

# CARELINE

ISSUE 80 | WINTER 2018/5779

A photograph of two women smiling and holding a large bouquet of white and green flowers. The woman on the left is older with short brown hair, wearing a dark red top. The woman on the right has blonde hair and is wearing a dark, sequined top. The bouquet is large and features white hydrangeas and green hydrangeas. The background is a warm, orange-toned wall.

## ***Musical magic with Elaine Paige***

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SUPPORTING OUR  
HOLOCAUST SURVIVORS  
WORDS OF WISDOM  
FROM OUR ELDERS  
NEWS OF OUR  
LATEST DEVELOPMENTS

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**



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ISSUE 80 | WINTER 2018/5779



Welcome to our December 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](mailto: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

Sam Churchill  
Singer, broadcaster and actress Elaine Paige OBE being presented with flowers by Susan Pollock, a member of Jewish Care's Holocaust Survivors' Centre (HSC), after delivering a stunning musical performance at this year's HSC fundraising dinner.

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## Time for a move?

**2019 will mark a new start for a group of people from across the community as they prepare to move into their new home, Jewish Care's Wohl Court in Hendon.**



**“Y**our needs change as you get older. I have a three-bedroom and it's just me. I don't need all this space any more but what I do need now is to be in an environment where if I need help I have it to hand, that's the most important thing for me at this stage in my life.” Jean was the first person to pay a deposit to secure an apartment at Wohl Court. She hopes to be moving into her new apartment shortly after her 90th birthday.

The modern development of 32 one-and two-bedroom apartments will provide its tenants, aged 60 plus, with support and care whilst living independently within a secure community environment. As well as access to an onsite support team, there is a multi-purpose communal space including a dining area, laundry room, courtyard and garden.

Wohl Court's staff team will include a social care co-ordinator who will work alongside tenants to identify and plan activities and outings of interest to them.

When asked about her interest in making new friends and engaging in activities Jean said: “My first focus is to adjust to a new flat, new area and a different way of life. As for the rest I will see what happens. I don't have expectations, but I am sure I will be pleasantly surprised.”

Jackie and Victor who have been married for 60 years are

looking forward to being part of the new Wohl Court community. Whilst they are used to cooking for themselves Jackie says they will welcome the opportunity to join others for meals: “It would be nice to join others for Friday night dinners and other meals and feel part of a community. We are Shomer Shabbos, it was important to us we were in a Jewish environment and Wohl Court offers us this.”

Jewish Care's Interim Director, Community Services, Angela Murphy explains: “A move into independent living isn't just about having a new roof over your head but a new lifestyle. Tenants will have their own apartment, enabling them to retain their independence but with support to hand bringing peace of mind to tenants and their families alike.”

Angela continues: “We have built the bricks and mortar and we hope the new tenants will play a big role in shaping their community. Should they wish they can engage in social activities, meeting new people, eating meals together or visiting new places.”

This new development was largely made possible thanks to a generous donation from The Maurice Wohl Charitable Foundation, in memory of Maurice and Vivienne Wohl Forever Caring For Others.

**To find out more about Independent Living at Jewish Care call 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)**

## Farewell to key Jewish Care's changemakers

**W**hen Simon Morris announced his departure earlier this year it was, understandably, a personal moment of reflection for some of his long-standing colleagues. Shortly after Simon's departure, Neil Taylor, Jewish Care's Director of Care and Community Services, decided to leave Jewish Care to take on new personal challenges. He is currently the Interim Chief Executive at Langdon.

Neil started his Jewish Care life at the Redbridge Jewish Community Centre, progressing from general manager to service manager responsible for community centres to Deputy Director and in 2004 was appointed as Director of Community Services. In 2009 Neil was appointed to his current role, Director of Care and Community Services.

Commenting on his departure, Steven Lewis, Jewish Care's Chairman commented: "Neil has had a huge impact at Jewish Care. He has been instrumental in driving up the quality of our services whilst reducing the deficit of the organisation. He was the driving force behind the partnership with Jami and behind the development and growth of independent living at Jewish Care. He has been instrumental in shaping this organisation into the leading social care provider it is today. The community has much to thank him for."

The summer also saw the departure of Jewish Care's Human Resources Director, Diane Blausten. Diane joined the organisation fourteen years ago. She led on developing and imbedding a set of values across the organisation which guide and shape everything in Jewish Care. Diane has worked tirelessly to

ensure Jewish Care can recruit and retain a skilled workforce. The average length of service for a member of staff when Diane joined Jewish Care was 3.5 years. Today, at a time when recruitment into the social care sector is more challenging than ever, Jewish Care staff stay for an average of nearly eight years – this is a huge testament to her and the Human Resources team.



## Changes to Jewish Care Trustee Board

**A**longside changes to Jewish Care's leadership team, the organisation's Trustee Board has seen some changes as three long-standing Jewish Care Trustees, Debbie Fox, Anthony Grossman and Mike Blake, have stepped down from their roles after over 25 years of collective service.

Four new Jewish Care Trustees have been appointed to the Board. Graham Edwards was appointed a Board member and new Treasurer of Jewish Care; Julia Bekhor, who currently serves on Jewish Care's Audit and Risk Committee, has been appointed as a Trustee and Chair of the committee; Adam Dawson and Harold Gittelmon, both of whom have a long-standing involvement with the organisation, have been appointed onto the Trustee Board.

Commenting on the departures and new appointments Steven Lewis said: "Our Trustees play a vital role in this organisation. We have just said thanks and farewell to three people who, in their own ways, have helped shape Jewish Care into the organisation it is today. A huge thank you to them for everything they have done. I want to say a personal thank you to Debbie Fox, our outgoing Vice-Chair whose support and advice

has been so important to me as well as the professional team.

"We are fortunate to have appointed four highly experienced individuals onto our board. Together with current board members we have an exceptionally strong and diversely skilled team who, working in partnership with our professional team, will ensure Jewish Care can continue to provide much-needed services to thousands of people every week of the year."





## Welcome to the new team

**A**s newly appointed Chief Executive at Jewish Care, Daniel Carmel-Brown's immediate priority has been to build his leadership team to ensure we have the best team in place to help bring the organisation's ambitious plans to life.

## Introducing Jewish Care's new directors

Angela Beerman has joined Jewish Care from Hanover Housing, as the new Director of Human Resources and Organisational Development. Former ORT UK Chief Executive, Adam Overlander-Kaye, has been appointed as Jewish Care's new Director of Fundraising & Community Engagement. Ellisa Estrin, Jewish Care's former Assistant Director of Marketing, was appointed into the role of Director of Marketing, Communications and Customer Engagement. Jewish Care's Finance Director, Andrew Hope, has taken on the role of the organisation's Chief Operating Officer, this change confirms his brief for Finance, IT and Property Services.



Angela Beerman



Adam Overlander-Kaye



Ellisa Estrin

## Anita Dorfman House and Wolfson Assisted Living near completion

Set on a 16-acre site with views across the Hertfordshire Countryside is Sandringham, Jewish Care's most ambitious building programme to date.



**T**he first phase of this £47 million development, Anita Dorfman House and Wolfson Assisted Living, will welcome its first residents in Spring 2019.

Residents of Princess Alexandra Home, the current home on the site, will be the first to move into the new 64-bed Anita Dorfman House. The home will also accommodate new residents from across the community, providing quality personal nursing and dementia care in modern, purpose-built facilities.

The home's 64 rooms are arranged in small, intimate households of 16, so residents and staff can develop individual relationships and enjoy a more personal way of living. Each room is fully accessible with ensuite bathrooms and all face directly onto bright, modern, open-plan living space with a dining area serving Kosher food.

The top floor of the home houses Wolfson Assisted Living: 16 studio apartments designed for people who have low assistance needs and want to be in an all-inclusive 24/7 care environment with meals, cleaning and laundry services included. The studios offer a large bedroom and living area, a small kitchenette, equipped to enable residents to make their own snacks and meals should they wish, a bathroom and a private balcony with views across the rolling countryside. Residents will be able to make the most of communal dining rooms, lounges and a roof terrace should they wish.

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. This new exciting hub providing care and support to the growing Hertfordshire and Harrow Jewish community is due to be complete in Autumn 2020.

To date, thanks to tremendous generosity from across the community, Jewish Care have raised £41 million towards this development. The organisation is continuing its fundraising efforts for this ambitious project. If you are interested in supporting this development, please contact Adam Overlander-Kaye on 020 8922 2755 or email [AOK@jcare.org](mailto:AOK@jcare.org). **If you would like information about living in or visiting Sandringham please contact Jewish Care Direct on 020 8922 2222.**

# Around the world of Jewish Care

**01 Across our homes and community centres we celebrated Rosh Hashanah.** Pictured is Jewish Care's Rabbi Yunik teaching Ron Roback, Otto Schiff resident, how to blow the Shofar.

**02 The 80th anniversary of Jewish Care's Brenner Centre at the Stepney Jewish Community Centre at Raine House,** the only remaining Jewish service in the East End, was celebrated with afternoon tea and entertainment.

**03 On Succot, Year Four children from Etz Chaim Primary School visited residents at Clore Manor home in Hendon** where they enjoyed singing and chatting with the residents before visiting the Succah.

**04 Jewish Care's Chief Executive, Daniel Carmel-Brown and his son Joshua** were among the twelve participants who ran the Royal Parks Half Marathon raising over £8,500 for Jewish Care.

**05 Guests at The Options Committee's 'You are the Jury' event** cast their verdict on a mock trial that raised £3,000 for Jewish Care.

**06 Marks and Spencer Chairman, Archie Norman** provided a lively, interesting and thought-provoking talk at a Jewish Care's Business Group Breakfast. The event, sponsored by Tony Page, raised £35,000 to support Jewish Care's vital work in the community.

**07 Talent of all ages took to the stage to be crowned the winner of Jews Got Talent 2018** at an event organised by the Hebrew Order of David in aid of Jewish Care. 10-year-old Shelly Chitiyat was crowned this year's winner having been given a standing ovation following her performance of the song Papa in memory of her grandfather who passed away last year.

**08-09 Founders of Gesher School, Ali Durban and Sarah Sultman, were presented with the 2018 Topland Group Business Luncheon Award** in memory of Philip Greenwold by Jewish Care's President Lord Levy and Natasha Kaplinsky at a lunch attended by over 850 people. Following the award presentation Sir Lloyd Dorfman CBE was interviewed by Natasha Kaplinsky OBE about success in business and philanthropy.

**10 The Chief Rabbi of the United Hebrew Congregations of the Commonwealth** joined members of Jewish Care's Holocaust Survivors' Centre for a memorial service to mark the 80th anniversary of Kristallnacht.

**11 Young professionals showed their support whilst having a really "ghoul" time** at a haunted house themed Halloween party.

**12 Over 200 guests enjoyed an entertaining evening with David Baddiel** raising £6,000 to help fund activities at the Michael Sobell Jewish Community Centre.



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**13 Elaine Paige OBE entertained guests at a fundraising dinner raising over £130,000 for Jewish Care's Holocaust Survivors' Centre.**



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**14 Norwood residents, volunteers and staff joined members of Jewish Care's Michael Sobell Jewish Community Centre for an afternoon Challah Bake.**



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**15 The 36th Annual ADGS Golf Tournament saw golfers tee off at Dyrham Park Country Club raising £18,000 to support Jewish Care and Alzheimer's Society services for people living with dementia and their carers.**

**16 Residents at The Betty and Asher Loftus Centre enjoyed a visit from the ARK mobile farm.**



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**17 12-year-old Jake Segal marked his Barmitzvah by walking 100 miles in his summer holidays to raise money for Jewish Care's dementia services in honour of the memory of his Papa Norman. Jake said, "I know he would have been really proud of me and I want to help other families who are in the same position."**

**18 On Remembrance Sunday, Cecil Hearne 94, resident at Lady Sarah Cohen House, laid the wreath on behalf of Jewish Care in memory of those who served and lost their lives to defend our freedom.**



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# Jewish Care family welcomes tots and juniors

**It is often said if you want something done then ask a busy person.** However, Jewish Care didn't even need to ask Executive Search consultant and mum of two, Amy Woolf, to get involved, she came to us with an idea and a vision and from this JC Families was born.

**A** volunteer with Jewish Care for the past eight years and a participant of Jewish Care's first lay leadership programme, a programme developed to engage young professionals in Jewish Care, Amy Woolf identified an opportunity to foster relationships between old and younger generations.

Working alongside the professional team at Jewish Care, Amy has created an army of mini volunteers shaping the development of volunteering and fundraising opportunities to bring children and their families into Jewish Care. She says: "I wanted to make it as easy as possible for people of my demographic to engage with Jewish Care. We wanted to ensure that there were opportunities for people of all ages to take part – I call it the Jewish Care life cycle. It starts with babies and toddlers visiting homes, to children attending unique fundraising events, young people celebrating their Bnei Mitzvah with Jewish Care clients right



**Above** Amy Woolf at the recent JC Tots Rosh Hashanah party

through to university involvement, Young Jewish Care and beyond. Jewish Care touches people across the community. It is there for us when we need it and now everyone, regardless of their age, can be there for Jewish Care."

Today, JC Families is a vibrant young committee of volunteers who promote engagement and fundraising events for children aged 0-13. Divided into three sub-committees: JC Tots, JC Juniors and JC Youth, they organise age-specific fun events – a second-hand bat Mitzvah dress sale; kid's Secret Cinema and parties in Jewish Care homes.

Avital Navazesh, brought her young daughters along to Jewish Care's Betty and Asher Loftus Centre for the JC Tot's Summer Party. She said; "We all had such a lovely time. It's a wonderful community feeling. It's not just about the children having fun – it goes beyond that. There is so much joy to be shared by bringing the generations together. I feel very proud to be part of a community where such great care is taken of every person, no matter what stage of life they are in."

JC Families are always looking for enthusiastic people to join them through supporting their activities as well as joining their friendly committees generating ideas for exciting and affordable family events.

**For more information contact [emma.nagli@jcare.org](mailto:emma.nagli@jcare.org) and check out the Jewish Care Families page on Facebook.**



# Supporting our Holocaust survivors

**For over 25 years Jewish Care's Holocaust Survivors' Centre has been a second home to hundreds of survivors of Nazi persecution. With an ageing membership the centre has developed its outreach services providing much-welcomed local support groups, as Emma Shrimmsley reports.**

**N**inety-six-year-old Holocaust survivor Freddie Knoller sits with his wife of 67 years, having tea. He reaches for a piece of cheesecake, then, with a twinkle in his eye, turns to her and suggests that she tells everyone round the table how they met.

Surrounded by a group of other survivors and spouses of survivors at the home of a Jewish Care volunteer, Freddie doesn't focus on his incredible survival story, which is now being made into a documentary at Elstree Film Studios. Instead he wants to tell the group about his and wife Freda's whirlwind romance – meeting in America, engaged after one month and married after two.

The group listen and laugh as Freda recalls Freddie's boldness, kissing her on the first date. As the discussion round the tea table turns to a suggestion that they renew their vows, retired Rabbi Harry Jacobi offers to officiate.

Harry escaped the Nazis twice, the first time after Kristallnacht in 1939, when his mother sent him by Kindertransport from Berlin to Holland and then again when Germany invaded Holland in 1940.

He tells the others: "The non-Jewish woman who rescued me and got me out of Holland was working for the Red Cross. She saved 10,000 Jews and has a tree planted in her honour at Yad Vashem. She came to my Golden Wedding celebrations as our honoured guest."

The conversation then turns to the many non-Jewish men and women who put their lives on the line to save Jewish people from the Nazis – and also to the Resistance workers.

Eva Becher recalls joining the French Resistance and her husband's arrest for his activities. Thankfully he survived – but came back a changed man. Eva remembers desperately trying to find new ways to hide Jewish children from the Nazis.

Across the table Nadia Abisch, whose late husband Henry was one of The Boys – the 45 Aid Group taken in by the British Government after the war, is tearful as she recalls her father's bravery in the Resistance and the moment her family were liberated from a cellar in Normandy.

"I was not quite six but I can remember it so clearly. I can picture the Free French cross on the soldier's arm and he was smoking a cigarette."

The conversation moves in and out of different topics, but the warmth and support among the group is tangible. They have been meeting monthly for tea at volunteer host Moira's home in Barnet for about seven months. Most of them had



Freda and Freddie Knoller

not met before that but, whether they are survivors or spouses, they share a bond of understanding.

This is just one of several Holocaust survivors' social groups around London and Essex, who meet monthly for tea. Co-ordinated by staff at Jewish Care's Holocaust Survivors' Centre in Hendon, the groups bring the companionship and uplifting atmosphere of the centre to those who might not be able to get to Hendon.

Ann Sugarman, Holocaust Survivors' Centre (HSC) Co-ordinator, explains that while it is very much business as usual at the Centre, with some 300 members it became clear a few years ago that an increasing number of older, more frail survivors found it difficult to get there.

"We knew there were people we weren't reaching – people who just wouldn't come to the centre", says Ann. "We really felt we needed to establish some outreach services to cater for these survivors. We started looking for volunteers to host teas in different areas. It's just a few hours a month and it makes such a difference. Once someone signs up we deliver a short training session and then each host has a staff member or trained volunteer supporting them."



"We have some wonderful tea groups in Barnet, Edgware, Aldenham, Bushey, Hampstead Garden Suburb and Essex but we are always looking for more hosts – particularly in Kenton, Hatch End, Highgate and St John's Wood".

One such host is Mandy Dobias, who has been organising tea parties in Chigwell for over three years.

"My father-in-law was a Holocaust survivor", explains Mandy. "All his family were killed but he didn't speak about it until the last six months of his life, then suddenly he really wanted to talk to other survivors. It seemed fitting that I should do this in his memory".

Through the generosity of Hilton Teren and Chigwell and Hainault Synagogue, the scheme was initiated and expanded and its further success has been supported by the Local Angels, Rhonda Millar-Dorrall and Hobbs, the Challenge and Options Committees.

Mandy continued: "I have a close and supportive group of about 24 survivors, who come to my house every month. They see each other as extended family and they talk about all sorts of things, reminisce about the old days and banter with each other. Sometimes they talk about what they have been through but just being together seems to be so therapeutic for them. For some it's one of the few times they get out the house and socialise.

"Generally, I try to theme each tea. We have had a Royal Ascot theme with strawberries and cream; a Royal Wedding theme; we had a garden party with a Klezmer band; parties around the festivals and we also have speakers – Rabbinitim have come around the Yom Tovim – and every so often we go on outings."

As well as the tea parties, Jewish Care's HSC outreach services include phone befriending and visits; conversations cafes for small clusters of isolated survivors, as well as Friday night dinners and Shabbat lunches.

Ann says: "Over the years, survivors have come to the HSC because they find it therapeutic and beneficial to be with people



HSC member Hettie Ward with tea party host Fanny Weil

who shared the trauma. It helps reduce the feelings of isolation.

"With this outreach programme – which is run with the help of my colleague Melanie Gotlieb and a fantastic team – we can reach even more people to mitigate against those feelings of isolation."

The Holocaust Survivors' Centre has now been in existence for over 25 years – housed in the same building as Jewish Care's Shalvata Centre, which was established to provide practical and emotional therapeutic support to eligible Holocaust survivors and those who have been involved in more recent conflicts. The HSC and its social programme grew out of that to complement the needs of survivors.

Although the survivor population is diminishing as members age, Jewish Care are still contacted by survivors who are new to the service and looking for support in later life.

Those who come along to the Centre are spoilt for choice when it comes to the programme of activities. From theatre outings to bridge; singing groups to Tai Chi; music and talks or a chance to have some beauty treatments, the varied programme has something to suit every interest.

"We work really hard to come up with a varied programme and we also try to tailor-make activities so that we can include as many as possible – factoring in the changing demographic and needs of our centre users."

Susan Pollock, who is in her 80s, has been a member of the Centre since its origins. "I go as often as I can... I am also involved in giving talks to schools, but I always try to make time to go along to the Centre", says Susan.

"I enjoy various activities there, particularly the talks. Sometimes I go on outings and I regularly attend the Hebrew singing group which I love.

"It's just very pleasant to be there, meeting up with people I know. It's a very welcoming place and the staff are lovely. Although I am involved in speaking it's also important for me to get involved in life beyond this and that is what the Centre gives me. It means I have a good balance in my life."



Home from home for centre members

# Sharing words of wisdom

How a project developed and launched by brother-in-laws, Dan and Jason, aims to celebrate the lives and wisdom of older people in the community.

**H**aving spent a year on Jewish Care's Lay Leadership Development Programme, Dan Rickman was always open to new ways to engage with Jewish Care so when his brother-in-law approached him to develop an idea, he jumped at the opportunity. Jason, a professional photographer, was thinking about taking portrait shots of his grandma, Shirley Glass, and some of her friends to create a calendar as a celebration of the lives of older people.

"Over a bowl of chicken soup at the Seder table Jason's initial idea developed into something more. We wanted to share the wisdom of older people, celebrate their lives whilst raising awareness of Jewish Care and its incredible services", commented Dan.

He continued: "What neither of us knew at that point was that in just a few weeks Jason's grandma would be moving into a Jewish Care home and my poppa would no longer be with us. Our project, Words of Wisdom, has been dedicated to the memory of my poppa, Len Rickman and the inspiration of Jason's grandma."

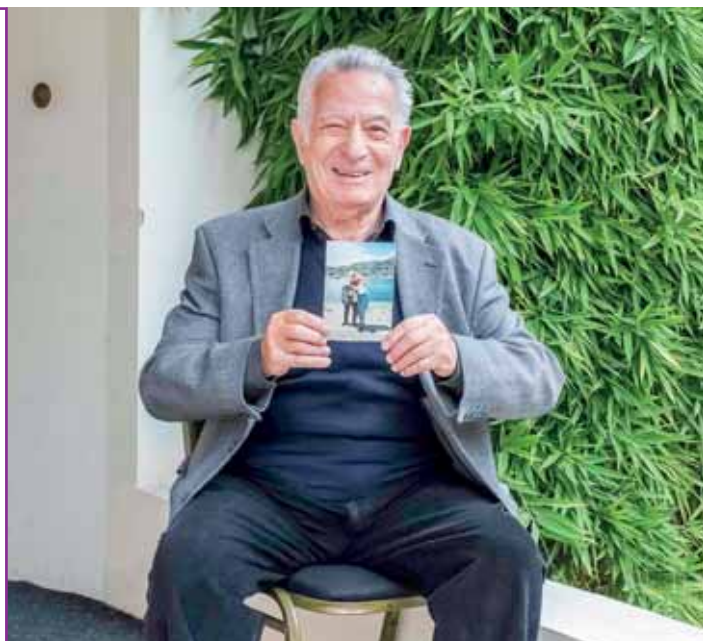
Each of the colour portraits is accompanied by words of advice for the younger generations. Both are being shared through social media and press articles throughout the year. The first seven of the 21 images and captions titled Words of Reflection were shared over Rosh Hashanah. Below are four of the eight photos along with accompanying Words of Light that will be shared each day of Chanukah.

## LUCIAN, 86

MEMBER OF JEWISH CARE'S  
CONNECT @ SOUTHGATE

I left Hungary when I was 17 and eventually came to the UK. I met my wife at a school offering evening classes in English. I managed factories that supplied clothing to Marks & Spencer's stores.

*"Have an open mind and take the opportunities as they come. It's important to take a chance on things and keep working hard to achieve better for yourself. Enjoy your life and take care of your health."*







## SHEILA, 89

MEMBER OF JEWISH CARE'S  
CONNECT@SOUTHGATE

I was fortunate enough to choose what jobs I wanted to do and I had a few very nice jobs. I also worked for MGM studios at one point. I didn't get married until I was in my late 20s. I couldn't find anyone that I wanted to marry!

***"Decide what you want out of life and go and get it. I chose to work and then later decided to be a mother so that I followed my own path, make sure you follow yours."***

## JAN, 91

MEMBER OF JEWISH CARE'S  
HOLOCAUST SURVIVORS' CENTRE

I came to the UK 72 years ago after the Russians liberated the camp I was in. I was 18 and the only survivor in my family.

***"Don't give up on anything, carry on living and stay optimistic. Always keep going and keep things moving forward. That's why I'm here, I don't think I would have survived the camps if I thought it was the end."***



## NETTIE, 96

RESIDENT AT CLORE MANOR

I went to school in Bow and then to university in South Wales. When the war broke out I left university and returned to my old school, and then went on to become an Assistant Teacher in Banbury.

***"Have as much fun in your life as you can. I did! Don't think you know everything, I still have a lot to learn now at 96 years old and it's never too late. Be as happy as you can be, be thankful for the good things."***



# 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 : I AM RECENTLY WIDOWED AND DON'T LIKE LIVING ALONE. I DON'T WANT TO LIVE IN A CARE HOME. I JUST NEED SOME HELP WITH CLEANING AND PUTTING OUT THE RUBBISH. WHAT OPTIONS ARE THERE FOR ME?**

**A : I'm so sorry to hear this. Thanks for contacting us at what must be a really difficult time.**

I'm sure that you have lots to adjust to on many levels and getting used to living alone is a real challenge. It sounds like you are managing to live independently, but just need a bit more support.

There is a wonderful organisation called Bikkur Cholim which may be able to help you. They provide care workers who will come in and do these jobs that you are finding hard. Additionally, if needed, they can make a meal or do some shopping. Their number is 020 7435 0836.

Alternatively, if you feel you would like a more comprehensive service and to look into future care options, why not give a call to our helpline on 020 8922 2222. That way we can talk through your circumstances and see what services Jewish Care can provide for you. The next move does not have to be a care home and it may be that a flat in one of our new independent living blocks may be perfect for you. Our new apartments, Wohl Court, in Hendon are opening in early 2019 and we will be opening a further development on the Stanmore / Bushey borders in 2020. You would have your own beautiful flat within a safe, supportive, caring environment. We would love to tell you all about them, so please give us a call.

**Q : I FEEL ISOLATED FROM THE WORLD BECAUSE I CAN'T USE AN IPAD OR COMPUTER. I AM 83, AM I TOO OLD TO LEARN? HOW WOULD I GET MY HEAD AROUND THIS TECHNOLOGY. I STRUGGLE WITH A PHONE?**

**A : I want to reassure you that you're not alone; many people grapple with technology and feel they're missing out.** At Jewish Care Explore, it's our job to help you learn to use technology in all aspects of your daily life, and we know from experience that it's never too late to learn.

We run basic iPad, Android tablet and PC courses for those who are just getting started and courses on surfing the internet, email, Skype and Facebook for those who have mastered the basics. Our training is suitable for people at all levels – if you've never used a computer before or you've been playing around with an iPad and want to learn more, we've got something for you.

Alongside our courses, we run a drop-in service, where you can use our PCs, iPads, Android tablets and other devices and get ad hoc support from our expert team of staff and volunteers.

Through technology, you can stay better connected with friends and family, discover new hobbies and interests, watch videos, listen to music, shop or pay bills online, and so much more.

Our centre in Golders Green is a warm, welcoming and fun place to learn, and to discover all that technology has to offer. If you live in or around the area you are welcome to visit us in the Maurice and Vivienne Wohl Campus, 221 Golders Green Road, London, NW11 9DQ or give us a call on 020 8922 2400 to find out more.

If our Golders Green centre isn't accessible for you then call our helpline as they may be able to advise you about other services in your local area from groups to befrienders who share their interest and knowledge in technology with older people in the community.

**Q : BY WAY OF THANKS TO THE STAFF IN THE HOME, I WANT TO DONATE £500 TO CLORE MANOR, THE CARE HOME THAT LOOKED AFTER MY MUM IN HER LAST FEW MONTHS. IF I MAKE A DONATION HOW CAN I ENSURE IT GOES DIRECTLY TO THE HOME?**

**A : Thank you. It means so much to our staff when donations are made by way of thanks for the care and support they have provided.** We can of course ensure your donation goes direct to the Jewish Care resource of your choice. If you are making your donation by cheque then just include a note to let us know which resource you want the donation to go to or if you call our donation line on 020 8922 2600, and again, please just tell us and will make sure your donation goes to the resource or service of your choice. Every donation is hugely valued and makes a real difference to the people we support.



**Q : MY NEIGHBOUR HAS DEMENTIA. HIS WIFE IS CARING FOR HIM AT HOME. I OFTEN HEAR SHOUTING AND THINGS BEING SMASHED AGAINST THE WALL. I AM NOT SURE WHAT I SHOULD DO. IS THIS THE DEMENTIA? SHOULD I BE WORRIED AND REPORT THIS TO SOMEONE?**

**A :** You are right to be concerned, as it sounds as if your neighbour might have become physically aggressive, which could be linked to his dementia. In the first instance, if you are worried that your neighbour or his wife are in physical danger, then you should call the emergency services on 999.

You can also report your concerns to the adult social care team of your local authority. In a situation where people are in physical danger, you do not need their permission to speak to social services or the police.

If you are able to speak to your neighbour, you could ask if she is receiving any support with caring for her husband. Please feel free to give her our helpline number, 020 8922 2222, and encourage her to call us. We have a team of community support and social workers who specialise in supporting people living with dementia, as well as their carers. They can discuss help with caring for your neighbour, as well as emotional support for his wife in her role as carer.

We also have day centres for people living with dementia, which might be suitable for your neighbour, and which would give his wife some respite.

If your neighbours have children or close family members that you can contact, it might be worth speaking to them to find out if they are fully aware of the situation, and what – if any – support is already in place. You can also give them the helpline number to call if they have any concerns of their own.

**Q : I AM RECENTLY WIDOWED. EARLY EVENINGS ARE A DIFFICULT TIME FOR ME. I FEEL EMPTY AND ALONE WITH NO ONE TO TALK TO. I AM SO LONELY.**

**A :** I am so sorry to hear you are feeling this way. You don't need to be struggling alone. The Jewish Helpline provide a telephone support to people across the community who are experiencing similar feelings to you. The service is free and confidential and is open from 12 noon to 12 midnight every day except Shabbat and Yom Tovim. The team on the helpline are professionally trained volunteers from the community. They are all trained to listen. They do not judge or try to give advice but can help you talk through your fears, worries and difficulties. To contact them call 0800 652 9249.

If you want to find out about local activities and services and ways you can connect with other people from across the community I would suggest you contact Jewish Care Direct on 020 8922 2222.

**Q : MY 86-YEAR-OLD FATHER LIVES IN BUSHEY. HE MANAGES ALRIGHT WITH MOST THINGS BUT COULD DO WITH SUPPORT AROUND DAY-TO-DAY TASKS AS WELL AS SOME COMPANY. HE'S OPEN TO MOVING TO A CARE HOME BUT WANTS MORE SPACE TO HIMSELF THAN ALL THE CARE HOME ROOMS WE'VE SEEN SO FAR. HE WANTS TO KEEP HIS INDEPENDENCE, FOR EXAMPLE MAKING A CUP OF TEA IN HIS ROOM. HE'S NOT INDEPENDENT ENOUGH FOR AN INDEPENDENT LIVING APARTMENT AND HE DOESN'T WANT HOME CARE. DOES JEWISH CARE HAVE A CARE SERVICE THAT WOULD SUIT HIM?**

**A :** It sounds like you've looked at all the options available and still not found a good fit. You'll be pleased to hear that we're opening a new service in 2019, local to Bushey, which could suit your father well.

Wolfson Assisted Living is part of our new Sandringham development, bordering Bushey Heath and Stanmore. Here your father would have his own studio, which is larger than a

standard care home room. It would be open-plan with a lounge, kitchenette and ensuite shower, giving him a space of his own and the independence to make his own cup of tea or light meal when he wants. He'd benefit from all-inclusive 24/7 care, meals, laundry and cleaning, so he wouldn't need to worry about any of this. Furthermore, your father's wellbeing could be enhanced by having his own balcony with green views and access to the gardens and woodland on the 16-acre site.

Your father would benefit from being part of a community, as the assisted living studios are on the top floor of the new care home, Anita Dorfman House. He can eat with and be around his neighbours who live on the same floor as well as throughout the home. His community will extend further when phase two of Sandringham completes in 2020, with a new community centre where he can socialise and keep active.

If you'd like to find out more about Wolfson Assisted Living call our helpline on 020 8922 2222. If your father is interested, he can go on the waiting list to be one of the first to receive an invite to look around and apply before it opens.

# Turn your Simcha into a Mitzvah for Jewish Care

## 40TH WEDDING ANNIVERSARY

Linda & Alan Bradstock  
Diane & Daryl Miller

## 45TH WEDDING ANNIVERSARY

Annette & Jeffrey Gilbert

## 50TH WEDDING ANNIVERSARY

Maureen & Emmanuel Aharoni  
Susan & Morris Bentata  
Barbara & Michael Burman  
Angela & Richard Conradi  
Derry Dinkin MBE & Tony Dinkin  
Linda & Alan Ferrer  
Mr & Mrs J Godfrey  
Stephanie & Danny Greenbaum  
Kate & Peter Hartley  
Estelle & Michael Jacobs  
Janice & Steven Parnes  
Melodie & Gerry Simons  
Zsuzsi & John Smerin  
Patricia & Victor Spencer

## 60TH WEDDING ANNIVERSARY

Cecy & Alan Bearman  
Helen Lazarus MBE & Sidney Lazarus

## WEDDING ANNIVERSARY

Beverley & Alan Emanuel  
Barbara & Salvator Gabay

## MARRIAGE

Kristin & Ben Halper  
Shoshannah & Howard Kemp

## BIRTHDAY

Noemie Adler  
Ian Aimmee  
Lawrence Bentley  
Barbara Bofkin  
Hedda Boxer

David Cohen  
Jerome Cohen  
Monica Cohen  
Philip Cohen  
David Cotton  
Myrna Daitz  
Anna Davis  
Melvyn Davis  
Morris Delew  
Julian Devan  
Jack Drake  
Hilton Ellison  
Peter Elliston  
Vivienne Ferber  
Martin Field  
Marilynne Fienberg  
Leonard Fishman  
Barbara Forman  
Hedy Gavurin  
Rosalind Gilbert  
Ruth Glatman  
Elka Golding  
Dorothy Gordon  
Eveleen Habib  
Stanley Haringman  
Irene Herman  
Rita Itzcovitz  
Jackie Jessner  
Rita Knott  
Lady Stecia Laddie  
Avril Lappin  
David Lesley  
Alan Levene  
Malcolm Leveson  
Barbara Levin  
Laurel Levy  
Alison Lieberman  
Pam Lipfriend  
Alan Michaels  
Jackie Morris  
Leon Nahon  
Freddie Overlander  
Esther Posner  
David Proops  
Norman Roberts  
Doris Rose

Andress Roth  
Kurt Schwarz  
Leslie Sebba  
Sonia Sharpstone  
Helen Shaw  
Stella Shinder  
Brian Smouha  
Cissie Steele  
Hazel Swerdlow  
Kathrin Szlezinger  
Charles Tannenbaum  
Danny Turze  
Sheila Winter  
Hillier Wise  
Isi Wolf  
Graham Zellick  
Jennie Zellick

## SECOND BAR MITZVAH

Mark Hoffman  
Alan Orchover

## BAT MITZVAH

Beryl Shisler

## BY WAY OF THANKS

Debra & Mark Gold  
Vivienne Watkin

## IN HONOUR

Rabbi Elchonon Feldman  
– Chatan Torah 5779

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)**



# How one woman's experience of Jewish Care led her to make a difference to benefit others

Alison Rubenstein, Legacy Advisor, shares the difference people like Queenie can make **when they leave a gift in their Will.**

**P**eople choose to leave a gift in their Will to Jewish Care for several reasons. Sometimes it's for a practical reason as leaving a gift in your Will could entitle you to a tax benefit; for many it can be an emotional one. They might have volunteered at or been supported by a Jewish Care service and therefore seen first hand the difference made to people's lives.

Wendy's mum, Queenie, first came into contact with Jewish Care when she volunteered at one of our care homes. She loved to visit and help residents, being a friendly face befriending residents or helping run activities. Through her volunteer work over many years, Queenie could see for herself the difference money raised was making to the work Jewish Care was doing.

Wendy admits it wasn't until Queenie became ill that they appreciated the breadth of Jewish Care's work. She said: "I didn't know where to turn to or what to do. I contacted the Jewish Care helpline who arranged for a member of the Social Work Team to visit mum and undertake an assessment as she was in hospital. The team worked tirelessly to find her a place in the home we knew she wanted to go to. We were navigated through all the paperwork and formalities, so my dear mother could be in familiar and comfortable surroundings.

"I will always be grateful for the help and support given to our family and the love and care given to my mother."

Sadly, Queenie passed away in the home. Thanks to her kind and generous



**Above** Queenie in 2005 volunteering at The Princess Alexandra Home.

decision of leaving a gift in her Will, Jewish Care can continue to support others who might need our services.

A quarter of the money we need to raise comes from gifts in Wills, a gift of any size always makes a real and lasting difference to the work we do and the people we support. With over 70 services across London and the South East, I often explain to people who ask how much their support will make a real difference to the people we support for years to come.

Without these gifts, we simply wouldn't be the organisation we are today or the one we plan to be in the future. Thank you to those who have already shown their support to Jewish Care in this way, we greatly appreciate you being part of our future.

**If you would like more information on gifts in Wills or would like to use our free Will Writing Service where you can write or update a simple Will for free please contact Alison on 020 8922 2833 or email [legacyteam@jcare.org](mailto:legacyteam@jcare.org)**



# Supporting people to the very end

Facing end of life isn't easy for anyone, here Emma Shrimmsley reports on the work Jewish Care are doing to **make this difficult time the most positive experience it can be for individuals and their families.**

**W**hen someone you care for reaches the end stage of their life, the hope is it happens in the way they would have wanted. Jewish Care's Community Support and Social Work Team (CSSW) is working to make this outcome a reality by building awareness of the difference it can make to plan ahead – and also by being there further down the line to co-ordinate the help a person needs once the time comes.

"Most people have strong ideas about how they would like to spend their last years, months, or weeks, but for many discussing ideas, their wishes and preferences, with family and friends is emotionally hard and sometimes a step too far", says Paula Plaskow, Jewish Care's NW Team Manager, Community Support and Social Work and End of Life Care Support.

"Our aim at Jewish Care is to make End of Life Care the most positive experience possible for the people we support, their family and significant others. We are encouraging people to have these discussions as early as possible and engage with our CSSW team to create an end of life care plan. These conversations often lead to better end of life experiences and can help families with the grieving process."

When Jewish Care client Bette was in good health, she told her children that if she ever required 24-hour support her wish was to be in Jewish Care's Princess Alexandra House. Four years ago, Bette was diagnosed with dementia. She planned in advance by preparing a lasting power of attorney enabling her children to make the important decisions that she may not be able to make as the illness progressed. At the end of last year, her children could see the progression of the illness might mean she needed the kind of constant support a care home could provide.

Her daughter Vivienne got in touch with Jewish Care to explain her mum's wishes.

"We weren't quite at the point where we felt mum needed to move but I could see it was getting closer. After that initial conversation, Jewish Care kept in touch with me to see how mum was doing."

A few months later Bette was diagnosed with myeloma – bone cancer – and admitted to hospital for treatment. "Over the ten weeks mum was in hospital, her palliative care team kept in touch with Jewish Care and Anthony, my liaison person at Jewish Care, called me constantly to see how mum was. Jewish Care were amazing and such a support. Although he couldn't promise which one, he told me he was confident that there would be a place for her in one of the homes and that was such a comfort. As it happened when the time came for the hospital to release mum, Jewish Care managed to get her into The Princess Alexandra Home.

**"OUR AIM AT JEWISH CARE IS TO MAKE END OF LIFE CARE THE MOST POSITIVE EXPERIENCE POSSIBLE FOR THE PERSON WE SUPPORT, THEIR FAMILY AND SIGNIFICANT OTHERS."**

"She moved in there on July 9 and passed away on July 26, but the care she had from the whole team was amazing. We put pictures in her room and all her carers were so warm. The doctor was also amazing and even though she was so ill, they kept mum as comfortable as possible.

"On the day she passed away, at about 7am, one of the nurses, Agnes, came on duty shortly after and she was so upset that she hadn't been with mum at the end. That's how much everyone cared.

"For her children, it was a huge comfort to know that our mum came to the end of her life in the best possible way – and also that we managed to fulfil her wishes."

For Bette and her family, Jewish Care were able to step in with support as soon as Vivienne got in contact. The fact that Bette had made her wishes known in advance made decisions much easier for her children.

Paula explains: "We are talking to people at Jewish Care's day clubs and centres and our care homes. Our staff are trained in having these conversations, encouraging people to create a Will and discuss burial, organise lasting powers of



attorney and share important information with family and those close to them. We enable people to understand that putting their affairs in order at an early stage when they are well, can decrease distress later.

"It may be that after an initial chat with someone, they may not return to Jewish Care for a couple of years, but we will have hopefully set the seed.

"Jewish Care are creating an advance care planning document which will be given to people who want to have that discussion. That plan will travel with them from the first time we meet, being regularly reviewed until they need more care – whether they remain in the community or become a resident in one of our care homes."

Once they do need more care, the team is there to provide support in a more hands-on way.

Jewish Care are working to counteract the increased incidence of people being admitted into hospital in a crisis to die in their late years, when their preference would have been to be cared for elsewhere.

"With an ageing population, people are living with more than one condition, for example, dementia, cancer, or Parkinson's. In these cases, there are often six or seven people involved in their care", explains Paula. "They will have their GP,

an occupational therapist, or a physio, but no one person to co-ordinate their care between these providers. They feel overwhelmed and out of control, unable to prevent things from getting to the point where that person may end up being admitted to hospital as an emergency. This is where Jewish Care can help."

Communication skills are a key area of achieving good end of life care. NHS England has emphasised Six Ambitions which include co-ordinated care using local and voluntary sector support. These ambitions are at the forefront of what Jewish Care does.

"While the team does not provide direct medical care, we aim to co-ordinate and ensure a person's physical, emotional, psychological and spiritual needs are met. We see this as a holistic approach which is what is required in end of life and palliative care. The best way I can describe it is like being a conductor in an orchestra – ensuring all health professionals involved with the person are communicating, everyone working together to support the person, family and significant others.

"We have strong links with synagogues in the area and we also work with volunteers to establish a wide support network.

"For us, it is a privilege to help someone die with dignity and enable the bereaved to grieve in peace."



Sidney with his late wife Helen

## Jewish Care's assistance made it possible for me to carry on being her carer

When Sidney Cohen's wife's health declined **his priority was being able to care for her at home.**

**"My wife Helen had dementia and painful arthritis and as her health deteriorated it became harder to care for her, both physically because I couldn't leave her on her own and with that came the financial costs of carers or transport so I could get out and go shopping for example, or take her out", said 87-year-old Sidney.**

"It was suggested that Jewish Care come into the picture and send a Community Support worker in to see me. Tracy came

into our lives and gave both Helen and I amazing support."

Tracy visited regularly, constantly assessing Helen and Sidney's needs and also helping Sidney negotiate the confusing world of benefits and medical care they were eligible for.

Sidney's daughter-in-law Naomi explains: "Tracy introduced him to the Community Treatment team who visited regularly to perform minor medical procedures at home which helped to keep Helen out of hospital, an environment that would have been stressful for them both. This reduced the burden on Sidney, as he had often spent many hours trying to contact district nurses and the GP by phone – as Helen frequently had infections but it was hard for Sidney to know when she needed medical attention.

"Tracy also enabled Sidney to reclaim several years' worth of council tax as they were eligible for a significant discount of which he was not aware. This helped to offset the increasing costs of carers for the brief times each week when Sidney left Helen to go to synagogue or shopping."

Sidney says the financial and practical support made it possible for him to carry on being Helen's carer over a period of five years. "However, just as important as all the practical help was Tracy's friendship. Over the five years she supported us, until Helen passed away in January this year, I looked forward to her visits. I valued her warmth and her friendship.

"At the very end, Tracy helped initiate an NHS visit to assess Helen's physical needs – such as a hoist and the bed being moved downstairs. She identified what we needed, thinking on my behalf when I had other concerns. We managed to keep Helen in our own house until she went into hospital, just shortly before she passed away.

"Jewish Care's assistance made it possible for me to carry on being her carer and for her to remain at home, which I know she would have wanted."

# Upcoming events

## FEBRUARY

**03** **RJCC YOM  
HA'ATZMAUT  
COMMITTEE QUIZ**  
Redbridge

**24** **SOUTHEND AND  
DISTRICT AID  
SOCIETY 65TH  
ANNIVERSARY  
CELEBRATION**  
Southend

**24** **FRIENDS OF RUBENS  
HOUSE SUPPER QUIZ**  
Golders Green



## MARCH

**10** **CHALLENGE  
COMMITTEE  
SUPPER QUIZ**  
Golders Green

**17** **JC TOTS PURIM PARTY**  
Golders Green

**17** **OPTIONS COMMITTEE  
BRIDGE EVENING**  
Friern Barnet

## APRIL

**28** **VIRGIN MONEY  
LONDON MARATHON**  
Central London

## MAY

**09** **ADGS GOLF  
TOURNAMENT**  
Barnet

## JUNE

**02** **ROSETREES  
CLOTHING SALE**

**16** **PRINCESS  
ALEXANDRA HOME  
FAMILY FUN DAY**

**23** **MACCABI GB  
COMMUNITY  
FUN RUN**

**For information on any of these events contact the events  
team on 020 8922 2816 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**



# Final word

**Daniel Carmel-Brown, Chief Executive, Jewish Care**

**I** have spent much of my first few months in my new role meeting people and listening. I have joined night staff in our care homes, talked to volunteers delivering meals on wheels, had tea with clients in our community centres, met donors and communal leaders.



Reflecting on my first six months as Chief Executive of Jewish Care, I am struck by the extent to which dedication has emerged as a theme in my observations and experiences.

As this issue of *Careline* goes to print we, the Jewish community, are celebrating Chanukah – our festival of light. The word ‘Chanukah’ derives from the Hebrew verb meaning ‘to dedicate’.

I have seen first hand how hard our staff are working. How much time and energy our volunteers are giving. I have seen staff and volunteers across our services not just doing a job but giving it their all.

When I wrote in the summer, I noted the incredible history of Jewish Care and its predecessor organisations. The dedication of so many before us has brought us to today. I believe the dedication now is as strong as ever.

The dedication and warmth I have witnessed has provided me with light in some of the darker days. These are challenging times both for the Jewish community and in the social care world. But amongst the darkness there is light.

At Chanukah we are encouraged to place a lit menorah in the doorway or front window, so it can be seen outside in the street. Some say it is not enough just to bring the light into our own home, we need to share it with others. It is an outward sign to the wider world that this is a proudly Jewish home. We,

the Jewish community, have much to be proud of and we should never be ashamed or hide who we are.

This year, as in the past, young children from across the community have chosen to donate one of their Chanukah presents to Jewish Care. It is easy in today’s consumer-driven society for young people to focus on the things they want or need. To see young Jewish children think of others and give their gelt (gift of money) to support people in the community fills me with hope for the future.

**“THE DEDICATION  
AND WARMTH I HAVE  
WITNESSED HAS PROVIDED  
ME WITH LIGHT.”**

Every day Jewish Care brings light into the lives of hundreds of people. This is only made possible thanks to the dedication of our staff and volunteers, our friends and supporters. It is no miracle that Jewish Care is here today. We fortunately don’t need to rely on miracles. The dedication from you, the community, enables us to bring light into the lives of members of our community who look to us for care and support.

Thank you.



# 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.

- ▲ Anita Dorfman House, Stanmore  
*Personal, dementia & nursing care* (opening 2019)
- ▲ 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*
- ▲ Wolfson Assisted Living, Stanmore  
*Personal care (opening 2019)*

## 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

## 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
- ▲ Parkinson's Social Group, Golders Green

## 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](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 & Hendon 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](http://jewishcare.org) or emailing us at [helpline@jcare.org](mailto:helpline@jcare.org)**

Thanks to support from across the community, we have provided services to thousands of people this year.

50000

Our buses **travelled over 50,000 miles** to get our clients to and from **our community centres**



**129,015** visits were made to our **community and day centres** in the past 12 months



**2,565 people** were **supported** by the Community Support and Social Work team over the past **12 months**

**JEWISH CARE**

# Our impact in 2017/18

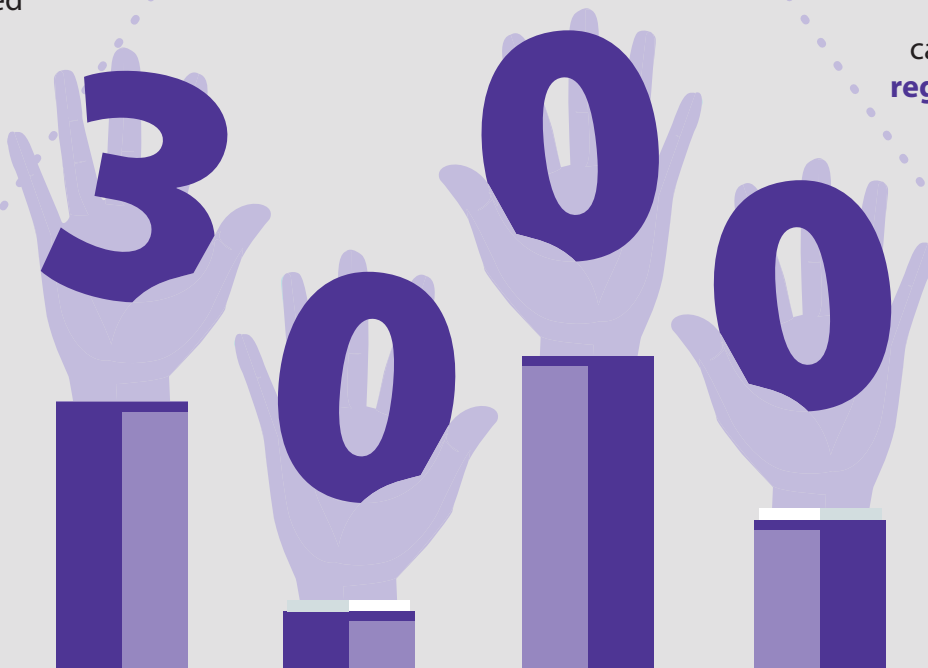
For a copy of our latest annual review  
or our full annual report go to  
[jewishcare.org](http://jewishcare.org) or call us on 020 8922 2810.



15,000

Our **helpline** received more than **15,000 enquiries** in the past 12 months

We have an amazing team of over **3,000 volunteers**



**874 residents** were cared for across our **11 registered care homes**