

CARELINE

ISSUE 82 | WINTER 2019/5780

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- The Skydive of a lifetime**
- Jewish Care's five year strategy**



***Helen's
outstanding
contribution***

FOR FRIENDS AND SUPPORTERS OF

JEWISH CARE

THE TOPLAND GROUP
BUSINESS LUNCH AWARD 2019
in memory of Philip Greenwold

has been awarded to
HELEN ARONSON BEM

In recognition of your outstanding
contribution to Holocaust education

Presented on Wednesday 6 November 2019
at the Grosvenor House

The Lord Levy
President of Jewish Care

David Pollack
Chairman of the Topland Group
Business Lunches Committee

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Welcome to our Winter 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 or call 020 8922 2761.

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COVER PHOTO

Helen Aronson BEM, award winner of this year's Topland Business Lunch award.

Photo by Justin Grainge

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Welcome from

Daniel Carmel-Brown, Chief Executive, Jewish Care

As this year draws to a close, there is much that we can be proud of. Our apartments in Wohl Court are being enjoyed by tenants and our brand-new Independent Living scheme in Hendon is occupied. In April, 45 residents from the Princess Alexandra Home, moved in to our new home, Anita Dorfman House, and Electronic Care Plans have been successfully implemented in all ten of our care homes.

We have strengthened our community through our Community Dementia Project, with six new Memory Way Cafés and Singing for Memory programmes across London. Jewish Care social work teams now provide supervision to other social workers in synagogues across London, and support for Holocaust survivors continues to evolve to meet the changing needs of our older survivors.

We have achieved a lot, and I'd like to take the opportunity to thank our outgoing trustees, Nicola Loftus and



It is a time when we are reminded of the possibility of miracles. At Jewish Care, I think our staff perform miracles all the time.

Earlier this year, I spent a day on the front line with our care staff at our Otto Schiff home in Golders Green. My day as a chief executive is often 12 hours long but pales into insignificance compared to the days of our teams, where the physical and emotional demands of caring are phenomenal. The care and

members every step of the way.

We will need to transform the way we do things so that people can be supported in the changing world in which we will be working.

Our strategy will see us focus on a number of things: being distinctively Jewish, recognised for quality and innovation and integrated into communities. We aim to be the customer's choice, the employer of choice, a champion of volunteering and, of course, continuing to be a leader for the community for generations to come.

Please do read more later on to find out about our strategy and what the next five years at Jewish Care will look like.

We need to meet the challenges of the next few years and prepare for the great demands they will place on our organisation. We will continue to be ambitious in our aims, but we are only able to achieve what we do with your help. We rely on our community's support through donations and volunteering, so please remember that your contribution is invaluable to us.

Following on from the lessons we learn during Chanukah, we continue to aspire to be a light for our community and for those who need us most today, tomorrow and long into the future.

“AT JEWISH CARE, I THINK OUR STAFF PERFORM MIRACLES ALL THE TIME.”

Doug Krikler for the tremendous contribution they have made to Jewish Care and JAMI during their time on our board. We have benefitted enormously from their dedication and expertise, and we will be sorry to see them go.

December sees us celebrate Chanukah, the festival of lights, in all our care homes and community centres. It is a time of year where we are reminded of the pride we take in being Jewish; where we display our Judaism proudly and celebrate the light which prevails often in a darker time.

pride they take in their jobs under the demands and pressures they face really is a miracle, and we are proud to have such dedicated staff working with us.

As we begin to look towards 2020, there are several projects that are on the horizon.

You'll find in this edition, a four-page spread on our strategy for the next five years. Our strategy is ambitious, but achievable. We want to be the care and community services provider of choice for older people in the Jewish community and to support family

Update: Sandringham phase two

The second phase of our new Sandringham development is well under way. The second phase of the development, which is purpose-built space to serve the Jewish Community in Hertfordshire and the surrounding areas, includes the Ronson Family Community Centre and Pears Court.

The Ronson Family Community Centre, which will be the heart of the community at Sandringham, offers a variety of services to residents of Anita Dorfman House and Wolfson Assisted Living including: health and wellbeing service activities to socialise, a café to catch up with friends and family, adult learning, wellbeing services and more. The Ronson Family Community Centre will include a synagogue that everyone on the Sandringham campus, including Anita Dorfman House and Wolfson Assisted Living residents can benefit from too.

The site will also soon feature Pears Court, which will include 48 luxury one- and two-bedroom Independent Living apartments. Each apartment has its own open plan kitchen and lounge and bathroom. The apartments have been organised around a garden courtyard that connects directly into the spacious community centre. The apartments all look outwards, taking advantage of the superb woodland setting.

These rental apartments will give tenants aged 60+ the opportunity to enjoy an independent lifestyle in a beautiful and secure environment with the assurance that there is support 24 hours a day, seven days a week.

Thanks to the prolonged periods of good weather over the summer, the construction team were able to make good progress on the development of the site. The schedule is on track, so we hope to achieve



practical completion of Sandringham by the end of Autumn 2020.

To date, thanks to the 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, Jewish Care's director of fundraising and community engagement on 020 8922 2755 or email AOK@jcare.org.

If you would like more information about living at or visiting Sandringham, please contact Jewish Care Direct

Redbridge moving forward

Following a number of conversations and plans to redevelop the Redbridge Jewish Community Centre, Jewish Care are excited to now be in a position to be able to re-submit a planning proposal to Redbridge Council.

The new proposal intends to address any concerns that the Council had previously expressed in rejecting our last planning application.

The new proposal will see all Jewish Care services located on one campus. Jewish Care are deeply committed to developing our services in the Redbridge and Essex area, ensuring that our facilities meet the needs of the local community. The new planning application will be designed to reflect these needs.

We will be looking for continued support from the local community in the coming months to ensure that this new planning application has the best possible chance of approval.

We will update you with how you can support the application in due course, so do watch this space!

One Big Family

Celine Cohen shares with us why she decided to celebrate her and husband Elliot's fifth wedding anniversary with the residents at Anita Dorfman House and why being part of Jewish Care is so meaningful to them both.

Celine joined Jewish Care ten years ago and has worked as an activities co-ordinator at Anita Dorfman House (formally The Princess Alexandra Care Home) for nine of those years. She didn't realise when she joined just how important an impact working at Jewish Care would have on her life. She explains that when she and Elliot, who also works at the home, decided to get married, "Many of the residents wanted to come to the synagogue to see the ceremony but as it was late in the evening, it would have been too difficult, so we decided to host a tea at the home shortly after the wedding and show our wedding video."

For their wedding anniversary this year, Celine decided to plan a surprise party for Elliot at Anita Dorfman House with the residents. She says, "As the home and the residents are so special to me and it was where we met, I decided to hold a tea



and a special blessing. It felt like a continuation of our story. The atmosphere was so happy, like a family wedding. I love the home and the residents; I think of it as one big family."

Mihaela, who also works at Anita Dorfman House added, "It was beautiful. It was a great honour to participate in this celebration and the atmosphere was wonderful, everyone enjoyed it. At one point I sang to Celine and Elliot 'You are my Sunshine' and all the residents joined in. The residents are part of a big family and they felt as much part of the celebrations as Celine and Elliot. You could see that reflected in the joy and pride in their faces as they watched the happy couple."

Helen Aronson BEM wins 2019 Topland Group Business Lunch award

For the last 11 years, Jewish Care has hosted a business lunch in partnership with the Topland Group, each year dedicating a special award to an "unsung hero" of our community. This year, the award given in memory of Philip Greenwold, one of the Topland Group Lunch Committee's original members, was awarded to Helen Aronson BEM.

Helen is a much-loved member of Jewish Care's Holocaust Survivors' Centre, which supports over 500 survivors a year. For almost 50 years, Helen rarely spoke of her wartime experiences to either her family or friends. However, in 1992, she felt compelled to give her first full oral testimony to the United States Holocaust Memorial Museum. Since then, Helen has shared her story with audiences of all ages and appeared in films and documentaries about the Holocaust and the Lodz Ghetto. Every year, she participates in Holocaust

Memorial Day events and remembrance services, including, earlier this year, addressing MPs at Westminster.

Helen dedicated the award to her father, Motush Chmura, who volunteered to accompany the innocent children of her town when the Nazis separated them from their parents and loaded them onto trucks bound for an unknown destination, which turned out to be Chelmno concentration camp. Helen said that "His unselfish action and lack of thought for his own safety, is the real definition of 'heroism'. He is, and always will be, my 'Unsung Hero'."

Helen was recently named in the Queen's Honours List, being awarded the British Empire Medal for her services to Holocaust education.

On accepting her award, Helen Aronson BEM, said "As long as I am able to do so, I will carry on speaking to young people about the Holocaust and I ask all of you here to speak up too. Tell everyone about the Holocaust and other genocides that have



happened since then. It is vital that we all do everything in our power to ensure that these things never happen again, anywhere in the world."

Helen reiterated to the audience that future generations should continue to learn from her experiences, message of promoting tolerance, and the importance of not being a bystander to other atrocities.

Jewish Care continues to support Helen along with other members of the Holocaust Survivors' Centre, providing a programme of social, cultural and therapeutic events for survivors who were in Europe during the war or those who came to the UK as refugees after, including Jewish refugees from former Yugoslavia.

Around the world of Jewish Care

01 Almost 120 golfers took part in the 49th Annual Redbridge Aid Golf Society golf tournament at Abridge Golf and Country Club raising £111,000 for community services in the Redbridge area.

02 Eight runners took part in the Royal Parks Half Marathon, raising £6000 for Jewish Care. Runners included Viv Green, who is Chair of Jewish Care's Dementia Consultative Group.

03 Goats, sheep and chickens were among the farmyard animals visiting Jewish Care's Betty and Asher Loftus Centre in Friern Barnet to the delight of residents, relatives and staff from the three homes, who enjoyed stroking the animals from ARK mobile-farm, patting the friendly Labradors and feeding apples to goats.

04 Holocaust Survivors' Centre member, Zigi Shipper, interviewed by Google Director, James Rosenthal shared his experiences during the Holocaust with an audience of 240 Google employees at their offices in Central London.

05 Residents at Jewish Care's Vi & John Rubens House are enjoying being part of the community choir as part of Wigmore Hall's Music for Life residency.

06 Sylvie Myers had her hair cut raising over £600 for Jewish Care the day before her 8th birthday and donated it to Zichron Menachem — a charity in Israel which makes wigs for children who have lost their hair due to cancer.

07 Members, staff and volunteers enjoyed making art for Succot together at Southend & Westcliff Jewish Community Centre.

08 Residents, staff and volunteers, together with members of the community, recently celebrated the opening of the new activity room at Jewish Care's Sidney Corob House for people with mental health needs.

09 Children enjoyed fun activities including celebrating shabbat, circus skills and magic workshops at the Summerworld holiday scheme at Redbridge Jewish Community Centre.

10 Children from Etz Chaim School came to celebrate Succot with residents at Jewish Care's Clore Manor home. They sang songs, chatted to residents and visited the Succah.

11 Marc the Vet with his grandma, Judy Benton and his mum, Ruth Abrahams spoke to members, residents and tenants at Maurice & Vivienne Wohl Campus about Lucy's Law.

12 Residents, tenants and community centre members enjoyed singing at the final celebration of Create, a creative arts project with older people at Jewish Care's Maurice and Vivienne Wohl Campus in North London.



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13 Hyman Fine House in Brighton is the second Jewish Care home to be awarded Eden Alternative accreditation through a person-centred approach focusing on enhancing the personal growth and well being of older people.

14 More than 200 guests attended Jewish Care's 92nd Business Breakfast with Lord Andrew Adonis, Daniel Hannan MEP and Sky News Political Correspondent, Tamara Cohen at Claridge's Hotel, raising £25,000.

15 Golfers and professionals teed off for the 42nd Pro Am Golf Tournament at Dyham Park Country Club, raising a total of £40,000 to support residents at Jewish Care's Rela Goldhill at Otto Schiff.

16 Over 800 guests attended Topland Group Business Lunch, raising over £320,000 to support Jewish Care's vital services.

17 Rabbi Junik blows the shofar as children from Etz Chaim School and residents at Clore Manor home celebrated Rosh Hashanah together.

18 Residents of Jewish Care's Rela Goldhill at Otto Schiff care homes were proud to be joint winners of first prize for the third year running at the Silver Sunday Awards.

19 Friends, Lielle Falk, Gabby Weinberg and Mia Schlagman baked Rosh Hashannah themed treats including mini honey cakes and apple-shaped honey biscuits to sell to friends, family and neighbours to raise funds for Jewish Care.

20 150 guests enjoyed YJC's Saturday Nightmare Fever Halloween party on Saturday 26 October at Core bar in the City raising £2000 for Jewish Care.

21 60 young participants of the MIKE youth leadership programme received awards at Redbridge Jewish Community Centre. Simone Silver received the Saul Keene Award for Excellence in Youth Leadership presented by Nettie, Danny and Sam Keene in memory of their son, brother and dad.

22 The B'nei Mitzvah programme graduates 2019 visited Clore Manor for Rosh Hashanah to make honey biscuits together with residents.

23 Participants of the Lay Leadership Development Programme celebrated a year of learning about Jewish Care at an event hosted by Lord Levy at the House of Lords.

24 Residents from Jewish Care homes attended the Remembrance Sunday service at the Edgware Cenotaph. Leonard Finkle, 93, resident at Lady Sarah Cohen House, laid the wreath on behalf of Jewish Care.



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Eli Abt, the 90 Year-Old Skydiver

Eli Abt, a recently retired Chartered architect and planning consultant, recently undertook a **13,000 foot tandem skydive with an instructor.**

Eli wanted to mark a number of milestones in his life; 60 years of married bliss to Muriel, 80 years since his life was saved from the Nazis by the Kindertransport, 90 years since his birth in Berlin, and 50 years since he founded his consultancy.

Eli told us, "It's right to celebrate our many blessings by supporting this wonderful organisation at a time of political and economic instability for this country, a place to which I shall always be indebted for rescuing me to start a fresh life in South Africa.

there, they were forced to stay on, travelling from port to port for the next fortnight until a happy turn of events finally enabled them to land in Cape Town.

Eli has not told his story until now because he did not want it to define the rest of his life.

Following his skydive, Eli said "What an amazing experience. I had total confidence in my instructor. We jumped in tandem and dived like birds at 120mph, arms outstretched. Not to be missed.

Would I do it again? Definitely. For Jewish Care? Without

"WOULD I DO IT AGAIN? DEFINITELY. FOR JEWISH CARE? WITHOUT A DOUBT. HOWEVER, THIS TIME I WOULD EXPECT OTHERS TO JOIN ME. ANY TAKERS?"

I've wanted to do a skydive for many years and am thankfully still fit enough for it. I skied until four years ago and Muriel and I are great walkers."

Eli was parted from his parents at age nine on a station platform in Berlin in May 1939 to join a Kindertransport but was miraculously reunited with his family on the day war broke out in Europe in September.

Having set sail for South Africa but been refused entry

a doubt. However, this time I would expect others to join me. Any takers?"

Ei has raised over £10,000 for Jewish Care in honour of his Skydive. You can still donate to Eli's fundraising page at justgiving.com/fundraising/eli-abt-jewishcare

If you'd like to take part in a challenge event for Jewish Care call the events team on 020 8922 2831 or email events@jcare.org

Caring for a changing community

Jewish Care's strategic plan for 2020-2025 puts us at the centre of care and community services, as we strive to be the provider of choice for older people in the Jewish community and to support family members every step of the way.



Jewish Care faces an almost perfect storm – an ever-growing need for our services, amidst an ever-more challenging fundraising environment. This means we need to be mindful in our planning of the unique value we add, along with the support we can give others. While continuing to deliver our own services, we will need to work together with other organisations to develop community-based solutions. Our strategic plan for 2020-2025 addresses the challenges we face head on to ensure that Jewish Care remains at the heart of the community and a leader in social care for Jewish communities for years to come.

All we do, we do with you

The work of Jewish Care and the services we provide to our community is vital. We touch the lives of over 10,000 people each week, with everything we do being underpinned by our Jewish values and ethics.

We are all in the main, living longer. We all age in our own way and our needs are all different. This is set against a changing and challenging economic landscape, with funding in decline. That is why here at Jewish Care, we continue to innovate our range of services either directly or with others so that we can continue to do everything in our power to help and support the thousands of people and their families who rely on us each week.



Our strategy gives us the opportunity to make sure we continue to be there for those that need us, continuing to meet the growing and changing needs of our community in a complex and challenging environment.

None of what we have achieved and aspire to achieve over the next five years, would be possible without the kindness and generosity of our supporters and volunteers and our fantastic workforce from 63 different nations. You have all made us what we are and will help us become what we need to be for years to come.

A handwritten signature in black ink, appearing to read 'Richard Levy'.

The Lord Levy
President

A handwritten signature in black ink, appearing to read 'Steven Lewis'.

Steven Lewis
Chairman

Serving our community for the future

The charity we now know as Jewish Care has deep roots in our community. Going back almost two centuries, our predecessors played a significant part in creating the first social care services for and with that community. In the ten generations since, those services have evolved to meet the changing needs of our changing community. This is a heritage of which we are justly proud.

Over the last 29 years, we have grown to become the foremost Jewish communal charity in the UK, as well as one of the leading 100 voluntary organisations across the country. Thanks to our community's generosity with its philanthropy, time and expertise, together with the farsightedness of the previous leadership, the new executive leadership team is ready and willing to meet the challenge to help Jewish Care evolve once more. Only in this way can we effectively serve our community for the future.

In a world of increasing change, complexity, challenges and choice, we will need to be agile and responsive. I am confident that we will succeed – and continue to serve our community today, tomorrow and long into the future.



A handwritten signature in black ink, appearing to read 'Daniel Carmel-Brown'.

Daniel Carmel-Brown
CEO, Jewish Care

Our vision

We are confident that with our new strategy, we will succeed and continue to serve our community today, tomorrow and long into the future.



Our overarching vision is one where we are committed to caring and supporting a changing community. In a world of change, Jewish Care aims to be the care and community services provider of choice for older people in the Jewish community and support family members every step of the way.

Our vision is of Jewish communities where everyone can participate, characterised by kindness, compassion and giving. Our communities are ones where people are fully included in a multitude of activities, where people are not lonely or isolated, and where they can get excellent care in an environment which celebrates their Jewishness and supports them to express themselves.

Our Purpose

is to deliver excellent care and community support services to the community that are Jewish at heart, either directly or with others.

Our Values

are central to the way we work. They are what makes us distinctive, so could not belong to any organisation other than Jewish Care. They drive how we act as individuals and as an organisation. They shape our culture.

They are:

EXCELLENCE
INNOVATION
COMPASSION
INCLUSIVENESS
INTEGRITY

Jewish Care will focus on achieving the following 7 key outcomes by 2025:

We will be distinctively Jewish

The organisations that came before us were created by and for the Jewish community as the cornerstone of social care delivery within that community. While other care providers now offer Jewish or Jewish-style environments, for us the clue is in the name. Our aim is that the Jewishness of the experience we offer is clear, distinct and meets the needs and expectations of the communities we serve. We want people to experience the Jewish values of kindness, giving and welcoming in every interaction with us.

We will be recognised for our quality and innovation

Everyone we serve deserves to receive the very best care in a first-class setting. Our aim is to be the social care provider of choice for older people in the Jewish community, universally recognised for the quality of our services. Jewish Care should always deliver quality, best practice and sustain full compliance with all legal and regulatory requirements.

We will be integrated in our communities

We must work together with all our communities to shape the future of care and sustain our ability to meet their changing expectations and needs, no matter how old they are or where they live. Our aim is that the Jewish community and Jewish Care will remain central to each other. Jewish Care will develop in collaboration with members of all the communities we serve as we navigate a changing world of care. We will engage effectively with supporters, volunteers, leaders, partners and customers to respond to their needs and provide them with first-class care and services.

We will be the customer's choice

We operate in a fast-paced digital world of consumer choice and high expectations. We must be ready to meet those expectations. Our aim is to develop our staff and volunteers, our insights, our systems and our tools so that we become the social care provider of choice to the Jewish community. We should become known for the speed and excellence of our service.

We will be an employee of choice

Our people – both staff and volunteers – are our greatest asset. We must continue to attract and retain the best of both. Our aim is to be the employer of choice for talented people who share our values and have the skills we need to deliver our ambitions.

We will be a champion of volunteering

Simply put, without volunteers we would not exist in the way we do today. Co-ordinators, tea party hosts, befrienders... the list is almost endless and the skills they offer are infinite. We must use this gift in the best possible way. Our aim is to enable people to enjoy a first-class experience as volunteers, making the most of these skills and the impact they make on the communities we serve.

We will be a continued leader for the community for generations to come.

We aspire to lead the way as communal organisations look to adapt to the landscape. Our governance, expertise, resources and infrastructure provide a solid foundation for this. Our aim is to ensure that the governance, leadership, financial health, resources and reputation of the organisation continue to be robust, well managed and allow us to serve the community for generations to come.



Jewish Care has achieved so much over its rich history born out of working in partnerships with others thanks to the incredible kindness, dedication and commitment of our supporters, volunteers, staff, committees, expert groups and members of both the community and wider community.

The plans we are looking to achieve by 2025 are ambitious and we invite you to come with us on this journey to help make our vision and these ambitions a reality.

Come and support us

by calling 020 8922 2600
or email donations@jcare.org

Come and volunteer with us

by calling 020 8922 2288
or email
VolunteersDepartment@jcare.org

Come and lead with us

by lending your skills and expertise by joining one of our many committees by calling 020 8922 2288 or email
VolunteersDepartment@jcare.org

Come and join our

amazing staff team by visiting Doyouwish.org

Come and follow us

by liking and sharing our posts on social media



In the spotlight

Jewish Care Social Work & Community Support Service

Jewish Care's Social Work and Community Support team works with individuals, families, carers and communities, supporting people to make decisions with dignity and choice. Often going above and beyond the call of duty, Jewish Care's social work team work tirelessly to reach those who need that support the most. Our social work team are dedicated to ensuring that those they help, know that they are not alone when navigating difficult decisions about personal care or the care of a loved one. They support over 2,500 people a year and receive no government funding and are completely funded by the kindness and generosity of our supporters.

As local authorities often only provide social work support to those who are in critical need of it, our team are there, not just for those who are directly in need of care, but for the families, carers and others involved in or affected by the process of supporting a loved one through their care journey. From our Jewish Care Direct helpline to our Social Work Service, we provide this essential support to our community, often in addition to any other care needs and completely free of charge.

Yehudit Amias, Head of Social Work at Jewish Care says, "Without the support of the social work service both the Jewish community and professionals working with them would not be able to receive culturally sensitive support because statutory and health services are under severe financial constraints and do not have the capacity to offer it. Without our services many people and their carers and relatives would be under greater stress."

The support that Jewish Care provide to the entire Jewish community extends to a number of synagogues across London and the South East, where we run training and offer ongoing support for social workers and welfare teams as and when it is needed.

We understand that care needs are complex, and our social work team are here to help every step of the way.

Our social work team help clients to do a number of things, including: identify what support, care or services are needed; advise, co-ordinate and act on their behalf with local authorities; signpost to other helpful services and provide support and advice for as long as required.

We have five specialist teams of experienced social workers and community support workers with extensive knowledge on a range of issues. These teams include: dementia, disability and welfare rights, family carers, end of life care, and support for holocaust survivors and refugees.

Our dementia team has strong links with local and national services and can provide support for people in the community who are living with dementia. The team also works closely with all of Jewish Care's services, especially



those for people living with dementia. Memory Way Cafés and centres for people living with dementia are examples of this support.

The disability and welfare rights team can help adults of all ages to live as independently as possible. The team can also liaise with voluntary and social services for useful equipment and resources and help to ensure full entitlement of benefits.

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

We understand that end of life care can be particularly sensitive and our team can help with advance care planning and support people who have a life-limiting illness. They also understand the importance of co-ordination with other health professionals involved, either to remain in the community or assist the transition into nursing care.

Sitting within our Holocaust Survivors' Centre, Shalvata offers support for Holocaust survivors and refugees and can help with practical advice, counselling, assessments and applications for various grants.

Our social work teams are vital to ensuring that Jewish Care can offer comprehensive support to all of our clients and their families when they need it most, truly caring for those they speak to and advise.

If you would like to contact a member of our social work team for advice or support, please call 020 8922 2222 or email helpline@jcare.org

Dementia Friends

small acts of kindness make a big difference

The Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia.
It aims to transform the way we think, act and talk about the condition.

Over the last six years, Jewish Care has delivered culturally sensitive and relevant training sessions across the community, raising awareness and giving individuals techniques to help people living with dementia. Over 800 people including Reform and United Synagogue Rabbis, youth and community groups, individuals and those with welfare responsibilities within the community are now Dementia Friends through Jewish Care. The Alzheimer's Society have recently celebrated three million Dementia Friends across the country.

Gill Yentis, Dementia Development Practitioner explains: "Becoming a Dementia Friend is an incredible initiative. It aims to change the way people think, act and talk about dementia. We can all play a role in helping make life a little easier for someone living with dementia. If we can be the eyes and ears of the community and look out for those who may need assistance it can make a big difference. You may always not want to get involved directly but you can alert someone else who may be able to help.

"Dementia can happen to any of us, and I always say to people, think how you would want to be treated if it were you. There are many simple ways we can help, such as being understanding if someone doesn't make sense or is confused. Use simple sentences and don't repeat the same one if someone doesn't understand you. A small act of kindness can make the difference between someone feeling socially included or isolated."

Dementia Friends training sessions are 45 minutes long. You are taken on a journey, beginning with a short film, to

help you to see the world through the eyes of someone living with dementia. The film aims to help you understand what can be done to support people living with dementia and the daily challenges that they face.

Susan Dawson, Jewish Care's Community Dementia Projects Lead explains, "At the end of the session we commit to an action that we'll take. It may be remembering to speak slowly and listen to people living with dementia without putting mental or emotional blocks in front of others. By listening more and giving people more time to answer, we will be helping everyone.

"Introducing more signage and labels in our communal buildings helps to put information into the environment

"DEMENTIA CAN HAPPEN TO ANY OF US, AND I ALWAYS SAY TO PEOPLE, THINK HOW YOU WOULD WANT TO BE TREATED IF IT WERE YOU."

rather than asking people to rely on memory. Wearing a 'Dementia Friends' and name badge in large print helps, as people with dementia know that you will be more understanding. You could help someone who's caring for a family member living with dementia by offering to come over so they can take a break."

Jewish Care also offers a range of stimulating activities that improves the wellbeing of individuals who live with dementia. These include Singing for Memory groups, specialist day centres, Memory Way Cafés and Active Minds Sessions.

You might consider becoming a "Dementia Champion" and starting a group of your own.

John Kay is a member of the Chessed (welfare) committee at Finchley Reform Synagogue. The shul wanted to be more "dementia friendly" and contacted Jewish Care to find out how to put that into practice. Some of the team from Finchley Reform Synagogue undertook training with Gill Yentis and Susan Dawson.

John said, "The training proved to be invaluable. We looked at the physical appearance of the shul to make it more



“BECOMING A DEMENTIA FRIEND IS AN INCREDIBLE INITIATIVE. IT AIMS TO CHANGE THE WAY PEOPLE THINK, ACT AND TALK ABOUT DEMENTIA.”

youth. The synagogue is proud of hosting the project and the time voluntarily given to ensuring that our shul is a place where people living with dementia, their families and carers feel supported.”

Trevor Salomon is also very supportive of the Dementia Friends programme after first hearing Gill Yentis speak at a Jewish Care dementia information evening. Trevor now gives talks to help increase the understanding of dementia across the community.

Trevor says, “My father had Alzheimer’s disease and my mother had dementia, whilst my wife Yvonne was diagnosed with early onset Alzheimer’s in 2013, so I’ve had a fair amount of experience. My parents’ generation didn’t like to talk about it and were reluctant to seek help; they were very proud and thought they could do it all by themselves. Thankfully, things are different now. If you’ve never been touched by dementia, it can be really helpful to try

to understand what you can do to support people living with the condition, as well as their families and carers. It’s also important to seek out help if you or a family member receives a diagnosis of dementia.

“For me, as a carer, and for others who are in the same situation, I found that support from friends was invaluable and is also greatly appreciated by people living with dementia as well as their families. Yvonne’s friends visit her at the care home now and have found it helpful for me to explain how best to support her at the different stages of her Alzheimer’s. Their support and willingness to listen and learn means so much.”

For more information about becoming a Dementia Friend and Jewish Care’s services to support people living with dementia and their families contact Susan Dawson sdawson@jewishcare.org or 020 8922 2294.

approachable and easier to navigate and decided to provide journeys to and from the synagogue where possible for those living with dementia.

“We formed a Singing for Memory group and the shul was able to employ a musical therapist, who, together with a group of volunteers, encouraged those with Alzheimer’s and dementia to join in with singing songs from their

The warmth of festivals at Jewish Care

Throughout the year, the Jewish calendar offers us precious opportunities to take a break from everyday life **and spend time together with our families and community during festivals.**

At Jewish Care, we celebrate the traditions and rituals of all Jewish festivals, welcoming each one into our care homes and community centre with open arms.

Although being Jewish and connecting to Jewish life means something different to everyone, for many of our residents, festivals are traditionally a time shared with family. Whether it's a communal or mock Seder or a Rosh Hashanah meal, it's important that they continue to spend festivals together as they have done throughout their lives. That is why we will always invite families to our care homes to spend the festivals with their loved ones.

Sonia Lerner, whose mother was a resident at Rosetrees until she sadly passed away 18 months ago, says, "Coming from a family in the kosher meat trade, kashrut was very important to my mum, as was being able to celebrate all the Jewish festivals, especially those which involved music, food and dancing, at which the family frequently joined her. We always felt comforted that she was in such a safe and caring environment for her final years."

We know that 90% of our community centre members live alone and many are isolated, so we rely on our dedicated volunteers to help ensure that all members can celebrate festivals with their families or a community.

Rabbi Junik, Jewish Care's spiritual and pastoral advisor says, "It's so important that our residents can enjoy a special meal together with their families and that community centre members can feel fulfilled by celebrating Jewish life with others as part of a community. Whether it's the opportunity to hear the sound of the shofar, bake honey cakes as they've always done, decorate the succah with artwork, sing Rosh Hashanah songs or hear the Megillah



read on Purim, it's hugely beneficial to the well being of many older people in our community that they have others to share this special experience with.

"When our synagogue volunteers come to take services with residents in each of the shuls at the care homes, those who enjoyed shul are able to participate in the service and enjoy a spiritual atmosphere in their home."

The festivals also create a focal point for local Jewish school and nursery children, care home residents and community centre members to come together. For example, our JC Tots parties have become a regular part of celebrations at Jewish Care. Through holding parties for toddlers in our care homes on Rosh Hashanah, the festival experience is enhanced for residents.

At Edgware & Harrow Day Centre, the members have weekly activity sessions with a group of children from the Nagila Nursery that shares a site in the Edgware & Hendon Reform Synagogue.

The sessions include singing, storytelling, arts and crafts. Community Centre Manager, Jacey Harris explains, "The members often remark that their children and grandchildren are grown up, their great grandchildren live far away or that they have none of their own. So, the opportunity to spend an hour on a one to one basis, taking part in an intergenerational activity, gives the members a sense of purpose, especially when they relate to preparing for festivals, just as they did in former years at another stage in their lives. Intergenerational visits are stimulating and uplifting experiences for everyone involved and they create opportunities for reminiscence which is especially important for residents and members who are living with



dementia. Hearing the words of the traditional English and Hebrew songs, the sight of Chanukah candles or the smell of the Etrog on Succot, can help residents and community centre members to connect with others and connect with themselves, through memories past and present.

Rabbi Junik goes on to say, "Preparations around the festivals can trigger memories of family and childhood communities. Whether they come from the East End or Baghdad, hearing the sound of the shofar and eating honey cake on the Jewish New Year can connect people to others and shared traditions and cultural experiences can create a stronger sense of identity and community."

"PREPARATIONS AROUND THE FESTIVALS CAN TRIGGER MEMORIES OF FAMILY AND CHILDHOOD COMMUNITIES."

Young volunteers from Jewish Care's Bnei Mitzvah or Six Sundays programme are always on hand and delighted to have the opportunity to visit residents and community centre members. Whilst they chat, they also participate in creative activities together to ensure that the homes and centres are decorated, ready for festive periods.

Sasha Ziff who volunteers as part of the Six Sundays programme at Sidney Corob House, Jewish Care's residential home in West Hampstead for people with mental health needs, says, "I love going to see the residents and building relationships with them and really look forward to seeing them each time. Over the past year, we've planted strawberries, decorated biscuits, made Chanukah cards and just had a good time together."



For the 500 members of the Holocaust Survivors' Centre, it's vital that they have the opportunity to celebrate festivals. Ziggi Shipper lived through the Lodz Ghetto and Auschwitz-Birkenau and he now celebrates Chanukah at the Centre with other members in a unique atmosphere where everyone understands their experiences and where they can enjoy friendships and Jewish traditions together.

Jewish Care's Chief Executive, Daniel Carmel-Brown, said, "Festivals are a time to celebrate and be together and from the moment residents begin to start preparing for Shabbat and festivals you can feel a unique warmth in our care homes and community centres.

It's so important for people to have the opportunity to stay connected to the aspects of Jewish life that are important to them. Whether it's the traditions, celebrations or prayer, we know that being able to express Jewish identity has an enormous impact on an individual's well being. The opportunity to celebrate Jewish traditions across the generations in our homes and community centres is a big part of what makes Jewish Care so special."

The gift that makes a difference

Thanks to the brainchild of Jewish Care supporter and volunteer **Mandy Abkin**, you can now give a meaningful gift when visiting friends or marking a special occasion whilst supporting Jewish Care and other charities through the online donation app GiveitAPP. You can find the app on giveitapp.org

Mandy wanted to find an alternative option she could give to friends instead of them bringing gifts when she entertained. She said "Without wanting to belittle the giving of gifts, when I did a calculation of just how much money is spent on gifts for occasions that many people do not need or want or infact just re-gift, I realised the enormous potential there was for charities to benefit from a change in mindset. If instead of buying a gift, people would donate to charity, thousands more pounds could be raised for amazing causes."

So next time you're inviting people for a meal you can choose to say "no thank you" to flowers, wine or a dish and tell your guests that you "would prefer to GiveitAPP" instead. You will be supporting very worthy charities, with every donation going directly to those who really need it.



Planning for future costs of care

In the last edition of Careline, Ellisa Estrin, Jewish Care's Director of Marketing, Communications and Customer Engagement, talked about the 'Real cost of care'.
Now it's time to start thinking about planning for that future cost.



Whilst it's a situation that many of us push to the back of our minds, it is important to consider the possibility that one day, we may need to plan for the cost of our care. It's important to start thinking about and planning for that cost as early as possible, in the same way we do when paying in to a pension, saving for a big holiday or planning a simcha.

Choosing a care home

In the UK, we are lucky enough to have a free NHS; unfortunately, adult social care does not feature as a free service. Currently 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.

“IN THE UK, WE ARE LUCKY ENOUGH TO HAVE A FREE NHS; UNFORTUNATELY, ADULT SOCIAL CARE DOES NOT FEATURE AS A FREE SERVICE.”

You will only be eligible for local authority funded care if you have assets of less than £23,250. Even then, there is often a significant gap between what funding a local authority will pay and the real cost of providing care. So many social care providers, including Jewish Care, look to families to bridge this funding gap through a weekly family contribution.

Paying for care is one aspect to consider and plan for but choosing a care home itself is also a very big decision.

So, how do you choose the right home? We know that choosing a home can be stressful. Our helpful, understanding and supportive advisors will offer free advice on anything from funding to finding just the right Jewish Care home for you.

“PAYING FOR CARE IS ONE ASPECT TO CONSIDER AND PLAN FOR BUT CHOOSING A CARE HOME ITSELF IS ALSO A VERY BIG DECISION.”

Below, you will find a step-by-step guide on how we can support you if you are planning to choose a Jewish Care home:

1. Where to start

If you have assets below £23,250, you should start by having a free Care Needs Assessment from your local authority. If you're assessed as having 'eligible needs', your local authority will next carry out a financial assessment. 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.

To find out who your local authority is, you can find it here: gov.uk/find-local-council

Once you have had a confirmed financial offer from your local authority, which could include NHS funded continuing health care for those in poorer health, please call us on 020 8922 2321 or email lwjc@jcare.org. We will then talk through next steps with you. We are also very happy to answer any questions you may have before you contact your local authority if you need more advice on what might be involved in your local authority assessment.

If you have assets above £23,250 you will be asked to pay for the full cost of your care. Call us on 020 8922 2222 or email lwjc@jcare.org so that we can help answer any questions you may have about you or your loved one's needs, along with advice on how to fund your care.

2. Take a look

Once you have contacted us, you can then book one or more visits to our homes to find one that might be right for you or your loved one. Please note that all of our care homes are rated as 'Good' by the Care Quality Commission. Below are the different kind of care we offer in our homes:

Personal care

For people who require help with daily activities such as washing and getting dressed, eating and drinking, getting around, and interacting with others. Personal care may also include assistance with taking medication, or support with a medical procedure that can be performed by a community nurse.

Dementia care

For people who require help with daily activities and routines because they are living with dementia. They may also have some additional care needs, such as support with communication, managing their mood and reducing feelings of confusion and anxiety.

Nursing care

For people who require help with daily activities and have a condition that requires the supervision and intervention of nurses that cannot be performed by a community nurse. They may need additional nursing support with taking medication, managing pain or another nursing procedure.

3. If you would like to proceed

Our Care Home Assessor will then carry out a full care assessment. They will also help support you with completing our application forms and guide you through the next steps.

For help and support with planning for the future cost of care, please call us on 020 8922 2222 or email lwjc@jcare.org



Turn your Simcha into a Mitzvah for Jewish Care

70TH WEDDING ANNIVERSARY

Mildred & Albert Elton

65TH WEDDING ANNIVERSARY

Leila & Monty Leib

60TH WEDDING ANNIVERSARY

Thelma & Manny Feldman

Helen & David Goldwater

Angela & Edward Joseph

Betty & Maurice Mendel

Avril & Gerald Raeburn

50TH WEDDING ANNIVERSARY

Mr & Mrs Laurence Barron

Sandra & Barrie Berns

Linda & Barry Clayman

Priscilla & Michael Dale

Lee & Stan Freeman

Marion & John Josephs

Linda & Ian Paterson

Anne & Geoffrey Shisler

Ann & Philip Skelker

Gillian & Frank Waxman

40TH WEDDING ANNIVERSARY

Helen & Howard Harris

Naomi & Michael Harsh

25TH WEDDING ANNIVERSARY

Amanda Jesky & Paul Davis

Roberta & Larry Sands

Naomi & Vivian Wineman

WEDDING ANNIVERSARY

Barbara & Salvator Gabay

Anita & Solomon Macatonia

Yvonne & Stephen Shisler

MARRIAGE

Evy Blaskey & Zvi Braverman

Julie & Laurence Katz

Hannah Levy & Jonathan Graham

Mr & Mrs Adam Sandzer

2ND BAR MITZVAH

Donald Everitt

Alan Simmons

BIRTHDAY

Raymonde Ani

Gillian Azulay

Sharon Baruch

Alan Benjamin

Lionel Blumenthal

Sandra Bogush

Estelle Burnside

Zena Cooper

Sarah Dewinter

Cynthia Drapkin

Jonathan Epstein

Anita Frankle

Alice Fraser

Geoffrey Glazer

Sandra Glazer

David Goldman

Monty Goldstein

David Goodman

Janet Goodman

Esmond Gross

Doreen Hommel

Sydney Hyams

Loretta Kay

Hettie Korman

Simeon Kreeger

Danielle Lipton

Lord Livingston of Parkhead

Edwin Mann

Jonathan Massing

Lesley Okin

Norman Roback

Sheila Rose

Rita Roth

Brian Rubins

Loretta Rubins

Brian Russell

Paula Russell

Marcia Sheeter

Colin Siskin

Esme Solnick

Margaret Solomon

Sharon Sulkin

Josephine Susman

Geraldine Symons

Roger Tabakin

Arnold Wagner OBE

Barry Winterman

Vivienne Winterman

Sasha Woolfson

IN CELEBRATION

Chaim Rumpler

on the Birth of his Son

IN HONOUR

Jerome Cohen

Chatan Torah 5780

Marianne Ecker-Fierstone

Eshet Chayil

Vicki Finegold

Eshet Chayil

Salvador Mazliah

Chatan Bereshit 5780

BY WAY OF THANKS

Gemma Lyons

Chantal Raymond

Gail Sandler

Mrs D Weiner

Simcha donations are a vital source of funds for the services we offer the community. In this way we raise over £80,000 per year. Please think about asking people to donate to Jewish Care to mark your happy occasion.

**For more information
call The Simcha Team on
020 8922 2600 or email
simcha@jcare.org**

Making your wishes known

Many of us have things we mean to get around to doing, but for some reason don't do. Writing or updating a Will and making your wishes known is often one.

Writing a Will can seem off-putting and is often a task that gets left behind until a trigger, such as a major life stage like buying a house, having children or illness, prompts us.

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

Jewish Care has a free Will Writing Service in partnership with the National Free Wills Network.

The Network enables you to gain access to a list of local and independent participating solicitors. You can then choose one and they will write your simple Will free of charge at their office. Available to anyone in the community, this option ensures that writing or even updating a Will is now an easy and straightforward process.

Many of Jewish Care's services are entirely funded by the community; 25% of this funding comes from legacies people leave us. With no direct funding from government, Jewish Care is reliant on the generosity of individuals and families from across the community to ensure we can keep the doors of our services open.

We hope our free Will Writing Service will encourage more people to see the value and importance in writing a Will.

Making a Will is the only way to ensure your family and friends and any charities you care about, are provided for in the way you wish. There is no obligation to leave anything to Jewish Care by using this service.

If you do choose to leave a Gift to Jewish Care in your Will, you are helping ensure we can continue to provide care and support for future generations of the Jewish community.



The Jewish Care Legacy Charter

We are committed to ensuring that our Will Writing Service meets a high standard and that our Legacy team always act in a way that is best for you.

Our commitment to you

- We understand that your family and friends will always come first and respect your decisions.
- We are committed not to pressure you and you can change your mind whenever you wish.
- You can tell us if you want to, but do not need to, and we won't keep asking.
- We completely respect your privacy and will never ask you how much you intend to leave.
- We are committed to using your gift wisely and effectively to provide the best care and support in the community.
- We would be delighted to give you the opportunity to be connected with the work we do through your gift should you wish and view our services and the work we do.
- If you want your gift to be spent in an area that is special to you we will arrange it.

For more information on our free Will Writing Service or for a copy of our Guide to Wills and Legacies call Jewish Care's legacy team on 020 8922 2833, email legacyteam@jcare.org or visit jewishcare.org/legacy

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'm worried about my mum. She's becoming less physically able and struggling with everyday things, like getting in and out the bath. She's losing confidence and going out less as she's worried she'll slip on wet or icy pavements at this time of year. She is on the waiting list with the local authority but they say they will be three months to come and assess her and in the meantime she's becoming isolated.

A : It's understandable that you're worried about your mum and that as her mobility decreases it's knocking her confidence. But there are a lot of adaptations we can make in everyday life to address these changes. I would advise you or your mum to contact the Helpline. The advisors will refer you to one of our Occupational Therapists who will come out and give your mum and her home an assessment to see what could help her to maintain her independence. They may suggest a bath board seat to help her transfer into the bath and rails fitted to the wall to provide additional support.

Your mum may need to be assessed for a zimmer frame or a walking stick to give her more stability and the confidence to walk around outside. It's really important in the winter months to get fresh air and daylight and to stay active and meet people. The Helpline can signpost you to free transport available like Dial-A-Ride (for people who are unable to take public transport), put your mum in touch with a volunteer befriender and give you details of activities at your local Jewish Care community centre.

Q : My partner has been diagnosed with Parkinson's Disease. We don't know where to turn to support or how it is going to affect us further down the line.

A : I'm pleased you have been in touch because coping with a new diagnosis can bring challenges at different stages of life. As well as Parkinsons UK, Jewish Care has a range of support services where you can discuss your situation, identify what may suit you/your partner, including carers support, social and wellbeing groups and 1:1 Social Work and Community Support. It may also help to connect with other people who are experiencing a similar situation.

Jewish Care has a support group on the first Monday of the month, 2-3.30pm in Golders Green, for people living with Parkinson's and their carer/family members. These are enjoyable and informative afternoons giving you the opportunity to meet others, interact with guest speakers and enhance your wellbeing. It can also be very supportive to connect with other people in the group. For more information about this and any of Jewish Care's services, please contact Jewish Care Direct on 020 8922 2222

Q : My father passed away a year ago and my mother, 75, had been caring for him for the past three years. They did everything together and I'm worried about my mum. She won't go out, isn't looking after herself the way she used to and I don't know how to help her or what to do.

A : When a partner passes away grief affects us in many different ways, affecting relationships, physical and mental health. After caring for your dad, your mum may be finding it difficult adapting to the loss and her new situation.

There are many stages of grief which come with many different feelings, and it's important to know that there's no instant fix. It might help your mum to discuss how to pursue her interests, reconnect with friendships and participate in activities that are meaningful for her. She could also speak to a local bereavement support group, explore 1:1 counselling, or speak to her GP.

Jewish Care have various locally based Supportive Communities Groups, social activities and/or volunteering opportunities that your mum could get involved with, where she may meet people that she feels connected to and engage in a meaningful activity. We also run bereavement groups including Stronger Together for 60+.

Jewish Care also has Carer Support Groups and 1:1 support, which may be of interest to you. I hope that this helps you to know where to turn for support. If you would like more information on these or other Jewish Care resources, please call Jewish Care Direct on 020 8922 2222.

Q : Should I have a flu jab? I've heard there's no point and that it could make me ill. What do you advise I do?

A : Now is a good time to look at the facts about flu as there are a lot of myths around about the flu vaccine, I hope that having more information about it will allay some of your concerns and give you information so that you can make an informed decision.

Flu is highly dangerous, contagious and can affect anyone no matter how good your immune system is. You can have flu without knowing it and pass it on to those around you. However, flu can be prevented. The flu vaccine cannot give you flu as it does not contain the live virus. It is the most effective protection for you and those around you. The flu vaccine has been well tested and has an excellent safety record. Protecting yourself with the flu vaccine can also protect passing on the virus to more vulnerable people of all ages who have long term illness or a weakened immune system.

If you are over 65, are a carer, have a long-term health condition or work with vulnerable adults or children you can have your flu vaccine for free. Go to your GP surgery or your local pharmacy for more details. To find out more you can also visit nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

Q : I am worried about the impact that Brexit will have on Jewish Care and social care more widely. Has Jewish Care done anything to make sure that clients and services won't be affected?

A : We do understand that there has been a lot of concern around the impact that Brexit may have on services, medicine and even staff retention. As details of Brexit continue to be unclear, we find specifics more complicated to plan for. However, we have been working for several months to ensure that almost any eventuality is planned for and any potential change is mitigated. We will update all our staff, volunteers, clients and their families should there be any change to Jewish Care as a result of Brexit.



GET YOUR FREE FLU JAB

Ewelina Pogiel-Lewosinska, Deputy Manager

PROTECT YOURSELF, YOUR FAMILY AND OUR RESIDENTS

FLU FACTS	MYTH BUSTERS
Flu is dangerous, highly contagious and can be prevented.	The flu jab cannot give you flu as it does not contain the live virus.
You could have flu without knowing it and pass it on to those around you.	Flu can affect anyone no matter how good your immune system is.
Flu kills. The flu vaccine is the most effective protection for you and those around you.	The vaccine has been well tested and has an excellent safety record.

For your free flu jab go to your GP surgery or local pharmacy or ask your Registered Manager for more details

JEWISH CARE

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](https://www.jewishcare.org)

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

Jewish Bereavement Counselling Service (JBCS) support groups meet in Golders Green. For further information please contact JBCS on 020 8951 3881 or email enquiries@jbcs.org.uk

- ▲ AfterShock ⑤
For ages 18-30 who have lost a parent
- ▲ Butterflies ⑤
For parents (of young children) who have lost a parent
- ▲ Bereaved Parents ⑤
For people bereaved of an adult child
- ▲ Stepping Stones ⑤
For ages 40-60 who have lost a partner
- ▲ Stronger Together 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

MEALS-ON-WHEELS

We offer a 'Kosher meals at home' service for housebound people in Redbridge, Southend, Stamford Hill and across North West London. You don't have to be a member of our Community Centre to

benefit from fresh, hot Kosher meals. We are also able to provide frozen meals too.

MENTAL HEALTH

Jami

The Mental Health Service for our Community

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

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 and Pinner Liberal Synagogue



OPEN DAY
SUNDAY 26 JANUARY 2020

Wohl Court, Independent Living in the heart of Hendon

Wohl Court provides you with the opportunity to live independently in a Jewish environment, whilst knowing that tailored care and support is on hand whenever you need it.

Each of the 32 market rent apartments, a mix of one- and two-bedroom, have access to a beautiful communal lounge and courtyard with free transport to Jewish Care's community centres and a concierge service.

Wohl Court is so much more than just a place to live. You will have the opportunity to join a vibrant community with support, activities and events on offer.

To book a tour or to find out more about our **Special New Year offer:**

020 8922 2718 | lwjc@jcare.org

jewishcare.org/wohlcourt



THE MAURICE WOHL
CHARITABLE FOUNDATION

Wohl Court, in memory of Maurice and Vivienne Wohl.
Believers in dignity and loving kindness.

JEWISH CARE