

# CARELINE

ISSUE 81 | SUMMER 2019/5779



## ***When Dermot came for tea***

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**

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ISSUE 81 | SUMMER 2019/5779



Welcome to our Summer 2019 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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Dermot O'Leary, TV and Radio presenter best known for presenting ITV's *X Factor* visited Jewish Care's Holocaust Survivors' Centre (HSC) to celebrate the Centre's 25th birthday. He is pictured here with Centre member Harry Olmer.

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## Volunteers recognised at annual awards event

Jewish Care couldn't operate without its army of **dedicated and inspiring volunteers**.

**E**very year we celebrate their achievements at The Betty and Aubrey Lynes Annual Volunteer Awards evening. Welcoming guests to the event, Jewish Care Chairman, Steven Lewis said, "This evening is an opportunity to thank not only the award recipients, but the thousands of Jewish Care volunteers – young and old, from all walks of life who have given so much of themselves and their time this year to make Jewish Care a caring community organisation – and to engage so many amazing people in our community."



97-year-old Marie Joseph receiving her Unsung Hero Award. Despite moving to Essex, Marie continues to travel to Stepney every week to volunteer and is an active member of the Friends of the Brenner Centre at Stepney JCC group, raising vital funds for the Centre.

## 2019 volunteer award winners

### BRINGING THE JEWISH TO JEWISH CARE

**Barry Freedman**, Leonard Sainer Centre for People Living with Dementia & **Naomi Wyman**, Betty and Asher Loftus Centre

### EXCELLENCE IN VOLUNTEER MANAGEMENT

**Ildiko Klotz**, Leonard Sainer Centre for People Living with Dementia, **Rachel Howes & Claire Barzilai**, Redbridge Jewish Community Centre

### INNOVATION AWARD

**Sid Green**, Supportive Communities in Redbridge & **Pamela Bertschinger**, Otto Schiff

### UNSUNG HERO

**Valerie Nead**, Michael Sobell Jewish Community Centre & **Marie Joseph**, Brenner Centre at Stepney Jewish, Community Centre, at Raine House

### OUTSTANDING FUNDRAISING

**Rita Roth OBE**, Friends of Rosetrees & **Rhonda Millar-Dorrall**, Holocaust Survivors' Centre

### OUTSTANDING RELATIONSHIP

**Susan Schlaen**, Jack Gardner House & The Community Support and Social Work Benefits Team

### BEST NEWCOMER

**Angela Wilson**, Selig Court, **Eve Poynton**, Redbridge Jewish Community Centre & **Leonard Fertleman**, Leonard Sainer Centre for People Living with Dementia

### YOUNG PERSON INDIVIDUAL AWARD

**Jasmine Spurling**, Redbridge Jewish Community Centre

### YOUNG PERSON GROUP AWARD

**Youth Club & Holiday Scheme Volunteers**, Redbridge Jewish Community Centre

### CONTRIBUTION TO LOCAL MANAGEMENT

**Supportive Communities Tea Parties**, Redbridge Jewish Community Centre & **Judy Weider & Roberta Liff**, Connect@Kenton

### OUTSIDE ORGANISATION THAT MAKES A SIGNIFICANT CONTRIBUTION TO JEWISH CARE

**Memory Matters Volunteers**, Northwood and Pinner Liberal Synagogue & **Yeladenu Nursery**

### SERVICE USER WHO VOLUNTEERS FOR JEWISH CARE

**Edward Usick**, Amelie House & Kun Mor and **George Kiss Home**, **Ruth Green & Karen Whitely**, Supportive Communities Tea Parties

### EMPLOYEE VOLUNTEERING THAT MAKES A SIGNIFICANT CONTRIBUTION TO JEWISH CARE

**Benefacto**

### OUTSTANDING INDIVIDUAL AWARD

**Pat Stanton**, Redbridge Jewish Community Centre & **Amy Woolf**, Fundraising



18-year-old Jasmine Spurling was the youngest to be presented with an Individual Volunteer Award. On collecting her award, she said: "I'm happy and grateful to receive the award. I love volunteering and I enjoy being with the kids, I have a lot of fun and really I'm just as much a kid as they are!"



Award winners from Northwood and Pinner Liberal Synagogue, who have teamed up with Jewish Care to run Memory Matters Club, a fortnightly group for people who are experiencing memory difficulties and isolation.

## Anita Dorfman House and Wolfson Assisted Living at Sandringham open their doors

Set on a 16-acre site, with views across the Hertfordshire countryside is Sandringham, Jewish Care's ambitious new development

**T**he first phase of this £47 million development, Anita Dorfman House with adjacent Wolfson Assisted Living, is open! Residents of Princess Alexandra Home were the first to move into the new 64-bed Anita Dorfman House. They were then joined by new residents from across the community.

Careline visited the home the day after residents moved in, to find spirits high as residents and relatives enjoyed a lively welcome tea party.

Stephanie, the daughter of a resident who recently moved into the home after a stay in hospital said: "Everything is fantastic here and like a brand-new hotel, it warms your heart seeing everyone dancing and enjoying the Jewish music. There's something going on here all the time if you want to take part."

Resident Dena was full of praise for her new room: "The decor is super. The rooms are a fabulous size and the move has all been done so smoothly. Everybody's been so helpful and it's amazing."

The 64 rooms in Anita Dorfman House are arranged in small, intimate households of 16, so residents and staff can develop individual relationships with each other and enjoy a more personal way of living.

Adjacent to the home is Wolfson Assisted Living; 16 one-room flats designed for people who want to be in an all-inclusive 24/7 care environment with meals, cleaning and laundry services included, yet want to retain their independence. The flats offer a large bedroom and living area, a small kitchenette, 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.

The opening of Anita Dorfman House and Wolfson Assisted Living has made way for 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 completed in Autumn 2020.

To date, thanks to tremendous generosity from across the community, Jewish Care have raised £42 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 or visiting Sandringham, please contact Jewish Care Direct on 020 8922 2222.



## A lasting memory

**L**ittle is now known about Maitland Joseph other than he was a successful investor who led a very private life. What we do know is that in 1956 when he sadly passed away, he gifted most of his significant estate in trust to the Board of Guardians, to establish a care home to be named in honour of his parents. In 1964 The Rosetta and Morton Joseph Home was opened in Hemel Hempstead, followed by Maitland and Joseph House, on the same site, in 1969.

On completion of the homes in Hemel Hempstead, the

Maitland Joseph Trust still had enough funds to build a further care home and in 1972, Raymond House in Southend was opened. As demographics in the community changed and the homes became older, decisions were taken to close them. However, the legacy of Maitland Joseph lives on, with the proceeds from the sales of these homes, together with investment income arising from them, having been reinvested into Sandringham.

In recognition of Maitland Joseph's legacy, we will be honouring his exceptional generosity in memory of his parents at Sandringham. The benevolence of this one individual has benefited thousands of people for over 50 years and will continue to do so for many, many more years to come.

## Big plans in Redbridge



**O**ver the past few decades, there have been conversations and plans drawn up to redevelop the Redbridge Jewish Community Centre. The latest plan, rejected by the London Borough of Redbridge, proposed the development of a new community centre alongside independent living apartments. Jewish Care remain committed to this local development and the proposal to bring independent living to Redbridge.

As we develop new facilities across London, the stark difference between these and our older facilities is highlighted further. We are aware that the Vi & John Rubens House and

adjacent Dennis Centre need investment.

The Jewish Care Trustees have agreed to release the required funds, so we can draw up some initial plans which will see all Jewish Care services located in one campus, on the site of the community centre. This will include a new modern care home to replace Vi & John Rubens House, Independent Living apartments and multi-purpose community facilities.

We will be sharing details of these plans with the community later in the year. It has been a long time in the making, but Jewish Care are committed to developing its services in the Redbridge and Essex area, building facilities that will both meet future needs and aspirations of the community.

## Preparing to bid farewell to Rubens House

**E**arlier this year, Jewish Care informed staff, residents and relatives at Rubens House, our residential care home in Finchley, of the decision to start the process of closing the home.

Chief Executive, Daniel Carmel-Brown, said the decision was an extremely difficult one, commenting: "Jewish Care strives to provide high-quality care and services, which are effective and efficient, in fit-for-purpose facilities. We have decided that now is the right time to close Rubens House. The home was built to meet the needs of a different generation."

With five other care homes in a three-mile radius of the home, Jewish Care has been supporting both residents and staff to relocate into other homes.

Rubens House was opened by Margaret Thatcher in July 1966 and has, thanks to support from local synagogues, schools and volunteers, played a central role in the local Jewish community for over 50 years. It is the end of an era. Rubens House will always be part of Jewish Care's long-standing history and hold a special place in the hearts and minds of people across our community.





# Around the world of Jewish Care

## 01 700 children from four schools took part in the Purim Zumbathon.

They had a great time taking part in Zumba sessions on Purim, whilst raising funds for Jewish Care.

## 02 A week before celebrating her 103rd birthday, Lady Sarah Cohen

House resident Ethel played in the inter-home and community centre card day, organised by Jewish Care's Bridge Extravaganza Committee.

## 03 Comedian Michael McIntyre

performed at an evening organised by Jewish Care's Redbridge Sports and Entertainment Committee, held at Kinloss Synagogue. The event saw Jewish Care supporters from North London join those from Redbridge and Essex and raise £140,000.

## 04 Over 120 children, together with their parents and families,

had a fantastic fancy-dress party at the JC Tots Purim Carnival, organised by the JC Tots Committee.

## 05 Residents at Sidney Corob

House are enjoying regular visits to Pedal Power, the cycling club for all, in Finsbury Park.

## 06 Over 225 guests enjoyed the 22nd annual Jewish Care Bridge Extravaganza

raising £100,000 to help to fund the running costs of the care buses Jewish Care use to take people from their homes to the organisation's day centres.

## 07 350 guests attended Jewish Care's Young Patrons Dinner

raising £170,000. Speaking to the guests Susan Pollock, a member of Jewish Care's Holocaust Survivors' Centre, said: "It's so empowering to

see so many good-minded and generous young people, committed to support our community and the vital services Jewish Care provides."

## 08 Joseph Winton celebrated his 100th birthday together with four generations of his family.

They were also joined by staff, volunteers and fellow residents at Jewish Care's Lady Sarah Cohen House, where Joseph has lived since June 2017.

## 09 Volunteer hosts Carol and

Barry opened their home to Jewish Care guests, Moriah School pupils and the Chief Rabbi for a special Shabbat UK Supportive Communities tea party.

## 10 Members of Jewish Care's Holocaust Survivors' Centre

gathered for a celebratory tea to mark the awarding of New Year Honours by Her Majesty the Queen to some members of the centre.

## 11 Mikey Wyman celebrated his Bar Mitzvah at Jewish Care's Betty and Asher Loftus Centre.

After reading from the Torah in a ceremony officiated by Rabbi Junik, Jewish Care's spiritual and pastoral leader, Mikey celebrated the special occasion with more than 60 residents at the home.

## 12 13 choirs from Jewish Care's homes and community centres

took part in the 5th annual Sing Off at Jewish Care's Redbridge Jewish Community Centre. The Vi & John Rubens House choir were crowned this year's winners with their original composition, All About Us, performed with musicians from Wigmore Hall's Music for Life, as part of their two-year residency.



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**13 The Redbridge-based Local Angels committee** organised their tenth annual lunch raising £26,000 to support local services.

**14 TV presenter, Chris Tarrant OBE visited Jewish Care's Holocaust Survivors' Centre.** He spoke emotionally about filming Channel 5's *Extreme Railways*, *Hitler's Holocaust Railways* commenting: "Until you hear what it was like from a survivor, it's hard to understand the reality of the Holocaust. It's made me realise that we must never forget."

**15 200 guests attended Jewish Care's Woman of Distinction Lunch** when Rabbi Baroness Julia Neuberger DBE, Senior Rabbi of the West London Synagogue received the Lifetime Achievement Award and Luciana Berger MP received the Woman of Distinction Award 2019. The annual lunch raised £80,000 for Jewish Care's Sidney Corob House.

**16 Anita Dorfman and her son Sir Lloyd Dorfman CBE** were joined by family and friends along with Jewish Care's President, The Lord Levy and Chairman Steven Lewis, for the official unveiling of Anita Dorfman House. The 64-bed care home was built, following support from the Dorfman Foundation, at Jewish Care's Sandringham campus.

**17 People of all ages from across the community joined Jewish Care day centre members** and care home residents to celebrate Pesach.

**18 Five Jewish Care runners** completed the Virgin Money London Marathon raising a fantastic £20,000.

**19 Six care home residents, supported by staff and family members,** were delighted to be able to see their local team, Brighton & Hove Albion, play in the final weekend of the Premier League 2018/19 season thanks to an invite from Tony Bloom, the club's Chairman.

**20 The Right Honourable James Brokenshire MP, Secretary of State for Housing, Communities and Local Government,** was joined by local MP Matthew Offord and Jewish Care President, The Lord Levy for a visit to Jewish Care's Wohl Court and the Holocaust Survivors' Centre.

**21 100 guests enjoyed hearing from guest speaker and royal biographer, Penny Junor,** at the Options Committee Lunch at the Betty and Asher Loftus Centre in Friern Barnet.

**22 Schools and nurseries, cubs and brownies got baking with residents and members** of Jewish Care homes and community centres across London, Essex and the South East for Jewish Care's Great Jewish Bake Day to enjoy cake and raise funds for Jewish Care.

**23 The floor belonged to Jewish Care's clients at this year's annual fundraising dinner.** Big name presenters, including Sky News' Gillian Joseph, brought a night of news and stories but the real stars of the show were over 20 clients who attended the dinner and were featured in a series of films shown throughout the evening.

**24 More than 2,000 young children and families were joined by residents from Anita Dorfman House** at Jewish Care's Family Fun Day. They had a fantastic day out enjoying entertainment from children's school choirs, fun-filled fairground rides and soft play for the young ones, raising £27,000 to enhance the lives of residents at Sandringham.



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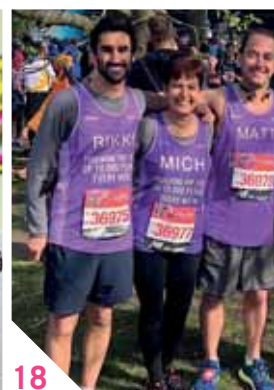
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# An 80-year-old royal connection

**J**ewish Care's Brenner Centre at Stepney Jewish Community Centre, at Raine House, has been at the heart of East London's Jewish community since it was opened by Queen Mary. 80 years on, the Centre welcomed its latest royal visitor for a lively anniversary celebration.

From the moment you enter the doors, you are welcomed with open arms. This may explain why this small and in many ways unassuming centre, has received several royal visits since its opening, including three visits from Queen Elizabeth The Queen Mother in 1956, 1974 and 1987. Its ability to attract and impress the Royals continues, as earlier this year the Centre welcomed HRH The Duchess of Cornwall to mark the Centre's 80th anniversary.

Despite being the only remaining Jewish service left in the area today, a big change from 50 years ago when the East End was the focus of a lively and bustling Jewish community, the Centre remains the heart of this ageing, but close-knit community.

One of the first to greet HRH at the Centre was 92-year-old Lilian, who told the Duchess how the centre had been a central part of her life since its opening in 1938: "I came to live with my aunt in Stepney after my mother passed away, I was one of the Centre's very first members. In those days it was there to support local young Jewish children like me. I used to go to the Centre after school. I needed love and a mum and that's where I got it, here at the Centre."

Lilian has lived in Stepney ever since. The Centre has been an important part of her life. It is where she met her husband, where her daughter met her husband. It is also the first place she turned to when her husband of 49 years passed away. She continued, "my kids wanted me to move away nearer to them, but I didn't want to. I knew I needed to be near the Centre. That's when I began volunteering at the Centre.

Without that I would have given up." Today Lilian comes to the Centre as a member: "I couldn't live without this place. If I were to phone and say I need something, I know they will organise it for me. As a child this was a home to me, my haven and it's been my haven all my life."

During the lively tea event, HRH took the time to meet every Centre member, volunteer and member of staff chatting to them about past royal connections, the changes the community has experienced and the Centre today. She clearly felt the warmth of this unique centre commenting: "This is one of the most uplifting centres I have ever been to. It is so important to have places like this."

**"THIS IS ONE OF THE MOST  
UPLIFTING CENTRES I HAVE EVER  
BEEN TO. IT IS SO IMPORTANT  
TO HAVE PLACES LIKE THIS"**

After presenting HRH with flowers, 86-year-old Centre member and avid dancer, Abraham David, linked arms with HRH for an energetic traditional dance to Chava Negila.

When Queen Mary opened the Centre in 1938 to support local children, little did she know that 80 years on the Centre would still be providing support to those very children. They are the last, but not forgotten generation of Jewish East Enders. A generation with a long standing and proud royal connection.





## Timeline of royal visits

**1938**

Centre opened  
by **Queen Mary**



**Queen Elizabeth  
The Queen Mother**  
visits the centre

**1956**

**1974**

**Queen Elizabeth  
The Queen Mother**  
returns to the centre



Another visit from  
**Queen Elizabeth  
The Queen Mother**

**1987**

**2015**

**HRH, Prince William,  
Duke of Cambridge** was  
a guest speaker at Jewish  
Care's Annual Dinner  
where money raised funded  
vital services including  
the Centre



**HRH, The Duchess  
of Cornwall** visits the  
Centre to mark its  
80th anniversary

**2019**

## Today

**T**oday's **Brenner Centre**, located  
at **Stepney Jewish Community  
Centre at Raine House**

Open from Monday to Friday, as  
well as regular evenings and weekends,  
the Stepney members call it their  
"second home".

Members can be taken to and from  
the centre by the 'care bus'. For many  
of the members, their visits to the  
centre are the only time they leave the  
house. They tell us it is their lifeline.  
From the hot Kosher food they are  
served each day, to weekly sabbath  
meals and festival celebrations, the  
centre provides a culturally sensitive  
service, enabling older members of  
the community to remain connected  
to their Jewish roots.

The centre offers a wide range of  
stimulating activities, from art to  
creative writing, keep fit, reminiscence  
groups, entertainment and regular  
outings, as well as a programme of  
therapeutic activities for anyone who  
needs special care and is experiencing  
a bereavement or isolation.

In 2017, with the demographic  
changes in the local community, Jewish  
Care decided to close their day centre in  
Stamford Hill, known as the Brenner  
Centre at Raine House, in favour of  
providing a range of services that better  
meet the changing needs of the local  
community. All Jewish Care services in  
East London are now provided through  
the centre in Stepney. The Stepney  
Jewish Community Centre was renamed  
the Brenner Centre at Stepney Jewish  
Community Centre, Raine House.

These changes have enabled Jewish  
Care to extend the opening hours for  
the centre and ensure Jewish Care can  
respond to increased demand from  
the community for outreach services,  
including home and hospital visits,  
and the provision of a local Kosher  
Meals on Wheels service.

The Centre and its local outreach  
services would not be here if it was not  
for the support of its volunteers and  
generous supporters from across  
the community.

# A lasting memory

Emma Shrimpsley reports on the different ways families are honouring their loved ones with a 'Gift in Memory'



**F**or 47 years Barbara Waterman volunteered at Brenner Centre at Stepney Jewish Community Centre, at Raine House – a mainstay for members who loved being greeted with her smile and a cup of tea.

Although Barbara sadly passed away two years ago, a donation from her granddaughter Lauren to fund some overdue maintenance to the tea kitchen, now renamed in Barbara's honour, means that her memory will always live on in the place where she gave the most.

Lauren, who ran the 2018 London Marathon to raise the funds to renovate "Barbara's Kitchen", says: "My late grandmother made it her mission to support the community at the Centre – and to put a smile on members' faces.

"She loved making the members tea; cups were always topped up as she served them with a smile. Her constant presence provided companionship to people who really needed it. When I was trying to decide how to honour her contribution,

**Above** Lauren in 'Barbara's Kitchen', named in loving memory of her late grandmother Barbara Waterman who volunteered for 47 years at the Centre.

this was what members of the centre suggested and it made perfect sense."

Every year around £35,000 is donated to Jewish Care from individuals and families who want to 'Give in Memory' of a loved ones who have sadly passed away.

It is becoming an increasingly popular way for families to honour the memory of their loved ones in a way that is meaningful and often representative of their life.

With this in mind, Jewish Care has recently introduced a number of Giving in Memory initiatives, explains Jude Rose, Jewish Care's Giving in Memory and Legacy Executive.

"With any Gift in Memory, families are invited to create a page in our online Book of Memories. They can share words, memories and photos of their loved ones and invite others to contribute – through social media and sharing the page.

"With donations over £100, we can create a personalised Yahrzeit candle holder and with donations over £500, relatives can inscribe their loved one's name on a leaf on our Tree of Memories. It can be a lovely way to honour the memory of a volunteer or resident."

In some cases, families like to hold an event to celebrate the life of their loved ones while using it as an opportunity to fundraise.

This was the case in 2011 when over 120 members of Simon Walters' family came from across the globe to celebrate the life of his great-grandparents Yehuda and Leah Karbatznick, who fled from Russia to London in the early 1900s.

"After my grandmother Dora, the last of Yehuda and Leah's eight children, had died, I commented to one of my cousins that we only ever seemed to see each other at shivas. We came up with the idea of the reunion – celebrating their legacy, with the grandchildren, great-grandchildren and great-great-grandchildren. Everyone paid to come, covering the costs, with the leftover money going to Jewish Care. It was such a success, we had another reunion in 2018.

"I chose Jewish Care for the donation because my mum attends the Michael Sobell Jewish Community Centre. It's been a lifeline to her, so we were particularly pleased to give back in this way."

For more information about Giving in Memory visit [jewishcare.org/givinginmemory](http://jewishcare.org/givinginmemory) or contact Jude Rose on 020 8922 2840 or email [givinginmemory@jcare.org](mailto:givinginmemory@jcare.org)

**"SHE LOVED MAKING THE MEMBERS TEA; CUPS WERE ALWAYS TOPPED UP AS SHE SERVED THEM WITH A SMILE."**



# Holocaust Survivors' Centre's got the X Factor

**D**ermot O'Leary, TV and Radio presenter best known for presenting ITV's *X Factor*, visited Jewish Care's Holocaust Survivors' Centre (HSC) to celebrate the Centre's 25th birthday. During his visit he presented a film about the centre and its incredible members, that was later shared with guests at Jewish Care's Annual Campaign Dinner.

Following the visit he posted photos on his social media account and commented; "Had the most incredible visit to the Holocaust Survivors' Centre. Laughed, learned, listened, and ate (so much to fress) with the most wise, proud, playful bunch of people I've had the pleasure of for some time. And did my parents kvell when they saw these pictures!"

A huge Jewish Care thank you to Dermot for an enjoyable and memorable afternoon.

You can watch this and other Jewish Care films on YouTube [youtube.com/jewishcarecharity](https://www.youtube.com/jewishcarecharity)



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# Shabbat services with a difference

Many of our care home residents are unable to visit their local synagogues which is why the Shabbat and Yom Tov services in our synagogues are so important. **For some it is why they chose to live in a Jewish Care home as Emma Shrimpsley reports**

**I**t's Shabbat in the Wohl Synagogue at Jewish Care's Betty and Asher Loftus Centre and one of the residents, Lily, is reading the prayer for the State of Israel.

As her clear words ring out dramatically around the synagogue, she could be reciting a Shakespearean soliloquy.

Stanley Cohen, one of a duo of volunteers who conduct the service at the Friern Barnet centre, thanks Lily after she finishes the prayer. "You can tell you used to be on the stage Lily", he says smiling at her.

After nearly 20 years of taking the services, Stanley – along with John De-Lange – knows everyone and ensures each feels they have a part to play, if they want to. Each week the service alternates between Orthodox and Reform, so that it feels inclusive and every man is called up to the Bimah (prayer platform) to say a blessing. On Reform weeks women volunteers sometimes read the Haftorah.

If the residents are unable to walk up to the Bimah, the group of dedicated volunteers who come most weeks will bring them over.

This week the service sees a new member. As he finishes reciting the Bracha (blessing), Stanley welcomes him: "I can tell you've done that many times before!"

Of the 40 plus people in the service, some participate, some just follow, and some will sit and listen.

"It doesn't matter", explains Stanley. "It's just about creating a feeling of community which is why we do both Reform and Orthodox, and also about residents being able to feel like they are part of the service."

"We have one lady, Valerie, who comes every week and we keep her hat here. As soon as the carer brings her in, we give Valerie her hat to put on and she feels a sense of belonging."

Everyone is welcome – residents come from all the homes on the campus: Lady Sarah Cohen House, Kun Mor and George Kiss Home and Rosetrees. Family and friends often attend as well, particularly on the Jewish festivals. Volunteers will walk round the homes each week, bringing in regulars and encouraging others to join.

Residents who may have been housebound before they moved into Jewish Care can now come to synagogue and pray with their family members, perhaps for the first time in years.

"We have the nephew of one of the residents, whose father, the resident's brother, recently died, coming in to say kaddish for him, together with his uncle", says Stanley. "it's really touching to see them do this together."

The service runs for two hours, using a bespoke prayer





book which has been adapted and created with larger print so congregants can follow.

"Doing this is a privilege for us", says Stanley. "We all get so much out of it, especially those moments when you see you're getting through."

"I remember one week we had a new resident and his family were there for the service; I took him up to the Bimah to say the Bracha and I saw his family members' mouths drop open. Afterwards they told me he had not spoken an English word in several years, yet prayer triggered something for him."

"There is something about being in a room where everyone is in Talit (prayer shawls), saying prayers they remember from their bar or bat mitzvah, and singing songs that they recognise and something resonates. It stirs up a memory and even though they have forgotten so much, somehow this is something they remember. It's incredibly moving for us."

Every Shabbat, long-standing volunteer Raymond Turner delivers the sermon. His wife used to live in one of the homes and, after she passed away, Raymond continued to come in as a volunteer.

Regulars at the service know that there will be a story and a joke about "Abie Cohen", a fictional character Raymond has invented to bring a familiar note to the sermons each week.

One resident, Joe, who is in his 90s, comes to the service every week. "I moved into the home about a year ago and I really enjoy the service. I was always a regular at synagogue and I think it's important for us to meet as a community. It's a wonderful service."

As the service draws to a close, the energy in the room increases as more join in to sing or hum the final songs.

"It's not always the most in-tune", says Stanley, "but a lot of people join in the songs. They really seem to trigger memories."

The morning ends with Kiddush, which is greeted enthusiastically. "Lovely piece of cake", says one lady turning to her neighbour.

The Shabbat scenes at the Betty and Asher Loftus Centre are similar to those held in the synagogues that can be found in each of Jewish Care's residential homes.

At Vi and John Rubens House in Ilford, Stephen Shelton has been running the

synagogue services for some 30 years.

"Participation varies but we usually have a regular group of 12 to 15 who attend", says Stephen.

"For the residents, it breaks up their week. I also volunteer on other days, so I know the residents and they like to see people from outside the homes. We find when we call them up (to the Bimah) some do remember the Brachas. With others, you might have to start them off and then they begin to remember. We have a little Kiddush at the end which everyone enjoys."

"We are lucky enough to have a small but reliable group of volunteers to help us, but we do have a shortage of people to lein – so we are always on the lookout for help in that area."

"It's really rewarding to be part of this, particularly when you see it's making a difference."

At Hyman Fine House in Brighton, the inclusive service takes place in the beautiful, Maimonides Synagogue, in the home.

Volunteer David Pincus, who co-ordinates the services, says: "It is a lovely Sephardi-style synagogue and we have a small team of wonderful volunteers including Rabbi Wallach, who conducts the service."

## **"I WAS ALWAYS A REGULAR AT SYNAGOGUE, I THINK IT'S IMPORTANT FOR US TO MEET AS A COMMUNITY. IT'S A WONDERFUL SERVICE."**

"Rabbi Wallach has such a breadth of knowledge and a way of explaining the Sedra so that everyone can understand."

"David Bronstein, son of our Middle Street Synagogue Chazan, Berel Bronstein, also attends and various volunteers who come to help run the service. It runs for about 45 minutes and then we go into another room overlooking the sea and have a little discussion and Kiddush. We talk about a whole range of topics, from stories in the Jewish Chronicle to Eurovision!"

With residents from a range of backgrounds – Orthodox to Liberal – the service is always very inclusive.

"People seem to enjoy it", says David. "We tend to get more on High Holy Days, often family members will join, which is nice because it brings in younger people. We are always looking for volunteers too – especially younger ones to ensure the services keep going."

Paying tribute to the incredible and committed teams of volunteers who run and participate in the synagogue services, Jewish Care's Chief Executive Daniel Carmel-Brown says: "It is thanks to the support of individuals from across our community that people living in care homes are able to take part in synagogue services and remain connected to their Jewish life. Our shuls are an integral part of our care homes, they help connect people to both the past and to the wider local Jewish community. It is this, the Jewish in Jewish Care, that makes us different from any other social care provider. Its importance can't be underestimated."

# 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 wife has recently been diagnosed with dementia. I have been advised to get a lasting power of attorney. How do I go about this and why is it important?**

**A : A lasting power of attorney (LPA) needs to be in place before your wife loses her ability to make her own decisions, should this happen. An (LPA) is a legal document which would allow you generally to make decisions on behalf of your wife, if or when she is no longer able to do so.** There are two types of LPA – Health and Welfare and Property and Financial Affairs. A Health and Welfare LPA would allow you to make decisions about your wife's medical care, personal care, where care is provided (e.g. in a care home) and so on. A Property and Financial Affairs LPA covers things like managing a bank or a building society account, paying bills, selling a property etc.

It's important to have an LPA because, without one, should your wife be unable to make decisions for herself, you couldn't just step in to do this on her behalf. You may need to apply to the Court of Protection to become a deputy for your wife. This can be a very lengthy and costly process, and if you were not appointed as your wife's deputy, in some circumstances the local authority would take on this role instead.

The necessary forms can be obtained from the Office of the Public Guardian (telephone 0300 456 0300) and you can complete them yourself.

However, please be aware that if they are completed incorrectly, they may be rejected. Alternatively, you can arrange an LPA through a solicitor which, although more expensive, will ensure an application is accepted.

**Q : I have recently been diagnosed with multiple sclerosis (MS). I am in my 50s, married with a family but feel very isolated. I don't know anyone else in my situation. I am worried about my future and just need to talk. Is there any support out there for me?**

**A : There is support out there for you and Jewish Care has many ways to support you and to ease your worries about the future.**

Firstly, we have a dedicated Social Work and Community Support Team who can meet you, discuss this further with you and ascertain how best they can support you. Our approach is a holistic one and will look at all aspects of your condition and suggest services and support that you can access.

There is also the option of connecting one of your family members with one of our Family Carers Practitioners who could meet you and discuss your recent diagnosis. Our clients find this really beneficial as a way of receiving specific coping strategies.

We also have a multiple sclerosis support group called JEMS that meets on the first Wednesday of the month in Edgware. Here you will be able to meet up with other people living with the condition and access professional and peer advice.

If there is any further information you require, please get in touch with our helpline on 020 8922 2222. We look forward to hearing from you.

**Q : I read about the work Jewish Care were doing to raise awareness of the issue of elder abuse. The article mentioned a couple who were befriended by a family in the community whose intentions were questionable. I am a volunteer for my shul's welfare team and am now concerned about a vulnerable member in our community and her relationship with another member. Should I just let it go because it's probably nothing to worry about. What should I do?**

Up to one million older people in the UK are harmed, abused and neglected every year by people they thought they could trust.

**Elder abuse happens in every community.**

Jewish Care and Jewish Women's Aid are contacted by people from across the Jewish community to report the abuse of older people. They have joined forces with Action on Elder Abuse to raise awareness of this issue, provide support to victims of elder abuse and ask members of the community to be alert and to report any concerns.

**Action**  
on elder abuse

**JEWISH WOMEN'S AID**

**JEWISH CARE**

**A : Thank you for contacting us. We are pleased to see that our campaign has alerted you to the issue of elder abuse.** We launched the campaign because we know that the only way we can begin to address this growing issue, is by increasing awareness and encouraging people like you look out for older or vulnerable people in our community. If you have a hunch or concern that something may not be all it seems, the best thing to do is to begin by talking it through with someone. If you have a welfare officer at shul, I suggest you go to him or her as a starting point. If you don't have anyone to discuss this with contact Jewish Care. It may be nothing but it is often those niggles and concerns people have that lead to an unravelling of a situation that may need addressing.



**Q** : I am about to turn 85, living alone and thinking of downsizing. I am fairly independent, but a little help wouldn't go amiss. I don't know where to start.

**A** : Why don't you start by giving us a call. There is a range of options we can discuss with you including Jewish Care's independent living apartments.

These apartments are ideally suited to older people who want to live independently but have some support needs – this could be anything from having help with putting the rubbish out to helping with washing or having someone support you to go shopping. The Jewish Care independent living apartments are available to rent. If you want to buy a new home, we can signpost you to various retirement community options. It is a big move and we know it can be daunting. It is worth considering all the options and thinking about your longer-term care and support needs before you rush into anything.



**Q** : I am struggling to live at home. I have some help every day but it's not enough. I now just want to be cared for. I don't have dementia or any other illness I am just getting on. I want to be in a caring environment but am worried if I move into a care home, I won't find people like me. What would you suggest?

**A** : Thanks for contacting Jewish Care – you've definitely come to the right place.

It may be that we have just the place for you – a kind of care home with a difference. Wolfson Assisted Living located in our Sandringham development, in Stanmore, offers 16 one-room flats to

members of the community who want to be in a 24/7 care environment, but retain some independence. Wolfson Assisted Living gives you the best of both worlds – 24-hour access to care (and of course housekeeping and all meals), but a larger room with some kitchen facilities. So, if you fancy making yourself tea and toast, you can. The one room flats offer a large bedroom and living area, a small kitchenette, a bathroom with wet room-style shower and a beautiful balcony.

Located on the top floor of Anita Dorfman House, residents at Wolfson Assisted Living benefit from a set up that is perfect for people like yourself, who have lower care needs and you can also join in the activities at the home.

**JEWISH CARE**

Stanley, support group member

**“When I lost my wife, I was in pieces. They put me back together”**

*Our Helpline can help you find the answers to the most challenging problems. We're here for the whole Jewish community in London and the South East, so if you have a question, please ask Jewish Care.*

**WHEN YOU NEED HELP, CALL 020 8922 2222 OR VISIT JEWISHCARE.ORG**

# Jewish Care's arts and Montessori programme

Jewish Care has gone back to school. Emma Shrimpsley reports on a new approach that's being piloted to increase independence, **self-esteem and meaning in the lives of residents living with dementia in our homes**

**T**he charity is one of the first UK care home providers to join a global movement which is adopting Montessori principles, a teaching method first developed in 1897 to support children with learning disabilities.

With its focus on independence, freedom within limits, and respect for a person's natural psychological, physical, and social development, it is not surprising that the Montessori philosophy and principles have been found to translate very effectively to support people living with dementia.

Jewish Care occupational therapist Romy Pikoos who joined Jewish Care in 2017, is now working with managers and frontline staff, exploring the effectiveness of this approach.

**“PEOPLE NEED TO FEEL THEY ARE CONTRIBUTING, THAT THEY ARE OF VALUE”**

She believes it reflects exactly what Jewish Care has always prioritised in the day-to-day care it provides in the homes: “Montessori philosophy seeks to enable individuals to ‘have high self-esteem, and to have the chance to make choices and meaningful contributions to their community”, says Romy.

Initially Jewish Care began applying a few Montessori principles – all encouraging independence – into the home environments.

These simple adaptations, which included better signage; badges for all staff, residents and volunteers; games and books in open shelves on display for all to use, and the establishment of themed



“activity areas” near where the residents sit seemed to have a real impact.

Even something as simple as giving out name badges during lunch made an immediate difference.

Staff reported that one resident, upon finishing her meal, walked to the table next to her, read out each of the women's names and finished with a particular resident, who has lived there for many years, exclaiming: “So you're Marian!”

By encouraging residents to play a bigger role in the homes, the hope is to make life more purposeful. “People need to feel they are contributing, that they are of value”, says Romy.

“Now we are training managers and frontline staff, with the hope that this approach will be owned by the individual homes, giving staff leeway to be creative and decide what they feel their residents will enjoy and respond to. In many cases people living with dementia have well-preserved long-term memories. The Montessori Method is about providing ways to connect with those memories.

“It's a big culture change but staff are really responding to it and coming up with different ways that will suit their residents.

“At Jewish Care's Home in Stanmore, the handyman sat in on a training session, brainstorming ways he can involve residents. It's their home and that is how we want them to feel.

“At Rubens House in Finchley, the service manager heard that two residents had fed back that the chicken soup ‘wasn't very tasty’. So, they sat down together, and the residents told them what their recipe was and they supervised it being made. They felt valued and they thought the soup was better

\*Some names in this article have been changed



too! It's a great illustration of what we want to do – which is make people see the value they can still offer."

In another home, Bertha\* one of Jewish Care's 91-year-old residents, is able to walk independently but has advanced dementia. She often declines to take part in planned activities so spends considerable time sleeping or sitting in an armchair not engaged. Knowing that Bertha was a proud homemaker, staff asked her to assist with setting the table. Without any instruction she effortlessly and expertly rolled out the table cloths in one swift move.

Care home staff said you could see the pride on her face knowing what she had accomplished. She is now regularly asked for help to lay the table cloths.

A range of Montessori-based activities have been introduced in all the homes, from category sorting to memory games, reading and word games. All of these were produced to meet the needs of residents, using familiar material and varying from very simple to more complex.

"In some cases, these activities have been found to be an effective way to help when residents become agitated", says Romy.

The Montessori approach – and its day-to-day applications – fits into a wider range of arts and culture brought into the homes to enrich the lives of residents.

Helen Preddy, Jewish Care's Creative Arts Development Coordinator explains: "We have a large pool of freelance artists – musicians, writers, visual artists, dancers, performers, puppeteers.

"I work closely with the teams in the homes, who will identify people that will benefit from engaging in participatory arts sessions; thinking about what they enjoy doing and finding a match to support their needs.

Jewish Care understands that creative activities bring opportunities to reignite past passions, as well as nurturing new ones, sparking responses in people living with dementia.

"Everything we do is responsive and, where possible, multisensory. It's important to try to engage the imagination.

It is a strong and powerful way to celebrate the here-and-now and to connect people with both their past and present selves", says Helen.

"Chloe, one of our performers, does creative storytelling, taking residents on a 'journey'. She brings a wheelbarrow with props to bring the story to life. She's very good at leading people to play – she looks at their strengths, incorporating their stories, suggestions and actions into the piece by making gentle associations and references."

Jewish Care also works with various arts partners who come in and deliver programmes in the homes.

"One of these, the Reader Organisation, is a national organisation which trains volunteers to run reading groups in all sorts of settings, from care homes to prisons", says Helen. "The sessions are all about personal responses to material, a lot look at poetry but there is a wide range of material. There are six groups in Jewish Care homes that run weekly throughout the year.

Jewish Care also works closely with the City of London Sinfonia. Helen explains: "They tailor each project to the specific needs of each setting, but will typically visit homes weekly over about a four-week period, doing relaxed rehearsals and lounge visits, interacting, playing music and improvising, as well as 1:1 room visits with residents who are less able to leave their rooms."

At Vi and John Rubens House in Essex, the Wigmore Hall Music for Life Programme sees musicians coming in weekly, as part of a two-year residency.

"This is an opportunity to really embed music into the home and reach everyone who is part of the Vi and John community. Players use their skills to connect through music and gain a huge amount in return. One musician, Luke Newby, has been working with one of our residents who is teaching him all about Jewish festivals and prayers; she tells us how glad she is to work with Luke, using her knowledge for the benefit of other residents – who Luke will be able to play prayers with too."

Research suggests that music connects with key areas of the brain, crucially including those concerning procedural or implicit memory, reawakening people and bringing back memories or abilities that may have been dormant for some time, often breaking through communication barriers. For this reason – in a variety of formats, from visiting musicians to singers and choirs – music plays its part in the life of all the homes.

"But what brings all our different activities together is that they are about making space for our residents to feel valued as people", explains Helen. "And they not only benefit residents, but staff, volunteers and relatives too, encouraging communication, understanding, and building community."





# Caring in the community

A report on the support services Jewish Care offer people living with dementia and their carers

**C**arers of people living with dementia often talk about their world shrinking after a diagnosis. Friends and relatives can start to disappear, unable to deal with the change in the person and unsure what to do. Jewish Care understands that carers need a wide range of support and has a dedicated Family Carers team to provide this.

Wendy Stoleran, Senior Community Support & Advice Worker for the Family Carers Team, explains: "We work with the carer of the person living with dementia, even if that person is not a Jewish Care client. We offer 1:1 support, both emotional and practical; advice and coping strategies and information about benefits and other services both within and outside Jewish Care. We can liaise with other authorities if necessary and can advocate.

"Jewish Care also has its own dementia team so our family carers will always have access to specialists in dementia who can offer advice. In that way it is very much a 'one stop shop', via each client's own Family Carers Worker."

As well as the 1:1 support, there is an opportunity for respite in the form of Jewish Care's dedicated Dementia Day Centres at the Sam Beckman Centre in Friern Barnet; the Leonard Sainer Centre in Edgware and the Dennis Centre in Redbridge. All of them run a therapeutic programme to stimulate and enhance wellbeing.

In addition, Jewish Care's Active Minds programme runs group sessions and also home visits using cognitive stimulation therapy, an evidence-based treatment for people living with dementia, structured through a series of different activities.

"We also have our support groups for carers and our Memory Way Cafés which are for the person living with dementia and their carer to come to together", says Wendy.

"Memory Way Cafés are primarily social but there is always a speaker or an activity, which we hope will be of interest to both. We have had Magic Lantern art, a talk on clock-making,

a rabbi talking about Pesach; ballet and seated exercises. The programme is designed to enhance people's wellbeing and give them a social outlet to meet others in the same situation – particularly for people whose social life might have shrunk. It has resulted in some lovely friendships."

Irene Segal first started coming to the Memory Way Café at the Otto Schiff Care Home with her husband Bill eight years ago.

"Bill had dementia. It was a very good environment because when one person has dementia, the social aspects of life change too. Friends drop away; people don't understand. I think things are better now, it's more widely discussed but this was eight years ago.

"We first went along when Bill was not too bad, but he was not as he used to be. What was nice was that I met other couples in the same situation.

"You are in a safe environment, able to talk to other carers. It's an opportunity to make friends, people you can then see outside. As a couple it was good for both of us and if my husband did something inappropriate, there was understanding. You don't feel any judgement, not like in a normal social situation.

"Even when he got worse, I still took him. Although it became harder, there was still something about being able to do this as a couple that I wanted to keep hold of.

"I wanted to keep him active, it felt like we were doing something for him as well. There came a point when we couldn't really go together anymore because he was too ill, but after he passed, I felt I had something to offer as a volunteer – to give back. So now I go along in that capacity.

"I feel I can empathise and can talk to people (living) with dementia. So, from both points of view I think it's been really good for me."

To find out more about support services on offer call Jewish Care on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)



# Turn your Simcha into a Mitzvah for Jewish Care

## 60TH WEDDING ANNIVERSARY

Audrey & Irving Angel  
Hilda & Dennis Freedman  
Greta & Jeffrey Gitlin  
Carole & Alan Jay  
Doreen & Norman Joels  
Rosalie & Eli LeJeune  
Gloria & Brian Marks  
Yvonne & Arnold Phelops  
Sheila & Sam Phillips  
Pamela & Jeffrey Pinnick  
Elizabeth & Anthony Simons  
Judith & Jacques Van Vlymen

## 50TH WEDDING ANNIVERSARY

Sandra & Barry Barnett  
Pamela & Melvyn Diskin  
Rita & Jeff Durkin  
Andrea & Jeffrey Fisher  
Hilary & Ivor Garfinkel  
Mr & Mrs Howard Gold  
Eve & Nathan Goldstein  
Helena & Stephen Hart  
Hanna & Robin Klein  
Cyndy & Jack Lessing  
Elizabeth & Lionel Leventhal  
Myra & Benny Levy  
Emma & Harvey Lexton  
Fran & Dexter Moscow  
Linda & Howard Norden  
Lorraine & Richard Reid  
Mr & Mrs Alan Selzer  
Marlene & Malcolm Sender  
Linda & John Simmons  
Gloria & Stephen Sweden  
Corinne & Melvin Warwick

## 40TH WEDDING ANNIVERSARY

Doreen & Bernard Merkel  
Barbara & John Nathan

## 30TH WEDDING ANNIVERSARY

Naomi & Stephen Mendel

## 25TH WEDDING ANNIVERSARY

Gillian & Graham Behr

## 20TH WEDDING ANNIVERSARY

Frances & Lockie Bramzell  
Cheryl & Ian Gordon  
Sally & Jeremy Hayes

## WEDDING ANNIVERSARY

Judith & Alan Keller  
Rita & Leon Newmark  
Marguerite & Elkan Presman  
Rosette & Yitzhak Wolf

## MARRIAGE

Sonia Morland & Joel Rosen  
Alison Stern & Peter Weil

## 3RD BAR MITZVAH

Simon Driver  
Julius Waldman

## 2ND BAR MITZVAH

Irving Angel  
Alan Kaplin

## BAR MITZVAH

Daniel Shone

## BIRTHDAY

Jeff Azizoff  
Steven Baruch  
Maxene Baum  
Brenda Baxter  
Tina Benjamin  
Manny Bennett  
Steve Birley  
David Bishop  
Sandra Blackman  
Barry Blain  
Renee Bravo  
Irene Bright  
Robin Burns  
Jeremy Callman  
Stan Chait  
Murray Cohen  
Irvine Creme  
Melvin de Friend  
Derek Demant  
Stanley Dessar  
David Duke-Cohan  
Louise Edwards  
Amir Eilon  
Paul Ellerman  
Rabbi Yisroel Fine  
Charis Freedman  
Lois Freedman  
Ruth Freedman  
Julian Gandz  
Daphne Gerlis  
Stanley Gerrard  
Renee Gerson  
James Glyn  
Blanche Gold  
Harry Gold  
Barbara Goldberg  
Brian Goldich  
Jeffrey Goldstein  
Milly Gould  
Joan Graham  
Stephen Grant

Eve Green  
June Green  
Marie Grundman  
Estelle Hall  
Jean Hamper  
Peter Hamper  
Karen Harris  
Ivor Ingram  
David Jacobs  
Warren Karpf  
Ann Kashman  
Jill Kaye  
Joan Klein  
Barbara Klinger  
Stanley Klinger  
Paul Lander  
Nina Lappert  
Felicia Lawrence  
Harvey Lawrence  
Ronnie Lawrence  
David Leibling  
Jeanette Leibling  
Lilli Lerner  
Michael Levine  
Julian Levinkind  
Paul Littman  
Stephen Lubinsky  
Stuart Luder  
Walter Mann  
Valerie Marchant  
Miriam Margolin  
Pearl Maxwell  
Joan Michaels  
Edna Miller  
Izzy Miller  
Ronnie Moss  
Tony Page  
Joy Pannaman  
Stanley Pinner  
Rose Plosker  
Valerie Reuben  
Laurie Risidore  
Adrienne Robin  
Michael Roodyn  
Joy Rosenblum  
Paul Rostas  
Arnold Roth  
Lilian Rubin  
Hepshi Rudofsky  
Brian Russell  
Ben Sacks  
Edgar Samuel  
Basil Samuels  
Rachel Saunders  
Phyllis Searle  
Hazel Shinebroom  
Howard Silver

Jean Silver  
Ella Silverman  
June Simmons  
Pearl Slater  
Silvia Smaus-Press  
Paul Sugarman  
Gunter Susskind  
Sheila Trup  
Anita Walker  
Nigel Weber  
Adie Weinberg  
Marion Weisz  
Yoni Weisz  
Lucia Wright  
Mark Zeff  
Annie Zietman  
Andrew Zucker

## IN HONOUR

Rumplers Kosher Food  
Distributors – on their  
60th Anniversary

Sara & Jeremy Phillips  
– on making Aliyah

Jean Lowi – on the Birth  
of her Great Grandson

## BY WAY OF THANKS

Stephen Cotsen  
Ruth Cowen  
Ron Leach  
Marguerite & Elkan Presman  
Laurence Sacker

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)**

# The real cost of care

Jewish Care's Ellisa Estrin, explains why it is important to understand the real cost of care and the need to plan for the future.

**W**e are fortunate in the UK to have a free health service, but as soon as we get older and require care and support, the situation is very different. Many of us plan for our retirement from an early age. But do we really think about the likelihood that we will need some form of care in our later years and understand its associated cost?

According to recent research, just one in ten of the over-45s have set aside anything to help pay for potential care costs and it is no surprise that 40% of us don't think we will need to. In fact, around 80% of us will need some sort of care by the time we hit our 80s.

Currently, here in the UK, everyone with assets of more than £23,250 is expected to contribute towards the full cost of their social care. For many people who require either support to remain in their own home, or residential care, this cost could be tens of thousands of pounds a year.

Only if you have assets of less than £23,250 will you be eligible for local

authority funded care. Even then, there is a growing gap between the funding a local authority will pay and the real cost of providing care. Many social care providers, including Jewish Care, look to families to bridge this funding gap through a weekly family contribution.

As people live longer with more complex care needs, the strain on the limited resources for social care will intensify. Jewish Care, like all social care providers, is operating in a much more challenging economic and political climate, as well as dealing with increasing cost pressures. It is important we inform you, our community, about these issues and provide you with the information you need to ensure that you can access the care and support you may need as you get older.

**“80% OF US WILL NEED  
SOME SORT OF CARE BY THE  
TIME WE HIT OUR 80s”**

Financial planning for care that you don't know whether you will need or not, for an unknown length of time and unknown cost, makes it inevitably more difficult for many of us to think about. However, this cannot and should not be a reason not to do it.





# Some frequently asked questions and answers

## What are the different ways care can be funded?

**Self-funding** – Where the person being cared for pays all the costs for their care. Most people who own their own home, or who have savings or other assets, will have to pay for their own social care. Unlike our health service, social care is not free at the point of access.

**Local authority funding** – Subject to an assessment of health and financial needs, your local authority may fund some or all of your care. Where there is a shortfall between what the local authority will pay and what the actual care home fees are, we will ask a relative of a resident, (not a spouse) to contribute an additional voluntary fee, known as a “family contribution fee”, which we can give you more information about, depending on what home may be appropriate.

**NHS funding** – Anyone classed as having ongoing and substantial care needs could be eligible for NHS continuing healthcare funding. For example, someone living with dementia who has intense and unpredictable care needs, or people who are recovering from a stroke in their own home following a period in hospital, may be eligible.

## How will I know if I’m a self-funder or not?

You will have to pay for your own social care costs (either care in your own home or residential care) if you:

**Have savings and assets** in excess of the capital limits for care (£23,250).

**Don’t qualify for local authority funding**, because your needs were not found to be high enough, following a needs assessment by them.

## How will I know if I’m eligible for local authority funding?

To determine if you or your relative is eligible for financial support, your local authority will first carry out a free needs’ assessment. If you are assessed as having “eligible needs”, your local authority will then carry out a financial assessment. This is necessary as there are thresholds for savings and assets (known as “capital limits for care”) above which you will need to pay for care. The upper limits for a care home assessment are £23,250. They will assess you on the following three areas: income, capital and savings. You will need to provide them with information on all these areas.

## Why do Jewish Care and other care home providers ask for a weekly family contribution fee?

Often there is a significant difference between the amount the local authority is prepared to pay towards you or your relative’s care and the actual cost of care, leading to a funding gap. In an increasingly difficult economic environment, with costs increasing faster than income, it is incumbent upon Jewish Care to request relevant family members to make a family contribution to reduce the level of deficit.

Many of our residents cannot pay their full fees (demonstrated by the fact that they have qualified for local authority funding). It is for this reason that we ask whether any relatives of the resident would be able to help make a contribution to the care costs. This allows us to meet the deficit created by the shortfall from local authority funding. Only by doing this can we continue to keep the doors of our care homes open.

## I thought Jewish Care was a charity. I have been donating for years. What do you fundraise for if you are asking for all this money?

There are many residents in need of care in our homes, who come to us without income or any relatives to help support them. The kind generosity of others means we are able to fill the gap in funding between what the local authority pays us and the real cost of us delivering care for them to have a place in our home too. In addition, many of our vital services supporting members of our community receive very little and in some cases, no government funding at all. These include our Helpline, Social Workers, Family Carers and Support Team, our Community Centres, Dementia Day Centres and many different support groups we offer. Thanks to the kind generosity of our community, we can provide these services to those in need of them.

## I have more questions or need advice who can help me?

For more information about care options and advice and support available, please contact Jewish Care’s Living with Jewish Care team on **020 8922 2218** or email [lwjc@jcare.org](mailto:lwjc@jcare.org)

Outside of Jewish Care you could speak to a financial advisor. Planning for long-term care is a specialist area, so make sure your adviser holds a relevant qualification, either a CF8 or CeLTCI qualification. You can find an adviser through the Society of Later Life Advisers (0333 202 0454, [www.societyoflaterlifeadvisers.co.uk](http://www.societyoflaterlifeadvisers.co.uk)) or Unbiased (0800 023 6868, [www.unbiased.co.uk](http://www.unbiased.co.uk))

## IN THE SPOTLIGHT

# The Southend and District Aid Society

Over 200 volunteers are involved in Jewish Care's 14 local fundraising committees. These committees organise a variety of events and activities raising over £100,000 to support Jewish Care resources

**I**n the Spotlight is a new regular *Careline* feature that will shine a spotlight on one of our amazing committees. This issue it's the turn of the Southend and District Aid Society.

The Southend and District Aid Society is Jewish Care's oldest local fundraising committee. Established in the early 1950s, the Aid Society was formed to support local services which subsequently became part of Jewish Care.

Founded by Harry Barnett, the Southend Aid Society has always had a strong committee of volunteers, who organise regular events to bring together the community today whilst raising vital funds for local Jewish Care services.

So dedicated is this group of people that as well as organising up to four events a year, most committee members also volunteer in the community centre, playing card games, entertaining the members and providing support working alongside the professional team.

**“THERE ARE FEW JEWISH FAMILIES IN THE SOUTHEND AREA WHOSE LIVES HAVEN'T BEEN TOUCHED THANKS TO THE EFFORTS OF THE SOCIETY”**

The success of this committee is its rooting in the local Jewish community with younger generations taking the baton from their relatives and friends to ensure its vital work continues, as current Chairman Derek Silverstone explains: “I got involved because I wanted to help and contribute something back to the social wellbeing of the Southend Jewish community. Some of our current members have always had a family connection to the Aid Society, people like Susan Sinclair, the granddaughter of founding Chairman Harry Barnett.”

As Susan explains the Society has always been a part of her life: “The Southend Aid Society was very much part of my life when I was growing up. When the committee became too



much for my grandfather to run my late father Norman took over as Chairman. I am proud to be continuing their legacy and ensuring we support services for the local Jewish community.”

In 1965 the members of the Aid Society raised funds to open a local care home then known as the Victoria Oppenheimer Home, in Cobham Road, Westcliff-on-Sea. Today this building houses the Southend Jewish Community Centre and adjacent independent living apartments known as Shebson Lodge.

Over the years the Aid Society has supported many projects and refurbishments at the community centre and adjacent Shebson Lodge.

At the Society's 65th anniversary celebrations Jewish Care's Chief Executive Daniel Carmel-Brown expressed Jewish Care's “heartfelt appreciation” to the committee saying Jewish Care “could not do what they do locally without the supplementary funds raised by the Aid Society”.

Speaking to *Careline* he said: “The dedication and commitment of this group of individuals, both today and over the many years, is amazing. There are few Jewish families in the Southend area whose lives haven't been touched thanks to the efforts of the society.”

**For more information about Southend and District Aid Society or other Jewish Care committee events go to [jewishcare.org/events](http://jewishcare.org/events) or call 020 8922 2305.**



# Message from

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

**A**s I write this, it is approaching my one-year mark of being the CEO of Jewish Care. It is also close to one of the minor Jewish festivals, one which I'm not sure I learnt about until I was a little older. Tu' B'Av, the fifteenth day of the month of Av, is also known as Hag H'Ahava – the festival of love.

At the recent Jewish Care annual dinner, we were fortunate to have the fabulous 10cc play out the night and they even changed the words of their hit song, delighting the audience with 'I don't like Jewish Care, I love it'. One year on and everyone is asking me "how has it been"? well, I love it too, but I'll come back to love later.

Since I last wrote, much has happened, including celebrating the opening of two new facilities. Wohl Court, our new Independent Living scheme in Hendon, welcomed tenants in February this year and having spent some time there recently, it is exciting to see how this new community is already developing. In May, we opened Anita Dorfman House with the residents of the Princess Alexandra Home the first to move into what really is regarded as a state-of-the-art facility.



we provide them in, to be commensurate with what we all want for our families, spouses, parents, siblings etc. One of the issues which tends to be ignored until we absolutely need to deal with it, is the actual significant cost of care. We continue to play a role in helping the Jewish community understand the reality of this cost and I urge us all to do more to plan for what are expected to be much longer lives than many of our predecessor generations.

I spoke recently to a group of residents in one of our homes and it was wonderful to hear from them about their experiences. As I asked them all to introduce themselves, there were many who were fortunate enough to be able to tell me their ages, some in their late 90's and many over 100 years young. I joked with them that in our community, we are used to wishing people the birthday wish of 'to 120, may we all live that long'. Of course, we may well have to reconsider this, as it does not feel as aspirational as it once used to.

That we have distinctly Jewish ways to wish people happy birthday, says so much about what is unique about the community. Being distinctly Jewish is what makes this organisation so special and indeed, I have identified that we will need to do more to promote and strengthen the 'Jewish' in Jewish Care. This edition of *Careline* highlights what happens across the organisation on Shabbat, where we rely on so many volunteers to support our staff with shabbat rituals and Synagogue services. Which brings me back to love. The love that our volunteers show for everyone we welcome at Jewish Care is remarkable and we celebrated our volunteer's

**“BEING DISTINCTLY JEWISH IS WHAT MAKES THIS ORGANISATION SO SPECIAL AND INDEED, I HAVE IDENTIFIED THAT WE WILL NEED TO DO MORE TO PROMOTE AND STRENGTHEN THE ‘JEWISH’ IN JEWISH CARE.”**

However, it has also been a challenging few months, as we announced the closure of Rubens House, our care home in Finchley. That Jewish Care must juggle continued investment in new facilities, whilst making difficult decisions about older ones, demonstrates the very real tension that exists within social care today. Rightly so, our community expects the high care standards and environments that

contribution at the Volunteers awards evening earlier in the year. That love is most certainly matched by the unstinting commitment of our staff. In a recent appeal film, a family member said of our staff, "you always think no one can love your parents as much as we can, but they get pretty close."

Yet none of what our staff and volunteers do would be possible without you, our friends and supporters. Your love for Jewish Care is essential to enable others to love us too. So, as we celebrate Tu B'Av, the festival of love, I thank you for what you do and ask you to remain in love with Jewish Care.

# A guide to what we do

## CAMPUSES

- ▲ Betty and Asher Loftus Centre, Friern Barnet

### SERVICES ON SITE INCLUDE:

Kun Mor and George Kiss Home, Lady Sarah Cohen House, Rosetrees and the Sam Beckman Centre

- ▲ Maurice and Vivienne Wohl Campus, Golders Green

### SERVICES ON SITE INCLUDE:

Michael Sobell Jewish Community Centre, Otto Schiff, Selig Court and Amélie House

- ▲ Sandringham, Harrow

### SERVICES ON SITE INCLUDE:

Anita Dorfman House, Wolfson Assisted Living and from 2020, The Ronson Family Community Centre and Pears Court

## SOCIAL WORK AND COMMUNITY SUPPORT SERVICE

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

## CARE HOMES

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

- ▲ Anita Dorfman House, Harrow  
*Personal, dementia & nursing care with Wolfson Assisted Living*
- ▲ 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  
*Personal nursing & nursing with dementia care*
- ▲ Otto Schiff, Golders Green  
*Dementia care*
- ▲ Rela Goldhill at Otto Schiff, Golders Green  
*Physically disabled, aged 18+*
- ▲ Rosetrees, Friern Barnet  
*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
- ▲ Pears Court, Stanmore (opening 2020)

## 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
- ▲ The Ronson Family Community Centre, Stanmore (opening 2020)

## 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
- ▲ Shalvata, Hendon
- ▲ 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 ④

## SUPPORT AND SOCIAL GROUPS

### BEREAVEMENT SUPPORT GROUPS

- ▲ AfterShock, Golders Green ⑤  
For ages 18-30 who have lost a parent
- ▲ Butterflies, Golders Green ⑤  
For parents (of young children) who have lost a parent
- ▲ Stepping Stones, Golders Green ⑤  
For ages 40-60 who have lost a partner
- ▲ Stronger Together, Golders Green ⑤  
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 ⑥

### 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
- ▲ Groups in South London including Bromley, Beckenham and Streatham

## MENTAL HEALTH RESIDENTIAL HOMES

Offering independent living within a supportive environment for people with long-term mental health needs.

- ▲ Jack Gardner House, Golders Green
- ▲ Sidney Corob House, West Hampstead

## JEWISH CARE INTERACT

The place for all things independent living and ageing well in the UK Jewish community.

- ▲ [Jewishcareinteract.org](http://Jewishcareinteract.org)

## MENTAL HEALTH



Jami 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 Reform Synagogue
- ④ in association with RNID
- ⑤ in association with the Jewish Bereavement Counselling Service
- ⑥ in association with the Northwood



## Introducing the beautiful Sandringham with Anita Dorfman House and Wolfson Assisted Living

Nestled in over 16 acres of stunning land on the Hertfordshire borders, Sandringham will consist of a brand new care home and assisted living as part of a contemporary and vibrant Jewish community hub.

The home offers 24/7 personal, dementia and nursing care. Additional on-site facilities opening in 2020 will include The Ronson Family Community Centre, Pears Court independent living, a synagogue, specialised dementia day centre, shop, hairdressers, restaurant and wellbeing facilities.

To find out more:

020 8922 2222 | [helpline@jcare.org](mailto:helpline@jcare.org) | [jewishcare.org](http://jewishcare.org)



**JEWISH CARE**