

CARELINE

ISSUE 79 | SUMMER 2018/5778



***Bringing our
community together***

FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

Contents

ISSUE 79 | SUMMER 2018/5778



Welcome to our Summer 2018 issue of *Careline*, our magazine for our friends and supporters. This issue is packed with stories and photos from across Jewish Care. As always, we welcome your thoughts and comments on the design and content of *Careline*. Please send these to editor@jcare.org or call 020 8922 2761.

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Mark Wingrove, Jewish Care's in-house design studio to keep costs to a minimum

COVER PHOTO

Violet is collected from her house by our care bus so she can attend the Michael Sobell Jewish Community Centre. Here she enjoys seeing friends, playing games and taking part in discussion and exercise classes. The centre keeps her connected to our community and helps her retain her independence.

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Daniel Carmel-Brown appointed as new Chief Executive

With your last issue of *Careline* came news that, after 15 years leading Jewish Care, **Simon Morris had decided to step down**

Earlier in the year, the Jewish Care trustees embarked on a wide and rigorous recruitment campaign to ensure they would appoint the right candidate to build on the organisation's strong foundations.

In March, they announced the appointment of Daniel Carmel-Brown as the new Chief Executive of Jewish Care.

Announcing this news Steven Lewis, Jewish Care Chairman, said: "We began the process interviewing nine candidates from within and outside of the organisation and the community. The interview panel were unanimous in their decision. Daniel has shown he has the experience, determination and vision to take on this role and address the significant challenges that come with leading a social care charity in 2018. I am looking forward to both supporting and challenging him to ensure Jewish Care strives to deliver the very best it can for the community."

The Lord Levy, President of Jewish Care, who has worked closely with Daniel over the last decade, commented: "He is a natural leader, a strategic thinker, an excellent communicator and has a solid grasp and understanding of the organisation and the current challenges. I am thrilled that the trustees of Jewish Care have appointed him to be the next Chief Executive and have every confidence he will build on the strong foundations that his predecessor Simon Morris has worked so hard to achieve."

Daniel took up this new position at the start of July. Formerly the Director of Fundraising and Marketing at Jewish Care, he has held several positions of increasing responsibility at Jewish Care having begun his career over two decades ago delivering front line services in the organisation's community centres.

Daniel is a former governor at both Wohl Ilford Jewish Primary School and Kantor King Solomon, a former board member at Jewish Legacy Giving and a current trustee of the Miriam Hyman Memorial Trust.



Daniel lives in Redbridge with his wife Naomi, a teacher at the local Jewish school, and their three sons.

On news of his appointment Daniel said: "I am delighted and honoured to have been appointed Chief Executive of Jewish Care. I have been privileged to have worked closely with Simon Morris who I believe has achieved so much in his time and laid the foundations for an exciting new chapter in the long history of Jewish Care. I look forward to working with the President, Honorary Presidents, Chairman, Board of Trustees and the thousands of dedicated colleagues, volunteers and supporters of this exceptional organisation to ensure we can continue to meet the growing and changing social care needs of the community".

**"I AM DELIGHTED AND HONOURED TO HAVE BEEN
APPOINTED CHIEF EXECUTIVE OF JEWISH CARE."**

Investing in care by the sea

Jewish Care's sunny residential home with views of the sea is to benefit from a five-year modernisation programme thanks to the generosity of The Bloom Foundation.



Hyman Fine House, (formerly the Brighton and Hove Jewish Home) was established in 1954 and run solely by local volunteers until 1996 when Jewish Care took over the home. It is the only Jewish residential care home for older adults in the Brighton and Hove area and an important part of the fabric of local Jewish life.

The modernisation programme has already seen the creation of a new and much-welcomed hairdressing salon. Irene is one of the many residents who is a regular to the salon: "I have my haircut in the salon every 6-8 weeks, it's so handy having it just here."

Other improvements to the communal facilities include the creation of a new multi-purpose conservatory lounge.

Plans are being finalised for a phased refurbishment of all ensuite bathrooms, along with the installation of new windows, doors and new lighting throughout the home.

Jewish Care Chief Executive Daniel Carmel-Brown commented: "Our investing for the Future Programme isn't just about our new developments but investing in our older homes, ensuring they are bright, modern environments for our residents. This is only possible thanks to the generosity of individuals and families in the community. We are so grateful to The Bloom Foundation for their ongoing support of Hyman Fine House."

As part of its aim to help improve social and care amenities for the Jewish community in Brighton and Hove, The Bloom Foundation has been a long-term supporter of Hyman Fine House and its residents. The Chair of The Bloom Foundation, Brighton-born Tony Bloom, said: "It is particularly important for us to ensure that older members of the community who are looking for a Jewish home have access to a comfortable and highly appealing residential environment with good facilities."

IT IS THE ONLY JEWISH RESIDENTIAL CARE HOME FOR OLDER ADULTS AND AN IMPORTANT PART OF THE FABRIC OF LOCAL JEWISH LIFE.

Try before you buy

Two Hyman Fine residents talk about how short respite stays gave them the chance to experience living in the home before they decided if it was the right move for them.

Why a respite stay was a good move for Jenny



Jenny was no stranger to Hyman Fine, having volunteered in the home alongside her late husband Berny. Although they lived locally, last Passover the couple decided on a week-long respite stay in the home to enable them to enjoy a stress-free and kosher festival.

Sadly, earlier this year, Berny passed away: "The day he passed away I looked at our empty house and I knew the most sensible thing for me was to stay at Hyman Fine. I didn't need to commit, they just let me come in for respite." Four months on, Jenny has just decided to make Hyman Fine her home.

"I have a good life here. I really wouldn't want to go anywhere else and know that if I went back home I would struggle or be a burden on others. I feel at home here, I enjoy the company and there is always lots going on. I like the fact the home is a Jewish home; I have always kept kosher and that's something I don't need to worry about here. My husband used to take the weekly synagogue services, now I really enjoy attending them on Shabbat."

From London to Brighton living

Eighty eight-year-old Irene had always planned to retire in Brighton but wasn't aware that there was a Jewish Care home in the area: "As a family we always holidayed in Brighton. My kids used to complain when I told them we were going there again; now two of them live here. My daughter found out by chance that there was a Jewish

Care home in Brighton. I had no idea it existed. Before I made the decision to move I came to the home for a few weeks to check I was happy here. I always planned to retire and move to Brighton – now I am here. Its lovely being near the sea and I am enjoying being so close to my children, grandchildren and great grandchildren."

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**



Homes Outings Programme & Entertainment

All funds to go to

JEWISH CARE

Around the world of Jewish Care

01-03 The Family Fun Day, organised by the Princess Alexandra Home Special Events Committee, saw a record 2,800 people from the local community enjoying a great day out whilst raising more than £24,000 to help enhance the lives of residents at Jewish Care's Princess Alexandra Home in Stanmore.



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04-07 People across the generations united over cake at the 6th Great Jewish Bake Day. Celebrity chefs joined Jewish Care residents and day centre members, schools, nurseries, cheder and brownie groups to bake a difference. All funds raised at this year's Bake Day events will help fund Jewish Care buses that take older, isolated people from their homes to Jewish Care community centres.



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08 Leyton Orient players Myles Judd, Freddy Moncur and Jamie Sendles-White were greeted with a warm welcome from residents of Jewish Care's Vi & John Rubens House in Ilford. Resident and lifelong Orient fan, 97-year-old Harry Buitekant, talked to the players about his fond memories of attending games.



08

09 Celebrity Judge Robert Rinder entertained guests with his stories of his rise to fame, Strictly and his love for languages at the 9th annual Local Angels lunch in Essex. The lunch raised a record £34,500 to help support local services.



09

10 Jewish Care's Challenge Committee held a mock trial-themed script of 'Strictly Chasidic Dancing' at their highly successful You Be The Jury event that raised £1,700.



10

11 Muswell Hill's Yeladanu Nursery enjoyed one of their regular visits to Jewish Care's Betty and Asher Loftus Centre.



11

12 International sculptor Frances Segelman, who has sculpted HM The Queen, HRH Prince Philip and HRH Prince Charles, sculpted Holocaust survivor Ivor Perl in front of a live audience at Jewish Care's Holocaust Survivors' Centre.



12

13 Jewish Care's Hyman Fine House were proud to make their debut at this year's Brighton Fringe Festival, organising a day of stimulating arts activities for residents, relatives and members of the local community.



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14 Chris Ezekiel was a member of the six strong Jewish Care team for this year's London Marathon. Chris ran in memory of his grandparents, Lily and Raymond Ezekiel, who were cared for at Jewish Care's Vi & John Rubens House.



14

15 350 guests filled the **Dorchester Hotel's Ballroom** for Jewish Care's Young Patrons Dinner which raised over £160,000 to support the organisation's vital work.

16 Slime making was of the **many science themed activities** children took part in during a half term scheme at the Redbridge Jewish Community Centre.

17-18 **Samantha Cameron was the guest of honour Jewish Care's 27th Woman of Distinction lunch.** Lady Nicola Mendelsohn CBE was presented with the Women of Distinction Award for making a significant contribution to industry and society. The event raised £75,000 to support Jewish Care's Sidney Corob House, a registered care home for Jewish adults with mental health needs. Sidney Corob resident Mark shared his story with guests reminding them that mental health can affect any one.

19 **Primary schools, Kerem, Moriah and Rosh Pinah** danced their way through Purim in Jewish Care's Zumbathons.

20 **Matthew Offord MP attended a tea at Jewish Care's Holocaust Survivors' Centre** to celebrate the New Year's Honours awarded to members of the community for their services to Holocaust education and awareness.

21 **101-year-old Hilda Sharpe was joined by her great grandson Seth, a pupil at Nagila Nursery,** at the Edgware and Harrow Community Centre for a very special Mock Seder held at the centre.

22 **Lord Michael Grade CBE was the guest speaker** at a lunch held at Jewish Care's Betty and Asher Loftus Centre in Friern Barnet. Theresa Villiers MP was among the 150 guests at the event, organised by Rita Roth whose mother was a resident at the home. The funds raised at the lunch were match-funded by Rosetrees Trust. Before the lunch Lord Grade was taken on a tour where he met residents including Mildred (Millie) Morrison.

23 **Hundreds of people of all ages from the Redbridge community** got together to celebrate Yom Haatzmaut, Israel's 70th birthday. The Mayor of Redbridge, Cllr Huggett, Deputy Mayor, Cllr Kissin, local MP's Mike Gapes and Ian Duncan Smith were amongst the guests.

24 **Sky's Kay Burley presented a night of news and stories at this year's Jewish Care annual fundraising dinner** which raised a record breaking £5.25million. A series of broadcasts were transmitted throughout the evening, shining a spotlight on the work of the organisation and the stories of some of its clients.

25 **Jewish Care's latest Kid's Secret Cinema** event was a roaring success with 150 young families attending a screening of The Lion King.

26 **103-year-old Otto Schiff resident Rose Bliss enjoyed a trip to her local polling station.** When asked if it is important to vote, "I definitely think so, I would always like to vote. I follow in the footsteps of my mum, who voted when she was young. I like to have my point of view."



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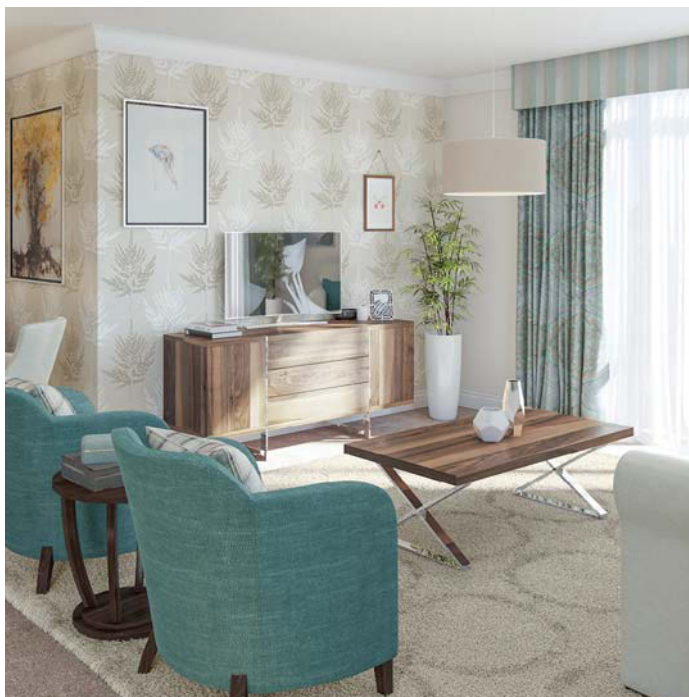
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Independent tenants enjoy best of both worlds

Emma Shrimpsley reports on why housing with
extra care is **on the rise here at Jewish Care.**



Artist impression of Wohl Court show flat-living room

At Jewish Care we know the desire to be independent doesn't diminish with age – if anything it can become more important.

However, we also know that sometimes as people get older their need for some support or companionship can increase.

In a recent Jewish community survey 40% of the respondents who were 65+ said their preference was for independent living with access to care and support. This was no surprise to the team at Jewish Care who had seen, from the success of Selig Court, the need for further investment in housing with extra care.

Jacqueline Franes, 93, a resident at Jewish Care's Selig Court Independent Living development in Golders Green, turned to Jewish Care a few months after she retired in 2014.

Although she had been widowed 17 years earlier, Jacqueline had kept herself busy in her job as an antiques dealer in Portobello Road.

After working her whole life, retirement left a huge hole in her day: "Spending every day at home in my flat in Finchley felt very lonely."

As a self-reliant woman, Jacqueline was reluctant when her daughter first suggested the move to Selig Court, but she now feels she has the best of both worlds, with her own flat but

'We felt it was the right place for us'

For Ellen and Alan Rubens, aged 82 and 91 respectively, the move from their family home in Birmingham to Jewish Care's Golders Green Independent Living site was a big one.

Ellen and Alan,
tenants of Jewish
Care's Selig Court



Married for 60 years, with their daughter living in Israel and two sons and their families in London, Ellen says their children felt it would be better for them to downsize and consider relocating to London.

Alan says: "Once we saw it we felt it was the right place for us. There was a lot to organise but we didn't have to rush; in fact we had to wait two years for a flat to become available. The demand for this scheme is so high I can see why Jewish Care are building more."

While they both admit it was stressful moving from a five-bedroom-house in Birmingham into a two-bedroom flat in London, Ellen said she felt happy as soon as she moved in.

"We left our life-long friends but this big change was made all the easier by moving into this development and now we have made friends here. It is wonderfully run; there is support and help when we need but we also have our independence. I still cook most days but sometimes we pop downstairs to the café or restaurant for some food. It's an ideal place, purpose built for people like us."

support and companionship at hand when she wants it.

"I was lonely. I saw this lovely flat and thought why live alone. I also realised that I wouldn't have to worry here. If something happened to me here I wouldn't need to bother my daughter as there are staff to support me."

Selig Court, a development of 45 one and two-bedroom flats is part of Jewish Care's flagship Maurice and Vivienne Wohl Campus. It also houses the Michael Sobell Jewish Community Centre and Otto Schiff care home.

As well as access to a 24-hour onsite support team, there is a kosher restaurant, communal lounges, hobbies room and laundry facilities – in addition to a full and wide-ranging programme of activities and trips to opt into, from theatre outings to book clubs to exercise classes. There is also the option to come together for Shabbat and Jewish festivals. Jacqueline says her name is always top of the list when there is a trip organised by staff: "I like to be busy, see new places."

Alternatively, those who prefer to lead a more private life, can sit back and relax in the comfort of their own home.

Presently Selig Court is Jewish Care's only north London Independent Living site – and as such it has a long waiting list. This is why Jewish Care has responded to the needs of the community and the demand for this type of housing and is opening a new development in the heart of Hendon later this year – Wohl Court – modelled on Selig Court, with another following shortly in Stanmore and plans afoot in Redbridge. There are also apartments in Southend, Essex, (see box below).

Independent Living apartments are aimed at those aged 60 plus – either couples or people on their own – who have care and support needs yet want to live independently but within a secure community environment.

Jewish Care's Acting Assistant Director, Community Services, Angela Murphy explains: "This kind of accommodation allows older people to retain their life skills for longer. There is a minimum

support requirement of three hours a week as part of our package, but for more able-bodied residents this can just be help with heavier household tasks, assistance with paperwork, transport or even companionship. Although our Independent Living apartments are not suitable for people who require constant, round-the-clock care from the outset, there is the flexibility for residents to increase the level and intensity of care as their needs change – right up to 24-hour care if necessary further down the line or for a temporary period, if needed."

Tenants in Jewish Care's north London apartments have automatic membership to Jewish Care community centres, with transport available, if needed. Wohl Court, off the high street in Hendon, is due to see its first tenants moving in at the end of this year. This comfortable and modern development of 32 one and two-bedroom apartments was largely made possible thanks to a generous donation from The Maurice Wohl Charitable Foundation.

With its communal courtyard, guest suite, lounges, dining room and its proximity to a peaceful park – as well as all the nearby kosher shops, restaurants and amenities, Jewish Care's newest addition to its Independent Living scheme looks forward to taking its place in the heart of Hendon's Jewish community.

**To find out more
about Independent
Living at Jewish Care
call the helpline on
020 8922 2222 or email
helpline@jcare.org**

Artist impression of
Wohl Court street view



Beside the Sea at Shebson Lodge

With sea air and beautiful views, Jewish Care's Shebson Lodge Independent Living apartments have Jewish communal life available on tap.

Located above our Southend and Westcliff Jewish Community Centre, these affordable studio, one and two-bedroom apartments come fully fitted with a kitchen, bathroom and lounge, as well as a communal green, garden space to enjoy.

For a discounted fee, residents can join the community centre and just pop downstairs to enjoy the many varied activities available – as well as using the kosher shop and onsite café.

While Shebson Lodge has no minimum support requirement for tenants, there is a 24-hour onsite support team if needed, with care provision available or the option to bring in a private carer.





Our future is in Young Jewish Care

They may be busy building their lives but as Emma Shrimpsley reports there is a **growing group of young professionals who are finding some time for Jewish Care.**

It's Sunday morning and a group of young professionals are volunteering at Jewish Care's Rela Goldhill at Otto Schiff care home playing bingo and board games with some of the residents.

Known as the 'Six Sundays' programme, it is one hour of their time that they gladly give each month.

That same morning at The Betty and Asher Loftus Centre in Friern Barnet, 15 of their peers are talking to staff and interacting with residents as part of a year-long, one-morning-a-month commitment to get to know Jewish Care inside and out with YJC's Lay Leadership Development programme.

Later that day another group of 20-30 somethings are meeting to discuss the plans for an upcoming property breakfast event.

These young adults are part of Young Jewish Care. Coming from all backgrounds, all professions, with varying amounts of time to commit – many will become the future volunteers, supporters and lay leaders of the charity.

Debra Binder, Senior Fundraising Executive for Young Jewish Care (YJC) explains: "Over the last few years we have been investing time and resource to focus on this age group, finding creative and easy ways to enable them to engage with Jewish Care.

"Whether they can give an hour a month; come along to an occasional YJC event or go on our Poland trip; want to join a committee or, at the other end of the spectrum, get an understanding of the breadth of what Jewish Care does through our Lay Leadership Development programme – YJC now has something to cater for every level of involvement.

Chair of YJC, Lauren Shahmoon, is a prime example of a

someone whose initial small commitment snowballed into a desire to take on a leadership role.

Lauren, 25, works in property and first became involved in Jewish Care as a member of YJC's property committee.

From there she went on to join the Lay Leadership programme, then chair the property committee and last year stepped in as the new chair of YJC.

"With demanding jobs and obligations, it often frustratingly feels like our contributions can be insignificant in the grand scheme of things. The more I learnt about Jewish Care, the more I was drawn to a leadership role, especially because I constantly hear from people my age that they want to do more, want to get involved in communal roles," says Lauren. This is certainly how I felt a few years ago but I have since learnt of the many ways we can all contribute, be it time or money – and the huge difference that makes.

"When people come to our events I want them to be inspired to stay involved beyond that one-off breakfast or evening – and most importantly I want it to be easy and immediate for them to do this."

With this in mind, one of Lauren's first actions as chair was to initiate the creation of the Young Jewish Care app.

"I approached my cousin, Rob Murad, who has a passion for technology, and he was really captivated by the idea, working evenings and weekends to develop it. The resulting app was launched at the YJC dinner in March. It is everything you need to know about Young Jewish Care under one digital roof and features a full timetable of volunteering opportunities you can book into – such as Six Sundays or our monthly Sunday Social – as well as young fundraising events and the latest YJC news.

Taking part is as easy as booking a spin class."

Rob, who designed the app had not previously been engaged in the community but saw this as the perfect chance to use his skills to volunteer in a way which worked for him.

"I knew little about the work of Jewish Care and I really enjoyed finding out more and feeling that I have done something that will have a positive outcome.

"There is something about apps, they are everywhere, used by my generation, and there really is an app for everyone – so why not build one to engage a wide range of people in Young Jewish Care?"

Rob believes his story illustrates there are so many ways to "get involved in the community that utilise an individual's skills and experience."

In some cases, such as Lauren's, what starts as a one-off or small volunteering commitment can lead to bigger roles, including a few who go on to join the Lay Leadership Development programme (LLDP).

Now in its third year, the LLDP was created to engage with future leaders of Jewish Care. The year-long programme aims to educate and inspire young adults to become actively involved in the life of Jewish Care. It is a mixture of learning, mentoring and hands-on involvement. Meeting one Sunday morning a month, participants learn more about the organisation, our services and people, visiting different homes and centres, meeting clients we support and hearing from staff and senior leaders in the organisation.

Lauren explains: "Each year we have 15 people on the programme, usually a diverse mix of people with different strengths and interests - some who want to fundraise, some who want to be involved in the volunteering side and some who are interested in governance. Many then go on to establish or help run programmes or join committees."

At YJC, the variety of committees means there is something to suit most expertise and interests, including business, property, sports, social and the Young Patrons Development committee.

Young Patrons is a programme which enables younger supporters to become stakeholders in the work Jewish Care

does, with a direct monthly donation of £42 or an annual donation of £500. To date there are over 230 Young Patrons, 37 of which signed up at the most recent YJC dinner.

The development committee works to foster relationships with current Young Patrons via events or one-on-one meetings. In this way YJC are constantly enhancing the programme and are always keen to hear new ideas.

The latest idea for Young Jewish Care – which should be launching later this year – is YJC@Uni, aimed at students.

"We often have school-age children involved with Jewish Care, via our B'nei Mitzvah programmes, volunteering through Duke of Edinburgh or specific school charity work," says Debra. "We want to keep these young people involved once they go to university, so this new initiative will see us bringing events to students, in addition to our London events. We will be hosting Friday Night Dinners as well as 'Lunch and Learns' throughout the year – kicking it all off with a big Halloween Party."

At the recent Young Patrons dinner, chair of Jewish Care Steven Lewis summed up the contribution of the many who make up YJC: "The future is something I often worry about but I have a real sense of reassurance and confidence that we have some fantastic, caring and generous young people in our community who are already taking some responsibility for helping to ensure Jewish Care is there for generations to come."

SIX SUNDAYS

Finding a volunteering opportunity which works for time-poor young professionals was the inspiration behind Young Jewish Care's 'Six Sundays' programme.

Offering 20-35-year-olds the opportunity to volunteer for one hour, one Sunday a month was set up by a group of alumni from the Lay Leadership Development Programme – who had the idea of creating a regular but small commitment which sees volunteers going into a Jewish Care home to provide companionship with service-users engaging them in activities from arts and crafts to board games and bingo.

Rob Sher, who helps co-ordinate Six Sundays says: "It started about 18 months ago with an email list of eight people originally and each Sunday someone would say I have a friend to be added and it grew from there. We now have a Facebook group of 150 people and it has expanded from one home – Rela Goldhill at Otto Schiff to two more with plans for a fourth. Through the app people can see which Sundays are at which homes and choose the most convenient.

"It's from 11.15am for an hour so it's not too early and doesn't impact any plans you have the rest of the day. The idea is for people to commit six Sundays in all, but many continue to come beyond that because they really enjoy it and have established some wonderful relationships with residents."

Download the YJC app

The YJC app can be downloaded for free, just search Young Jewish Care at the App Store or Google Play. If you want to talk to someone about getting involved in Young Jewish Care call 020 8922 2813



Careline: The Interview

Simon Morris, Jewish Care's outgoing Chief Executive

After over 20 years at Jewish Care, 15 of which were in the role as Chief Executive, late last year Simon Morris announced his decision to leave the organisation this summer.

In the words of Jewish Care's president, Lord Levy, Simon Morris has made a significant impact: "Over the last 20 years Jewish Care has transformed into a leading social care provider and a jewel in the crown in the community. Simon's contribution has been invaluable, we have much to thank him for."

Steven Lewis, Chair of Jewish Care said: "Thanks to Simon's leadership this organisation is in a strong position. Simon's departure will mark the next chapter in Jewish Care's long history. For now, it is very much business as usual. We will never lose sight of our primary objective: to provide quality care services to the thousands of people who rely on us every day of the year."

Before Simon left, Careline caught up with him to ask him a few burning questions:





You often talk about how much you enjoy this job so why are you leaving?

That's a tough opening question! It was an incredibly difficult decision but, I think for both myself and Jewish Care, the time is right. I am ready for a change and I think that Jewish Care is too. I know I don't want another CEO position; what I do know is I would like to use the knowledge and experience I have gained to do some work in the wider health and social care world outside of the Jewish community.

Looking back what do you think is your biggest achievement in this role?

I think there are two things. Firstly, creating an organisation that is one of the leading social care organisations in country and secondly, to have led an organisation where staff work together placing our strong values at the heart of all they do.

Jewish Care is what it is today thanks to our fantastic and dedicated staff team. Success is not my success but shared success; I have just been responsible for guiding the team – they do the hard work.

What have you enjoyed most about working at Jewish Care?

That's an easy question for me, it's all about the people. The people I work with, both paid staff and the volunteers, and the clients I've been fortunate to meet.

What will you miss about Jewish Care?

I will miss my colleagues across the organisation and the clients.

What won't you miss?

The only thing that really upsets me is that sometimes our front-line staff are faced with what I would deem as

unacceptable behaviour from relatives. I have spoken openly about this before. I understand that people turn to us at difficult times in their lives and they are emotional and often vulnerable but directing this at staff isn't helpful. I won't miss hearing about these occasional but unacceptable outbursts of behaviour that I do think are becoming more frequent each year.

Your biggest frustration?

That there is so much more that we as a society can do for older people and their carers. The under-funding of social care in society is leaving vulnerable people with little care and support. People are living longer, at the same time funding is being cut and local authority services like day centres and transport services have closed. People are being forgotten and I find that very depressing.

The good news is that, thanks to support from the community, Jewish Care is bucking the trend. Thanks to both volunteers and donor support we have kept our day centres and other vital services open – without these some of our clients wouldn't leave the house and would feel totally isolated. If you aren't Jewish, sadly often you don't have access to many of these services that ensure people feel connected and valued.

Social care is an under-valued profession and service. With an ageing population this must change. This needs to start with a significant investment in social care services.

Your hope for the future?

That the organisation continues to grow and develop and that the community continue to support Jewish Care to ensure we can provide vital,

culturally sensitive care to all who need it, regardless of their ability to pay.

If you had one wish what would it be?

I am going to ask for two as I am not sure which one is more realistic. My first wish would be for society to re-evaluate its priorities and invest in care and support for older and vulnerable people, the second to see Tottenham win the premiership!

Who would you invite (living or deceased) to your house for Friday night dinner?

Nelson Mandela, Winston Churchill, Harry Kane, Emily Pankhurst and Michelle Obama.

What would you cook for them?

I think it would have to be a traditional Friday night dinner.

What does the future look like for you?

Exciting probably because it's a fairly open book! My short-term plan is to catch up on sleep, time with my family and talk to people to see what opportunities emerge. I am keen to take my experiences from Jewish Care into the wider health and social care arenas. I hope it is a future where I can continue to help shape the sector and ensure older people get the care and support they need and deserve.

Final word?

I want to say thank you to everyone I have worked with. It is the sum of the parts that make the whole and it is you all, our friends and supporters, our staff and, importantly, our clients who make Jewish Care what it is today. I feel truly honoured to have led this organisation for the past 15 years and very proud to be part of this caring community.

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 AUNTIE LIVES ALONE IN EDGWARE. SHE IS WIDOWED AND LONELY. SHE HAD TO STOP DRIVING LAST YEAR AND DOESN'T FEEL CONFIDENT TO LEAVE THE HOUSE ALONE. IS THERE ANYTHING YOU CAN DO TO HELP HER?

A : I'm so sorry to hear that you aunt is going through such a difficult time. It can be very isolating to stop driving and experience the knock-on effects that this loss of independence can bring. However, there are lots of Jewish Care services that may be suitable for her and help her to feel less lonely.

One of our community centres is close by in Edgware. The Edgware & Harrow Day Centre is open four days a week from 9am to 2.30pm and has a transport service that could pick up your auntie and drop her back home later. There are a range of activities there including arts and crafts, keep fit and entertainment. Tea and coffee is served in the morning and a hot, milky kosher lunch is provided.

If you think she would prefer something a little less busy, we also have some Supportive Communities Tea Parties. These are regular events held in volunteers' homes for a small group of people like your aunt.

We can also provide services that support your aunt with living independently. We know that shopping and cooking



can be particularly difficult for some older people. Jewish Care began a meals-on-wheels service to replace the one that LB Barnet stopped in March 2016. The meals are supervised kosher and are frozen to be reheated in a microwave or regular oven.

These are just a few of the local services available that could benefit your aunt. I suggest you ask her to call us and we can talk to her and find out more about her interests, support needs and connect her to her local services.

Q : I WANT TO MAKE SURE MY CHILDREN DON'T HAVE TO MAKE DIFFICULT DECISIONS ON MY BEHALF IF I AM UNABLE TO MAKE THEM MYSELF. HOW DO MAKE SURE THIS IS DONE? I KNOW THAT I DON'T WANT TO BE KEPT ALIVE UNNECESSARILY, IF I SAY I DON'T WANT TO BE RESUSCITATED WHEN THE TIME COMES, DOES THIS GO AGAINST JEWISH LAWS? WHO CAN I SPEAK TO ABOUT THIS?

A : Firstly, I would like to say that I think you are being extremely forward thinking, sensible and kind by looking into this now. Bereavement is a difficult enough time emotionally without all the concurrent administration and decisions. By putting your wishes in place now, you are taking a lot of the stress away from your children.

A DNR (do not resuscitate) must be completed by your doctor and only applies in situations where the patient's heart or breathing has stopped. Jewish Law does not necessarily prevent this, it is a very personal issue. It would probably be best to speak to your own rabbi about this before you come to your decision.

You can set up a lasting power of attorney for health and welfare with a solicitor or advice agency. However, if you prefer something less formal, have a think about an 'advanced care plan' or ACP which can be used by your family to guide them on how to act in your best interests. There is an excellent page on the Jewish Care Interact website that talks through all these issues:

jewishcareinteract.org/end-life-decisions or you can call our helpline on **020 8922 2222** to discuss this further.

Q: I HAVE HEARD YOU ARE OPENING INDEPENDENT LIVING IN HENDON THIS YEAR BUT THAT IT IS ALREADY OVERSUBSCRIBED. I WAS HOPING TO MOVE INTO THIS DEVELOPMENT BUT DON'T HAVE MY NAME ON THE WAITING LIST. AM I TOO LATE?

A: Absolutely not. There is a lot of interest, but you are not too late to apply. All you need to do is phone Jewish Care's Helpline on **020 8922 2222** and speak to one of our advisers to register your interest in Wohl Court, our new Independent Living apartments in Hendon. The person you speak to will take the appropriate information from you in order to register your interest in the service. You will be sent an application pack by mail, which will include a 'Live Independently at Jewish Care' brochure and an application form, together with some other documentation relevant to your application. You will need to complete all the documents fully and return them to Jewish Care.



The 32 apartments at Wohl Court will be allocated using the following criteria:

- Application date
- Housing need
- Care and support needs

This means that priority will be given to people who are currently living in unsuitable housing or who need care or assistance with domestic tasks to help them maintain their independence.

Your application will be assessed initially using the information you provide on your application form. We would therefore advise you to read the application form



Guidance Notes carefully and to provide us with as much information as possible to support your application. If you meet the criteria for the service, one of our advisers will be in contact with you to

arrange a Housing and Care Assessment. I would suggest you don't delay contacting us, you have nothing to lose by making that call and expressing your interest.

Q: I THINK MY MUM NEEDS TO MOVE INTO A CARE HOME BUT WE DON'T HAVE MUCH MONEY AND SHE HARDLY HAS ANY SAVINGS. WILL JEWISH CARE WAIVE ANY FEES AND OFFER MY MUM A PLACE?

A: Jewish Care will not waive your mum's fees, however she can still be offered a place in a care home. According to law, if she has more than £23,250 in savings or assets she will have to self-fund her care until her money reaches that level; at this time the local authority would be asked to take over her funding. If she has limited savings and no assets you should contact your mother's local authority and explain the need for her to move into a care home. The local authority will send financial assessment forms to be completed and a local authority social worker will be allocated to assess your mother to determine her care requirements.

You will need to contact Jewish Care's helpdesk on **020 8922 2222**, to register your interest in a Jewish Care home; however, you will need your mother's permission to do this. A helpline adviser will ask you some questions in order to gain enough information about your mother to determine which of our care homes may be best suited to care for her needs and you will be advised to visit a few homes. If the local authority assess that your mother needs to move into a care home, they will pay an agreed fee to Jewish Care and, according to the information on the completed financial assessment, your mother will be asked to pay a 'client contribution' towards the cost of her care. This is a weekly amount, calculated according to her state pension and any other income she may receive.

It is important to understand that the local authority does not cover the full cost of care and there is a shortfall between the amount they pay and the full cost of care. Jewish Care ask family members to contribute towards this shortfall and this is known as a 'family contribution'.

Sport at Jewish Care

A passion for sport doesn't need to disappear as you age. Jewish Care have a range of programmes that aim to enhance well-being, keeping people both **mentally and physically active**, as **Emma Shrimpsley reports**.

If you think competitive sport is just for the young, pop along to Jewish Care's Redbridge JCC on a Monday evening. This is where you will find a group of 50 to 60-some-things enjoying one of the UK's fastest growing sports... walking football.

The slower paced version of the game, developed in 2011, has captured the imagination of the country due to its accessibility, regardless of age, health and ability – so much so that last year the Football Association launched a set of official rules for the game. At Jewish Care it is one of many physical activities available to encourage people to get active and connect through an enjoyment of sport.

The Monday football game at Redbridge JCC, sees a gathering of around 20 'walking footballers' who meet, come rain or shine, to partake in the game. Howard Kemp, who runs the group, says: "I saw a feature on *BBC Breakfast News* about walking football

and thought that looks good. So, after doing some research, we started a Monday group as a pilot and it's grown from there. It's been three years and we now have about 20 regulars. "Most of us played in our youth and gave up somewhere along the way so it's great to be playing again. Not only does it bring out the kid in you but it's great for fitness and I can see the huge improvement we have all made in terms of our skill levels."

It has been so successful that there is often a waiting list, and Jewish Care are now looking at starting a new over 70's walking football group. Ron Weinberg, a first-time walking footballer, who came to a taster for the over 70's, says: "I used muscles I didn't realise I had. I'd like to do it again – it's something I really need to do at my age as I don't do enough exercise and what's more I thoroughly enjoyed it."

At Jewish Care's Redbridge Jewish Community Centre other sport on offer include bowls, table tennis and chair aerobics.

Sharon Imber, the centre's Community Programmes Co-ordinator, believes the social benefits are just as important as the physical benefits. "If you are on your own, it is much easier to meet people when you know you are doing an activity and often people stay on for coffee afterwards."

"The bowls group has been running for over 30 years. We get people of all ages and all levels of physical ability, some in wheelchairs or with walking sticks. We set up the table tennis group over four years ago – growing from three or four to about 25 ladies and men who come along to the two sessions we have on a Monday and Wednesday. Obviously, it is good for fitness, but also the concentration is great for brain health."

Stanley Werth, 78, who with support from Rob Barnet, established the table tennis group, was a junior Maccabi champion in his teens. He is among a few who have played all their lives, but at the other end of the spectrum, there are several who are new to the sport. "There's a lot of camaraderie in the group and friendships have definitely formed outside of it as a result," says Stanley. "It really doesn't matter what level you are. We help each other out."

In North London, a partnership with Maccabi GB has been instrumental in bringing sport to Jewish Care's homes and centres.

There are several programmes including annual Bowls on the Lawn at Harrow's Woodcock Park; as well as activities with Jewish Care clients at Lady Sarah Cohen House and Rosetrees in Barnet; Michael Sobell Centre in Golders Green and Clore Manor home in Hendon.

With everything from table tennis and seated aerobics to ball skills and Boccia – a seated bowls game created for people with disabilities, there is something for all to take part in.

Earlier this year, Deputy Mayor of London Mathew Ryder, responsible for social integration, social mobility and



SPORTING MEMORIES BRING RESIDENTS TOGETHER

Sporting Memories is the new nationwide programme, which unlocks memories of the past and has been delivered to Jewish Care residents in Friern Barnet by our partners from the Tottenham Hotspur Foundation.

"Whether sports fans have played or spectated, sport has the power to trigger strong memories from a time when we first saw a particular player, went to a famous sports stadium or watched an exciting match on TV," Rob White says, Sporting Memories London co-ordinator, who has seen first-hand the impact the programme can have on the lives of older people.

The THFC Foundation's facilitators recently spent six weeks running sessions at Jewish Care's Betty and Asher Loftus Centre. At the start of one of the sessions, a leader shared his own memory of when as an eight-year-old boy, he watched a Spurs game with his Dad in the freezing cold North Stand: "They used to walk around with roast monkey nuts and me and my cousin used to get a packet. To this day when I see or smell monkey nuts it takes me back to those freezing cold North stand." Just this small memory was enough to trigger others to talk.

For Gary Zimmerman, 87, who is living with dementia and has been a resident at Jewish Care's Rosetrees home for two years, sport has always played a major part of his life.

Talking about sport led Gary to tell the group about how he played cricket for his school, Clifton College, at Lords Cricket Club and went on a cricket tour in Israel with Maccabi GB in his early 20's. Gary was also President of the Wingate Cricket Club and spent many summer afternoons enjoying the gentleman's game. Alongside his passion for football. His wife, Bondia, who attended one of the sessions, says, "Cricket and football were always Gary's passion. When he moved into Rosetrees, his TV and Sky subscription moved in with him. It's been good to see Gary recall his memories of playing and watching sport with the group."

As part of the programme, the facilitators brought old black and white photos of sports personalities and residents watched old cricket footage together, they also took part in a gentle game of Boccia and chair exercises.

Rob White from Sporting Memories, says "Long term memory can be stimulated with the photos of sports people and it can really help people with low self-esteem to talk about something they know about. Everybody had a story and everyone in that group came away feeling more connected to each other."



community engagement, visited a Maccabi GB activity morning at Clore Manor where he played Bocca and table tennis with residents.

In a separate initiative, Maccabi GB's Streetwise Leadership programme, young volunteer sports leaders run seated dance, yoga and Boccia sessions at Jewish Care. Alfie Fox, 18, in his 4th Year on the Streetwise programme says running the Jewish Care sports sessions has become a firm favourite activity for participants in the programme. "We enjoy not only the session planning and delivery, but the buzzing atmosphere and competitive edge that we perhaps wouldn't have expected from a Jewish Care community centre.

"I USED MUSCLES I DIDN'T REALISE I HAD. I'D LIKE TO DO IT AGAIN."

Maccabi GB chairman David Pinnick says: "Maccabi GB is committed to enhancing wellbeing across the community regardless of age or ability; our initiatives with Jewish Care are an example of how we achieve this. In addition to the practical sessions and activities we offer, we were delighted to sponsor the Seder nights at the Jewish Care Residential Homes this year. Seder is one of our most enjoyable traditions, it is part of our identity and culture and these services enhance our well-being."

Upcoming events

SEPTEMBER

02 **JC FAMILIES ROSH
HASHANAH PARTY**
Friern Barnet

17 **PRO AM
GOLF TOURNAMENT**
Buckinghamshire

OCTOBER

07 **JC FAMILIES
KIDS SECRET CINEMA**
Bushey

07 **JEWS GOT TALENT**
Potters Bar

14 **ROYAL PARKS
HALF MARATHON**
central London

21 **ROSETREES
VARIETY EVENING**
Friern Barnet

28 **CHALLENGE
COMMITTEE
ROCK 'N' ROLL EVENING**
Golders Green

27 **YOUNG JEWISH CARE
HALLOWEEN PARTY**
central London



Bridge Extravaganza



JC Families Kids Secret Cinema

30 **HOLOCAUST
SURVIVORS' CENTRE
ANNUAL DINNER**
North West London

NOVEMBER

07 **TOPLAND GROUP
BUSINESS LUNCHEON**
central London

11 **OPTIONS COMMITTEE
YOU BE THE JURY**
Golders Green

14 **LOCAL ANGELS
ANNUAL LUNCH**
Essex

21 **REDBRIDGE SPORTS
& ENTERTAINMENT
COMMITTEE
SPORTS DINNER**
Essex

26 **BRIDGE
EXTRAVAGANZA**
central London

28 **YOUNG JEWISH CARE
PROPERTY DINNER**
central London

DECEMBER

07 **PROPERTY
INVESTMENT
BREAKFAST CLUB**
central London

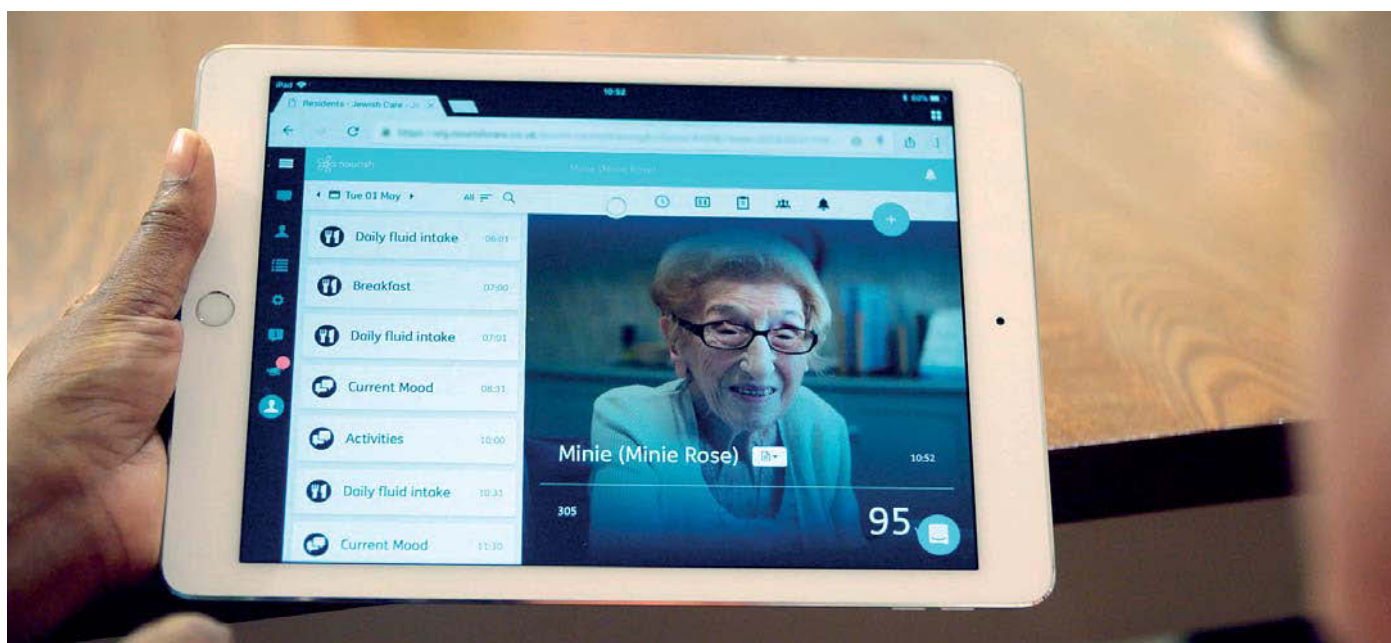


Royal Parks Half Marathon

**For information on
any of these events
contact the events team
on 020 8922 2305
or email
bookings@jcare.org**

Using technology to enhance care

Following a successful pilot programme Jewish Care have invested in a new electronic care planning system to replace the current paper care plans.



The use of technology and digital technology in particular, can be seen as a threat to human contact and the replacement of people by 'machines'. Whilst this may make a good plot for a sci-fi movie, it is not the case in care. The introduction of digital technology aims to support carers so that they can provide better and more meaningful care and, in some cases, improve people's well-being.

Following a successful pilot programme, Jewish Care have invested in a new electronic care-planning system to replace the current paper care plans. The new electronic care plans have been implemented in seven homes since last August and will be implemented across all 11 care homes by the end of the year.

The hand-held system, that looks like a mobile phone, enables front-line care staff to retrieve and recall information about every resident's care, support and assistance at the point of care, as well as record all interactions as they are being delivered.

Care homes regulations require accurate and detailed recording of all support delivered by care staff, as well as all aspects of residents' daily lives. For some residents this could be up to 100 records a day, ranging from care required to food and drink intake and activities they took part in.

Prior to the introduction of electronic care plans some staff, supporting the most vulnerable residents, were spending hours a day completing paperwork, which often took them away from the residents. The new system enables staff to record information with a tap on screen, while they sit alongside the resident.

Staff are also encouraging residents to record their own comments: One care assistant at Lady Sarah Cohen House commented; "I am so happy with the new system. We had an entertainer on our floor yesterday and I was able to dance with the residents for half an hour! Previously I'd have been sitting in the office writing up my notes at that time, but I got to enjoy some quality time with my residents. It was wonderful."

Her colleague, a nurse in the home, added: "With this new system I have so much more oversight on the health and well-being of my residents. I can easily see what my colleagues have recorded and even if I've been away for a few days I can see what has been happening in my absence."

Their views are reinforced by Ffion Roberts, a manager at Jewish Care who has been tasked with introducing the system across the organisation: "This system is a huge change for care staff but they are embracing it because, within days, they can see its benefits. Shift changeover is smoother; staff come into the home and all they need to do is log on to know what has happened since they left and identify where they are needed."

Jewish Care's Interim Director of Care Services, Gaby Wills, who has championed the introduction of the electronic care plans added: "We are already seeing the benefits of using technology to improve accuracy and speed with which we record information and this in turn is leading to positive changes in practice. We know technology can't replace good human care but it certainly can enhance it."

Turn your Simcha into a Mitzvah for Jewish Care

25TH WEDDING ANNIVERSARY

Janet & Derek Alexander
Shoshana & Joel Greenwood
Sharon & Derek Lindsey
Joy & Malcolm Lyons
Vivienne Watkin & Allan Daitz

30TH WEDDING ANNIVERSARY

Karen & Paul Krieger
Andrea & Malcolm Peters
Jan & Daniel Tuchband

40TH WEDDING ANNIVERSARY

Caroline & Alan Brill
Tamara & Jeffrey Doltis
Susan & Brian Freiburger
Ruth & Peter Musgrave
Vivien & Stephen Newton
Bernice & David Pelta
Elaine & Stanley Rosenthal
Beryl & Michael Rudolf
Denise & Geoffrey Walters
Hilary & Graham West

50TH WEDDING ANNIVERSARY

Esther & Maurice Allchild
Margaret & Cyril Chapper
Barbara & John Cohen
Hazel & John Cosgrove
Glenda & Eric Deacon
Linda & Ian Gerecht
Ruth & Danny Handler
Sylvia & Peter Hartman
Georgine & Jeffrey Levison
Judith & Paul Littman
Roselyn & Frank Rosenfeld
Shirley & Kenneth Schreiber
Vivienne & Harold Selby
Pam & Leonard Silver
Sandra & Harold Sorsky
Lord & Lady Sugar
Brenda & Aubrey Waltzer

55TH WEDDING ANNIVERSARY

Diann & Michael Kenner

60TH WEDDING ANNIVERSARY

Myrna & Michael Brest
Barbara & Maurice Davis
Raina & Simon Driver
Patricia & Jeffrey Fine
Evie & Freddy Fishburn
Gloria & Raymond Freeda
Barbara & Brian Gold
Pat & Alec Hasenson
Ruth & Eddie Rosen
Geraldine & Harvey Symons
Sir Bernard & Lady Zissman

70TH WEDDING ANNIVERSARY

Esther & Cyril Elf
Jean & Harry Nissen

WEDDING ANNIVERSARY

Hazel & Eddie Leigh
Liesel & Eddie Meyer
Ruth & Brian Sandelson
Shirley & Anthony Spitz
Elisabeth & Henry Wermuth

MARRIAGE

Annette & Stuart Bourne
Lee & Neville Jossel
Fiona Brewer & David Miller
Selma Shrank & Laurence Citron

ENGAGEMENT

Sam Lustig & Jonathan Feldman
Manuella Kanter & Gabriel Webber

BIRTHDAY

Jack Abraham
David Abrams
Terry Ansell
Robin Arwas
Gerald Barnett
Cyril Barrie
Paul Beder
Ivor Bennett
Linda Bennett
David Berger
Sandy Berzon
Ruth Bloch
Don Breslaw
Malcolm Brummer
Gillian Calman
Malcolm Cass
Angela Charach
Doreen Cohen
Ellis Cohen
Hazel Cohen
Karen Cohen
Janice Cousins
Ronnie Dallal
Evelyn Dalton
Michael Daniels
Sheila Davis
Baroness Deech DBE
Anita Dorfman
Madzia Fasler
Elaine Finesilver
Paul Finesilver
Anne Finger
Jonathan Fisher
Sylvia Frangi
Michael Freedman
Norman Freedman
Rosalind Ginsberg
Sheila Goldberg
Grete Goldhill
Mr Goldin
Melvyn Goodman
Ruth Gordon
Sonia Gottlieb
Doreen Gould
Milly Gould
Malcolm Greenbaum

Sharon Gross
Jack Grossman
Leo Guttentag
Sheila Hirsh
Marlene Hollis
Peter Horne
Alan David Hyman
Doreen Jacobs
Elaine Jacobs
Philip Jacobs
Aileen Jampel
Nicholas Joels
Denis Kaye
Rita Kaye
Diann Kenner
Nita Koppel
Martin Landsman
Val Lee
Eddie Leigh
Gerald Lever
Shirley Levinson
Carole Levitt
Julian Levitt
Julian Lew
Audrey Lewin
Geoffrey Linch
Alan Lion
Frances Litkin
Suzanne Lowidt
Sam Lustig
Basil Mann
Marcus Mann
Paul Marber
Jeffrey Margolis
June Marks
Ronnie Metzger
Barbara Michaels
Frances Milesi
Karen Mizrahi
Alan Mushin
Lee Myers
Sidney Myers
Adrian Naftalin
Harry Nissen
Jean Nissen
Harry Olmer BEM
Carole Pearlman
Rita Pelton
Ruth Perlmutter
Millie Peters
Gerry Phillips
Denise Pincheson
Craig Pollack
Lionel Price
Geoffrey Rabbow
Geoff Radford
Eva Ratz
Jean Rauch
Alan Rechtman
Maureen Reeves
Hazel Richman
Howard Richman
Chana Rifkin
Roselyn Rosenfeld
Shirley Rubin
Mireille Salem
Brenda Sandler
Judy Sebba
Leigh Sebba
Susan Segal

Doreen Selig
Vivienne Sheridan
Harvey Silver
Sara Simnock
Hilda Simons
Valerie Sinclair
Shirley Smith
Stanley Solomons
Victor Spencer
Jill Spero
Miriam Spero
Pauline Spiro
Berte Tager
Jan Tuchband
Laurie Tytel
Ivor Vandermolen
Robert Vertes
Brenda Waltzer
Gerald Ward
Monty Yale
Jeffrey Zamet
Andrea Zimmel

SECOND BAR MITZVAH

Arnold Brooks
Melvin Cousin
Leonard Finn
Cecil Gold
Ronnie Kemp
Allan Lane
Gerald Rosenthal
Aubrey Ross
Sir Bernard Zissman

BAR MITZVAH

Alex Kramer

BAT MITZVAH

Penina Gilbert

BY WAY OF THANKS

Eric Davis
Marilyn Lehrer

IN CELEBRATION

Jean Lowi – on the birth of her 2nd Great Granddaughter

Sara Schreiber & Family – on the occasion of Rachelli & Gabi's Sheva Brachot Shabbat

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

Making your wishes known

Alison Rubenstein, Legacy Advisor, explains the difference Jewish Care's free Will Writing scheme has made on people's views on writing a will **and the difference it can make to Jewish Care.**

We all have those things we keep meaning to get around to doing but for some reason or another we keep putting off. This is often the case when it comes to writing or updating a will and making your wishes known.

For some people, everything involved in writing a will can seem off-putting. Some people find it too complicated, for some it might be too expensive or maybe it's just not something you think you need right now.

Writing a will is one of those things that sometimes gets left behind until a trigger, often a major life stage, from buying a house to children or illness, prompts us.

Writing a Will is probably one of the most important documents you can write. It states clearly, for your loved ones and close friends, your wishes on your burial, how your estate is passed on and anything else you'd like known. It gives you peace of mind knowing that your family is made aware of your wishes.

Since launching Jewish Care's free will Writing Scheme earlier this year we've found that people's perceptions of writing a will have slowly started to change. Our partnership with The Goodwill Partnership and National Free Wills Network ensures that writing or even updating a will is now an easy and straightforward process, no longer one that needs to be put off.

With the National Free Wills Network, you have access to a list of solicitors where you can find one local to you and arrange a time to visit their office. With the Goodwill Partnership you can arrange a home visit with a trained counsellor at a time that suits you. Your instructions will be passed to a panel of solicitors who will provide you with your will.

With either service, there is no obligation to leave a gift to Jewish Care in your will, although once you have taken care of your loved ones we do hope you'll be inspired to leave a legacy to us. Without Gifts in wills, Jewish Care would struggle to operate as 25% of the organisation's annual voluntary income comes from legacies of all sizes.

Sue recently contacted me about writing her will. It was something she knew she needed to do but kept postponing. Following our conversation, she contacted the National Free Wills Network and thanks to our partnership with them now has her will in place;

"I AM NOW NOT SURE WHY I PUT THIS OFF FOR SO LONG. THE PROCESS WAS SIMPLE AND EASY."

"I have been thinking about writing a will for a long time. It is important for me to know that I plan for the inevitable and ensure that my family know about my wishes.

I am now not sure why I put this off for so long. The process was simple and easy. After meeting the solicitor my Will was drawn up. It's given me peace of mind knowing I have done this. I did include a gift to Jewish Care but felt no pressure to do so. My advice to others would be don't delay this important decision it's easy to arrange, stress-free and something I don't need to think about for a while."

At Jewish Care we hope our free Will Writing Scheme will help break down the barriers and hesitation in writing a will and encourage more people like Sue to see the value and importance in having one.



If you would like more information on our free Will Writing Scheme or to receive a copy of our Guide to Wills and Legacies contact Alison Rubenstein on 020 8922 2833, email legacyteam@jcare.org or visit jewishcare.org/legacy





Building for the future

Development news **update**

Thanks to the generosity of individuals and families in the community, over the past decade Jewish Care has been embarking on an ambitious programme of developments. Our 'building for the future' programme will ensure our facilities can meet the current and future changing needs and aspirations of the community.

Steel frames, windows and rooves have been installed on both of our current development projects and we are months away from preparing for people to move into these schemes.

The first to welcome tenants will be Wohl Court in Hendon, due to open by the end of the year. Here we have developed a former care home into 32 one and two-bedroom independent living apartments for older people in the community (see page 10 for more information).

Over on the Hertfordshire borders the first phase of our £47 million Sandringham development, the building of Anita Dorfman House, a new care home with adjacent assisting living studios, is really taking shape and on schedule to open its doors in early 2019. The opening of the care home will see the start of the second phase of this ambitious building programme: the development of Pears Court, 48 independent living apartments and The Ronson Family Community Centre.

If you would like any information about our new or current services please contact our helpline on 020 8922 2222 or email helpline@jcare.org

Below: Dr Robert Bethel, Chairman of the Middlesex Province Relief Fund, presented a cheque for £100,000 to Jewish Care Chief Executive Daniel Carmel-Brown to support the Sandringham development. It isn't the first time the Fund has supported Jewish Care. They were instrumental in enabling Jewish Care to purchase the Princess Alexandra Home in 2000. Regular volunteer at Princess Alexandra and member of the Masonic Province of Middlesex, Michael Green, commented: "I am delighted that we have once again been able to support Jewish Care. We have a long-standing history with this site and it's great we can play a role in supporting this tremendous development project."



Final word

Daniel Carmel-Brown, Chief Executive, Jewish Care

As I write this article, I am only weeks into my new role as Chief Executive of Jewish Care. I feel honoured to have been appointed to this role and I am acutely aware of the huge responsibility I have taken on.

I have been handed the baton of leading a strong, well-respected organisation which is seen not just in the Jewish community, but in the wider social care world, as a leader in its field.

Over the past few months, I have been regularly reminded that Jewish Care is an organisation steeped in history. This was brought home to me again this week when a member of the community emailed me a copy of the founding document from the Jewish Board of Guardians, dated 1858.

The Jewish Board of Guardians, which later became known as the Jewish Welfare Board, was a ground-breaking umbrella organisation established by communal leaders, to enable the provision of social care for those most in need. At the time, the Jewish community of between 25,000–30,000 was mainly composed of poor immigrants who had fled persecution, leaving their homeland with very little. This 160-year-old document provided a blueprint for what became the social welfare structure in our community.

Reading through it, I was struck by two interlinked themes. Firstly, the power of collaboration; in 1858, leaders from across our community came together, out of necessity, to create an organisation that could provide a range of support services for the community. Following an agreement with Cromwell in the 17th century, Jews were permitted to come back to live in England, but had no recourse for public funds. Thankfully the wealthy, established community had the foresight to predict the potential mass immigration that followed and created bodies to support communal need.

“JEWISH CARE IS AND ALWAYS HAS BEEN, AN ORGANISATION POWERED BY ITS COMMUNITY.”

Secondly, I was struck by the community's commitment to provide support for one another, developing welfare systems, funded by those with means to support those who had little or nothing. They created culturally sensitive services that



ensured everyone would be provided for.

This is the essence of Jewish Care today.

Jewish Care is and always has been, an organisation powered by its community. You, our friends and supporters, are the engine of this organisation. Without you and those before you, we would not be here. I have been handed the keys to drive us on to the next stage of our journey together. My focus is very much on the road ahead, rather than looking over my shoulder at the past.

“THIS COMMUNITY WILL ONLY WANT TO SUPPORT JEWISH CARE IF WE PROVIDE THE SERVICES THAT IT WANTS AND NEEDS. SO, WE WILL LISTEN – AND WE WILL EVOLVE.”

This journey ahead is not one I can, or should map out alone. I need to listen to our current clients, our staff, volunteers, supporters and future customers. Over the coming months, I will be spending time in every Jewish Care resource. I will join home care teams on their daily visits, work alongside frontline care staff on night shifts in our care homes and spend time in our community centres. I won't be talking, I will be listening.

I am aware that this community will only want to support Jewish Care if we provide the services that it wants and needs. So, we will listen - and we will evolve.

Unlike our ancestors, we do not have to provide support systems for our community but we choose to. We do so because we care. We care for one another and we also care about having culturally sensitive care services for our family if, and when we need them.

With limited resources and increasing demand, the road ahead will not be an easy one. However, I am confident it will be a journey filled with support from a community that always has and always will care.

My job over the next few months is to work in collaboration with members of the community to write the next blueprint.

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
- ▲ Wohl Court Hendon
(opening late 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, Golders Green
- ▲ Hearing aid support surgeries, Redbridge and Golders Green ⑥



SUPPORT AND SOCIAL GROUPS

BEREAVEMENT SUPPORT GROUPS

- ▲ AfterShock, Golders Green ⑦
For ages 18-30 who have lost a parent
- ▲ Butterflies, Golders Green ⑦
For parents (of young children) who have lost a parent
- ▲ Stepping Stones, Golders Green ⑦
For ages 40-60 who have lost a partner
- ▲ Stronger Together, Golders Green ⑦
For ages 60+ who have lost a partner

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
- ▲ 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
- ▲ AJR Association of Jewish Refugees, Redbridge
- ▲ JEMS Group for people living with Multiple Sclerosis, Edgware

OTHER SOCIAL GROUPS

- ▲ 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 and Redbridge
- ▲ 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

MENTAL HEALTH



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

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

JEWISH CARE DIRECT HELPLINE

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 or emailing us at helpline@jcare.org**

OPENING WINTER 2018



Wohl Court, Jewish Care's latest independent living site

By living independently at Wohl Court, you can continue to live life to the full whilst knowing that tailored support is always on hand.

Visit our show home and have the chance to see for yourself the benefits of living independently at Jewish Care.

**To book your viewing contact our helpline on
020 8922 2222 or email helpline@jcare.org**