at Woodford Forest United Synagogue
- ▲ Southend and Westcliff Jewish Community Centre
- ▲ The Ronson Family Community Centre, Sandringham, Stanmore/Hertfordshire incorporating the Edgware & Harrow Jewish Day Centre

CENTRES FOR PEOPLE LIVING WITH DEMENTIA

Provide stimulation and therapeutic activities in a safe and fun environment.

- ▲ The Dennis Centre, Ilford
- ▲ The Zalman and Ruchi Noé Centre, Sandringham, incorporating The Leonard Sainer Centre, Stanmore/Hertfordshire
- ▲ The Sam Beckman Centre, Friern Barnet

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, Golders Green, within the Michael Sobell Jewish Community Centre
- ▲ Shalvata, Golders Green, within the Michael Sobell Jewish Community Centre
- ▲ Monthly support sessions, Redbridge

DISABILITY SERVICES

Promoting independence and choice.

- ▲ Jewish Care Explore – Digital skills for everyday life, at The Ronson Family Jewish Community Centre at Sandringham

SUPPORT AND SOCIAL GROUPS

BEREAVEMENT SUPPORT GROUPS



Jewish Bereavement Counselling Service (JBSC) support groups meet in Golders Green. For further information please contact JBSC on 020 8951 3881 or email enquiries@jbcs.org.uk

- ▲ Bereavement during Covid-19 ④
For people bereaved during the virus
- ▲ Stronger Together ④
For people (60+) who have lost a partner

- ▲ Butterflies ④
For mums and dads (of young children) who have lost a parent
- ▲ Bereaved Parents ④
For people bereaved of an adult child
- ▲ AfterShock ④
For young adults (18-30) who have lost a parent
- ▲ Stepping Stones ④
For people (40-60) who have lost a partner

CARER SUPPORT & SOCIAL GROUPS

- ▲ Anita Dorfman House & Wolfson Assisted Living at Sandringham Relatives Support Group, online
- ▲ Physical Disability Carers' Support Group, online
- ▲ Vi & John Rubens House Relatives & Friends Support Group, online

MEMORY SUPPORT AND SOCIAL GROUPS

- ▲ Memory Way Café,
Golders Green, Edgware, Friern Barnet, Stanmore/Hertfordshire and coming soon in Redbridge
- ▲ Memory Way Café online
- ▲ Singing for Memory,
Finchley, Stanmore/Hertfordshire

OTHER SUPPORT GROUPS

- ▲ AJR Association of Jewish Refugees, Redbridge
- ▲ JEMS Group for people living with multiple sclerosis, Edgware/online
- ▲ Jewish Helpline, a confidential, anonymous, non-advisory without judgement listening service is here to support you. Freephone: 0800 652 9249 Landline: 020 3096 2875
- ▲ The Jewish Care Stroke Club, Finchley
- ▲ Parkinson's Wellbeing Group, online
- ▲ Wellbeing Group, Stepney

OTHER SOCIAL GROUPS

- ▲ JCS formerly known as Sobellers for singles, Sandringham MSJCC
- ▲ New Faces for people with visual impairment or physical disability, Edgware
- ▲ Sunday Socials, Redbridge
- ▲ Thursday Social Club, Redbridge
- ▲ Parkinson's Social Group, Golders Green

SUPPORTIVE COMMUNITIES

Informal social groups that bring communities together and help build friendships, in person and via zoom. For information call 020 8922 2273 or email asmardina@jcare.org

- ▲ Chaps that Chat – Weekly informal social discussion group
- ▲ Allotment@Sandringham group – Join our growing gardening group at Piaf's Garden at Sandringham
- ▲ Community Choir – Weekly informal singing group on Zoom
- ▲ Professional Distinguished Gentlemen's Club – Fortnightly for gentlemen living with dementia
- ▲ Tea Parties in volunteers' homes
- ▲ Tea parties for Holocaust survivors' in volunteers' homes
- ▲ Pop In – Join this friendly group for a weekly chat on Zoom
- ▲ Men's Talk – Weekly discussion group for men
- ▲ Knit, Stitch and Natter – Wellbeing group for beginners or experts on Zoom
- ▲ Knit, Stitch and Natter – Weekly for beginners or experts, wellbeing group at Kinloss
- ▲ Women's Hour – Monthly meeting with lunch and guest speakers
- ▲ Jewish Care's Sandringham Campus
- ▲ Chatty Café @Chabad – Weekly meet for coffee and chat in Buckhurst Hill
- ▲ Chatty Café on Zoom – Weekly meet on Zoom for coffee and chat

BEFRIENDING

Companionship and friendship through face-to-face and telephone conversations to help combat loneliness and isolation. Across London, Essex, Hertfordshire and the South East.

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

MEALS-ON-WHEELS

We offer an extensive nutritious 'Kosher meals at home' service in Redbridge, Southend, Stamford Hill and across North West London. We are also able to provide a range of pureed foods for anyone living with dysphagia.

MENTAL HEALTH

Jami

The Mental Health Service for our Community

You can contact Jami on 020 8458 2223 or visit jamiuk.org. Jewish Care and Jami are working together to provide more integrated physical and mental health support. Jami's specialist mental health professionals help people to manage their mental distress, ensure they feel effectively supported, are able to access the help they need, and have a measurably richer quality of life.

ACTIVITIES AND SERVICES

- ▲ Helping service users manage their mental and physical health and daily routine
- ▲ Visiting people in hospital, organising befriending and offering 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

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 RNID
- ④ run by the Jewish Bereavement Counselling Service
- ⑤ in association with Industrial Dwelling Society



Celebrate

WITH
JEWISH CARE

Mazel tov! Jewish Care loves celebrating. Whether it's a birthday, wedding, anniversary, bar or bat mitzvah, in fact any special occasion, we know how wonderful it is to mark life's big moments.

Choosing to ask for donations instead of gifts is a meaningful way to acknowledge your simcha and make it even more special.

Every donation made towards Jewish Care will help support the 10,000 people whose lives we touch every week.

**To find out more please visit
jewishcare.org/celebrate
or call us on 020 8922 2600**



When Don celebrated his 90th Birthday, he and his wife Louise were delighted to ask family and friends for donations to Jewish Care instead of gifts