

# CARELINE

ISSUE 78 | WINTER 2017/5778

INSIDE THIS ISSUE:  
ANIMAL ASSISTED THERAPY  
SCHOOL TRIPS  
WITH A DIFFERENCE  
TECHNOLOGY AT  
JEWISH CARE

WHEN  
JUDGE RINDER  
MET BERYL

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**



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ISSUE 78 | WINTER 2017/5778



Judge Robert Rinder with Beryl Shisler, member of Jewish Care's Connect @ Southgate. Judge Rinder spoke about how important the club had been to his Grandma Lottie and many others in the community. He commented: "Jewish Care is there and our community know that extending a hand to people and supporting them is life changing."

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## Wohl Court takes shape

New Independent Living flats will open in 2018



**I**f you happen to drive through Hendon, then you may have noticed that Jewish Care's latest development is taking shape. Last year saw the demolition of Jewish Care's Ella and Ridley Jacobs House and the adjacent former Sam Beckman Day Centre to make way for the organisation's second Independent Living development – Wohl Court.

Whilst the central Hendon site wasn't suitable for a modern care home facility, with its proximity to the shops in the heart of the Jewish community, it was an ideal site for self-contained flats for older people. The new development will contain 32 one and two-bedroom apartments for older people in the community who want to live independently, within a secure community, with care and support to hand.

The apartments will be available to rent with first residents expected to move in at the end of 2018. Rents will be in line with local market rents. There will also be some 'affordable housing' flats available for people in receipt of state benefits or on a low income.

There is and always has been a long waiting list for our first and only Independent Living development, Selig Court in Golders Green. Housing with care is a new but in-demand offering from Jewish Care and one which the organisation is investing in further over the next five years. In a recent Jewish community survey, 40% of the respondents who were 65+ said their care preference was for Independent Living with access to care and support.



With the Hendon scheme set to open its doors later in the year, shortly followed by Independent Living in Stanmore and plans afoot for Redbridge, Jewish Care are responding to the needs and aspirations of the community.

As with all Jewish Care capital projects, there is no funding available from the Government. We have been able to undertake this redevelopment thanks to a generous donation from the Wohl Foundation, alongside a bank loan.

**If you are interested in finding out more about Wohl Court contact Jewish Care's helpline on 020 8922 2222.**





## Green light given for Stanmore development

**Tremendous generosity from families and individuals in the community will ensure we bring an ambitious vision for a care community, to serve the growing needs in South Hertfordshire, to life.**

**I**n last summer's issue of *Careline* we featured an article about our plans to develop a new care campus on the current site of the Princess Alexandra Care Home, in Stanmore, to meet the growing needs of the community in and around Hertfordshire. With no government funding available, our plans were reliant on the generosity of the community.

Thanks to some exceptional pledges of support the Jewish Care Board of Trustees have, this summer, given the green light for works to begin on this visionary £47 million development.

The development is Jewish Care's largest and most ambitious to date. A new 64-bed nursing and dementia home will sit alongside 16 assisted living studios and 48 one and two-bedroom Independent Living apartments. The site will also include a community centre which will house a day care facility, a

specialised dementia day centre unit, a restaurant, synagogue, shop, hairdresser and leisure and well-being facilities for residents and visitors alike.

The campus which sits on a 16.5-acre site, with views across the Hertfordshire countryside, will be named Sandringham. This is to reflect the wishes of an exceptional gift from a family that wish to remain anonymous, to whom we at Jewish Care and the Jewish community are extremely grateful.

Jewish Care have also released a historic bequest, restricted to capital projects, from the Maitland Joseph legacy.

The 48 Independent Living apartments on the site will be named Pears Court in recognition of a donation from the Pears Foundation. This donation is the largest capital project the Pears family supported in the Jewish Community.

Sir Trevor Pears CMG commented; "An ageing population and changing

social care needs requires new models of care, and of its funding. My family are therefore delighted to support Jewish Care's ambitious plans for this new multi-purpose care campus, in Stanmore, and proud to have our family's name associated with the Independent Living wing and gardens."

The new 64-bed nursing and dementia home will provide modern facilities for the 45 residents currently living in the Princess Alexandra Home, as well as for new members of the community, thanks to a generous gift from the Dorfman Foundation (the largest it has ever made in the Jewish Community).

Lloyd Dorfman CBE, Chairman of the Dorfman Foundation, commented: "We are proud to be supporting the new care home. Our family have had a long association with Jewish Care (I served on the Board for eight years from 1997) and we are delighted to be helping the

## “MEETING THE CHANGING NEEDS OF AN AGEING POPULATION IS ONE OF THE MOST IMPORTANT CHALLENGES WE FACE AS A SOCIETY.”

elderly in our community live with dignity, compassion and care. The charity is not only a jewel in the crown of our own community but one of the leading care charities in the country. As the community's demographic ages and dementia affects more people, we will need a range of facilities to meet the demand.”

The Gerald Ronson Family Foundation have pledged their support to build the on-site community centre that will house a day centre facility, with a specialised dementia day centre unit, synagogue, shop, hairdresser and well-being facilities for residents and visitors to the site.

Dame Gail Ronson DBE commented: “I have been involved with Jewish Care for over thirty years as a Trustee and now as an Honorary President and our family are delighted to be involved with this vital project. In particular, we are pleased to be supporting the development of the community centre,

which is at the heart of the development. This area will not only provide a range of fantastic facilities but will bring together residents and people of all ages from across the community”. Jewish Care's latest offering to the community – 16 assisted-living studios will be named in recognition of a generous gift from the Wolfson Foundation. These studios will offer a hybrid option for those people who need high levels of care but want to continue to live independently.

Paul Ramsbottom, Chief Executive of the Wolfson Foundation, commented: “Meeting the changing needs of an ageing population is one of the most important challenges we face as a society. The innovative redevelopment of Princess Alexandra Care Home is a powerful response to that challenge, combining Independent Living, nursing-care accommodation, wellbeing facilities and community space. This

will be a flagship for excellence in care. Jewish Care have extensive experience in caring for vulnerable older people, and we are delighted to be supporting them in this ambitious project.”

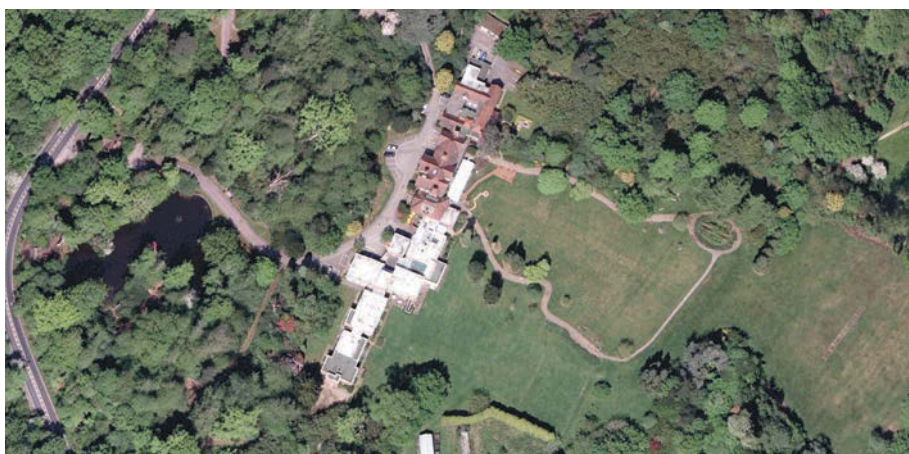
Alongside the lead gifts, several large gifts have been pledged from foundations, individuals and families in the community. Particularly significant pledges have been received from the Rachel Charitable Trust and the Exilarch's Foundation as well as a legacy gift from the late Ellie Barker.

As with all development projects, the Jewish Care Board only gave the green light on this project once at least 75% of the total funds were secured. The board's decision to appoint contractors signals its confidence in the project and continued generosity from the community. The organisation is continuing its fundraising efforts to secure the remaining £7 million required for this ambitious development.

Lord Levy, President of Jewish Care, commented; “The Stanmore campus is a hugely ambitious project and once complete will be an exceptional site to serve the community in South Hertfordshire. We are extremely grateful for the support and generosity we have received from families and individuals in the community. Our dream to transform this site into a wonderful facility, to meet future needs of the community, is becoming a reality. We are well on the way to reaching our £47 million target, and I am confident, with the continued support from the community, we will hit our target”.

Jewish Care has a wealth of experience in ambitious capital projects. Both the Maurice and Vivienne Wohl Campus in Golders Green and the Betty and Asher Loftus Centre in Friern Barnet pay testament to the organisation's ability to create care communities that act as a flagship model, not just in the community but for the entire social care sector.

**If you are interested in supporting this development, please contact Daniel Carmel-Brown on 020 8922 2765. If you have general questions about the development email [princessalexandra@jcare.org](mailto:princessalexandra@jcare.org)**





# Around the world of Jewish Care

**01 Anne Cohen celebrated her 100th birthday** surrounded by four generations of her family at Jewish Care's Clore Manor Care Home where she now lives.

**02 Hundreds of primary school children attended Summerworld** enjoying a wide range of activities including cooking, arts and crafts, sports, parachute games and messy play. The holiday scheme, rated outstanding by Ofsted, is run by the Redbridge JCC's professional staff team supported by 50 young people trained through the MIKE youth leadership programme.

**03 Jewish Care's 40th Pro Am Golf Tournament was held at Stoke Park**, raising vital funds to help provide unique care and support to younger residents with physical disabilities at Jewish Care's Rela Goldhill at Otto Schiff in Golders Green.

**04 Sonia Hyman and Alexia Drooker, members at Jewish Care's Southend and Westcliff Jewish Community Centre** were recipients of the local 'Make Southend Sparkle Award' for their dementia garden project.

**05 The Rt Hon Dr Liam Fox MP addressed a Jewish Care Business Group Breakfast**, sponsored by Fundsmith. The event raised £30,000 to support our front line services.

**06 Over 200 visitors, including residents from other Jewish Care homes**, enjoyed strawberries and cream tea at the annual Lady Sarah Cohen House Garden Fete.

**07 ADGS Golf Tournament at Dyrham Park Country Club** raised a tremendous £18,000 to help fund Jewish Care services for people living with dementia.

**08 Pictured with Jewish Care's Rabbi Junik are Clore Manor residents Philip Sonenfeld, 90, and Moshe Nurtman, 93**, who were awarded Chatan Torah and Chatan Bereshit for their involvement with the synagogue in their Jewish Care home.

**09 Stacey Jaffee, Adam Reed and Blake Ezra** were three members of the eight-strong team who ran the 10th Royal Parks Half Marathon raising over £5.5k for Jewish Care.

**10 Sybil Binnes, 94, a resident at Jewish Care's Kun Mor and George Kiss Home** enjoyed listening to recorded memories from other residents that formed part of a creative sound installation. Sybil commented: "I like to chat. I'm happy to talk about anything with people so it was fun to record our memories."

**11 The Mayor of Tower Hamlets, John Biggs, was amongst the guests at Jewish Care's Brenner Centre at Stepney** to celebrate the 100th birthday of centre member and former Mayoress of Tower Hamlets, Beatrice (Beattie) Orwell.

**12 Residents of Jewish Care homes were proud to sweep the board winning 1st, 2nd and 3rd prizes** in a Barnet-wide art competition for care homes.



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**13 Bella Rind celebrated her 103rd birthday** together with her children, grandchildren and great grandchildren at Lady Sarah Cohen House.

**14 Everyone was delighted when the Chief Rabbi popped by for a surprise visit** to the Jewish Care and Norwood challah bake at the Maurice and Vivienne Wohl Campus.

**15 Residents from Hyman Fine House enjoyed the Flourish Festival**, a free creative arts event for the local Brighton community by the sunny sea-front in Brighton.

**16 Four hundred young party goers enjoyed the spooky Young Jewish Care Social Halloween party** raising over £7,000 for Jewish Care at The Forge in the City.

**17 Sir Eric Pickles Special Envoy for Post-Holocaust issues visited Redbridge Jewish Community Centre** where he spoke to members of the community about the progress of the UK's Holocaust Memorial and Learning Centre, his time in government and his hope that anti-Semitism will one day be assigned to history books.

**18 Mark Aldbrook, interior designer and Sidney Corob House resident**, at the official opening of the newly-decorated dining room which he designed. Pictured with his mother, Eva Aldbrook, fashion designer.

**19 Redbridge JCC members and clients of Jewish Care's Supportive Communities initiative** attended a World War 2 themed Mitzvah Day tea at Clore Tikva School. Pictured is pupil Aaron Shine alongside his school friends Alex and Jordan and grandpa Arnold who is a day centre member.

**20 TV presenter, restaurateur and author Prue Leith was the guest speaker** at a lunch organised by Jewish Care's Options Committee and sponsored by Maxwell Williams. The event raised £8,000, some of which will be used to buy specialist equipment for a new fitness facility for residents at the Betty and Asher Loftus Centre.

**21 Laura Kuenssberg, Political Editor for the BBC**, spoke openly about her life in the Commons, her take on Brexit and the harassment she has faced at this year's Topland Business Lunch.

**22 Mavis Hyman, a founder of the Miriam Hyman Memorial Trust** and the mother of Miriam killed in the London 7/7 bombings, was presented with the 2017 Topland Business Luncheon Award for making a significant contribution to others around her.

**23 Hyman Pittal laid a wreath on behalf of Jewish Care** at a Remembrance Sunday event attended by clients from Lady Sarah Cohen House, Rosetrees, Clore Manor and Rubens House. The residents were then treated to a lunch sponsored by the Hebrew David of Order and entertained by Rabbi Lionel Rosenfeld and the Shabbaton Choir.

**24 Clore Manor residents celebrated Sukkot** with pupils from Etz Chaim Primary School.



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# School trips with a difference

It's not unusual to find a group of **schoolchildren in one of our care homes on any given day of the week**. Emma Shrimpsley finds out why our partnerships with schools are so important for all involved.

**A**n 80-year age gap means nothing when you are enjoying a piece of cake and a good story. There's no doubt this is one of the reasons pupils at Akiva Primary School clamour to be among those chosen each time there is a visit to Jewish Care's Rubens House nearby.

Susy Stone, head-teacher at Akiva Primary school in Finchley, says the pupils love their visits.

"We went in for Jewish Care's Great Jewish Bake day, which was fantastic, and then back again to bake honey cakes for Rosh Hashanah and we will be visiting soon for Chanukah. The last two times we took along some of our Chamber Choir so that they could sing to the residents.

"The children came back really excited this last time, with the honey cakes and cupcakes they made. I think it is great for the residents to have children around and to get to know them, and it is also wonderful for the children to spend time with the older generation.



to spend time with residents at Jewish Care's 11 homes across London and the South East. Bushey Ganim nursery; Saks Morasha; Eden Primary; Etz Chaim; Hertsmere Jewish Primary; JPS; Haberdashers' Aske's Boys' School; Immanuel College, JFS and Hasmonian School are regular visitors as well.

Neil Taylor, Director of Care and Community Services at Jewish Care, says it's so important for Jewish Care's residents to feel that they are part of the wider community.

"While some of our residents can go out and about, there are many others who cannot, so the fantastic partnerships we have with schools are invaluable.

"It is amazing to see how quickly young people of all ages feel comfortable going into our homes and chatting with residents. Shared interests – from current affairs to football to art – quickly emerge. The age gap disappears and instant connections are made."

At Bushey Ganim nursery, the JOY project brings children together with Jewish Care residents and day centre members who come in to visit with the children. JOY stands for Joining Old and Young but the acronym says it all.

Once a month, young and old get together for singing, games and art – or festival-related activities. These fun, intergenerational sessions stimulate interaction. While the nursery teachers and carers are both trained as facilitators the aim is to allow Jewish Care clients to drive the sessions.

Jenny Kossew, educator and musical entertainer, who established the JOY project, explains: "Fifteen years ago I noticed that many nurseries and day centres share the same site. It seemed a natural progression for me to combine the two age groups. When I brought them together to interact through music, the outcome was overwhelming JOY.

"For older people I saw empowerment, a sense of having a

**"IT'S SO IMPORTANT FOR JEWISH CARE'S RESIDENTS TO FEEL THAT THEY ARE PART OF THE WIDER COMMUNITY."**

"At one point while we were there, one of the residents was chatting to the children about Chanukah and how they celebrated when she was a child. There were tears in her eyes when she spoke and the children were listening so attentively. It was a wonderful moment to see them together."

Akiva School is just one among many nurseries, primary and secondary schools





role to play and positive anticipation. Many would comment that sessions made them feel young again. For the children, I noticed developments in confidence, attention, communication and listening skills. They learned to respect the needs of older people and became much more at ease with the generation gap."

Resident Maria Drifill loves the visits. She says: "When we see the children, it is one of the best activities of the day, the week, the month, the year. I adore them."

At the other end of the school-age spectrum pupils from Immanuel College in Bushey and Haberdashers Aske's Boys School in Elstree are regular visitors at Princess Alexandra Home in Stanmore.

Immanuel College teacher Bradley Conway, who co-ordinates the visits from Year 8 and 9 students, says: "As part of our Shevet Achim – social action – programme, we visit the residents in the Princess Alexandra Home prior to the different Jewish festivals.

"These visits allow the enrichment of the students' Jewish education, the enhancement of their connection with members of the community and imbues them with the importance of doing Chesed. As a result of making and delivering various activities and gifts to the residents, i.e. flower arrangements for Rosh Hashanah, fruit baskets/platters for Tu B'Shvat, etc. the students begin to recognise the importance of their actions in society and the positive impact they have on the residents. Furthermore, the students are often amazed by some of the stories they hear from the residents about their lives, how different society was and the various changes that have occurred.

"These visits have been extremely beneficial to our students and we look forward to continuing our long-standing relationship with the home and its residents, continuing with a musical visit from our choir as a lead-up to Mitzvah Day."

Haberdashers' Aske's Boys' School teacher Christoph Raatz accompanies students from Year 10 and above to Princess Alexandra Home on Friday afternoons, where they help with

kiddush and talk to residents.

"It's an option as part of our social service activities and it's very popular – particularly with pupils who are considering a career in the care profession," says Mr Raatz.

"The partnership has been in place for years and we really value the links we have formed with the home. Being there for kiddush gives us a real sense of community. Over time the boys have got to know the residents and they have built up relationships with each other."


**"WHEN WE SEE THE CHILDREN, IT IS ONE OF THE BEST ACTIVITIES OF THE DAY, THE WEEK, THE MONTH, THE YEAR. I ADORE THEM."**

Social Care Co-ordinator at Princess Alexandra Home Celine Cohen says the residents really look forward to spending time with the children.

"They love chatting to them. It's really stimulating for them and they also enjoy feeling like they are imparting some of their story and wisdom to the younger generation. It makes our residents feel they are part of the wider community beyond our doors. And from what I can see the pupils really engage and benefit too."

Neil Taylor adds: "Social care isn't traditionally the sort of career path young Jewish children consider, despite this being a sector crying out for talented, caring individuals. Deep down I would love to think that our partnerships, particularly with secondary schools, open pupils' eyes to the world of social care and the possibilities and opportunities it could present to them."





**Do you wish...  
You had a job that  
made a real difference?**

**Are you looking for a change or a new job?  
You don't have to have a background in care  
or charity to work at Jewish Care.**

Naomi was in-between jobs when she came to volunteer at Jewish Care. What she didn't expect was to find her perfect job here. Whilst she has worked in a range of sectors including the insurance industry and civil service, Naomi had never worked in the charity sector before joining Jewish Care. Her 30 years of front of house experience made her an ideal candidate for a role on our switchboard.

As Naomi says this is a job with that something extra; "I have always wanted a job with a real sense of purpose. I get that here at Jewish Care. The other real bonus for me is I found the part-time flexible opportunity that I really wanted."

**Jewish Care employs 1,300 people who work in 350 different roles. We are currently recruiting.**

**Are you, or anyone you know interested in a job with us?**

Please look at **[doyouwish.org](https://doyouwish.org)** or contact our recruitment team on **020 8922 2446**



# #PeopleOfJewishCare

**Whilst awareness of Jewish Care is high across the community** many people don't realise how wide-ranging our services are. To raise awareness Jewish Care have developed a new campaign called 'People of Jewish Care'.

**T**he 'People of Jewish Care' are 17 clients and relatives who, through their own words, tell their story about how Jewish Care have changed their lives. The stories are varied as are the range of services they talk about. We hope that by using real people to tell their real stories, we will improve understanding of our services across the community and encourage people who need our support to get in contact.

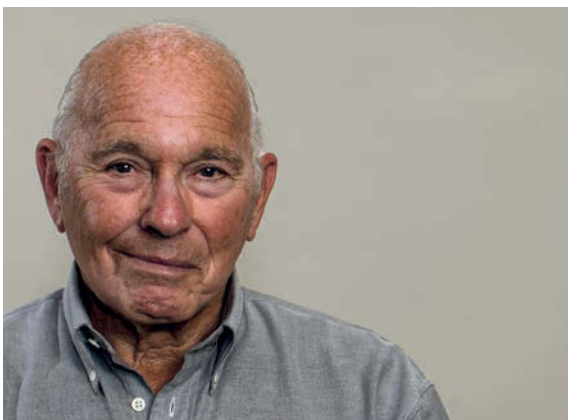


***"When I needed a friendly face to talk to, they were there."***

Colin and Jack are regular visitors to the Michael Sobell Jewish Community Centre. They met at the centre and instantly became friends. Jack lives alone, as his wife lives in one of Jewish Care's residential care homes. It's nice for him to see a friendly face each week in Colin and have someone to talk to.

***"When mum's dementia deteriorated and she needed a care home, they were there."***

Suzanne got in touch with our Helpline when her mum's dementia deteriorated. When she was referred to the Social Work team they helped Suzanne's mum to move into one of Jewish Care's residential care homes. Suzanne and her family are happy knowing her mum is in safe and caring hands.



***"When I lost my wife I was in pieces. They put me back together."***

When Stanley's wife passed away, a friend convinced him to join the Moving On support group at Redbridge Jewish Community Centre. Stanley always misses his wife, but the group gives him the support he needs to get through it. He has made new friends and enjoys the company, food and entertainment.

If you have a story that you would like to share about how Jewish Care has made a difference to your life we would love to hear from you. **Call 020 8922 2810 or email [eraymond@jcare.org](mailto:eraymond@jcare.org)**

# Breaking down the barriers to digital inclusion

Naomi Creeger looks at how Jewish Care Explore is connecting people to the digital world around them

**P**icture the scene. There are four or five people seated on sofas and bucket chairs, iPads in hand, watching films on YouTube, playing games and reading jokes or the news online, not so unusual in today's world. But did you imagine that their average age is 85 and ten weeks ago most of them had never even picked up an iPad? This is Jewish Care Explore, based at The Maurice and Vivienne Wohl Campus in Golders Green. It feels like a cool, buzzy internet café and offers short courses and drop-in sessions in digital skills for every life.

A recent report by the Office for National Statistics highlighted that nearly a third of older people have never used a computer and only 27% of older people have used social media, compared to 96% for 16 to 24-year-olds. In addition, recent internet usage by people with disabilities, across all age groups, is also much lower in comparison to those without disabilities.

At Jewish Care Explore's pilot ten-week iPad course, participants went from being observers of the digital age to being actively engaged online. By the end of the course they were using iPads to develop interests, watch films, read the news and stay in touch with family across the globe.

**"I HAVE A LOT OF GRANDCHILDREN ACROSS THE WORLD AND THEY ARE ALL CONTACTING ME ON EMAIL, I'VE LEARNT HOW TO COMMUNICATE WITH THEM ONLINE."**

Sandi Wassmer, Jewish Care's Digital Services Development Manager explains, "Breaking down the barriers to move people from digital exclusion to inclusion is vital to connecting people to the world around them and empowering them as



social citizens in the 21st century."

Jewish Care Explore, formerly The Karten Centre, has a broad offering providing basic digital skills to people of all ages and abilities. Sandi explains, "When people come here we want them to enjoy learning and feel relaxed, there's a sociable atmosphere, which is the opposite of what people think of when we think about people isolated by their phones and iPad.

"Many people haven't had access to the digital world in their everyday lives, but once they have retired or their children get older, they have time to learn these new skills. People with physical disabilities are also often excluded because they haven't got access to the assistive technology and software which makes it possible to go online.

"Another group we are seeing are members of the Orthodox community, who are 35+ and are coming here to gain access to learning digital skills, some find it can help make their lives easier with things like internet shopping. They can do so also thanks to the Kosher Internet service that was introduced a few years ago and is a much welcome addition to the The Maurice and Vivienne Wohl Campus."

Cynthia Benjamin, 86, went along to Jewish Care Explore for support to learn how to use her lap top at the regular drop in and she soon became curious about using the iPads. The team guided her to download apps and showed her how to find iPlayer and YouTube.

Cynthia said, "My life has changed with this course. I've learnt so much and there's more I can manage on my own. I want to come back and do another course on the iPad. I have a lot of grandchildren across the world and they are all



contacting me on email, I've learnt how to communicate with them online."

"I watch my great grandchild who is just two years old, finish playing with toys and go on the tablet to watch cartoons whilst I tidy up the toys and have had no idea how to do that. Now I really do. In fact, I read a joke the other day saying that an adult was going back to school to learn more and their new teacher is nine years old."

Another participant, Barry Yarrow, 86, has graduated from the iPad course under the guidance of the Jewish Care Explore team. Barry says, "Today, I've been looking up how to pickle cucumbers on YouTube which I'd like to start doing and getting tips on how to prune the apple trees. I love to watch a short opera too but I'd still go shopping because I like to look at everything in the shops."

Doreen Jay, 85, enthuses about the benefits of the course, "It's a new vista and as you get older, you need this, it's fantastic. I can read my news online, watch operas on YouTube and find things out, I no longer feel like a prisoner at home, I feel connected. I was so frightened when I came in first and the team have been so patient."

As part of the service, thanks to continued funding from The Ian Karten Charitable Trust and The Shores Charitable Trust, as well as the new look for the centre, Jewish Care has been able to invest in a range of new technology and assistive

technology for people with disabilities. There are iPads with switches that can be activated by hand or head pressure, large joysticks, adapted keyboards, mobile phones, VR headsets, desks for laptops and screens that can be adjusted to the right height.

Marietta Adami, 56, is a resident of Rela Goldhill at Otto Schiff for people with physical disabilities, who drops in to Jewish Care Explore regularly. She says, "I am on email and use the tablet to follow my interests, like watching Eastenders on the iPlayer at home. I like the new look, it's brighter and all the assistive technology and adapted facilities work for me."

Eirini Dermatzaki, who works at Jewish Care Explore offers tips on supporting people to go online for the first time; "If there's one thing you can do for other people it's to give them the space and time to learn rather than doing it for them."

"If you have family or know older people who would like to learn more digital skills, technology can really bring the generations together."

"Speak slowly so they have time to process what you are saying. Give people control of the device so they are in charge and can make their own mistakes and learn. Most important of all, be patient and of course, tell them to come to Jewish Care Explore."

Jewish Care Explore is open Monday to Friday and courses include iPads, pcs and androids ranging from one day to ten weeks on how to email, Facebook, Skype and how to use the internet. There is also an ad hoc drop in service, supported by volunteers.

**To find out or sign up for a course contact [explore@jewishcare.org](mailto:explore@jewishcare.org) or call 020 8922 2400.**





# Ask us a question

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 MARRIAGE HAS BROKEN DOWN AFTER 22 YEARS. I FEEL TOTALLY ISOLATED. NONE OF MY FRIENDS ARE DIVORCED AND THEY JUST DON'T SEEM TO UNDERSTAND WHAT I AM GOING THROUGH. I NEED SUPPORT AND WOULD LIKE TO MEET OTHER PEOPLE WHO UNDERSTAND MY SITUATION.**

**Hi there. I'm so sorry to hear this and appreciate that it must be challenging to bounce back after you've been through something like that.** I think it's great that you've recognised your need for support and also want to get out there and meet new people.

Jewish Care has a number of different support and social groups for people who are on their own either through divorce or bereavement. The one that you might like to come along to is called Singular Challenge and meets at the Michael Sobell Jewish Community Centre in Golders Green. It's for people like yourself who are in the early stages of separation or divorce and want to gain confidence and skills for moving on.

We also have two other social groups for single Jewish people. The one for 45-60-year-olds is called Mix 'n' Mingle and the one for people aged 60-75 is Sobellers. If any of these groups appeal to you, **please call 020 8922 2908.**

If you are in the Redbridge area we have a social group called New Beginnings which takes place on Sunday evenings at the Redbridge Jewish Community Centre. **Please call 020 8551 0017** for more details and information about any other groups that are held there that you might like to attend.

**Q I AM IN MY 90S AND LIVING ALONE AT HOME. I WANT TO STAY IN MY HOME BUT AM STRUGGLING TO DO EVERYTHING FOR MYSELF. CAN JEWISH CARE HELP?**

**Yes, of course, there's lots of ways in which Jewish Care can help.** In fact, there are also lots of services available from the wider Jewish Community and indeed in the local community too. One of our community support or social workers could come and meet you at home to discuss your situation and areas in which you would benefit from help. It may be that some extra support with personal care (like washing and dressing) would be helpful for you and save you some time and discomfort. However, if you're still managing to do this for yourself but would like some extra help in other areas, you may be able to get support with some meal preparation or shopping. If you live in Barnet there's a service we can tell you about called Bikkur Cholim. They are a separate organisation to whom we refer lots of our clients.

Maybe you'd like to try our kosher meals on wheels service – we can supply a range of nutritionally-balanced and delicious meals which would save you having to go to the trouble of shopping



or cooking. This service is available in Barnet and Redbridge.

If it's paperwork that you are struggling with, there's a service we can introduce you to called Paperweight. They are a team of trained experts who can come to your home and help with sorting and filling out forms and 'home admin'.

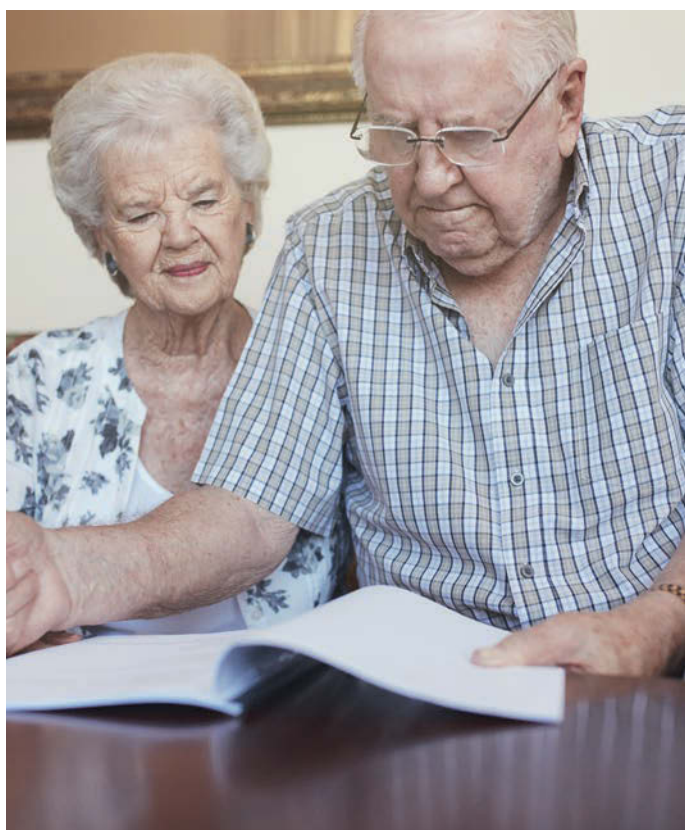
To find out more about these services or just for an initial chat, call the Jewish Care Direct helpline on **020 8922 2222**. We can take all your details so that when the assigned worker visits, they can get on with looking at ways you can be supported to stay and enjoy being in your own home.

**Q MY NEIGHBOUR DIED YESTERDAY. I KNOW HE HAS NO FAMILY TO ARRANGE OR ATTEND HIS FUNERAL. HOW CAN JEWISH CARE HELP?**

**Thanks for contacting Jewish Care. We're a good starting point for any predicament of this kind** as we have a wealth of information at our fingertips and in our collective brains. I'm not sure how much you know about your neighbour's religious affiliation, but I would suggest you call the United Synagogue Burial Society in the first instance on **020 8343 6283**. They will be able to check if your neighbour has paid any fees and direct you to the appropriate organisation.

You may or may not be aware that ten Jewish men, known as a minyan are needed to be present in order to satisfy the requirements of a Jewish funeral. Our Minyan team are a team of volunteers who can be called upon to assist. Do give us a call and we can talk it through with you and offer you some further advice and information.





## Q CAN ANYONE AT JEWISH CARE HELP ME WRITE MY WILL?

Whilst we are unable to write your Will ourselves, our new partnerships with Will writing schemes The National Free Wills Network and The Goodwill Partnership mean we can now signpost you to two organisations that can help you write a simple Will for free.

Jewish Care's new membership with the National Free Wills Network gives you access to a list of solicitors where you can find one local to you. After which you can arrange a time to visit the solicitor who will write your Will.

Alternatively, with The Goodwill Partnership, a home visit with a trained counsellor can be booked at a time that is convenient to you. Your instructions will be passed to a panel of solicitors who will provide you with your Will.

With either service, there's no obligation to leave a gift in your Will to Jewish Care, although once you've considered all the important people in your life, we hope you'll be inspired to consider doing so. Our work here wouldn't be possible without gifts in Wills, with £1 in every £4 we raise coming from legacies.

If you would like more information on leaving a gift in your Will or to receive a copy of our Guide to Wills and Legacies call Alison on 020 8922 2833, email [arubenstein@jcare.org](mailto:arubenstein@jcare.org) or visit [jewishcare.org/legacy](http://jewishcare.org/legacy)

## Q I HAVE BEEN TOLD I HAVE TERMINAL CANCER. ON TOP OF ALL THE HOSPITAL APPOINTMENTS I KNOW I NEED TO START MAKING PLANS BUT I CAN'T SEEM TO GET MY HEAD AROUND ANYTHING AT THE MOMENT. CAN ANYONE HELP ME?

I am very sorry to hear that news. You have so much to cope with on so many levels. Here at Jewish Care, our various community support and social works teams work according to experience and knowledge. We have an End of Life team who would be able to help you and ensure that you will receive care and support in all relevant areas, by advocating with health professionals and care workers.

When you feel you can, please call us on **020 8922 2222** so that we can talk through your situation and get a support worker allocated to you as soon as possible. They will come and meet you face to face and take the weight of the planning and bureaucracy off your shoulders.

Additionally, you may want to contact Chai Cancer Care which is a Jewish organisation that offers a wide range of services: from therapies and complementary therapies to group activities and counselling to advisory services.

**Our lines are open from 8.30am-5.30pm from Monday to Thursday and we close at 2pm on winter Fridays for Shabbat.**

# ALL ABOARD

CHARITY SHOPS

"...It's all about the charities we support"

we turn your unwanted items into

**HELP & SUPPORT**

for over

**60 CHARITIES\***

**WE URGENTLY NEED YOUR GOOD QUALITY:**

- clothing
- bric-a-brac
- jewellery
- linen
- household items
- books

**WE COLLECT Sunday to Friday**

**t: 020 8381 1717**

**e: [collections@allaboardshops.com](mailto:collections@allaboardshops.com)**

**f All Aboard aboard613 @allaboardshops**

**www.allaboardshops.com**

Registered charity No. 1125462. \*Full list of charities can be provided on request

**2017 -PROUD TO BE CELEBRATING OUR 30TH ANNIVERSARY**



# Remarkable Lives

At the heart of all we do at Jewish Care is a commitment to see every client as an individual **with a wealth of experience and personal life stories.**



**I**n the media and across society, later life is often portrayed as society's burden and yet, we are not born old and all our lives are remarkable in some way and to someone. So when Jewish Care were approached by award-winning social enterprise Remarkable Lives, a natural partnership was born.

Twenty residents at Rubens House came forward to take part in the programme and share their stories with Owen McNeir, founder of Remarkable Lives. Some residents invited their relatives along to reminisce, others came laden with photo albums and memorabilia.

The idea behind the project is simple: residents spent time sharing their stories. Short biographies detailing some of the most memorable things they have done are accompanied by a photographic montage and developed into a snapshot of their life.

Resident Sylvia Berliner admitted that at first she was a little apprehensive about taking part in the programme: "I was worried it might be a bit personal, but it wasn't and once I got into it I really enjoyed it; it brought back a lot of good old memories."

Rubens House residents are now looking at different ways to share these snapshots including an exhibition or display in the home, as well as sharing their remarkable

stories with younger people through social media. The stories will all sit on a secure digital platform that Owen's enterprise has been developing. Jewish Care will be the first care organisation in London and the South East to use this.

Owen explains: "My new Remarkable Lives platform is a place to celebrate later life, share memories with those who matter most and put human stories at the heart of care. Contributing photographs, stories and memories to their own, private life-story timelines will empower older people, engage families and enrich the community by helping carers to achieve a balance between their important practical tasks and meaningful person-centred care."

**"I WAS WORRIED IT MIGHT BE A BIT PERSONAL, BUT IT WASN'T AND ONCE I GOT INTO IT I REALLY ENJOYED IT; IT BROUGHT BACK A LOT OF GOOD OLD MEMORIES."**

In the meantime, the stories from Rubens House will feature on the Remarkable Lives Stories website, [remarkablelives.co.uk](http://remarkablelives.co.uk). Members at Jewish Care's Edgware and Harrow Jewish Day Centre are looking forward to sharing their stories with Owen and having their own snapshot of their Remarkable Lives.

**To start your own Remarkable Lives life-story timeline, sign up for free at [www.remarkablelives.co.uk](http://www.remarkablelives.co.uk)**

## Hilda Pressman

98 years old. **Machinist in the family clothing business.**

**I** I was born in London in 1919. In the 1920's we lived in the East End and in our street half were Irish and the other half were Jewish. Everyone got on well together.

My husband Jack lived in the same street as I did. We married in 1940, at the synagogue near where we used to live.

My happiest memory was having the babies, my daughters Jackie and Gillian. When I was pregnant in 1942 and expecting my eldest daughter Jackie, I had to be evacuated. The hospital took me and a few others in the same position to Brocket Hall in Hertfordshire which was serving as a maternity hospital. I was very happy at Brocket Hall; I remember having cold milk for the very first time, we never had it fresh in the city because it always had to be boiled. You could say we lived like Lord and Lady Brocket!

Jack and I came to Rubens House in 2003. We celebrated our 70th anniversary here before Jack died in 2011."



**"YOU COULD SAY WE LIVED LIKE LORD AND LADY BROCKET!"**

## Sylvia Goldstein

97 years old. **Nurse. Secretary. Magazine Editor. Writer. Scholar.**

**I** I was born on the 20th July 1920 in Warsaw, Poland. At home, growing up, we spoke Yiddish. I suppose it was quite a narrow world. There was a Yiddish theatre in the East End which was like a lifeline to us.

I won a scholarship at school, but unfortunately, they wouldn't let me have it, because my father hadn't become naturalized. So, I went instead to a commercial school and became a secretary. I worked for Sidney Garland who was a leading man in newspapers.

In 1946 my husband Mick was released from the army. He was a Sergeant Major serving in Italy and India. It was a real love story because he was my first cousin. His family were evacuated and he used to come and stay with our family. It developed as a romance and, well, it never finished really.

We were married for 49 years. It was a good marriage."







## Animal assisted therapy at Jewish Care

Emma Shrimmsley reports on the benefits **animals bring to Jewish Care.**

**A**t Jewish Care volunteers come in all shapes and sizes – with four legs, fur or wings in some cases. Cats, dogs, chickens, budgies, goats, sheep and donkeys are amongst various members of the animal world bringing joy and other therapeutic benefits to residents at Jewish Care homes, in some cases on a live-in basis.

It is well-documented that Animal Assisted Therapy has a positive impact on health and wellbeing. Time spent with a gentle, friendly pet is proven to lower blood pressure and release calming endorphins, bringing the added physical benefits of increased motivation to move.

There are also specific benefits for people living with dementia – interaction with animals can elevate mood and increase energy levels, while promoting sociable behaviour and a decrease in apathy and agitation. Jewish Care staff see first-hand how having pets in our facilities adds to the homely feel, often triggering happy memories of past life experiences and family pets.

Lila, Krembo and Schnitzel are three of the regular Pets as Therapy (PAT) dogs who, with their owners, make visits to Jewish Care homes.

Celine Cohen, Jewish Care's Activities Co-ordinator at

Princess Alexandra Home in Stanmore, explains: "The dogs are so mellow and gentle and a lot of our residents just love the visits; they feel like a friend has come to see them."

"Lila comes in with her owner Jenny and just lays at the residents' feet. They reach down to stroke her but she never jumps up. There is something about having the dogs around that gives everyone a real boost."

Tara Shaw, owner of wire hair dachshund Schnitzel, believes the visits are uplifting for relatives as well as residents.

"I think sometimes when you are a visitor it can be quite tiring to keep conversation going, but when Schnitzel and I walk in it seems to be a real ice-breaker. Even if people are not dog-lovers it still seems to be a subject for conversation."

"Schnitzel's visits seem to bring many of the residents out of themselves, which is wonderful to see. He has a long neck so he will put his head up by people's laps so they can stroke him. I remember one lady sitting in the lounge, barely moving and not reacting, but when she saw Schnitzel she sat up and became really lively. The change was amazing."

"On another visit we made to the Selig Court lounge in Golders Green's Maurice and Vivienne Wohl Campus, there was one point where we had about ten residents sitting round us sharing stories about dogs."

Several Jewish Care resources have their own resident animals. Two cats – Hava and Nagila – are key members of staff at Rosetrees Home in Friern Barnet. At George Kiss and Kun Moor, also in Friern Barnet, Dotty the cat has brought a new lease of life to resident Jean Cohen. Not long after Jean moved in her husband, who was living in the same site, sadly passed away. Jean felt very lonely and she kept asking about her cat that she had had before she moved in.

## **“IT’S MADE A COLOSSAL DIFFERENCE TO MY MUM. THE CAT IS WONDERFUL COMPANY FOR HER.”**

Care manager Yomi Essiet says: “We talked to Jean’s children and decided it might help if they got her a cat. They did and the two of them bonded immediately – Dotty the cat lives in Jean’s room but many of the residents enjoy having her around.”

Jean’s son Peter adds: “It’s made a colossal difference to my mum. The cat is wonderful company for her. Dotty was a rescue cat so it feels like they rescued each other.”

At Hyman Fine House in Brighton, residents also enjoy the company of a cat – as well as two budgies and chickens.

Manager Natasha Carson says one resident who has a lifelong interest in birds has taken responsibility for the chickens. “She feeds and checks them and encourages others to help with their care.

“When this resident first came to Hyman Fine she was anxious with hyper-agitation, which affected her ability to cope with life in the home; she had difficulty swallowing and needed care. We got her involved with the chicken-keeping and it relaxed her.”

Chickens have been living at the home for more than three years now. They are tame and friendly to visitors and the benefits are clear to see. In the Spring, Natasha has plans to bring in some living eggs. Residents will be able to watch the eggs hatch into chicks.

“We will then swap the newly-born chicks for some friendly 12-week old chickens who will join our existing ones.”

While the chickens have made themselves at home in Hyman Fine House, it may not be practical for other farmyard animals to take up residence at our resources. However the occasional visit is always well-received.



This summer animals from Ark Farm visited the Betty and Asher Loftus Centre and Vi & John Rubens House. Residents, relatives and staff enjoyed spending time petting the dogs and donkeys, feeding apples to goats and watching ducks and geese splash about in the bird bath.

Lady Sarah Cohen House resident Stella Shupick, 99, said: “I think the animals are fantastic. I could spend hours here with them.”

Neil Taylor, Director, Care and Community Services, says: “The PAT animals that reside or come into our resources are such a simple but effective way of bringing enjoyment and therapeutic benefits to the people we support and, by extension, their families and carers. We are grateful to all the volunteers and staff who help bring this added dimension of therapy to our service-users.”

**If you are interested in becoming a PAT dog volunteer contact the volunteers team by emailing [volunteer@jcare.org](mailto:volunteer@jcare.org) or call 020 8922 2405.**





# Turn your Simcha into a Mitzvah for Jewish Care

## 25TH WEDDING ANNIVERSARY

Gillian & Ian Balcombe  
Katie & Raymond Graff

## 30TH WEDDING ANNIVERSARY

Anita & Ian Boonin  
Sharon & Andrew Deaner

## 40TH WEDDING ANNIVERSARY

Sue & Sam Grossman  
Deborah & Lewis Jacobs  
Jane & David Munk

## 50TH WEDDING ANNIVERSARY

Sandra & Brian Angel  
Prof N Dombey &  
Prof H Dombey  
Adrianne & Michael Freedman  
Susan & Tony Gadian  
Jennifer & David Goodman  
Sandra & John Hilton  
Bernice & Martin Kisner  
The Lord & Lady Levy  
Sandra & Ian Lieberman  
Dame Gail Ronson DBE &  
Mr Gerald Ronson CBE  
Delia & Michael Silver  
Jennifer & Leslie Wagner

## 60TH WEDDING ANNIVERSARY

Esther & Percy Adler  
Maureen & Tony Isaacs  
Sylvia & Simon Kaye  
Frances & Howard Keen  
Pamela & Norman King  
Marlene & Michael Roston

Helen & Gerry Schapira  
Milly & Michael Vincent

## WEDDING ANNIVERSARY

Barbara & Salvator Gabay  
Jill & Philip Hamilton  
Rebecca & David Menahem

## MARRIAGE

Katie & Barry Soraff

## BIRTHDAY

Marilyn Albert  
Louis Barnett  
Sue Bojam  
Jo Bolchover  
Harvey Bratt  
Sam Cohen  
Sybil Cohen  
Suzanne Davis  
Joan Dobin  
Michael Feitelberg  
Paul Finesilver  
Doris Fox  
Rhoda Fox  
Frances Freedman  
Malcolm Ginsberg  
Leslie Gluck  
Tony Gold  
Pat Goldberg  
Stefan Goldblatt  
Ruth Goldman  
Ronald Gorney  
Simon Goslar  
Beverley Handman  
Alex Harris  
Paul Harris  
Sharon Hassan  
Paul Kanner  
Pamela Kemble

Barry King  
Hanna Klein  
Robin Klein  
Simmy Kreeger  
Myra Lander  
Gary Laurence  
Maurice Lazarus  
Lionel Leventhal  
Myra Lisky  
Janet Maltz  
David Massey  
Stephen Massey  
Arthur Mayer  
Philip Mitchell  
Sonia Moses  
Maris Myers  
Sol Newland  
David Newman  
Brenda Paul  
Eli Perl  
Paula Plaskow  
Hymie Reingold  
Melanie Rose  
Marlene Roston  
David Rynhold  
Bernice Selby  
Lily Sevren  
Sol Shawl  
Warren Shear  
Barbara Shotts  
Freda Simmons  
Harvey Simons  
Jonathan Simons  
Josie Singer  
Denise Sorrin  
Brian Spalter  
Angela Taylor  
David Taylor  
Jeremy Teacher  
Barbara Trogal  
Hazel Waller

David Walton  
John Webber  
Peter Wigodsky  
Suzanne Wilder  
Brian Winston OBE

## BAT MITZVAH

Marylin Graham

## BAR MITZVAH

Ari Carmel-Brown

## SECOND BAR MITZVAH

Chaim Menachem Bakst  
Martin Bloomberg  
David Minchom  
Walter Sinclair

## BY WAY OF THANKS

Huw Beynon  
Hilary & Tony Sinclair

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 Simcha Team  
on 020 8922 2600 or  
email [simcha@jcare.org](mailto:simcha@jcare.org)**



## Newly available support with Will writing

Alison Rubenstein, Legacy Advisor, explains why **writing a Will is so important** and shares news of new partnerships that should ensure it's a straightforward process.

**A**round 1 in 6 people who passed away in the UK last year did so without leaving a Will. Many, I am sure, talked about it or had plans but didn't quite get around to it. With no valid Will made, their estate would have been automatically distributed according to the 'intestacy' rules. They had no say in ensuring that family and friends and any charities they cared about were provided for in the way they would want.

We spend so much of our lives carefully managing our money and assets that it makes little sense not to think about where they go when we are no longer here.

When asked, many people say they find the whole idea of writing a Will a morbid and daunting concept. They are torn between where to leave their estate and precious valuable items, or they simply keep putting it off for another day.

Along with the benefits of choosing where to leave your assets, a Will can save heartache amongst families and could save on tax if you leave a gift to a registered charity.

We are often asked to signpost people to Will-writing services and for the first time ever we are able to do so thanks to two new partnerships.

With Jewish Care's new free Will Writing Service, writing a Will can be simple and easy. We have partnered with two Will-writing schemes, National Free Wills Network and The Goodwill Partnership, to offer a free simple Will-writing service for members of the community for a limited time only.

Jewish Care's membership with the National Free Wills Network gives you access to a list of solicitors where you can find one local to you. After which you can arrange a time to visit the solicitor who will write your Will.

Alternatively, with The Goodwill Partnership, a home visit with a trained counsellor can be booked at a time that is convenient to you. Your Will instructions will be passed to the panel of solicitors who will provide you with your Will.

With either service, there's no obligation to leave a gift in your Will to Jewish Care, although once you've considered all the important people in your life, we hope you'll be inspired to kindly leave a legacy to us.

Over £2.8 billion was left in legacies to charities in the UK last year. Most charities, Jewish Care included, wouldn't be able to exist without gifts in Wills. Here at Jewish Care £1 in every £4 raised for us is through a gift in a Will. Without them we wouldn't be able to offer the range of services we do. We hope we can highlight this further through our new partnerships.

Each year Jewish Care needs to raise £15million just to keep its services operating. Over a quarter of these funds come from legacies. In addition to this, the organisation has an ambitious development programme to ensure it can meet both current and future needs and aspirations of this ageing community.

Without gifts in Wills we simply wouldn't be the organisation we are today or the one we plan to be in the future.

**If you would like more information on leaving a gift in your Will or to receive a copy of our Guide to Wills and Legacies call Alison on 020 8922 2833, email [arubenstein@jcare.org](mailto:arubenstein@jcare.org) or visit [jewishcare.org/legacy](http://jewishcare.org/legacy)**





# Upcoming events

## JANUARY

**11 HOPE EVENT**  
*Witness for the Prosecution*

**14 JC JUNIORS**  
Kids Secret Cinema

**28 CHALLENGE COMMITTEE**  
*'You are the Jury' Mock Trial*

**31 HOPE EVENT**  
*Young Frankenstein*

## FEBRUARY

**07 HOPE EVENT**  
*Crazy For You*

**19 HOPE EVENT**  
Visit to Queen's House, Greenwich

**25 SOUTHEND AND DISTRICT AID SOCIETY**  
Music Quiz

## MARCH

**06 HOPE EVENT**  
The Musical Museum, Kew

**07 PROPERTY INVESTMENT BREAKFAST CLUB**  
Breakfast with Sir Martin Sorrell

**26 HOPE EVENT**  
Visit to and ride on the Mail Rail, Farringdon

**28 YOUNG PATRONS DINNER**



## APRIL

**22 Virgin Money London Marathon**

## MAY

**09 ADGS**  
Golf Day

**16 WOMEN OF DISTINCTION LUNCHEON**

**17 ROSETREES PRESENTS**  
Lunch with Lord Michael Grade

## JUNE

**14 SPORTS COMMITTEE**  
RAGS Golf Tournament

**17 PRINCESS ALEXANDRA HOME**  
Family Fun Day

**24 MACCABI GB**  
Community Fun Run



**For information on any of these events contact the events team on 020 8922 2305 or email [bookings@jcare.org](mailto:bookings@jcare.org)**



Homes Outings Programme & Entertainment

## BOOK ONE OF OUR EXCITING EVENTS

Have fun and make a difference at the same time!

**All profits will fund outings for residents in Jewish Care homes.**

Transportation by coach included in price. All seats are reserved and paid for in advance.

**For bookings and information please contact Elizabeth Israel on 020 8922 2192**

All funds to go to

**JEWISH CARE**

# Changing times

Simon Morris, Chief Executive, Jewish Care

**I** sometimes wonder if the world is changing faster than ever before or if it's just me getting older. When I first joined Jewish Care twenty years ago I used a map book to navigate myself to meetings, I took camera film to the shops to be developed and google was yet to be registered as a company.



Whilst today, I take my mobile phone and the internet for granted, rely on my sat nav to get me anywhere and love the instant gratification of seeing a photo the moment I take it. I must admit that at times I have struggled with some of these changes.

What often makes my struggles with technology worse is when I look over my shoulder at my daughters they are five steps ahead of me. Technology is second nature to their generation.

**WE CAN BE ASSISTED BY TECHNOLOGY BUT PEOPLE AND THEIR VALUES ARE AT THE HEART OF DELIVERING QUALITY CARE.**

But it's not just technology that has changed. Society has changed. Demographics continue to shift as people live longer. Increasing numbers of women are choosing not to have children and many more of us are living alone.

Attitudes have changed. We expect and want more. I am often told by clients across all our services; "it's not like what it used to be". The truth is it isn't. But whilst change can be difficult it is something I have always been aware I need to embrace.

Whilst the world changes so too does our community. In 1997, when I joined Jewish Care, synagogues were for many the heart of their community. Today, ultra-orthodox community aside, we are seeing a shift from religious identity to cultural identity. Approximately half of all UK Jews no longer belong to a synagogue.

There are increasing divides across the spectrum of Judaism that for a small community are becoming more apparent. Yet we come together as one when faced with adversity.

I have seen over the past twenty years our community become more confident as a Jewish community in the UK. We, may at times, be faced with anti-Semitism but generally, we

are a community who has been accepted into this country. I think that the opening of JW3, a very public Jewish Community Centre that celebrates our culture, is a real example of this.

When I joined Jewish Care, I don't think I anticipated how much change I would see the community and organisation go through, (maybe that's partly because I am not sure I expected to be working here for twenty years!).

I came to relatively young organisation born out of the merger of two long standing communal organisations. An organisation that came about through change.

I came to an organisation who was supporting older people in their 70s and 80s. Today our clients are older, frailer and come to us with more complex care needs.

We have responded to demographic shifts and the needs of our clients through change. The development of independent living, housing with care and support, is one way we have adapted to meet differing and changing need for those who don't want or need to live in a 24-hour care service.

The introduction of technology has shaped and changed so much of what we do. From alarm call systems in people's homes, the introduction of electronic care plans in our residential homes to our residents taking part in activities on iPads and the work we are doing in our community centres to support members of the community to embrace technology. We have responded to the digital revolution by embracing changes, finding ways to use technology to enhance and improve the way we work.

However, some things haven't and will never change and it is these things that I hold on tight to, not because I don't like change, but because I know it is these are the things that keep us grounded in life.

People can't be replaced by robots when it comes to providing front line care services. We can be assisted by technology but people and their values are at the heart of delivering quality care.

The values and ethics imbedded in Judaism guide me and all we do here at Jewish Care. Fundamental concepts such as 'Love your neighbour' and 'do unto others as you would have done to yourselves'.

Whilst its difficult for many of us to imagine or relate to the lives of our ancestors the values that guided them are as relevant today as they were then. They are our moral compass. They bond us together and drive us to look out for one and other.

As I look to the future my hope is of a community that can hold tight to its foundations and principle values and at the same time can look forward and see the opportunities that change can bring.



# A guide to what we do

## COMMUNITY SUPPORT AND SOCIAL WORK 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, coordinate and act on your behalf with local authorities, signpost you to other helpful services, and provide support and advice for as long as required.

They have specialist knowledge on a range of issues including dementia, disability and welfare rights, family carer support, end-of-life care, and support for Holocaust survivors and refugees. The service has strong links with a range of local services and will be able to help you if you live across London and the South East, as well as by telephone and email if you are elsewhere in the UK or abroad.

## CARE HOMES

Designed to enable residents to receive high quality residential, nursing and dementia care in an environment that promotes meaningful lives.

- ▲ Clore Manor, Hendon  
*Personal & dementia care*
- ▲ Hyman Fine House, Brighton  
*Personal, dementia & nursing care*
- ▲ Kun Mor and George Kiss Home, Friern Barnet  
*Personal and dementia care*
- ▲ Lady Sarah Cohen House, Friern Barnet  
*Nursing & nursing with dementia care*
- ▲ Otto Schiff, Golders Green  
*Dementia care*
- ▲ The Princess Alexandra Home, Stanmore  
*Personal & nursing care*
- ▲ Rela Goldhill at Otto Schiff, Golders Green  
*Physically disabled, aged 18+*
- ▲ Rosetrees, Friern Barnet  
*Personal & dementia care*
- ▲ Rubens House, North Finchley  
*Personal & dementia care*
- ▲ Vi & John Rubens House, Ilford  
*Personal, dementia & nursing care*

## CONNECT@ CENTRES

Offering a choice of cultural, social and leisure pursuits, for the young@heart aged 55+.

- ▲ connect@kenton ①
- ▲ connect@southgate ②
- ▲ connect@southend ③
- ▲ connect@stamfordhill

## INDEPENDENT LIVING

Offering independent living within a supportive setting.

- ▲ Selig Court, Golders Green
- ▲ Shebson Lodge, Southend
- ▲ New scheme in Hendon  
(opening 2018)

## COMMUNITY CENTRES

Where the community can come together to socialise, learn, eat and have fun.

- ▲ Brenner Centre at Stepney Jewish Community Centre, at Raine House
- ▲ Michael Sobell Jewish Community Centre, Golders Green
- ▲ Redbridge Jewish Community Centre (Sinclair House)
- ▲ Southend and Westcliff Jewish Community Centre

## DAY CENTRES

Offering a wide programme of activities for older people, enabling them to remain active and connected to their community.

- ▲ Edgware & Harrow Jewish Day Centre ③

## CENTRES FOR PEOPLE LIVING WITH DEMENTIA

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

- ▲ The Dennis Centre, Ilford
- ▲ The Leonard Sainer Centre, Edgware
- ▲ The Sam Beckman Centre, Friern Barnet

## HOME CARE SERVICE AND LIVE-IN CARE

Enables clients to remain living independently in their own homes.

### AVAILABLE IN:

- ▲ Hertfordshire
- ▲ NE London
- ▲ NW London
- ▲ Redbridge
- ▲ Southend & Westcliff

## DEMENTIA ACTIVITY GROUPS

- ▲ Stamford Hill
- ▲ Southend-on-Sea
- ▲ Stepney

## 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, Hendon ④
- ▲ Shalvata, Hendon ④
- ▲ Monthly support sessions, Redbridge

## DISABILITY SERVICES

Services designed for those with various disabilities, promoting independence and choice.

- ▲ Jewish Care Connect – Jewish audio news, culture and current affairs, Golders Green
- ▲ Jewish Care Explore – Digital skills for everyday life, Golders Green & Redbridge
- ▲ Carers Physical Disability Support Group, Golder Green
- ▲ Hearing aid support surgeries, Redbridge ⑥



## SUPPORT AND SOCIAL GROUPS

### BEREAVEMENT SUPPORT GROUPS

- ▲ AfterShock, Edgware ⑦
- ▲ Butterflies, Golders Green ⑦
- ▲ Stepping Stones, Golders Green ⑦
- ▲ Stronger Together, Golders Green ⑦
- ▲ Moving On, Redbridge ⑦
- ▲ Nechama, Golders Green ⑦

### CARER SUPPORT & SOCIAL GROUPS

- ▲ Carers' Café, Southend and Redbridge
- ▲ Physical Disability Carers' Support Group, Golders Green
- ▲ Dementia Carers' & Family Support Group, Edgware

### MEMORY SUPPORT AND SOCIAL GROUPS

- ▲ Memory Way Café, Golders Green, Edgware, Friern Barnet and Redbridge
- ▲ Singing for Memory, Golders Green and Friern Barnet
- ▲ Dementia Day Club, Southend
- ▲ L'Chaim Group for people living with dementia, Stamford Hill
- ▲ Memory Matters, Northwood ⑧

### OTHER SUPPORT GROUPS

- ▲ Singular Challenge for people going through separation and divorce, Golders Green
- ▲ Wellbeing Group, Stepney
- ▲ The Jewish Care Stroke Club, Finchley
- ▲ Hearing aid surgery, Redbridge
- ▲ AJR Association of Jewish Refugees, Redbridge
- ▲ JEMS Group for people living with Multiple Sclerosis, Edgware

### OTHER SOCIAL GROUPS

- ▲ New Beginnings for people over 50, Redbridge
- ▲ New Faces for people with visual impairment or physical disability, Edgware
- ▲ Sobellers for people over 55 who are single, Golders Green
- ▲ Sunday Socials for people over 65, Golders Green
- ▲ The Hillside Club for people over 50, Stamford Hill
- ▲ Thursday Social Club for people over 50, Redbridge
- ▲ Time for Tea, Stepney

## SUPPORTIVE COMMUNITIES

Informal social groups that bring communities together and help build friendships, preventing social isolation among older adults. Throughout Essex and London including:

- ▲ Chaps that Chat, Golders Green and Redbridge
- ▲ Tea Parties, across North London and Redbridge
- ▲ Classical Music Appreciation Group, Whetstone
- ▲ Groups in South London including Bromley, Beckenham and Streatham

## 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](http://Jewishcareinteract.org)

## MENTAL HEALTH

**Jami**

The Mental Health Service for our Community

Jami and Jewish Care formed a partnership to create a single mental health service for the Jewish community. Jami's focus is on recovery; moving from lack of control and autonomy to becoming an active member of the Jami, Jewish and wider community. Jami assists people on this journey to living the life they want to live. You can contact Jami on 020 8458 2223 or visit [jamiuk.org](http://jamiuk.org)

### 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
- ▲ Support is also offered to carers of people with a mental illness

### 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 the League of Jewish Women and Edgware & District Reform Synagogue
- ④ with the support of World Jewish Relief
- ⑤ in association with Southend & Westcliff Hebrew Congregation
- ⑥ in association with RNID
- ⑦ in association with the Jewish Bereavement Counselling Service
- ⑧ in association with the Northwood and Pinner Liberal Synagogue

All our services can be accessed by calling the **Jewish Care 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. If we are not able to offer a Jewish Care service that meets your needs, we can help by referring you to other external organisations.

Its opening hours are: Mon to Thurs 8.30am – 5.30pm and Fri 8.30am – 5pm (until 2pm in winter). **You can contact the Jewish Care Helpline by calling 020 8922 2222, visiting us at [jewishcare.org](http://jewishcare.org) or emailing us at [helpline@jcare.org](mailto:helpline@jcare.org)**



# CHALLENGE YOURSELF

for Jewish Care

Whether **running a marathon** is your thing, **climbing a mountain** is your calling, or you have a **passion for cycling** – there is a challenge for everyone, no matter your age or fitness levels.

**Take on a challenge and put yourself to the test.** Choose from a wealth of events or simply tell us what you'd like to do, no challenge is too big or small.

Sign up today at  
[jewishcare.org/challenge](http://jewishcare.org/challenge)



For more information  
please contact the Events  
Team on **020 8922 2834** or  
email [events@jcare.org](mailto:events@jcare.org)

