



# Here for you

A guide to our services

**JEWISH CARE**

## WE ARE JEWISH CARE

Jewish Care is the largest health and social care organisation in the United Kingdom, providing a range of care and support services to the Jewish community in London and the South East touching the lives of 12,000 people every week.

Jami has joined the Jewish Care family so we can also continue to offer sustainable mental health services to the community. We offer help, advice and advocacy through a wide range of residential, day care and outreach services. These include care homes, retirement living, dementia care, community centres, as well as social work, support groups, and an advice and information line which is the gateway to our services. We also have a non-judgemental, non-advisory listening helpline.

We provide specialist services for older people, people with mental illness, individuals with physical and sensory disabilities, Holocaust survivors, people who are living with dementia and for those who are caring for others.

Everything we do at Jewish Care is guided by our principles of warmth, kindness, honesty and respect and we are committed to ensuring that people live life to the full.

We deliver care and support that recognises and promotes Jewish values. That's why we provide care in a way that celebrates the religious, cultural, social and historical bonds that unite the Jewish community. Respect for Jewish identity – regardless of the level or nature of religious observance – is at the heart of all that we do.

We recognise that everyone's situation is different and that it can change over time. We strive to ensure all individuals are empowered to live the way they want through our network of support and range of wellbeing services.

All of our resources use kosher or vegetarian ingredients and our staff are fully trained in preparing food in a kosher way. A number of our resources are under licence with either the London Beth Din or the Sephardi Kashrut Authority. Please enquire for further details.

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## COMMUNITY AND CARE HUBS

Our community and care campuses are at the heart of the community, providing care and serving the Jewish communities of North London, North West London, Hertfordshire, East London and Essex, whilst continuing to provide services in Southend.

Our hubs enable us to put our services at the heart of the local Jewish community and form bases for us to reach out into other areas where members of the community live, making it easy for people and organisations to engage with us when they need to.

Our campuses offer high-quality care and community support, as well as a full range of services including day centres for people living with dementia, community centres, care homes and retirement living apartments, along with opportunities to volunteer.



## **THE BETTY AND ASHER LOFTUS CENTRE**

Asher Loftus Way  
Friern Barnet  
London N11 3ND

**Services include:**

### **Care homes**

Kun Mor and  
George Kiss Home

Rosetrees

Stella & Harry  
Freedman House

### **Centre for people living with dementia**

The Sam Beckman Centre

### **Additional services**

Connect@Friern Barnet

Meals on Wheels

Support & social groups

## **EAST LONDON & ESSEX**

**Services include:**

### **Care home**

Vi & John Rubens House

### **Community centres**

Redbridge Jewish  
Community Centre

The Brenner Stepney  
Jewish Community Centre

Connect@Stamford Hill

### **Centre for people living with dementia**

The Dennis Centre

### **Additional services**

Meals on Wheels

Youth Leadership  
Programmes

Social Work & Community  
Support Service

## **MAURICE AND VIVIENNE WOHL CAMPUS**

221 Golders Green Road  
London NW11 9DQ

**Services include:**

### **Care home**

Otto Schiff

### **Community centres**

Michael Sobell Jewish  
Community Centre

Holocaust  
Survivors' Centre

### **Retirement living**

Selig Court

### **Central offices**

Amélie House

### **Additional services**

Jewish Care Explore

Meals on Wheels

Social Work & Community  
Support Service

## **THE SUGAR & RONSON CAMPUS – OPENING 2026**

Woodford Bridge Road  
Ilford Essex IG4 5PG

**Services include:**

### **Care home**

The Sugar Family  
Care Home

### **Community centre**

The Ronson  
Community Centre

### **Centre for people living with dementia**

The Dennis Centre

## **SANDRINGHAM**

Common Road  
Stanmore HA7 3FT

**Services include:**

### **Care homes**

Anita Dorfman House  
Wolfson Assisted Living

### **Community centre**

The Ronson Family  
Community Centre

### **Retirement living**

Pears Court

### **Centre for people living with dementia**

The Zalman and  
Ruchi Noé Centre

### **Additional services**

Connect@Kenton

Jewish Care Explore

MIKE Youth Leadership  
Programme

## **SOUTHEND**

1 Cobham Road  
Westcliff-on-Sea  
Essex SS0 8EG

**Services include:**

### **Community centre**

Southend & Westcliff  
Jewish Community Centre

### **Retirement living**

Shebson Lodge

### **Additional services**

Meals on Wheels

Support & social groups

Jewish Care Explore



## CARE HOMES

Our care homes are more than a 'home from home' for the people who live with us; within each of our homes a very special warm and friendly community exists. Whether it is residential, nursing, dementia or mental health care you need, they all burst with activities promoting wellbeing, stimulating both body and mind so that our residents can continue to live meaningful lives, the way they choose to live them.

Respite care and short-term stays are available, subject to availability, for individuals recovering from an illness or needing 24-hour support for a limited period.

Our professionally trained teams create personalised care plans for all our residents, to understand their individual likes, dislikes, needs and requirements.

We also support people with end-of-life care, where the most sensitive care and advice are available.

We are proud to celebrate our Jewish roots. Each of our homes has a synagogue and delicious kosher food. Volunteers, family and friends, local rabbis and school children visit our homes to celebrate Shabbat and festivals with the residents. It is all this that makes our care homes truly special places and unique communities to live in.

## Our Care Homes

- **Anita Dorfman House, Stanmore/Hertfordshire**

Personal, dementia and nursing care at the Sandringham campus

- **Jack Gardner House, Golders Green**

Mental health care

- **Kun Mor and George Kiss Home, Friern Barnet**

Personal and dementia care at The Betty and Asher Loftus Centre

- **Otto Schiff, Golders Green**

Personal and dementia care at the Maurice and Vivienne Wohl Campus

- **Rosetrees, Friern Barnet**

Personal and dementia care at The Betty and Asher Loftus Centre

- **Sidney Corob House, West Hampstead**

Mental health care

- **Stella & Harry Freedman House, Friern Barnet**

Personal, nursing and nursing with dementia care  
at The Betty and Asher Loftus Centre

- **Sunridge Court, Golders Green**

Personal care

- **Vi & John Rubens House, Ilford**

Personal, dementia and nursing care

- **Wolfson Assisted Living, Stanmore/Hertfordshire**

Personal care, Assisted Living and residential care  
at the Sandringham campus



## RETIREMENT LIVING

Retirement living offers individuals and couples over the age of 60 the freedom to live independently, with the peace of mind of knowing 24-hour support is available with staff based on site if needed.





## Our retirement living schemes

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### **Pears Court at Sandringham Stanmore/ Hertfordshire**

48 spacious one- and two-bed apartments, set in 16 acres of green belt land, part of the Sandringham campus and its facilities.

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### **Selig Court Golders Green**

45 spacious one- and two-bed apartments, part of the Maurice and Vivienne Wohl Campus set in the heart of Golders Green.

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### **Shebson Lodge Southend**

16 apartments located just off the seafront, including some with sea views.

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### **Wohl Court Hendon**

32 apartments in Hendon, close to shops and amenities and a short distance from the Maurice and Vivienne Wohl Campus.

#### **Facilities include\*:**

- 24-hour on-site care and support management team
- A communal courtyard and/or gardens
- Communal lounges for relaxation and entertainment
- Concierge service
- Guest suite for visitors
- Hairdressing salon
- JC Explore – support with technology
- Laundry facilities
- A mobility scooter park
- Shop selling essentials, groceries as well as kosher meals
- Supervised kosher restaurant/café
- Support from the maintenance team
- Videophone entry system
- Wi-Fi in communal areas

\*Please note facilities vary between locations.

**Tel: 020 8922 2222**

**Email: [helpline@jcare.org](mailto:helpline@jcare.org)**

## COMMUNITY CENTRES

Our vibrant and friendly community centres offer a varied programme of events and activities for all ages and interests. Our programmes include arts, culture, exercise classes, adult learning, events, social groups, support groups, and health and wellbeing services.

### Day Programme

Our lively day programme for older people includes a stimulating range of activities designed to keep you physically and mentally active and lift your spirits. You can learn new skills and hobbies or develop those you already enjoy in a warm and friendly sociable environment. Whether you choose to pop in for a particular session or spend the whole day, there is something to suit all tastes.

Activities include exercise classes, yoga, computer sessions, discussion groups, art lessons, bridge and kalooki, as well as guest speakers and musical entertainment.

- The Brenner Stepney Jewish Community Centre, based in Bethnal Green
- Michael Sobell Jewish Community Centre, Maurice and Vivienne Wohl Campus, Golders Green
- Redbridge Jewish Community Centre, based at Woodford Forest United Synagogue, Churchfields E18
- Southend & Westcliff Jewish Community Centre
- The Ronson Family Community Centre Sandringham, Stanmore/Hertfordshire

Room booking and venue hire is available.  
Please contact the centres for more information.



### **connect@ centres**

Jewish Care Connect@ centres offer a range of weekly cultural and social activities for the young at heart. With entertainment, guest speakers and outings, you can explore new interests in a friendly and welcoming environment.

To find out what's on offer near you, contact the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)

- Connect@Friern Barnet, The Betty and Asher Loftus Centre
- Connect@Kenton, Michael Sobell Jewish Community Centre
- Connect@Stamford Hill, Ajax House, Hackney

## DEMENTIA CARE SERVICES

**We believe that a life with dementia can be active and fulfilling. Our wide range of resources and services provides support for people living with dementia.**

Our day centres for people living with dementia offer a lively, social and stimulating environment. These services are essential in enabling carers and families to have some much-needed respite. Drop-in groups such as the Memory Way Cafés and Singing for Memory sessions bring both those living with dementia and their carers together to have fun and share experiences.

Should residential care become your choice, our care home staff are specially trained in the changing needs of residents living with dementia. We ensure residents get the support needed to be able to enjoy and participate in a varied activity programme.

We offer short-term stays in some of our care homes, allowing carers and families a respite break. There is a minimum stay of one week or up to six weeks, subject to availability.

Dementia not only affects people living with dementia, but it also impacts the lives of their families and carers. By working together, our Family Carers team can provide support as and when required, through practical advice, emotional support, advocacy and information.



## **Centres for People Living with Dementia**

Our specialist centres offer activities, care and support which can enhance the overall wellbeing of the person living with dementia.

- The Dennis Centre, Redbridge
- The Sam Beckman Centre, The Betty and Asher Loftus Centre, Friern Barnet
- The Zalman and Ruchi Noé Centre, Sandringham, Stanmore/Hertfordshire

## **Memory Support and Social Groups**

- Art for the Mind, Golders Green
- Eleveses, Golders Green
- Memory Way Café, Golders Green, Edgware, Stanmore/Hertfordshire, Kingston
- Movement for Memory, Golders Green
- Singing Together, online
- Singing for Memory, Finchley, St Albans, Southend Stanmore/Hertfordshire, Redbridge

## SOCIAL WORK AND COMMUNITY SUPPORT

Our experienced teams support 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.

We have five specialist teams with extensive knowledge on a range of issues.



## **Dementia**

We will support those living with dementia and their family carers to find the right services for them. We have strong links with local and national services and we will look closely at all of Jewish Care's services, especially those for people living with dementia, such as our dementia day centres or Memory Way Cafés.

## **Disability and Welfare Rights**

We can help adults of all ages to live as independently as possible. We liaise with voluntary and social services for useful equipment and resources and help to ensure full entitlement of benefits.

## **End-of-Life Care**

This team aims to ensure that those we care for are appropriately informed to understand about end-of-life and palliative care and don't miss out on information available to support their decision making. We work alongside the person and important people in their life to help them navigate information and ensure their cultural and spiritual needs are recognised. Conversations often take place in the context of an acute life event, or new diagnosis which may affect how someone considers the future.

## **Family Carers**

The Family Carers team offers emotional and practical support for people who are caring for a relative or friend through one-to-one meetings, support groups or conversations on the telephone or by email. We also support people with a relative who is moving into residential care.

## **Shalvata**

Shalvata offers support for Holocaust survivors and refugees and can help with practical advice, counselling, assessments and applications for various grants.

### **Our team supports individuals and families from:**

• Central and Greater London • Home Counties • Essex • South London and the South East in partnership with Nightingale Hammerson

We also offer support and guidance by phone and email across the UK and abroad.



# COMMUNITY SERVICES

## Befriending

Our friendly, warm team of telephone befrienders are on hand to make regular contact via a phone or video call and where appropriate in person. If you, or someone you know, is feeling isolated or lonely, especially without in-person contact, please reach out to our friendly team of volunteers who will be happy to connect with you.

For more details about becoming a befriender or if you would like a befriender to connect with you please call 020 8922 2340 or email [befriending@jcare.org](mailto:befriending@jcare.org)

## Meals on Wheels

Our Meals on Wheels delivery service offers nutritious, kosher meals delivered straight to your doorstep. There is a varied menu to choose from, including soups, meat, fish and vegetarian options, and all meals come pre-packaged in individual portions.

Delivery areas include Barnet, Edgware, Finchley, Golders Green, Hendon, Redbridge, Southgate, Stanmore, Stepney Green, Southgate and Finchley.





## JC Explore

### Support with technology

Do you or someone you know need a helping hand when it comes to technology? Our digital support services are on hand to help guide you through using your computer, tablet, smart phone, assistive technology or any other piece of equipment that will help you stay connected to your loved ones and the community.

**For more information on how to access this service, please contact Jewish Care Explore by calling 020 8922 2400, emailing [explore@jcare.org](mailto:explore@jcare.org) or visiting [jewishcare.org/jcexplore](http://jewishcare.org/jcexplore)**

## JC Presents

### Online programme of activities and events

A wide range of virtual activities and events is available to access online. These vary from musical entertainment, talks from interesting people, conversational Yiddish sessions, social conversations, chair exercises and tips on keeping fit, virtual tours of popular locations, and so much more.

**You can find out more about our range of activities and events by visiting [jewishcare.org/jc-presents](http://jewishcare.org/jc-presents)**

# HOLOCAUST SURVIVOR AND REFUGEE SERVICES

## Holocaust Survivors' Centre (HSC)

Jewish Care's Holocaust Survivors' Centre is a dedicated space within the Maurice and Vivienne Wohl Campus in Golders Green. It is the only place of its kind in the UK where survivors and refugees are supported through a specific programme of social, cultural and therapeutic activities as well as recording testimonies.

The Centre's warm and friendly drop-in café is a great place to meet friends and take part in a range of discussions, activities and events including Holocaust memorial events, with guest speakers on art, culture and current affairs.

Many survivors who attend the centre have built strong friendships there and say they consider it a "home" where they can share experiences with those who understand what they have been through.

This service is for survivors who were in Europe during the war or those who came to the UK as refugees after. It also provides for Jewish refugees from former Yugoslavia.

We also have a growing range of Holocaust survivors' outreach services. These include telephone and online befriending as well as Supportive Community Tea Parties for survivors across London, hosted by volunteers in Essex, Bushey and Aldenham, Barnet and Totteridge, Edgware, Finchley and Hampstead.





## Shalvata

The Shalvata team offers counselling and social work support for Holocaust survivors. Our team can also assist with completing Claims Conference applications for financial assistance, Austrian Claims and Six Point Foundation applications (a UK grant-giving agency for survivors and refugees of Nazi persecution).

### Services include:

- 1–1 counselling sessions
- Support for those experiencing trauma, nightmares, loss and the effects of separation
- Support groups for bereaved spouses of survivors and survivors who talk in schools
- Family and carer support
- Assessment and planning for home care, residential and nursing care
- Training staff in statutory and voluntary organisations supporting survivors
- Support and signposting for survivors experiencing memory issues and dementia

## MENTAL HEALTH SUPPORT

Jewish Care's two residential homes, Jack Gardener House and Sidney Corob House, provide support for residents who require mental health support. They offer different levels of care to suit their individual needs, providing a safe but unobtrusive environment where residents can develop or maintain their daily living skills and independence, with the option of support on hand.

Following the integration of Jami into Jewish Care, we are now able to provide a wider range of mental health support to the Jewish community, from secondary-school-aged children to those in later life.

Through expert support, provided by people with lived experience of mental health difficulties, we guide young people and adults through their mental health recovery, support families and carers, and educate community leaders.

Our specialist mental health professionals enable people to better manage their mental illness and distress, access the help they need, and enjoy fuller lives.



# Jami

part of **JEWISH CARE**

**Jami is here for when mental illness and distress makes everyday life a struggle.**

# OUR SERVICES

## Adult one-to-one support

We provide goal-focused support, tailored to each individual's specific needs, which enables a person to live a meaningful life. This is delivered one-to-one by Jami occupational therapists, social workers, mental health practitioners and peer support workers.

## Befriending

Our Compeer befriending programme matches individuals with a volunteer with shared interests to provide practical support and friendship, helping to build confidence and self-esteem, and increasing a person's independence and engagement with their community.

We also provide community befrienders at Head Room who are available for a friendly chat during café hours.



## Advice and signposting

We advise and signpost to local and national services to help people get the support they require.

## Advocacy

Our advocacy service supports and empowers people, their carers and family to have a voice, understand their rights and make informed decisions about their healthcare and issues that matter to them.



## Carer and family support

We provide support to unpaid carers and families looking after someone with mental illness and distress. We offer practical advice and emotional support on a one-to-one basis and within specialist groups.

## Community hubs

Jami's hubs in Finchley, Hackney, Redbridge and online provide safe spaces, social connection and longer-term support for those with mental illness and distress. Staff and volunteers run a range of activities to help people reconnect with old hobbies, discover new interests and connect socially with others within one of our hubs and in the community.

## Education and training

Our focus is on providing people with the awareness and skills to understand mental illness and distress, ensuring that everyone impacted is met with kindness and empathy.

We provide Mental Health First Aid training alongside bespoke CPD-accredited courses on specialist areas such as 'understanding self-harm' and 'suicide prevention'. Our participants include lay and clerical leaders, teachers and youth workers.

Jami Education coordinates ERIC – Emergency Response Initiative Consortium – a multi-agency service supporting schools after the tragedy of a suicide or sudden traumatic death.





### Support for children and young people

Our Children and Young Person's service addresses the mental health needs of secondary-school-age children. Our dedicated multi-skilled team, comprising mental health practitioners, social workers and occupational therapists, work with individuals, families and schools to provide goal-focused, one-to-one support.

### Hospital visiting

Spending time in hospital due to severe emotional distress can be an incredibly lonely and isolating experience. Our hospital visiting service coordinates volunteers to provide in-person contact, a friendly listening ear and social connection to members of the community when it is needed most.

### Talking therapies

Jami's Talking Therapies service provides a non-judgemental, therapeutic safe space to explore emotional distress. Using different approaches, our counsellors explore options and develop strategies together with the individual to help overcome problems they are facing in their lives.

### Vocational support

We help people to access, prepare for, and remain in vocational activity, including volunteering, education, skills training and paid employment.

**To volunteer for Jami or Head Room, visit [jamiuk.org/volunteering](https://jamiuk.org/volunteering)**



## HEAD ROOM

**Jami's social enterprise cafe, Head Room, in the heart of the Jewish community, offers great food and drink alongside mental health support and a community programme of events and activities.**

### Group support

We provide learning opportunities, mutual support and connection with others through a weekly programme of drop-in community events, including art, writing, discussion and walking groups. These are free and open to everyone at our social enterprise café, Head Room, and online.

### Community befrienders

Our volunteer community befrienders at Head Room provide a warm listening ear to anyone wanting a one-to-one chat or some friendly company. They are available at the café from 2–4pm, Monday to Thursday; as well as 10am–12pm from Wednesday to Friday.



# HEAD ROOM

by Jami

# MORE THAN A CAFE, A PLACE TO CONNECT

Head Room by Jami is a social enterprise café offering delicious kosher food and drink\*, and a peer-led support programme that is open to everyone.

\*All profits go towards Jami's mental health services



**Opening times**

**Sunday to Friday  
8am–4pm\***

\*2pm on Fridays  
during winter months



**Head Room**  
**89 Golders Green Rd**  
**London NW11 8EN**

**See our menu at**  
**[headroomcafe.org](https://headroomcafe.org)**  
**020 3301 0274**

**Check us out at**  
 **[headroomcafe](https://headroomcafe.org)**

## SUPPORT AND SOCIAL GROUPS

Our support groups run face to face, virtually online and over the phone. For more information call 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org) unless otherwise specified.

**Jewish Care  
Direct Helpline**  
020 8922 2222  
[helpline@jcare.org](mailto:helpline@jcare.org)

If you need help, advice, or information about any of the ways our services can support you, then Jewish Care Direct is here to help.

Talk to us for advice on the range of Jewish Care services and we can refer you to the right team. We can also direct you to other organisations who might offer the support you need.

Mon-Thurs: 8.30am-5.30pm  
Fri (Apr to Aug) 8.30am-5pm  
Fri (Sep to Mar) 8.30am-2pm  
(Closed on weekends and Jewish festivals)

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**Jewish Listening Line**  
0800 652 9249

Need someone to talk to? We're here to listen.

Our friendly, trained volunteers will listen to your worries or concerns, however big or small they are. Your worries could be about anything, such as social, financial, religious or personal issues.

Mon-Thurs: 12pm-12am  
Fri: 12-3pm  
(Closed on weekends and Jewish festivals)

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**Dementia  
Carers Tea**

Dementia Carers Tea is a group for family carers supporting someone living with dementia with the opportunity to meet others in a similar situation within a supportive space, Friern Barnet, Stanmore/Bushey.

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**Caring For You**  
[caringforyou@jcare.org](mailto:caringforyou@jcare.org)

Caring For You is a group for carers supporting someone living with dementia. You will have the opportunity to meet others in a similar situation within a supportive space, share ideas, receive information and hear advice from trained staff.

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## Carers' support and social groups

<b>Jewish Bereavement Counselling Service (JBCS)</b>	Meets in Golders Green. A list of some of the groups is below. For more information please call 020 8951 3881 or email <a href="mailto:enquiries@jbcs.org.uk">enquiries@jbcs.org.uk</a>
<b>AfterShock</b>	Jewish bereavement counselling service. For young adults aged 18-30 who have lost a parent. Confidential group facilitated by trained professionals.
<b>Bereaved Parents</b>	For people bereaved of an adult child.
<b>Butterflies</b>	For adults who are bereaved of a parent and have children. Group facilitated by trained professionals. Can bring babies. Crèche available.
<b>Peace of Mind Located at Sandringham</b>	A monthly, support group for those experiencing grief or bereavement of any kind. For more details contact <a href="mailto:oliver.danes@jcare.org">oliver.danes@jcare.org</a> or call 020 8418 2107.
<b>Stepping Stones</b>	Bereavement support group for Jewish people aged 40-60 who have lost a partner.
<b>Stronger Together</b>	Bereavement support group for Jewish people 60+ years who have lost a partner.

# MEMORY SUPPORT AND SOCIAL GROUPS

## **Art for the Mind**

Michael Sobell Jewish Community Centre

A monthly creative session for people living with dementia.

## **Memory Way Café**

Golders Green, Edgware, Stanmore/Hertfordshire, Finchley, Kingston and south of the river

A relaxed group for family members who care together with their relative or friend who is living with dementia. Everyone shares an enjoyable activity or interesting speaker, along with tea and cake. Sessions are welcoming and supportive with professionals on hand to offer confidential help and advice.

## **Memory Way Café online**

An online social group for family members who care, together with their relative or friend who is living with dementia. Everyone shares an enjoyable activity or interesting speaker.

## **Singing for Memory and Singing for Memory online**

Finchley, Redbridge, Stanmore/Hertfordshire

Email [info@jcare.org](mailto:info@jcare.org) to find out about additional groups.

Supporting people living with dementia and other conditions affecting memory. Singing for Memory is a singing session providing a friendly and stimulating social environment, bringing together people who are living with dementia and their carers.

## DISABILITY SERVICES

### JEMS – in partnership with JBD

Edgware/online

A group for people living with multiple sclerosis, their partners and families to access professional advice and strategies to cope. Offers the opportunity to share knowledge and experiences, give support and make friends in an informal atmosphere. Meeting monthly in the evening.

### The Parkinson's Wellbeing Group

Golders Green/online

A monthly group for people living with Parkinson's and their family carers. Join this group for enjoyable and informative Monday afternoons giving you the opportunity to meet others and share experiences as well as access support and advice, interact with guest speakers and enhance your wellbeing.

## SUPPORTIVE COMMUNITIES

Informal social groups that bring communities together and help build friendships, in person and via Zoom. For information call 020 8922 2273.

<b>Chaps that Chat</b>	A monthly social discussion group for men
<b>Chaps that Chat on Zoom</b>	A weekly social discussion group for men
<b>Chatty Café</b>	A weekly chat over coffee
<b>Chatty Café on Zoom</b>	A weekly informal social discussion group
<b>Knit, Stitch and Natter</b>	Women's wellbeing group
<b>Men's Talk</b>	A fortnightly social discussion group for men
<b>Pop In</b>	A weekly meeting on Zoom
<b>Tea Parties</b>	Monthly tea parties in volunteers' homes
<b>Tea Parties for Holocaust Survivors</b>	Regular tea parties in volunteers' homes
<b>Ukulele Club</b>	Beginners' ukulele class
<b>Women's Hour</b>	Monthly group with guest speakers on Zoom



## VOLUNTEERING

**Jewish Care's work would simply not be possible without our amazing team of dedicated volunteers.**

There is a wide range of opportunities where you can use your skills and expertise to help clients of Jewish Care and make a real difference. These range from short-term one-off roles to assisting with regular programmes.

Full training and support is given to all our volunteers. If you are interested in joining our friendly team, we would love to hear from you.

**Roles we can offer you include:**

- Driving opportunities – taking meals to our clients in their own homes, delivering Challah, driving members to and from our community centres.
- Befriending – either face-to-face in our clients' own homes, in our residential care homes or over the phone.
- "Butterfly" volunteer – welcoming members to one of our community centres, supporting with activities, serving lunch and refreshments and chatting to members.
- Activity volunteer – running bridge groups, leading a discussion or quiz, pottery/art, chair-based exercise, dance and yoga teachers.
- Supporting volunteers – help with admin duties and support staff in our offices

**To find out more about volunteering or how you can get involved, call the volunteer team on 020 8922 2405, email [volunteering@jcare.org](mailto:volunteering@jcare.org) or visit [jewishcare.org/volunteer](http://jewishcare.org/volunteer)**

**For Jami volunteer opportunities, email [volunteering@jamiuk.org](mailto:volunteering@jamiuk.org) or visit [jamiuk.org/volunteering](http://jamiuk.org/volunteering)**



# HOW TO ACCESS OUR SERVICES

## Jewish Care Direct

All our services can be accessed by calling our Jewish Care Direct helpline, which will give you confidential information and advice. It is staffed by experienced and knowledgeable professionals, so whatever you need to find out, your call will be treated in a warm and sympathetic manner.

## Opening times

Monday to Thursday 8.30am-5.30pm

Friday 8.30am-5pm (summer months)

Friday 8.30am-2pm (winter months)

Our advisers will be happy to assist you with whatever concerns or questions you have.

In situations where we cannot offer direct assistance, our advisers can also tell you about other organisations or resources in your area that can help.

Contact us:

☎ 020 8922 2222

✉ [helpline@jcare.org](mailto:helpline@jcare.org)

📍 [jewishcare.org](http://jewishcare.org)

