

# CARELINE

ISSUE 83 | WINTER 2020/5781



***We're still  
here for you***

In this issue:

**Covid-19 update**

**Staying virtually connected**

**PurpleMasks4JC fundraiser**

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**

# Contents

ISSUE 83 | WINTER 2020/5781



Welcome to our Winter 2020 issue of *Careline*. This issue is packed with stories and photos from across Jewish Care. Please note that the content in this issue is in-line with Government regulations at the time of printing, and these regulations may change after we have printed this issue. Some of our photos were also taken before face coverings were made compulsory. 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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David receives Jewish Care Meals on Wheels  
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Volunteers and staff across Jewish Care

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## News and features

**03 Welcome**  
from Chief Executive, Daniel Carmel-Brown

**04 News: Covid-19 update**  
The latest on the impact of Covid-19



**05 A fond farewell to Clore Manor**

**06 Sandringham phase two**  
A look at the latest developments



**08 Service update: Community Services**  
A look at some changes to our services

**09 PurpleMasks4JC**  
Volunteers masks raise thousands for Jewish Care

**09 Woman of Distinction**  
Dr Sabrina Cohen-Hatton receives Woman of Distinction Award

**10 Around the world of Jewish Care:**  
A snapshot of some of the many residents, members and volunteers from across Jewish Care



**14 Covid-safe festival celebrations continue**  
We look at how celebrations have adapted during the pandemic

**16 Staying virtually connected across Jewish Care**  
How Zoom calls have become the norm

**18 Jonathan Zenios talks to *Careline***  
An introduction from Jewish Care's new Chair

**19 Remembering those who remembered us**  
Honouring loved ones and Legacy giving

**20 Celebrate with Jewish Care**  
A new and fun way to share your simcha

**22 The changing face of fundraising**

**23 Adam runs his first half-marathon**  
Jewish Care's Director of Fundraising and Community Engagement runs his first half-marathon

**23 Retirement Living**  
A look at why Retirement Living could be the ideal option

**24 Ask us a question:**  
Questions and answers from Jewish Care's free and confidential helpline

**26 Services directory**



# Welcome from

Daniel Carmel-Brown, Chief Executive, Jewish Care

**A**s the end of the year approaches, it is fair to say that the last 10 months have seen remarkable change and huge challenges for many people at Jewish Care and in the wider community.

This edition of *Careline* reflects a number of those changes and challenges, and it will look a little different to the *Careline* you are used to. Our photos are of members, staff and volunteers all socially distanced, of Meals on Wheels deliveries and of solo fundraisers rather than large events, dinners and breakfasts. Our world and our work has changed, but Jewish Care will always strive to provide services for the older people in our community, who are often the most vulnerable and in need of support.

You may have seen me write about the impact the pandemic has had on all of us in other publications, letters or in the media. Together with our Board of Trustees, my job is to ensure that there is a Jewish Care here for the future and this inevitably means that we have to make difficult decisions. The decision to create an interim structure to enable Jewish Care to support members of the community who live at home is necessary and as we begin to plan for the year ahead, there will no doubt be other changes we have to make. You can read more about the updates and changes to our services in the following pages.

Even though we live in difficult times, this has not stopped the great work which happens across the organisation. To name just a few examples of this, our kitchens at the Kun Mor & George Kiss Home are used to produce kosher meals for the NHS and were inspected with a 5-star rating. Selig Court was assessed by the Association of Retirement Community Operators and judged once again to be an approved provider. Our Supportive Communities Tea Parties volunteers were recognised by the London Borough of Redbridge with



the 2020 Mayor's community award. Everyone is working so hard to continue to aspire to the very best across Jewish Care and to have this recognised by external agencies is such good news.

We are making excellent progress on our Sandringham development and are looking forward to opening Pears Court at Sandringham, our newest Retirement Living apartments in 2021. If you or anyone you know is interested in this opportunity, please do let us know.

**“EVEN THOUGH WE LIVE IN DIFFICULT TIMES, THIS HAS NOT STOPPED THE GREAT WORK WHICH HAPPENS ACROSS THE ORGANISATION.”**

2020 has also brought some changes to our Board of Trustees. After many years of dedicated service as Trustees, Lord Ian Livingston, Dr Dean Noimark and Stuart Roden step down as Trustees of Jewish Care. We are incredibly grateful for the contributions they have made to Jewish Care as Trustees and continue to make on the various committees they remain part of. Current Trustee, Gayle Klein will

also now serve as Jewish Care's joint Vice Chair alongside Arnold Wagner OBE, and I would like to welcome Leah Hurst to the Trustee Board.

In this publication, you will read an article from our new Chair, Jonathan Zenios. Jonathan was previously a Trustee and Treasurer of Jewish Care, a former Chair of Jewish Care's Audit and Risk Committee and a former member of both its Investment Expert Group and Nominations and Remuneration Committee. We are delighted to be able to benefit from his wealth of knowledge, expertise and experience in the broader charity sector and Jewish community.

Lord Levy has now been elevated to Life President, the first person to hold this role in the organisation's history. Former Chair, Steven Lewis has stepped down as a Trustee and will now take up his position as Jewish Care's President.

Once again, I want to thank those stepping down as Trustees for their service and continued contributions, and welcome our new Life President, President, Chair, Vice Chair, and Trustee to their new roles

We know that we would not be able to do the work that we do without the generous support of our Board, donors and volunteers, and we are incredibly grateful for the contributions that have been made to ensure we are able to reach our members and properly protect our residents and tenants.

At this time of year, families across the country would have been looking forward to gathering together to celebrate festivals and holidays. While we may not be able to do that in the way we have done previously, we will be doing all we can to make sure that Chanukah is still a special time for our members, residents and tenants. We will continue to be inspired by the Chanukah story and the strength, resolve and unity displayed by the Maccabees as we come together virtually and spiritually until we are able to be together again physically.

## Covid-19 Update

**A**s we come to the end of the year and have another opportunity for reflection on the last 12 months, sadly, our memories will be dominated by the Covid-19 pandemic as it has impacted on all our lives in a profound and unprecedented way.

At Jewish Care, from an early stage, we took a series of measures to help prevent the spread of Covid-19 across all our resources, and we continue to take measures in line with UK Government guidelines, to keep all those in our care safe and protected to the best of our ability.

Measures we took included cancelling all in-person events and gatherings, investing in and procuring over two million items of PPE to date, and facilitating socially distanced, outdoor visits where it was safe to do so. We have also consistently campaigned for Covid-19 testing for our staff and residents and now have a regular testing regime.

We were thrilled when we could facilitate a number of very special reunions during the summer between relatives and residents who had not been able to see each other in-person for months. We understand how important these visits are, not just for relatives, but for the wellbeing and mental health of our residents. We are pleased to now be able to safely facilitate indoor visits in the

residents and relatives as possible.

We are now in a place where we are able to accept new residents into our care homes where it is safe to do so. There are very strict criteria in place for how we admit people into our care homes, including a negative Covid-19 test and an initial 14-day isolation period for all new residents.

By early November, we had delivered over 33,000 Meals on Wheels to those who need them and are making over 600 calls a week to the most vulnerable and isolated members of our community. During Rosh Hashanah these meals included traditional treats,



**“BY EARLY NOVEMBER, WE HAD DELIVERED OVER 33,000 MEALS ON WHEELS TO THOSE WHO NEED THEM”**

winter months following Government guidance, by enabling visits at windows, creating Covid-safe, dedicated visitation spaces, and in a small number of cases, assigning one designated key visitor. In addition to this, the large investment in technology that we made earlier in the year has allowed us to continue to also facilitate as many video calls between

such as honey and honey cakes.

Although we have had a number of residents, clients, staff and volunteers who have made a full recovery from Covid-19, our thoughts and prayers are with the families of those who sadly lost loved ones to the virus. They will always be a part of the Jewish Care family and we are grateful that we knew them as

part of our community.

There are a number of other changes at Jewish Care that have been accelerated by the impact of the pandemic, including the closure of Clore Manor care home in Hendon, which has seen the vast majority of residents move to other, more modern Jewish Care homes nearby, an expansion of our community outreach services, and a re-provision of our community centre offering in lieu of being able to gather in person.

We have also had a number of very special moments during the pandemic. We celebrated birthdays, anniversaries and fundraising challenges. We celebrated Pesach in all of our homes and Retirement Living facilities with Zoom seders, online Haggadot, pre-recorded prayers, delivered seder plates and meals. Our residents were frequently sent letters, drawings and messages of support from the community, our volunteers and schoolchildren. During the High Holy Days, we facilitated safe outdoor Shofar blowing, and Covid-safe lulav and etrog shaking along with a number of online resources to support those wanting to take part in services. We know how important these traditions are to many of our residents, and it was essential to us that even during this pandemic they would still be marked and celebrated in our homes and communities.

We look forward to celebrating many other bright moments to come, however, we continue to remain vigilant and take all necessary precautions to safeguard against the virus.

Jewish Care continues to ensure that we are as prepared as we can be for now and in the future. We are only able to do so because of the vital support we receive from the community and to those that have supported us in our greatest hour of need.

**For the latest Covid-19 updates to our care homes, Retirement Living, centres and services, please visit [jewishcare.org/coronavirus](https://jewishcare.org/coronavirus).**

# A fond farewell to Clore Manor

**I**n August this year, Jewish Care began the process of closing our care home, Clore Manor, in Hendon. Clore Manor has been a wonderful part of the Jewish Care community for many years, and we cherish all the special memories that have been made there with residents and their families, visits from schoolchildren, and of course, our dedicated staff.

Clore Manor was built to meet the care needs of a different generation when it opened in 1967. Over the past 50 years, the needs as well as the aspirations of care home residents have changed dramatically.

We made continuous improvements to Clore Manor over the years, however, unfortunately, many of the home's bedrooms were no longer fit for purpose in terms of size and accessibility and were unable to be occupied. We had explored many other options to give the ageing home the extensive refurbishment needed for it to be an environment that meets the needs of today's residents with complex care needs, however, to do this would require significant investment in an extremely challenging time.

**“THE MOVE WAS EASY. I LOVE IT HERE AND THEY TAKE CARE OF ME VERY WELL. THE STAFF ARE MARVELLOUS AND EVERYONE IS SO FRIENDLY.”**

The occupancy of all Jewish Care's homes was challenged significantly by the Covid-19 pandemic. We were unable to accept any admissions into any of our homes for a 12-week period during national lockdown in order to keep our residents safe and protected, which placed significant financial pressure on Jewish Care's resources.

On delivering the news of the home's closure to relatives and residents at Clore Manor, Chief Executive, Daniel Carmel-Brown said, "Jewish Care strives to provide high quality care and services which are effective and efficient, in fit-for-purpose facilities. This is an opportunity for us to provide a better environment for residents of Clore Manor by them transferring, if they and their families wish, to one of our other Jewish Care homes nearby. In addition, the move will increase Jewish Care's efficient use of resources by consolidating our homes and occupancy position, thereby strengthening our financial sustainability in these difficult times."

In the weeks following the announcement, the 37 residents living of Clore Manor took up places at other care homes, the vast majority of whom decided to stay with Jewish Care in homes nearby.

Helen Levine moved from Clore Manor to Jewish Care's Otto Schiff care home in Golders Green after the announcement and said, "The move was easy. I love it here and they take care of me very well. The staff are marvellous and everyone is so friendly."

We are so pleased to have welcomed so many of Clore Manor's residents to our other care homes and we are delighted to report that they have all settled in well and are able to take advantage of the more modern facilities in their surroundings.



Helen Levine has happily settled in to Otto Schiff care home since leaving Clore Manor.



Resident, Hyman Berger is also enjoying being at Otto Schiff care home since leaving Clore Manor, commenting, "I was happy in Clore Manor and I'm happy to be in Otto Schiff. The staff are lovely. I love it here!"



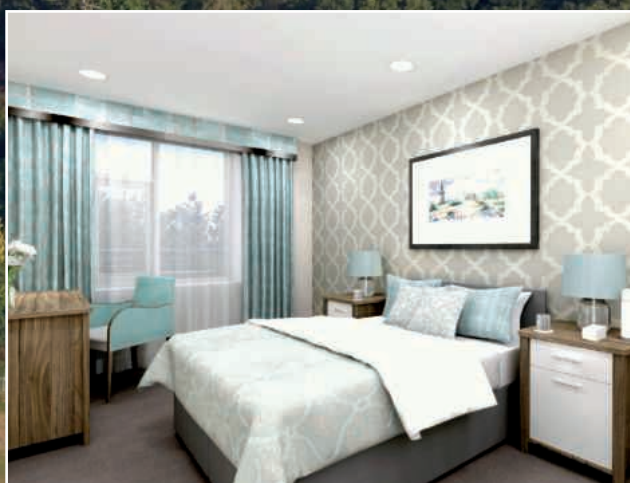
An aerial photograph showing a large-scale residential development in a wooded area. The central focus is a large, multi-story building complex with red brick and light-colored sections, some of which are under construction with visible scaffolding. The building is surrounded by dense green trees. In the foreground, there's a large, open, brownish area, possibly a construction site or a cleared field. To the left, a small blue swimming pool is visible. In the background, a golf course and a residential neighborhood with houses are visible under a clear sky.

# Sandringham

## Phase Two

**The second phase of our Sandringham development is underway with plans for Pears Court, our stunning Retirement Living Apartments, to open in Spring 2021**





**W**hile the pandemic has slightly slowed the Sandringham development, construction continued safely through lockdown to keep to the original completion date, and we will be able to conduct viewings of our show home, early in the new year.

Sandringham's Pears Court offers 48 stunning one- and two-bedroom retirement apartments, ideal for members of the community looking to experience later living with all the benefits of enjoying an independent lifestyle in a modern and safe environment.

Sandringham's Pears Court is ideal for people either living on their own or in couples who require a small amount of support and want to live independently, within a Jewish community.

Each luxury apartment is conveniently designed with an open planned fitted kitchen which leads onto a spacious lounge area. They each have a fully tiled wet room bathroom fitted with a wall mounted shower. Each apartment has a balcony which overlooks the beautiful, private landscaped courtyard garden.

The courtyard garden has direct access to Sandringham's The Ronson Family Community Centre. This spacious and impressive community centre will offer a wide range of activities, an onsite synagogue, kosher café and restaurant, shop, hairdressers and wellbeing centre which can be enjoyed by all Sandringham's Pears Court tenants

Pears Court also offers a bright and spacious modern communal lounge to enjoy relaxing or socialising in with family and friends.

The apartments all look outwards, taking advantage of the superb woodland setting and set within grounds that boast landscaped courtyards and gardens, with overlooking meadows, natural woodland, and breathtaking views across London. Accessible pathways allow everyone access to this wonderful setting with many outdoor and indoor activities available to suit all interests.

Sandringham is already home to Anita Dorfman House care home and Wolfson Assisted Living, where residents have the opportunity to live on their own, or with their spouse, in an apartment with access to care whilst benefitting from all meals and housekeeping provided for them.

We are excited to welcome the community to a complete Sandringham site next year.

To find out more about Sandringham services, contact our helpline on 020 8922 2222 or for more information about Sandringham's Pears Court, email our Living With Jewish Care team on [retirementliving@jcare.org](mailto:retirementliving@jcare.org)

# Service Update: Community Services

**W**e have all had to make changes that we did not anticipate, and we have all felt the impact of the pandemic in some way.

At Jewish Care, we have been working hard, with the help of the community, to support the most vulnerable members of society. When the pandemic began, we immediately expanded our Meals on Wheels provision, helped by the huge number of volunteers who stepped forward to assist with packing and making deliveries. We expanded our befriending, digital and virtual services to ensure that no one felt isolated or lonely. We had hoped that this would continue until we were able to resume some of our face to face activities. We are truly heartbroken that this has not been able to happen and that our community centre doors have had to remain closed. Our services during the pandemic have been a lifeline to many of our members, and we are dedicated to ensuring that they continue and grow.

The reality we all face is that any in-person gatherings still carry a huge amount of risk, especially to those who are vulnerable. This has meant that we have had to reassess what we can do for our community, and we have had to accelerate some of the plans we laid out in our strategic review at the beginning of the year (pre-pandemic). Our aim was always to ensure our community services are viable, sustainable, and relevant to the communities we serve now and in the future.



hand to help talk through any practical issues to ensure there are no barriers for those who want to join in.

Although we are glad to be able to offer an expansion of these services, it does also mean that regrettably we are unable to sustain the full complement of the centres' staff that were needed to run the services, when we could meet all in person. We owe our community services staff a huge debt of gratitude for the love, care and commitment they have shown to their roles and our community over the years. We thank them for their service to Jewish Care and know that the impact of their work will continue to be felt for many years to come.

## OUR COMMUNITY CENTRES ARE NOT PERMANENTLY CLOSING AND MEMBERS WILL CONTINUE TO RECEIVE ALL OF THE SERVICES PROVIDED BY JEWISH CARE DURING THE PANDEMIC, INCLUDING MEALS ON WHEELS, TELEPHONE BEFRIENDING, AND VIRTUAL AND DIGITAL ACTIVITIES

Given that we are unable to go back into our community centres, day centres, Connect@ centres and centres for people living with dementia in the near future, we know that we can now best serve our members by a reorganisation of our centres, to build on the success of the outreach services already developed. We will be working to make sure that the Meals on Wheels, befriending, and digital and virtual services can reach a much wider section of our community and will be an integral part of our community service offering. Our digital events include talks on subjects of Jewish interest, virtual tours of museums, cities and parks, art appreciation sessions and quizzes. Our JC Presents... series also gives members the opportunity to take part in online events with special guest speakers. For those who may need assistance with connecting online, or joining these virtual events via telephone, our volunteers are on

We want to be clear that our community centres are not permanently closing, and that members will continue to receive all of the services provided by Jewish Care during the pandemic, including Meals on Wheels, telephone befriending, and virtual and digital activities and we will continue to plan for the day when we are able to gather again in person.

In the meantime, Jewish Care remains incredibly grateful for the support shown to us when we have needed it the most, and we hope that the expanded provision of services will enable a better, long-term source of support for many more people who need and depend on it.

**To find out more about any of these changes and how they may impact you or a loved one, you can call the Jewish Care Direct Helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)**



# PurpleMasks4JC raise over £14,000 for Jewish Care

**S**imon Davis has been volunteering in Jewish Care's Fundraising and Marketing departments since 2004 and lives at Rela Goldhill at Otto Schiff care home for people with physical disabilities.

Simon says, "My job is to thank people for donations made in honour of birthdays and anniversaries; this makes me constantly aware of the need for ongoing fundraising from our amazing community and beyond.

"I've lived at Rela Goldhill since I moved out of home at 21 and until lockdown, I've been fortunate to go home at the weekends to see my parents, sisters and now their families. The staff have done an incredible job of looking after me and all the other clients for all these months, getting us all through these difficult times. So, this year, seven years on from my

fundraising skydive and at a time when so many fundraising events were having to be cancelled, I decided to try and raise some more money, but this time in a tamer way.

Simon continues, "Soon after we started, Boris Johnson made face masks compulsory and orders went through the roof. The first few weeks were frantic as Niki, who is a full-time GP and a mum of two, often found herself sewing and packaging at all hours, to keep up with orders. My mum was cutting the material and my dad was delivering. Luckily, Niki's amazing friend Suzi Slatkin, offered to start sewing and we got my niece, Sophie Coleman, to help as well. To date, we have made over 2,000 masks and have raised over £14,000. It has been an extraordinary journey and we would love it to keep going. We'd like to thank everyone who has bought them for their support."



Purplemasks4U have expanded their range and now offer blue and black alongside the purple coloured masks.

You can order your own comfortable, reusable, washable masks here: [justgiving.com/fundraising/purplemasks4jewishcare](https://justgiving.com/fundraising/purplemasks4jewishcare) or email [purplemasks4jc@gmail.com](mailto:purplemasks4jc@gmail.com)

## Dr Sabrina Cohen-Hatton wins Woman of Distinction Award 2020

**J**ewish Care was delighted to present this year's Woman of Distinction Award to Chief Fire Officer, Psychologist and Writer, Dr Sabrina Cohen-Hatton. The award ceremony was held as an event online with Dr Cohen-Hatton in conversation with CNN journalist Caroline Richenberg.

The event, attended virtually by over 125 guests, raised over £22,000 for Sidney Corob House, one of Jewish Care's residential homes supporting adults with enduring mental health needs.

Since its inception in 1986, the Women of Distinction Committee has raised close to £1.5million for Jewish Care's services.

Video messages of support and well wishes were sent from Deborah Greenspan, the first winner of the Woman of Distinction Award in 1986, and more recent winners including, Dame Esther Rantzen (2017), Lady Nicola Mendelsohn CBE (2018), Rabbi Baroness Julia Neuberger DBE (2019) and former MP and mental health campaigner, Luciana Berger (2019).

During the interview with CNN journalist, Caroline Richenberg, Dr Cohen-Hatton told guests that she joined the Fire Service to help other people in their lowest moments, and talked about some of her lowest moments and personal



challenges with homelessness as a teenager whilst continuing to go to school and selling the Big Issue.

Dr Cohen-Hatton offered words of wisdom for women in the workplace and challenging stereotypes that can hold people back from going for that they want to do, and told the audience to remember, "you are stronger and more capable than you think you are".

On winning the award, Dr Cohen-Hatton said, "Thank you so much for this award, it means a great deal to me. When I look at all the remarkable women who have received the award in the past, I am completely humbled. I feel very honoured to have been considered, let alone awarded."

# Around the world of Jewish Care

**01 Rabbi Junik blows the Shofar** for care home residents and Retirement Living tenants on their balconies and in their garden courtyards to maintain a safe distance.

**02 Shirley Greenbaum is delighted** to be taking part in the Penpal Project.

**03 The Challah Mummy, Allegra Benitah along with her children,** Ezekiel and Neroli, gave an online Challah baking demonstration for The Great Jewish Bake Day.

**04 The Solomon family recorded a Friday night service** for us to share with care home residents online, whilst volunteers are unable to visit the care homes.

**05 Residents, David Adler and Alan Bass,** relaxing at Hyman Fine House.

**06 Tenants at Selig Court Retirement Living apartments** prepared fruit to hang in the Succah.

**07 Vicky Griver, member of Jewish Care's Connect@ Centre,** Southgate was very happy to receive Rosh Hashanah gifts from Jewish Care.

**08 Louise Bronstein is a Jewish Care Supportive Communities Tea Party volunteer coordinator** in North West London and Middlesex. Louise collected cake from Tea Party host Cynthia Jacobs, one of the volunteers who baked cakes to be delivered to Tea Party Zoom guests in their own home during the pandemic.

**09 At Sidney Corob House, resident, Helen Lucas and activity coordinator, Isabel Fontes** enjoy spending time knitting and crocheting together.

**10 Residents at Lady Sarah Cohen House** enjoyed entertainment in the garden with entertainer, Will Smith.

**11 Sandra Alexander, Wellbeing Coordinator at Selig Court,** cycled over 100 miles on her exercise bike, cheered on by friend and actress Dame Maureen Lipman, DBE, raising over £3,000 for Jewish Care.

**12 Zelda and other residents across the homes** marked Remembrance Sunday this year with poems, memorial services and activities, including poppy making.



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**13 Jewish Care volunteer, Ruti Roche**, spends time making cards with residents via iPad at Vi & John Rubens House.

**14 Marion Carr, who is a resident at Lady Sarah Cohen House** enjoys a cup of tea and cake with staff member, Jessica, on The Great Jewish Bake Day.

**15 Meals on Wheels volunteer, Jamie Shine, 18**, delivered meals to members of the Redbridge Jewish Community Centre food through the pandemic. He is delivering a goody bag and biscuits to Anita Frankle, 90, for The Great Jewish Bake Day. Jamie received a Jack Petchey Award for his volunteering as well as a The Saul Keene Award for his leadership in the RJCC's MIKE youth leadership programme.

**16 Alice Frank celebrated her 100th birthday** with her family around the world on a Zoom at Otto Schiff care home.

**17 Hyman Fine House residents** enjoyed reading cards and letters sent by members of the local community in Brighton.

**18 Sacks Morasha Primary School pupils** baked cakes for volunteers to deliver to older people in the community for The Great Jewish Bake Day in July.

**19 Volunteer, Mitch Winehouse** delivering meals as part of the Meals on Wheels service to Betty Pam in Essex.

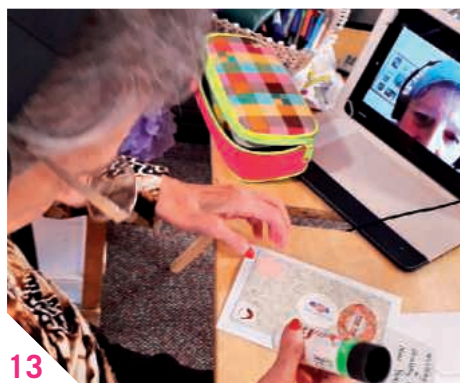
**20 Minnie Rowe, who worked in Winston Churchill's Cabinet War Rooms**, celebrated her 97th birthday at Otto Schiff care home with cake and a FaceTime chat with family and friends.

**21 Tenant, David Kops** was pleased to shake the lulav in the Succah at Shebson Lodge retirement living this year.

**22 Benjamin Cowen** ran his own virtual Virgin Money London Marathon 2020 in October around his university town of Warwick, raising almost £4000.

**23 Rita and Dorothea** enjoyed baking and icing cakes with other residents at Otto Schiff for The Great Jewish Bake Day.

**24 Sandra Joseph, volunteer Befriending Coordinator** makes calls to co-ordinate up to 12 befrienders who have about 35 clients between them. The befrienders speak to older people in the community to check they are safe and to help relieve isolation at home.



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# Covid-safe festival celebrations continue

As we approached the High Holy Days this year, staff and volunteers worked hard to bring the **Jewish festival spirit to our residents, tenants and community centre members** in these very different times.

**T**he anticipation and activity around the festivals are often just as important as the festivals themselves. In care homes volunteers and our social coordinators ran a mixture of online and real events.

Discussion groups, flower arranging, and designing and sending Rosh Hashanah cards were part of creating a special atmosphere before the festivals. Hundreds of cards were also sent from across the community for our residents through GIFT. Meanwhile, community centre members connected online or by phone to enjoy entertainers on Zoom, singing festival tunes and feel-good Hebrew songs during a Rosh Hashanah concert.



**“IT WAS AMAZING TO SEE RESIDENTS AND TENANTS COME TO LISTEN TO THE SOUND OF THE SHOFAR WITH SUCH PLEASURE IN THE GARDEN, FROM THEIR BALCONIES OR THROUGH THE WINDOWS.”**

Care home chefs made hundreds of honey cakes for residents and Retirement Living tenants. Meals on Wheels coordinators and chefs prepared and sent out over 1,000 meals for Rosh Hashanah, delivered by our amazing volunteers to more than 250 older people across London and the South East.

Members enjoyed receiving the traditional foods and treats for Rosh Hashanah, including roast chicken and salt beef dinners, apple and honey and honey cakes. Our Community Centre and Supportive Community Tea Parties members were also delighted to receive

parcels of honey and gifts for Rosh Hashanah from Jewish Care and from the Canary Wharf Group. All these deliveries also gave people at home, many of whom live alone and may not see another person that day or even that week, a chance to chat with the volunteers who delivered them.

The time approaching Rosh Hashanah is also a time when one traditionally visits deceased relatives' burial stones. Jewish Care staff were able to take a photo of the gravestone online for residents, tenants and members of community centres who would usually go to the burial grounds but are now unable to do so. They also received support online and on the phone from Jewish Care's Pastoral and Spiritual Lead, Rabbi Junik and others during this time.

We found safe ways to blow the Shofar within the new Covid-19 restrictions. Rabbi Junik visited the gardens of care homes and Retirement Living homes, Wohl Court and Selig Court. Afterwards, he said, “It was amazing to see residents and tenants come to listen to the sound of the Shofar with such pleasure in the garden, from their balconies or through the windows.

“We know that the sounds and tastes of the festivals are sensory reminders help to connect people with their Jewish life. For many people living in our care homes, especially those living with dementia, hearing the sound of the Shofar blast and the smell and taste of honey cake, are the most significant signs that Rosh Hashanah is here.”

Jewish Care's website hosted a number of online links to



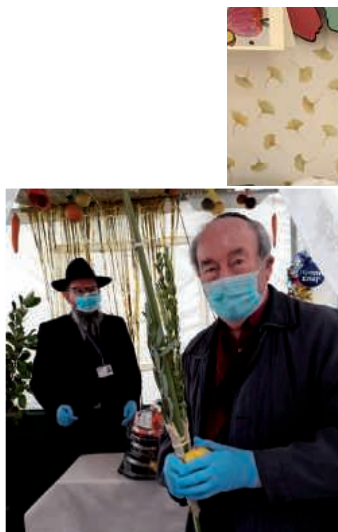
## “SUCCOT IS ALL ABOUT UNITY. THE LULAV REPRESENTS DIFFERENT TYPES OF PEOPLE AND OUR JUDAISM UNITES ALL OF US, NO MATTER WHAT OUR BACKGROUND WE COME FROM, IT’S ALL ABOUT TOGETHERNESS.”

services, talks, honey cake recipes and more, so that our care home residents and older people in the community could access individual and communal prayer. Our dedicated shul volunteers pre-recorded highlights of the services from the High Holy Days and there were links to pre-recorded and live services from the different denominations of synagogues. Residents and tenants could listen to the services and sound of the Shofar together or privately in their rooms.

As Succot arrived, many care home residents continued to make Succah decorations together. Residents and tenants were able to shake the lulav and etrog in the Succahs at a social distance, when the weather permitted.

At Hyman Fine House in Brighton, residents enjoyed their built-in, indoor Succah even in the wet weather. Resident, Annabel Pagel says, “I haven’t had a Succah at home prior to moving to Hyman Fine House, so I was very interested in the decorations. I think that the indoor Succah is a great invention, especially on wet and windy days.”

Jack Klein has been an active member



of Hemel Hempstead Synagogue for many years and helps to run the Friday night service at Wohl Court, where he now lives with his wife, Norma. He says, “Norma and I met at Jewish Care’s Michael Sobell Jewish Community Centre four years ago. We share a sense of humour and are very happy to be together. It’s good to celebrate Succot and do the mitzvah of shaking the lulav and etrog in honour of our wedding anniversary. I enjoy Succot, but my favourite festival is Simchat Torah which comes after Succot, as it’s about sharing joy. It’s good to share that with others around us.”

Rabbi Junik said, “Succot is all about unity. The lulav represents different types of people and our Judaism unites all of us, no matter what our background we come from, it’s all about togetherness.”

During the pandemic, and while Covid-19 restrictions are in place, we will continue to ensure our residents, tenants and members are able to celebrate all of the Jewish festivals in a Covid-safe way, as far as possible, and in ways that are meaningful to them.

To find out more about the online resources we provided during festivals this year, visit [jewishcare.org/jewishtraditions](http://jewishcare.org/jewishtraditions)





# Staying virtually connected across Jewish Care

We've all needed to adapt to life online since lockdown began and the use of technology has been key to **keeping us all connected as a community**

**A**cross our care homes, our staff have worked hard to develop programmes online that continue to engage residents in a range of meaningful and uplifting activities in a Covid-safe way.

Many of these activities are delivered through Zoom with interesting guest speakers, talented participatory artists and practitioners, as well as dedicated volunteers. At the Betty and Asher Loftus Centre in Friern Barnet, volunteers lead online reminiscence sessions and entertainers give lively virtual concerts. There are weekly virtual therapeutic music sessions with residents participating and playing on musical instruments.

At Vi & John Rubens House, specially trained musicians from the Wigmore Hall Music for Life project continue to run stimulating virtual interactive music sessions, creating opportunities for meaningful connections, empathy and self-expression through music in sessions that are especially tailored for residents living with dementia.

Social co-ordinators at Sidney Corob House for people with enduring mental health needs, run Zoom sessions to support residents' wellbeing. Sheree Charalampous, Social Care Co-ordinator at the home, says, "I'm so pleased that our residents can keep enjoying the sessions with regular

entertainers and the yoga practitioner, who runs group and one-to-one classes. Our art volunteers who previously visited, are delivering the art sessions virtually. Our Six Sundays volunteers catch up and chat with residents as a group on Zoom. The residents really enjoy all of these activities."

Celebrating birthdays with families who are spread across the globe on Zoom has been a highlight for so many residents over the last few months. Alice Frank, who worked as a secretary for Otto Schiff in 1936, celebrated her 100th birthday in August at the care home named after her once employer, Otto Schiff MBE. Alice enjoyed her Zoom birthday call with her two sons, Peter and Tony, their families, grandchildren and great-grandchildren from Canada and the UK as well as her younger brother from USA.

Danuta Krysiak, Jewish Care Social Care Coordinator at the home, said, "We were so pleased to celebrate such a special occasion with Alice. It was a lovely online celebration with her family on Zoom. Alice was so pleased to see them all and was delighted to see her grandchildren and young great-grandchildren on the screen."

Jewish Care has also moved its programme of community events online to make sure members are still able to access interesting activities, talks and social interactions.



Jewish Care Presents... is a series of events which take place online and includes talks by guest speakers, virtual tours and Q&A sessions. The guests are experts in areas including art, history, politics, entertainment, religion and more. The series is helping members to stay engaged and entertained while we are unable to physically gather in groups. The events which take place over Zoom have included guests such as TV and script writer, Ivor Baddiel,

wider community. Jewish Care's Life President, Lord Levy, was invited as a special guest on the 50th episode of JLGB Virtual, a series of online programmes for the youth movement, which began during lockdown to keep young people entertained and connected. He told the audience, "You are the future and nothing gives me greater pleasure than talking with young people and sharing my experience with the leaders of tomorrow."

## **"IT'S NEVER BEEN MORE IMPORTANT FOR US TO COMMUNICATE REGULARLY, NOT JUST WITH OUR RESIDENTS, CLIENTS, RELATIVES, STAFF AND VOLUNTEERS BUT ALSO WITH THE WIDER COMMUNITY AND SHULS TOO"**

and David Dein MBE, former vice-chairman of Arsenal Football Club and the Football Association in conversation with Crimewatch presenter and broadcaster, Nick Ross. Actress, Lesley Joseph, also entertained the audience with her humour and warmth. Speaking about her experiences on *Birds of a Feather* and *Strictly Come Dancing*, she said, "It's just really lovely to see you all and it's amazing that you're all embracing technology to get together."

The range of activities on Zoom for older people in the community to access, now includes exercise classes, cooking and discussion groups. Jewish Care's Supportive Communities groups such as Chaps That Chat, Chatty Café and Tea Parties are enabling older people at home to stay socially active and mentally stimulated, connecting with others in the community through lively conversation, online and on the phone.

Jewish Care has also shared Zoom highlights with the

Chief Executive, Daniel Carmel-Brown, also spoke to members of South Hampstead Synagogue at their 'Behind the Scenes' Zoom call.

Speaking on the 'Behind the Scenes' Zoom, Rabbi Eli Levin said, "It was important, insightful and reassuring to go behind the scenes with Daniel and the Jewish Care team, to hear about their journey. Jewish Care is a truly remarkable organisation, one to be proud of and support."

Daniel Carmel-Brown added, "During these challenging times it's never been more important for us to communicate regularly, not just with our residents, clients, relatives, staff and volunteers but also with the wider community and shuls too, so they feel connected to us, understand what's happening and how they can support us."

Jewish Care continues to expand our online and virtual offering to our members, providing entertainment, and keeping the community engaged, active and connected.





# Jonathan Zenios talks to *Careline*

**I** am just coming to the end of my first three months as Chair of Jewish Care and as 2020 draws to a close, I wanted to take the opportunity to introduce myself, to thank you all for your incredible support and to reflect on some of the many changes that have taken place in the organisation and to look forward to what lies ahead as we enter 2021.

I officially took over the Chair from Steven Lewis in September. Steven has had a remarkable life with Jewish Care: he first joined the Board 30 years ago and after serving as Vice-Chair, chaired Jewish Care for nine years.

During Steven's time serving on the board, Jewish Care has built wonderful new campuses; the Betty and Asher Loftus Centre in Friern Barnet, the Maurice and Vivienne Wohl Campus in Golders Green and our magnificent, new sixteen acre Sandringham campus in Stanmore. All of which means that the physical fabric of Jewish Care has been transformed over the last decade. I am delighted that Steven continues to be intimately involved with Jewish Care as our President having succeeded Lord Levy who has become our Life President, the first person to ever hold this role. They both personify the values of tzedakah, that run through Jewish Care.

I first became involved with Jewish Care in 2008 (after Steven recruited me on to the Audit & Risk Committee. I joined the Board in 2009 as Treasurer and held that position until 2016 when I took, what in retrospect can only be described as a short break from the organisation (I remained on a board committee until 2018 and re-joined



Care, we continue to do what we have always done: care for the most vulnerable members of our community in our Homes and support those living in their homes in the community to lead happy and fulfilling lives. That we are able to do so is entirely down to the hard work and dedication of our staff and the incredible generosity in both time and money of our donors and volunteers. So, thank you to all of you for everything you do.

Among the many ways that you have helped, is in allowing us to significantly expand our Meals on Wheels and befriending services. Over the years, many of those we care for have come to depend on the companionship that our community day centres provide and we have sadly been unable to operate these for over ten months. It therefore was, during the pandemic, and remains, critical for us to develop new ways of reaching people in the community. As we look ahead into what we suspect will be a changed "normality", the types of services we provide will continue to broaden and change and for the time being, we are having to regretfully adapt our staffing levels to reflect what we are currently able to do.

We also intend to further upgrade our physical infrastructure and are planning on a new home in Redbridge to replace Vi & John Rubens House which was built over 40 years ago. But aside from this, and in light of all the developments that took place under my predecessors Steven Lewis and Stephen Zimmerman, our focus will be on our people and our services.

**"DESPITE THE MANY CHALLENGES THAT UNDOUBTEDLY LIE AHEAD, WE HAVE THE RESOURCES AND SKILLS TO BOTH SURMOUNT THEM AND COME OUT STRONGER."**

the Board in February of this year): not only do I know Jewish Care well, it has become an important part of my life.

This year has proved to be very challenging for us all. We have lost loved ones, in many cases far too early, and our lives have been up-ended, with plans put on hold, events we looked forward to celebrating being cancelled, and the future becoming more uncertain. Jewish Care as a community has been hit particularly hard; we lost a valued colleague Mateo Aben, a beloved former Chairman, Michael Goldmeier, and many of our residents and members in circumstances that made it difficult for their nearest and dearest to say goodbye.

And yet, despite all that we have gone through at Jewish

I am very lucky to have a talented and able Board to support me as Chair and we are equally fortunate to work with a highly effective and dedicated senior executive team led by Daniel Carmel-Brown. The partnership between Jewish Care's lay and executive leadership has been key to our success and resilience as an organisation. Despite the many challenges that undoubtedly lie ahead, we have the resources and skills to both surmount them and come out stronger. Along with my fellow board members, we are all acutely aware of the trust placed in us by the community and the importance of ensuring that Jewish Care survives and prospers for many decades to continue to be one of the key pillars of British Jewish life.



# Remembering those who remembered us

**O**ver a quarter of the funds Jewish Care needs to raise each year comes from the generosity of those who have left a Gift in their Will. This wonderful and meaningful gesture means we can ensure that we continue to provide our high quality of care as well as the services which makes Jewish Care so special.

In addition, our Helpline, often the first port of call for so many people, helps to support our outreach work so that the most vulnerable members of our community don't feel alone. This has been especially important during the Covid-19 pandemic.

## Leonard's story:

**L**eonard lived in Essex and enjoyed receiving Meals on Wheels from the Redbridge Jewish Community Centre. It was through this that he struck up a very special friendship with Gerry, who delivered his meals. After a number of years, he moved to Jewish Care's Vi and John Rubens House, and the pair continued to stay in touch.

Gerry explains, "Leonard had been in the RAF, so I took him as a treat to the Biggin Hill Air Show. He was so excited as we found his old regiment, commanding officer and uniform at the air show. I bought him a special mug there to remember the day and he used this at Vi and John Rubens House as it meant so much to him."

"Jewish Care had helped Leonard in so many ways. The Meals on Wheels service not only made sure that he had proper nutritious meals, but also had some company and we could keep an eye on him to make sure he was safe and being looked after. It is no surprise that when he passed away, he left a Gift in his Will to make ensure others in the community could receive the same care. I feel really heartened when I see the plaque which was placed up on the wall at Sinclair House in his memory. He really will be missed."



## In loving memory of Barbara & Howard Bass

**S**ylvia Bernstein lives in Australia and wanted to find a meaningful way to honour her sister and brother-in-law, Barbara and Harold Bass. Sadly, the couple passed away from Covid-19, just two weeks apart. Barbara and Harold were being supported by Jewish Care's Social Work team.

Sylvia explains, "I am so thankful for the support Barbara and Harold received from Jewish Care's Social Work Team. Not only did they support Barbara, but they were incredible in providing family support to me. It was very difficult for me to keep up to date with Barbara's wellbeing because of the time difference. They provided me with regular updates, and I knew they were both receiving the support they needed. I could not have got through this difficult time without their help and professionalism. My sister always said that Jewish Care would look after me, and they did, so giving a Gift in their Memory is a wonderful way to pay tribute and also say thank you."

For information on Giving in Memory, information on our Book of Memories or inscribed leaves on our Tree of Memories, or personalised candle holders, please email [givinginmemory@jcare.org](mailto:givinginmemory@jcare.org) or visit [jewishcare.org/givinginmemory](http://jewishcare.org/givinginmemory)

Help us to continue to touch the lives of people such as Leonard by leaving a Gift in your Will. If you'd like to find out more about including a Gift in your Will, call Alison Rubenstein in confidence on 020 8922 2833 or email [legacyteam@jcare.org](mailto:legacyteam@jcare.org)







Thank you so much to everyone who has shared a Simcha with Jewish Care this year.

**We've now made it even easier to share your Simcha with us. We are delighted to launch Celebrate with Jewish Care, a new way to share your celebration by asking friends and family to make a donation to Jewish Care to mark the occasion.**

**This new fundraising platform sits on our website at [jewishcare.org/celebrate](http://jewishcare.org/celebrate), amongst the other great ways that you can help us.**

## Create a fundraiser

To create your own fundraiser, simply fill out the questionnaire about your celebration and upload a photo so your family and friends can easily spot you. Once you've done this, you will be kept in the loop via email, and we will let you know once your fundraiser is live on our website so you can share it with your friends and family.

Whether you're celebrating a Bar/Batmitzvah, a birthday or even a wedding anniversary, by choosing to Celebrate with Jewish Care, you can make an enormous difference to the 10,00 people whose lives we touch very week

## Donate to a celebration

There is a dedicated page for all our wonderful simchas so you can easily find the celebration you wish to donate to. Whatever the celebration, donating is an inspirational way to mark a special occasion, and we encourage you to share our fundraisers on social media and beyond, helping us to spread the word about Celebrate with Jewish Care.

**There are three simple ways you can donate:**

- 1. Online** with a credit or debit card by visiting [jewishcare.org/celebrate](http://jewishcare.org/celebrate)
- 2. By calling** the dedicated donation line on 020 8922 2600
- 3. Via post** – by cheque or charity voucher payable to Jewish Care, with a note included to say that it is for your special occasion – please note that SOFT charity vouchers can no longer be accepted as payment.

**If you require further assistance, please do not hesitate to contact us on 020 8922 2600 or email [celebrate@jcare.org](mailto:celebrate@jcare.org)**

### 65TH WEDDING ANNIVERSARY

Alma & Sidney Norman

### 60TH WEDDING ANNIVERSARY

Sheila & Terry Benson  
Hazel & Brian Block  
Estelle & Lawrence Cohen  
Felicia & Ronnie Lawrence  
Cynthia & David Messias  
Rosa & Stuart Panto

### 50TH WEDDING ANNIVERSARY

Karen & Tony Ansell  
Lord & Lady Dyson  
Eve & Stephen Freedman  
Joy & Geoffrey Gafson  
Beverley & Michael Handman  
Lynda & Mervyn Harris  
Miriam & Kenneth Keller  
Angela & Arnold Kosiner  
Carole & David Pearlman  
Adele & Adrian Press  
Hilary & Stephen Raymond  
Susan & Colin Sinclair

### 45TH WEDDING ANNIVERSARY

Anne & Melvyn Leach

### 40TH WEDDING ANNIVERSARY

Mr & Mrs Henry Cohn  
Eloisa & Sheldon Russell

### 30TH WEDDING ANNIVERSARY

Sandra & Jon Jacobs

### 25TH WEDDING ANNIVERSARY

Gayle & Andrew Klein

### WEDDING ANNIVERSARY

Kathryn & Martin Brown  
Rosalind & Dennis Copeland  
Barbara & Salvator Gabay  
Myra & Mike Rom

### MARRIAGE

Andrew Lawrence  
& Emma Sevvit

### ENGAGEMENT

Daisy Fulton & Greg Monk

### 3RD BAR MITZVAH

Mr S Fisher

### 2ND BAR MITZVAH

Kenneth Asch  
Jeffrey Bendon  
Jeffrey Glassman

### 2ND BAT MITZVAH

Joan Kalb

### BAT MITZVAH

Tzivah Hackenbroch  
Estelle Phillips  
Gabiella Ross

### BIRTHDAY

Sidney Aaronberg  
Karen Arlington  
Michael Arlington  
Lara Balsam  
Adelaide Benjamin  
Anita Berman  
Sidney Berman

David Bier  
Leah Biller  
Brian Bofkin  
Renee Bourne  
Robert Brand  
Frankie Branston  
Harold Brassey  
Martin Brenner  
Cyril Breslauer  
Alan Clemenston  
Sandy Collins  
Michael Dunitz  
Albert Elton  
Thelma Feldman  
Lady Barbara Fink  
Harold Finlay  
Frances Fishman  
Susan Fligg  
Ruth Fluss  
Eve Freedman  
Gerald Friedland  
Peter Gillis  
Nicole Ginsberg  
Ben Ginsburg  
Greta Gitlin  
Andrea Gold  
Harry Gold

## Celebrate with Jewish Care spotlight – Don's 90th Birthday

**D**on and his wife Louise are active members of the Jewish community in Ilford, Essex and have been married for 65 years. They have always thoroughly enjoyed volunteering and giving their time to charity. Jewish Care played a big part in their social lives once Don retired 25 years ago. They would visit Redbridge Jewish Community Centre weekly to take part in activities and social groups.

Don was a volunteer Meals on Wheels driver in Redbridge for ten years in his 70s, with Louise helping and guiding him with directions. A keen singer, Don also helped out at the Redbridge JCC 'Thursday Nighters' club, where he would provide entertainment for the members. More recently, Don and Louise enjoy the monthly Salt Beef Supper Evenings and have attended a few of the many virtual events on offer during Covid-19.

For Don's 90th birthday, he has kindly decided to ask his friends and family to make a donation to Jewish Care instead of buying gifts. Don said, "I have many fond memories of activities at Redbridge JCC, including playing short mat bowls and singing for the other members. Without Jewish Care, the Jewish community in Ilford would not be what it is today. They provide us with



all the entertainment and comfort we could need."

**If there's a Jewish Care service that's close to your heart, why not ask friends and family to make a donation instead of giving gifts for your simcha? Visit [jewishcare.org/celebrate](https://www.jewishcare.org/celebrate) to create your fundraiser today.**

Melvin Gold  
Ann Goldstein  
Jeanette Goodman  
Warren Graham  
Ivan Green  
Vicky Griver  
Martin Harris  
Ray Harris  
Sadie Harris  
Ian Holland  
Stella Isaacs  
Joan Jacobs  
Jerry Joseph  
Rodney Joseph  
Viv Keen  
Alan Keller  
Anthony Kent  
Gayle Klein  
Philip Koch  
Sheila Lee  
Ruth Leigh  
Stuart Lesser  
David Leuw  
Jill Leuw  
Henry Lewis  
David Lister  
Frances Litkin

Carole Lubliner  
Anne Marks  
Maurice Marks  
Valerie Mendoza  
Eleanor Miller  
John Miller  
Hadley Newman  
Micky Nurtman  
Adam Overlander-Kaye  
Dame Shirley Porter  
Lee Portnoi  
Michael Posner  
Gerald Raeburn  
Carole Raven  
Ann Richenberg  
Valerie Richman  
Roz Rome  
Paul Rosen  
Ruth Rosen  
Alison Ross  
Philip Samuels  
Adela Sefton  
Ivor Share  
Betty Shifrin  
Zigi Shipper  
Sharon Shloshberg  
Jocelyne Shrago

Raymond Simmonds  
Raymond Simon  
Deborah Slyper  
Etan Smallman  
Shirley Snow  
Leonard Solomons  
Audrey Soloway  
Harry Spiro  
Anthony Spitz  
Michelle Stoops  
Philip Strang  
Stuart Swead  
David Teacher  
Terry Vyner  
Trevor Waller  
Brenda Wallman  
Ruth Webber  
Wilfred Webber  
Dan Wolff  
Tessa Wolff  
Doreen Wrightman  
Yonah Zweig

### IN CELEBRATION

Wendy & Andrew Pater  
on the marriage of  
Sophie & Ben

### IN HONOUR

Jacqueline Feldman  
Eshet Chayil  
Fiona & Martin Swerdlow

### BY WAY OF THANKS

Vicki & Jeffrey Finegold  
Alan Fish  
Harvey Jacobs  
Marcel Ladenheim  
Roy Sandler

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  
[celebrate@jcare.org](mailto:celebrate@jcare.org)**



# Our world has changed, and we need your support

Adam Overlander-Kaye, Jewish Care's Director of Fundraising and Community Engagement, talks to *Careline* about **the challenges of fundraising during a pandemic**

**T**he world around us is still a challenging one as we look to keep ourselves and others safe. The financial uncertainty that surrounds us means that fundraising is more important than ever as we continue to support the varied levels of care that our residents, service users and members need.

As with many of our services, one of the challenges we have faced is not being able to have any in-person events. Our Annual Dinner, Topland Business Lunch, Young Patrons Dinner, Business Breakfasts, Women of Distinction Lunch, Golf Days, Bridge Extravaganza Family Fun Day and a plethora of other local committee quizzes and Young Jewish Care events have all had to be moved online or postponed. The fundraising team have been working hard alongside our dedicated lay people to both bring together as many people as possible online and ask our supporters directly for donations.

**"I CAN ASSURE YOU THAT  
WE NEED YOUR SUPPORT  
MORE THAN EVER."**

At our greatest time of need our Patrons, Friends, Young Patrons, supporters and fundraising committees have all contributed generously to our 2020-21 fundraising campaign and for that we are hugely grateful.

However, our financial need is still as great as ever and to date we will have spent in excess of £500,000 Personal Protective Equipment (PPE) alone. With Covid-19 still

dominating our lives, the impact on Jewish Care remains just as high and we estimate that the additional financial impact to the end of March 2021 could be as much as £7m. We need to have the funds available to respond to the needs of all those that need our care and support, whether it be for residential care, our Social Work and Community Support Team, Jewish Care Direct Helpline, telephone befriending, Meals on Wheels and more.

Jewish Care is rightly proud of our fundraising and our events calendar is second to none, from the range of events to how they are run. As mentioned earlier, these fundraising opportunities are either currently denied to us or we have had to change and diversify the way we engage.

So how can you help? If you are a regular supporter but have not yet made your gift to our 2020-21 campaign, I respectfully ask that you please do and that you are as generous as possible. I can assure you that we need your support more than ever. If you have already made a gift – thank you.

If you'd like to help raise funds through taking on a challenge like running a half marathon or doing a virtual spinning race, please be in touch and we will make it happen. If you shop with Amazon, you can use Amazon Smile and make Jewish Care your charity of choice. If you're celebrating a simcha or would like to make a donation in memory of someone, please ask about our new Celebrate with Jewish Care programme and our In Memory giving scheme.

**If you'd like to get involved by joining a committee, suggesting a fundraising idea or would like to make a donation you can contact us on fundraising@jcare.org or 020 8922 2600.**

Thank you for your support – we, and all those we look after, are hugely grateful and we couldn't do it without you.

## We are now open for safe admissions

**Our friendly, dedicated and professional team are looking forward to welcoming you.**

Our number one priority is to keep all our residents, relatives and staff safe so we are following strict Public Health England guidelines and measures across all our homes.

As we admit new residents in this period, admissions may be different to normal but our team will go out of their way to make sure every resident is treated with the care and respect they deserve, ensuring residents settle in safely and make friendships in the home.

We have lots of ways for families to stay in touch and keep connected too.

**For more information please call our team  
on 020 8922 2222 or email lwjc@jcare.org**

**JEWISH CARE**

## Adam runs his first half-marathon

**J**ewish Care's Director of Fundraising & Community Engagement, Adam Overlander-Kaye ran a tailored half marathon route in North West London running 21km to help support Jewish Care.

He says, "Nine months ago I couldn't run 1k, so it was amazing to train for, and run, my first ever half marathon. In the end, I ran three half-marathons in five weeks! Since lockdown, I have seen our care staff and social workers at Jewish Care working in physically and emotionally difficult conditions every single day looking after older, vulnerable members of our community. I'm so pleased I was able to raise over £4,000 to help support Jewish Care, the charity I am incredibly proud to work for."

If you would like to take on a challenge, whether it's pounding the streets, climbing up mountains or cycling across the city, there are events for people of all ages and fitness levels to help raise money for Jewish Care.

No challenge is too big or small; taking on a 10k, half marathon, marathon or bike rides are great ways to get fitter whilst supporting your favourite charity. Jewish Care will support you all the way to the finish line with a dedicated member of the team to help you with your fundraising and training to get you ready for the challenge. You can still support Adam's fundraiser here: [justgiving.com/fundraising/aok247](https://justgiving.com/fundraising/aok247)

To find out more about taking part in a challenge event for Jewish Care, please contact Alexandra Morris on 020 8922 2806 or email [amorris@jcare.org](mailto:amorris@jcare.org)



## Retirement Living with Jewish Care

**R**etirement Living with Jewish Care, formerly known as Independent Living, offers individuals and couples over the age of 60 the freedom to live in style as part of a welcoming Jewish community, without the hassle or worry about maintenance and upkeep of the building and communal areas that comes with ownership. It also means there is no worry over resale. Most importantly there is the peace of mind of knowing 24-hour support is available with staff based on-site if needed.

Over the past ten years, Jewish Care has developed a collection of beautiful well appointed, secure, purpose-built apartments set in vibrant, warm Jewish environments to enable tenants to become part of a community within a community.



"I never thought I would move out of my 5-bedroom house," says Bernice, a tenant in Wohl Court, Hendon. "It was the best thing I ever did. Not only do I feel safe, but it gives my children peace of mind. I have also made some wonderful friends."

The latest addition to Jewish Care's Retirement Living apartments is the stunning Sandringham's Pears Court, set in 16 acres of woodland on the Stanmore/Hertfordshire borders. It is ideally located a short distance from central London and close to many Kosher restaurants and shops in Bushey.

Gaby Wills, Director of Care Services explains, "Retirement Living is a positive lifestyle choice. We are so excited to be opening Sandringham's Pears Court and invite those who wish to be part of an active Jewish community to consider this. These beautifully designed apartments not only have fantastic facilities in a magnificent setting, but they provide the opportunity to access support, services and activities on site. Security, safety and quality are top of our agenda when it comes to Retirement Living, and our aim is to maximise independence, social interactions and opportunities to take part in purposeful activities. Sandringham is unique in offering a range of community and residential services, enabling a transition to higher levels of care on site, should needs or circumstances change over time. For those who are not quite ready to slow down, Sandringham's Pears Court also offers opportunities to volunteer, explore the wonderful grounds or take an active part in community life."

Our team would be delighted to discuss how Retirement Living at Jewish Care is suitable for you or a family member. Please call 020 8922 2222 or email [retirementliving@jcare.org](mailto:retirementliving@jcare.org) for more information.



# 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 was shielding at home before lockdown and now go out for essentials only. I really enjoyed going to the community centre before all this began. I don't like being online but do like to talk on the phone and I miss having a chat with someone. Lately, I've begun to feel very lonely and isolated and it has become worse over the winter.

**A:** It is isolating to be at home for such a long time and you'll be pleased to know that we have a range of support services which you can join in with on the phone. These activities aim to keep mind and body active and stay connected with others socially, to form a community of mutual interest, often helping with wellbeing.

You may like to consider Jewish Care's telephone befriending service, which could support you to stay

connected by regular chats with a befriender who can provide a friendly voice, interesting discussions or share an activity together, such as singing or a quiz. As well as trying to keep in touch with family and friends as much as possible, you might like to phone in to some of the interesting talks and discussions. Jewish Care Presents... is a series of live events with talks by guest speakers and expert guests on a whole range of topics from art, history, politics, entertainment and more. Jewish Care's Supportive Communities Chatty Café and Tea Parties are also a lovely place to chat and connect with others in the community through lively conversation.

If you would like to contact our Jewish Care Direct Helpline they will be able to refer you to one of our Social Workers or Occupational Therapists who could talk with you about equipment such as a pendant alarm or other equipment, to make your home space safe, so that you can continue to lead a safe, independent life.

**Q:** My mother has been diagnosed with dementia and together with my father, we as a family are trying to support her as best as we can. Now that they are staying at home in the pandemic they are becoming isolated and it's more difficult to find activities to keep them both engaged. What are the best next steps I can take to support them?

**A:** It's important that you are able to take this step and ask for guidance. Our dedicated Social Work and Community Support Team can talk to you and your parents, with their consent, as well as working with other health and social care professionals to ensure that they find the right support for now and in the future.

Discussing future care planning, including Lasting Power of Attorney and other important and meaningful discussions will enable your parents to establish what is important to them now and for the future. Your father and other members of your family may also benefit from our 1-1 or group support via our Family Carers Team, who have extensive knowledge and experience of the changing roles that you and your father have as your mum's carer.

We also have a number of activities running virtually and on the phone for people living with dementia and their carers. Singing Together and the Memory Way Cafés are keeping people connected, helping them to stay stimulated and connected with others, offering support and valuable relationships during this time.

**Q:** My parents are in their 70s. My Dad has health issues and is finding it harder to manage the stairs. My Mum is finding it harder to manage doing everything she used to do at home. I worry as they will need more help and I live quite far away from them. What do you recommend I do to help them?

**A:** Your concern for your parents makes sense and it could be that initially, with a few easy adjustments, your parents could improve their quality of life in their home to help them maintain their independence safely. It's important to adapt our environment to suit our needs as we age. With their consent, you could contact the Jewish Care Direct Helpline who will be able to discuss their needs with a referral to our Social Work and Community Support Team for a more in-depth discussion.

Our Occupational Therapist can also discuss adaptations to enhance safe independent living. Our Welfare Benefits volunteers can help with applications for Attendance Allowance and other means-tested and non means-tested welfare benefits. We also have a range of social activities on the phone or online to increase well-being, which they may be interested in. Our Family Carers Team may also be able to provide you with some emotional and practical support.

In the longer term it may be a good idea to plan for the future and if your parents support needs increase, it could be a good idea to consider our retirement and assisted living apartments. You can take a virtual tour of the Retirement Living apartments at [jewishcare.org/how-we-can-help-you/homes/independent-living-apartments](https://www.jewishcare.org/how-we-can-help-you/homes/independent-living-apartments)

**Q:** I'd like to have a look around the care home for my mum but I'm not sure if you are showing people round at the moment? What should I do?

**A:** Our care homes are accepting new admissions, however due to current Covid-19 restrictions, visiting the home in person beforehand may not be possible. You will be able to take a virtual tour of any of our homes by visiting our website [jewishcare.org/how-we-can-help-you/homes](http://jewishcare.org/how-we-can-help-you/homes) and clicking on the home you are interested in.

Our Living With Jewish Care team are happy to assist you if you have any questions or would like to discuss any of our care homes. They will also be able to talk to you more about our admissions process during the pandemic. You can contact the team at [lwjc@jcare.org](mailto:lwjc@jcare.org) or call 020 8922 2222.

**Q:** My dad has just moved to one of your care homes and my sister and I really want to visit together as often as we can. Is that going to be possible?

**A:** Under current Government guidelines, we are able to facilitate a small number of visits to our care homes as long as they can be done in a safe way and do not pose a risk to residents, staff or other visitors. We are working hard to enable indoor visits during the winter months to ensure that the wellbeing of our residents and their mental health remains a priority during this second lockdown.

Visitors will need to book a visiting slot with the care home directly, and will be offered one of three types of visits: Window visits, dedicated space visits, or in room visits, which are reserved for visitors who are visiting a resident at the very end of their lives. The Registered Manager of the home will discuss which type of visit will be possible based on a number of assessments.

We know the situation is challenging, and while visits are less regular, we will do whatever we can to continue to help facilitate phone calls, video calls or a Skype call with a loved one instead of a physical visit. You can find regular updates to our policy at [jewishcare.org/coronavirus](http://jewishcare.org/coronavirus)



**Q:** In the first wave of lockdown we kept hearing about care homes that didn't have enough Personal Protective Equipment (PPE). Does Jewish Care have enough PPE for staff to keep residents safe?

**A:** To date, Jewish Care has procured over two million items of PPE since the start of the pandemic. It is a key priority for us to ensure we have ample PPE.

We continue to procure and invest in items of PPE to ensure that our staff and residents have all the protective equipment that is necessary to keep everyone safe now and in the future.

**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](http://JEWISHCARE.ORG)**



# A guide to what we do

During Covid-19 pandemic many face-to-face services are unable to take place until they are safe to continue. Services are still operating virtually, online and over the phone through a variety of one-one and group sessions.

## 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, Stanmore  
**SERVICES ON SITE INCLUDE:**  
Anita Dorfman House, Wolfson Assisted Living and from 2021, Pears Court and The Ronson Family Community Centre

## 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

Offering high-quality residential, nursing and dementia care in an environment that promotes meaningful lives.

- ▲ Sandringham's  
Anita Dorfman House, Stanmore  
*Personal, dementia & nursing 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, dementia & nursing care*
- ▲ Otto Schiff, Golders Green  
*Personal and dementia care*
- ▲ Rela Goldhill at Otto Schiff, Golders Green  
*Physical disabilities, aged 18+*
- ▲ Rosetrees, Friern Barnet  
*Personal & dementia care*
- ▲ Vi & John Rubens House, Ilford  
*Personal, dementia & nursing care*
- ▲ Sandringham's  
Wolfson Assisted Living, Stanmore  
*Personal care*

## CONNECT@ CENTRES

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

- ▲ connect@kenton ①
- ▲ connect@southgate ②
- ▲ connect@southend
- ▲ connect@stamfordhill ⑦

## RETIREMENT LIVING

Offering independent living within a supportive setting.

- ▲ Sandringham's Pears Court, Stanmore (opening 2021)
- ▲ Wohl Court, Hendon
- ▲ Selig Court, Golders Green
- ▲ Shebson Lodge, Southend

## COMMUNITY CENTRES

Our community centres are providing Meals on Wheels, befriending, online events and virtual activities while we are unable to gather due to the Covid-19 pandemic.

- ▲ 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 2021)

## DAY CENTRES

Offering a activities for older people, to remain active and connected to the 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:**

- ▲ 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

Promoting independence and choice.

- ▲ Jewish Care Explore – Digital skills for everyday life, Golders Green
- ▲ 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@jbc.org.uk

- ▲ Bereavement during Covid-19 ⑤  
For people bereaved during the virus
- ▲ Stronger Together ⑤  
For people (60+) who have lost a partner
- ▲ Butterflies ⑤  
For mums and dads (of young children) who have lost a parent
- ▲ Bereaved Parents ⑤  
For people bereaved of an adult child
- ▲ AfterShock ⑤  
For young adults (18-30) who have lost a parent
- ▲ Stepping Stones ⑤  
For people (40-60) 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, Friern Barnet
- ▲ Anita Dorfman Relatives Support Group, Edgware, Golders Green

### MEMORY SUPPORT AND SOCIAL GROUPS

- ▲ Memory Way Café, Golders Green, Finchley, 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
- ▲ Singing Together, Online

### 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 singles, Golders Green
- ▲ Sunday Socials, Golders Green and Redbridge
- ▲ Thursday Social Club, Redbridge
- ▲ Parkinson's Social Group, Golders Green

### SUPPORTIVE COMMUNITIES

Informal social groups that bring communities together and help build friendships, in person and via zoom. For information call 020 8922 2273.

- ▲ Chaps that Chat  
A weekly informal social discussion group
- ▲ Chatty Café  
A weekly chat over coffee
- ▲ Tea Parties  
A friendly monthly meeting
- ▲ Pop In  
A weekly meeting on Zoom
- ▲ Men's Talk  
A weekly discussion group for men
- ▲ Ukulele Club, Beginners ukulele class
- ▲ Exercise with Moira  
30 minutes of gentle seated exercise
- ▲ Knit, Stitch and Natter  
Women's wellbeing group

### BEFRIENDING

Companionship and friendship through face-to-face and telephone conversations to help combat loneliness and isolation. Across London, Essex, Hertfordshire and the South East

### 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 an extensive 'Kosher meals at home' service in Redbridge, Southend, Stamford Hill and across North West London, offering nutritious Kosher meals. We are also able to provide a range of pureed foods for anyone living with dysphagia.

## MENTAL HEALTH



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

### 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 run by the Jewish Bereavement Counselling Service
- ⑥ in association with the Northwood and Pinner Liberal Synagogue
- ⑦ in association with Industrial Dwelling Society





## **Sadly, due to Covid-19, the doors of our Centres are closed. But we are still open to the community.**

We were heartbroken when we were forced to close our community centre doors in March.

But we are absolutely still open. Jewish Care is still providing even more Meals on Wheels and befriending calls and a growing virtual programme of talks, digital entertainment and online activities.

Our social work and community support services are still here for those who are isolated and alone.

**You can see the full programme of online activities at [jewishcare.org/community](https://jewishcare.org/community).**

**If you or someone you know is feeling lonely or isolated please contact our Jewish Care Direct Helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org) for more information.**