

# CARELINE

ISSUE 84 | SUMMER 2021/5781

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Welcome to Sunridge Court  
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In-person events are back



***We can't wait  
to see you again!***

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**



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ISSUE 84 | SUMMER 2021/5781



Welcome to our Summer 2021 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. Similarly, any provisional dates that are stated around resuming in-person activity are also subject to change. We do, of course, hope that they will not change, however we cannot guarantee this at the time of printing. 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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Lila, Pamela and Anne enjoy tea together outside at our Sandringham campus  
Photo by Blake Ezra Photography

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# Welcome from

Daniel Carmel-Brown, Chief Executive, Jewish Care

**I**t seems that with every update I am able to give, there is increasingly more positive news to share. That is a very special position to be in, considering where we found ourselves at this time last year, only just emerging from the first wave of the pandemic.

The last few months have been exceptionally busy at Jewish Care while we prepare to resume our in-person activities for community service members, allow more visits to residents in care homes, and plan more in-person fundraising events. We are truly delighted to be preparing to welcome you back again and you can read more about our exciting plans to re-open our community centre doors on page 14.

We are, however, always aware that restrictions and national guidance are subject to change at short notice, so it is important to note that much of what I say here and included in this issue of Careline is correct at the time of going to print. I very much hope that by the time you read this, we will be well on the way to resuming activity and that no further delays are imposed.

I would like to take the opportunity here to introduce two new members of our Directorate team, Amanda King and Richard Shone, following rigorous selection processes.

Our COO, Andy Hope, announced last year that he was embarking on an exciting plan, eight years in the making, to relocate permanently and enjoy more time on his beautiful farm in the Yorkshire countryside with his wife and four children, and that he would sadly be leaving us in May 2021. We are incredibly grateful to Andy for his many years with us and for his exemplary operational and financial leadership. Following Andy's departure, Amanda King joins us as our new Director of Finance and IT.

Amanda is a qualified accountant with 20 years of operational financial experience at companies including Disney, Cable and Wireless, Centrica, and as the CFO of a tech start-up. She is



a Treasurer and Trustee of the Holocaust Memorial Day Trust and Secretary of her local church Parochial Council.

Richard Shone has also been appointed to the role of Director for Community Development. Richard began working for Jewish Care in 1990, the very year Jewish Care was formed, although he was a volunteer in the organisation for several years before that in the Youth Section at what was then known as Sinclair House, which we now know today as Redbridge JCC. Richard has fulfilled a number of roles during his 30 years with the organisation, and we are delighted that he will continue as a director at Jewish Care.

We also share exciting news that you will read about in these pages, that our first tenants have moved in to our wonderful new Retirement Living development, Pears Court at Sandringham, and we wish them b'chatzlacha (good luck!) in being the pioneers of building our community there.

Elsewhere across the organisation, we continue to deliver extraordinary numbers of Meals on Wheels and making telephone befriending calls, both now totalling more than 64,000 and 63,000 respectively. Our virtual events and online groups continue to attract hundreds of members each

week, and there are more and more guest appearances from the likes of Sir Michael Palin, the former Prime Minister, The Rt. Hon. Theresa May, and other high profile, interesting speakers.

We are incredibly pleased to say, again, at the time of writing this, that designated visitors are allowed to see their loved ones in our care homes and able to hold hands with them after such a long period of time where only distanced or virtual contact was possible. It has been truly heart-warming to see some of these reunions and we hope that they are only the start of families being able to spend more time together in person. For residents in our care homes, we are also now pleased that Government guidance has changed, and they no longer have to isolate for 14 days if they want to leave the home for a day visit or trip out. This is a huge step forward in increasing contact that residents have with their loved ones and will only benefit their wellbeing and mental health. Again, it is important to note that guidance is always subject to change, and unfortunately the 14-day isolation period still applies to those residents returning from a stay in hospital.

You will have also read the news that the Covid-19 vaccine will now be compulsory for all care home staff going forward. We continue to strongly encourage all staff to take up the vaccine and the majority have already done so, with 80 per cent having had at least their first dose. We hope that the small remainder of our staff will choose to have their vaccination in the coming weeks.

As we edge closer to normality and resume more activities in person, I want to urge you all to stay safe; despite a high take up of the vaccine, the virus has not gone away and we must continue to remain vigilant, but I have no doubt that we will all still enjoy the summer months and the freedom that the warm weather is likely to bring us.



## Sandringham update

**Jewish Care has now opened its beautiful, new Retirement Living apartments at Pears Court at Sandringham and the first tenants have begun to move into this wonderful, modern space.**

**S**andringham's Pears Court offers 48 stunning one- and two-bedroom 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. Each luxury apartment is conveniently designed with a fully tiled wet room bathroom fitted with a wall mounted shower, an open planned fitted kitchen which leads onto a spacious lounge area, and has a balcony which overlooks the beautiful, private landscaped courtyard garden.

Toby Drage, who will be 86 in a few weeks' time, was the first tenant to move into Pears Court at Sandringham. Toby was a weekend receptionist at Jewish Care's former care home on the Sandringham site, the Princess Alexandra Home, for ten years. Sadly, Toby's husband passed away two and a half years ago. Toby said, "I wanted to live independently, and I wanted a Jewish environment, so I knew I wanted a Jewish Care Retirement Living flat. By living here, I'm also alleviating worry for my children. My children live close by, and my grandchildren are spread out. Everyone here is so kind and helpful, the move has definitely been the right one for me and it's gone well."

Len and Sylvia Kingsley also moved into Pears Court at Sandringham in June. Len and Sylvia have been married for 67 years and have been looking forward to moving in since the Retirement Living apartments were announced. Sylvia is very pleased that they will now be able to have some help and support with Len's care as he approaches his 95<sup>th</sup> birthday.



As we look to open our community centre doors again, we also prepare to open the new, state-of-the-art Ronson Family Community Centre at Sandringham. The centre will host activities for those living at Pears Court at Sandringham and other nearby community members, including members of our Edgware and Harrow Day Centre.

Members will also be able to access and take part in services at the on-site synagogue, attend yoga classes in our specially designed garden, and grab a bite to eat at the new café, serving hot, kosher food throughout the day. There is guaranteed to be something for everyone on offer at the centre.

This summer, we also prepare to open the new Ruchi & Zalman Noé Centre for People Living with Dementia at Sandringham. This new centre for people living with dementia



now incorporates Jewish Care's Leonard Sainer Centre for regular activity. All members will have access to the new Ronson Family Community Centre and the wonderful activities on offer.

We are excited to be able to offer the community in South Hertfordshire these fantastic new services and look forward to sharing more exciting activities with you soon.

**To find out more about Pears Court at Sandringham, please contact the Living With Jewish Care team on 020 8922 2222, or email [lwjc@jcare.org](mailto:lwjc@jcare.org).**

## Redbridge update

Jewish Care is now edging closer to the new campus and we remain as committed as ever to delivering this much needed, state-of-the-art campus to the community on the current Sinclair House site.

**W**e remain 100% committed to our development in the Redbridge and Essex area. For us, this is not just about physical infrastructure but the development of the right services to meet current and future demand for all Jewish Care services and the local community in Essex.

We promised that we would update you at every opportunity as to how this campus is progressing.

Following a successful pre-planning advice application meeting with the London Borough of Redbridge in June 2021, we are now making small revisions to our plans as requested by the London Borough of Redbridge to be shared at a second pre-planning application advice meeting in July.

four strategic hubs across London and the South East.

While we continue with the planning application process, we are thrilled to enter into new partnerships with synagogue halls and community spaces across the Redbridge area, allowing us to resume in-person activity for many of our members after the High Holy Days. We are truly excited to welcome our members back to in-person activity and cannot wait to see everyone again.

The pandemic has also allowed us to assess our offer to the community in the area, and where we can truly be of use and value to those who need us most.

Over the last few years, the local community has seen an increase in activities for Jewish youth provided by the local Jewish schools and other

**WE ARE TRULY EXCITED TO WELCOME OUR MEMBERS BACK TO IN-PERSON ACTIVITY AND CANNOT WAIT TO SEE EVERYONE AGAIN.**

If you would like more information on any of the planned changes to programming in the area, please contact the Jewish Care Direct helpline on **020 8922 2222** or email **[helpline@jcare.org](mailto:helpline@jcare.org)**.

The site in Redbridge is planned to consist of a community centre space, a dementia day centre, and a 60-bed care home, which Vi & John Rubens House in Gants Hill will relocate to. Recent research into Retirement Living options across the area shows that there is an ample supply of developments that support the local community there. This means that we will no longer be building retirement living flats on the site.

The site will be Jewish Care's fourth hub, also housing our homecare and social work teams for the area. It will be the final development to complete our

communal groups. We have therefore taken the difficult decision not to resume our in-person youth activities when social distancing restrictions are further lifted. However, the MIKE Youth Leadership Programme will continue to meet online weekly until we are able to meet in person at a local communal location.

We are confident that those who attended youth activity at the Redbridge Jewish Community Centre will have ample options and provision from communal partners in the area and are happy to assist anyone in locating these alternative services.



# Welcome to Sunridge Court

Sunridge Court has been providing high quality care to its residents for over 50 years. **We are delighted to have welcomed them into the Jewish Care family of care homes earlier this year.**



**T**he home prides itself not only on the excellent care it delivers, but the welcoming family feel that has been created alongside the strong sense of community that exists at the home between residents, relatives, the staff and volunteers.

Sunridge Court was founded by a group of families from the Liberal and Reform Jewish movement and today we still honour the vision they had for Sunridge as a non-orthodox "home from home".

Under the plan, the two organisations have come together, seeing Sunridge Court join Jewish Care's existing portfolio of excellent care homes, whilst retaining its ethos and practices.

Sunridge Court Executive Director, Rachel Jones and Jewish Care Chief Executive, Daniel Carmel-Brown said, "People in the community can look forward to living longer than ever before.

More specialist care will be needed going forwards. At Sunridge Court and Jewish Care, we understand these changing needs and increased expectations of our residents and their relatives. We have ambitious plans and want to provide an even wider spectrum of care to our residents and the community with them having access to a wider range of care support from residential and nursing through to dementia and end of life care. We are driven by the needs and aspirations of the growing number of older people in the community and providing them with the continued excellent care they have experienced and can expect from us long into the future."

Sunridge Court is a 45 bedded home offering en-suite accommodation in all rooms. The beautifully landscaped gardens can be viewed throughout the home and are enjoyed throughout the year. A large sun lounge overlooks the garden and residents often enjoy reading and relaxing watching the wind in the trees and birds.

There is an incredibly warm and homely atmosphere where nothing is too much trouble. Highly trained staff are always available 24 hours a day to cater for all of the residents' needs, great or small.

Sunridge Court arranges daily activities for residents including current affairs discussions, reminiscence groups, film afternoons, bingo amongst various other things. Sunridge Court offers an escorting service where a care worker will accompany our residents on visits of their choice.







To find out more  
about Sunridge Court,  
please visit  
[sunridgecourt.org.uk](http://sunridgecourt.org.uk)  
or call 020 8458 3389



# Face to Face volunteering makes a comeback

As restrictions begin to lift, we are so happy to welcome back visitors to our care homes and Retirement Living settings and resume in-person activity, **and a particular heartfelt joy is the return of our volunteers.**

**V**olunteers are the cornerstone of our services, bringing a wealth of experience, time and expertise; enabling us to reach more people and provide greater support within the community.

"Over the last year, our Community Services have ensured that members of the community do not feel isolated or alone. This was only possible with the assistance of our volunteers. Many volunteers stepped forward either adapting their existing roles or joining us for the first time. The spread of ages was greater than ever as students, those on furlough, those recently retired, all touched by the impact the pandemic, were having to step in to help in areas such as meal deliveries and befriending" says Richard Shone, Director of Community Services and Volunteers.

He continued, "Our services adapted so we could offer a wide range of virtual activity and online programmes to our members which has been a lifeline to many. Our Meals on Wheels and telephone befriending services have soared in popularity and we are reaching more people and all thanks to our volunteers.

We know it is not always easy to support others when times are tough, and we appreciate the time and effort. You cannot put a value on the warmth and support of our volunteers.

After an unprecedented year, a big "thank you" from the Volunteers' Department and all our colleagues at Jewish Care, we can't wait to say it to you in person!"

**Stephen Clandfield volunteers with Jewish Care's Welfare and Benefits Team, a vital service helping individuals identify and access their full entitlement of benefits.**



Originally due to start in March 2020 in person with the team, the position had to be put on hold. Stephen explains "I have a wealth of experience to offer in this field. When Jewish Care got in touch again in September, I was able to be set up remotely and work with the Social Work Team to help support people. I feel well supported and welcomed by the other team members and it is good to know I am putting my skills to good use."

**Yael Bebb has been a long-standing volunteer at the Southend & Westcliff Jewish Community Centre.**



"Before the pandemic, I used to sing and play music for members of the Community Centre in Southend. When the Stay at Home order was issued, I wanted to help and it was an opportunity to get out of the house for a legitimate reason. Jewish Care were looking to deliver Meals on Wheels and I have been delivering twice a week.

It is very rewarding work. I know my way around town much better now. Some of the people I deliver to I've got to know well and always stop for a chat."

**Marilyn Albert and her husband Michael lead services at Anita Dorfman House at Sandringham.**



Residents are invited to say Brachot, light candles and read prayers. She told us, "I feel very privileged to be allowed to come in to take Kiddush for the residents. After the candles, wine and challah, I tell a story about the Sedra and then sing Adon Olom and Hava Nagila. It is wonderful to see the residents singing along remembering the words even if they find communication difficult. Their smiles and thanks afterwards are so warming to our hearts."

**Gloria Stanley is the volunteer Manager at the shop at the Betty and Asher Loftus Centre.**



Along with her colleague Maxine, they purchase all the products for the shop. Gloria has been volunteering for over 24 years. "I am very, very happy to be back. The residents who are mobile come in and love it, those who need help come with their carers. It is bringing back some normality."

To find out more about volunteering opportunities at Jewish Care, please email [volunteers@jcare.org](mailto:volunteers@jcare.org) or call 020 8922 2905.





## “We’ve missed you so much” Life in our homes moves forward

**S**ince our care home residents received their vaccines, day to day life is much closer to normal than it was at this time last year. Designated visitors have been able to visit their loved ones and hold their hands since March, albeit with various restrictions still in place. Residents are allowed to leave the home for day trips, and we are able to facilitate more visits outdoors and in gardens now that the warmer weather allows for it.

We have been fortunate to share some very special family reunions in our care homes recently. “When I had my vaccine, I cried with relief. I was so excited see Mum. The pod visits were amazingly well-organised, but it’s not the same. It’s a blessing to see her,” said Amanda Patashnik when she visited her mum, Norma Nash, for the first time in a year at Anita Dorfman House at Sandringham.

Nina Doltis, a resident at Lady Sarah Cohen House said, “it was lovely and overwhelming” to finally be able to see her daughter again. They held hands as they talked with each other about the latest family news of her seven grandchildren and 17 great-grandchildren.

For Frances Nathan, an 88-year-old resident at Vi & John

Rubens House, it also felt like “it was amazing to see life coming back to normal. To have the possibility of sitting with my daughter again makes me feel very happy.”

Jewish Care Chief Executive, Daniel Carmel-Brown says, “We were delighted when we could welcome designated visitors to reunite with their loved ones. It’s fantastic to see the benefit of the visits in the wellbeing of our residents and their relatives as they enjoyed time with their families again.”

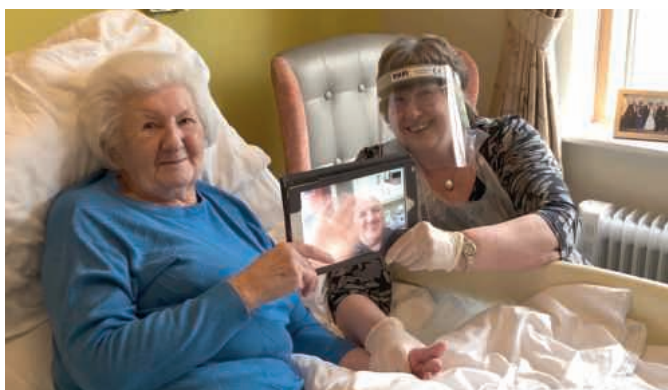
Outings for residents are also now possible, without having to isolate when they return to the home.

Dinah Barnett, who lives at Anita Dorfman House at Sandringham, was very emotional when she went to have tea and visit her family at home for the first in time over a year. Dinah said, “It feels wonderful to be going out with my son, Leon and daughter-in-law, Sharon, because I haven’t been able to for such a long time.”

Residents have enjoyed the opportunity to visit the shop at The Betty and Asher Loftus Centre again and be pampered as hairdressers have returned.

Entertainers, who have continued to run activities on Zoom, are also returning to the homes to run stimulating activities in person too. Sheree Charalampous, Social Activities Coordinator, says, “It was great to see our creative writing facilitator, Vicky, back running workshops at our two-day Wellbeing Festival in May with residents of Sidney Corob House and Jack Gardner House.” A dance and movement therapist will join residents there too. Sheree explains, “The focus is on the holistic wellbeing of the residents with our experienced participatory artists supporting residents to feel hope and joy and to move forward with a positive mindset.”

As restrictions have gradually lifted over the last few months, life in our care homes has certainly been looking much brighter and we anticipate many more celebrations and family gatherings in the coming months.



# Around the world of Jewish Care

**01 The pleasure of afternoon tea together** enjoyed by residents once again in June at Rosetrees care home's 20th anniversary party organised by volunteer Rita Roth.

**02 David Felby, who lives at Jewish Care's Wohl Court Retirement Living** makes Kiddush with staff member, Benjamin Horne, for Kabbalat Shabbat in the dining room before enjoying a delicious Friday night dinner with friends at Wohl Court.

**03 Resistance fighter, Holocaust survivor and educator Freddie Knoller BEM** celebrated his 100th birthday with family and friends this year. He received his card from Her Majesty The Queen and enjoyed Zoom celebrations with members from the Jewish Care's Holocaust Survivors' Centre.

**04 Dedicated volunteers delivered 660 Mishloach Manot parcels** to older members of the community this Purim with the support of Clifford Chance, Canary Wharf Group and GIFT.

**05 Dr Rosa Rivlin with Registered Manager, Elizabeth Mandeya, celebrating Rosa's 100th birthday** in February at Anita Dorfman House at Sandringham with staff and residents and a family Zoom birthday party.

**06 Residents at Lady Sarah Cohen House** received colourful messages on Pesach from children volunteering with PJ Library GIFT and The Yoni Jesner Foundation.

**07 Jonathan Zenios, Chair of Jewish Care**, at our Maurice and Vivienne Wohl Campus recording a message of thanks to our supporters.

**08 Natasha Stoller organised a bake sale for her daughter**, Peyton, and her friend Talia from Sacks Morasha Jewish Primary School to raise funds for Jewish Care as part of their Charity badge for Hendon Brownies Group.

**09 Tenants and staff at Shebson Lodge** raised a glass to say thank you to Armed Forces personnel, veterans, cadets and families as part of an AJEX campaign to mark National Armed Forces Week.

**10 A fabulous team of residents at Lady Sarah Cohen House** have been training with our physiotherapist to be ready for their sponsored 'Walk for Life'. They walked 20km, keeping fit whilst raising funds for physiotherapy equipment at the home.

**11 The Mayor of Barnet, Cllr Caroline Stock**, joined volunteers from Jewish Care and intergenerational charity, JOY, Joining Old and Young who are delivering challah every week to members of the Holocaust Survivors' Centre.

**12 Purim Zoom-ba moved online this year** so that school children from four schools could dance and have fun virtually, whilst raising funds to support older people in sessions led by Dancing with Louise.

**13 On the National Day of Reflection**, we turned The Maurice and Vivienne Wohl Campus purple as both a memorial and a beacon of hope for the future after a difficult year.



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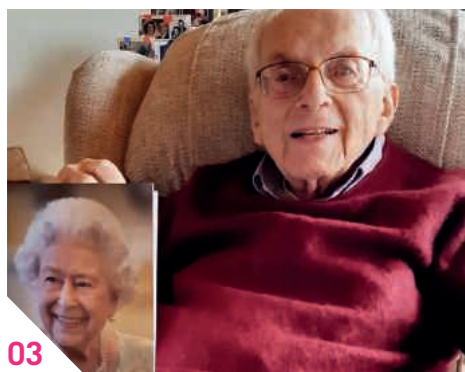


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**14 Great British Bake Off** contestant **Dan Beasley-Harling** led 100 families online for the JC Families Virtual Bake Off with toddlers to teenagers and their parents baking chocolate mini rolls on Valentine's Day to raise funds for Jewish Care.

**15 Volunteer, Sid Green, was 'overwhelmed** by the good wishes' of members and staff from Jewish Care after receiving his home-delivered cake and a rendition of Happy Birthday via Zoom. Sid spends three days every month calling over 50+ members of The Chaps That Chat group to check in on them.

**16 This summer, during Dementia Awareness Week,** 39 JFS pupils took part in the Get Moving in May Run Together Marathon challenge to boost wellbeing, whilst raising awareness and funds to help Jewish Care support people living with dementia.

**17 Will Gordon with dad, Steven and his Papa Malcolm** at Lady Sarah Cohen House when he read his Barmitzvah for his grandparents in the garden.

**18 Farid Harooni and his family were one of the families** delighted to welcome five designated visitors to our care homes this year on Father's Day.

**19 Staff and residents are delighted** to have received plants kindly donated by Berry Gardens Nursery for older people at Selig Court and Otto Schiff care home who enjoyed nurturing cuttings and planting into pots for our mini-gardens wellbeing project.

**20 Residents in our care homes** were pleased to receive twiddle muffs which can be therapeutic for people living with dementia. They were made by the knitters at the League of Jewish Women and Supportive Communities Knit, Stitch and Natter group.

**21 Ethel Fedor, 104, at Lady Sarah Cohen House** was delighted to be reunited with her daughter Ros in April for their first in-person visit since the start of the pandemic.

**22 Supportive Communities Tea Party host Anne Steiner** was one of the volunteers who baked and delivered cheesecake for the tea party members this Shavuot.

**23 Hyman Fine House resident Sidney** enjoyed his 100th birthday celebrations, with tea and scones and live entertainment in the courtyard at the home in Brighton.

**24 Herman and Shirley Rothman celebrated 70 happy years of marriage** together in February at their home at Selig Court, with cards, gifts and video calls wishing them mazel tov from family and friends around the world on their special day.

**25 Jessie Mayer, 26, volunteers for the Six Sunday's programme** and has been delivering food shopping to older people living at Selig Court through the pandemic, which she says, 'has kept me grounded and given me joy to see the smiles on their faces.'



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**O**ver the last year and a half, our community services, alongside scores of volunteers, social work, home care teams and many others, have ensured that our community centre members do not feel isolated or alone.

We now offer a wide range of virtual activity, online programmes, Meals on Wheels and telephone befriending services to our members, but many still crave the face-to-face social interaction they received from attending events or programmes at our community centres.

With social distancing guidelines lifting, we are delighted to share our plans for resuming in-person activity and reopening centres between the weeks commencing 26 July and 4 October.

In line with our long-term strategic plan to focus on strengthening our care hubs across East London and Essex, the Betty and Asher Loftus Centre in North London, the Maurice and Vivienne Wohl Campus in North West London and our newest Sandringham development on the border of Stanmore/Hertfordshire, we will be upgrading our offering to members by relocating some centres and activities to make full use of and provide better access to the facilities on our care campuses.

We know how vital our Meals on Wheels, telephone befriending, digital engagement and Social Work and Family Carers Support services are to so many of our members and their families and are pleased to say that they will all very much continue as they have been over the last year.

The safety of our members, volunteers and staff remains our priority and we will be taking a number of precautions in line with Government guidance to ensure that any in-person activity is done safely and minimises any potential risk from Covid-19. This may mean that the suggested date for resuming activity may be subject to change at short notice, but of course we hope that this won't be necessary.

We are truly excited to see our members and volunteers face-to-face again.

*Please note that the dates above are provisional and dependent on a number of risk assessments and Government guidance, which is subject to change.*

# Roadmap to

## THE SAM BECKMAN CENTRE

**WEEK COMMENCING  
26 JULY**

## THE DENNIS CENTRE

**WEEK COMMENCING  
26 JULY**

Activity for Dennis Centre members will now be held at a local synagogue or communal building, based near to Vi & John Rubens House. The centre will operate two days a week.

## HOLOCAUST SURVIVORS' CENTRE

**WEEK COMMENCING  
9 AUGUST**

**Monday – Thursday**

HSC will be run from a dedicated space within the Michael Sobell Jewish Community Centre (MSJCC), located at the beautiful Maurice and Vivienne Wohl Campus in Golders Green.

## SOUTHEND AND WESTCLIFF JEWISH COMMUNITY CENTRE

**WEEK COMMENCING  
9 AUGUST**

**Mondays, Wednesdays  
and Thursday**

## CONNECT@STAMFORD HILL

**WEEK COMMENCING  
16 AUGUST**

**Mondays, Tuesdays  
and Thursday**

## BRENNER CENTRE AT STEPNEY JEWISH COMMUNITY CENTRE AT RAINE HOUSE

**WEEK COMMENCING  
16 AUGUST**

**Mondays and Thursdays'** activities will be temporarily held at the centre and **Tuesday's** activities will be at the Industrial Dwelling Society's Ajax House in Stamford Hill.



# Reopening

## THE LEONARD SAINER CENTRE

### WEEK COMMENCING 23 AUGUST

Members will now be welcomed at the new Ruchi & Zalman Noé Centre for People Living with Dementia at Sandringham.

## EDGWARE AND HARROW JEWISH DAY CENTRE

### WEEK COMMENCING 23 AUGUST

#### Monday – Thursday

Edgware and Harrow Day Centre now at the Ronson Family Community Centre at Sandringham.

## MICHAEL SOBELL JEWISH COMMUNITY CENTRE

### WEEK COMMENCING 30 AUGUST

#### Monday – Thursday

## CONNECT@SOUTHGATE

### WEEK COMMENCING 4 OCTOBER

#### Monday – Thursday

Connect@ Southgate will run from the Pavilion at Betty and Asher Loftus Centre in Friern Barnet.

## CONNECT@KENTON

### WEEK COMMENCING 4 OCTOBER

Mondays at  
Kenton United Synagogue.

## REDBRIDGE JEWISH COMMUNITY CENTRE

### WEEK COMMENCING 4 OCTOBER

Redbridge Jewish  
Day Centre  
Monday-Thursday from  
within local synagogue halls  
or communal buildings

Redbridge Adult Programming  
will be run from local synagogue  
halls and communal buildings  
as and when needed.

The MIKE Youth Leadership  
Programme will continue to meet  
online weekly until we are able  
to meet in person.

We have taken the difficult decision  
not to resume our in-person youth  
activities. We are confident that  
those who attended youth activity  
at RJCC will have ample options  
and provision from communal  
partners in the area.

For more details about locations,  
days of operation, meals and transport,  
please visit [jewishcare.org/how-we-can-help-you/community](https://www.jewishcare.org/how-we-can-help-you/community) or contact  
the Jewish Care Direct helpline  
on 020 8922 2222 or email  
[helpline@jcare.org](mailto:helpline@jcare.org).



# In person events are back!

As restrictions begin to lift, Jewish Care has held the charity's **first in-person fundraising event** in over a year.



**O**n Sunday 30 May, following Chelsea's Champions League win, two Jewish Care eleven-a-side teams met at Stamford Bridge for a friendly, socially distanced charity fundraising football match.

The teams raised more than £14,000 for Jewish Care.

Didier Levenfiche, who played at the stadium for one of the teams said, "This honestly has to be the best day of my life."

Adam Overlander-Kaye, Jewish Care's Director of Fundraising & Community Engagement, added, "There was a great atmosphere, and it was fantastic to welcome spectators and players. I'd like to thank everyone for their generosity in raising vital funds this Bank Holiday to support our services for older people in the community and in our care homes."

Others across the charity are also beginning to hold their own in-person events.

Friends of Rosetrees also celebrated their 20th anniversary with residents, staff and volunteers. They were joined by the Deputy Lord Lieutenant of London,



the Mayor of Barnet, representatives of the Friends of Rosetrees Trust, and Jewish Care Chair, Jonathan Zenios and CEO, Daniel Carmel-Brown for a lovely, socially distanced afternoon of tea and cake thanking everyone for their dedication to Rosetrees over the years.

Rita Roth, a much valued and long-standing volunteer at Jewish Care, said, "When I realised that the 20th anniversary of the official opening of Rosetrees was approaching, I wanted to organise a celebration not only to mark this milestone but also to thank all the staff for their amazing care. This was all the more demanding during the pandemic. The party was a great success and even the weather played its part on the day. It was also wonderful to welcome a number of distinguished guests on the day."

Alison Prior, Registered Manager at Rosetrees care home also commented, "We were delighted to host the anniversary party after not being able to gather together for such a long time. The staff and residents all had a lovely time and we're looking forward to more in-person events as restrictions ease."

Whilst many of our upcoming planned events are subject to risk assessments and precautions, we remain hopeful that the summer months will bring many more opportunities for us to begin to gather in-person again.





# Jewish Care Direct: Here to help you

Jewish Care Direct is the front door to many of Jewish Care's services and is **here to help with any information you may need about our services** or can direct you to the right place.

**L**ast year, the Jewish Care Direct team received 21,000 enquiries; there is no question too small or too big for them. The team's trained advisors will listen without judgement and are there for the whole community regardless of age, gender, sexual orientation or religious observance.

When Sarah lost her husband, she called Jewish Care Direct. Knowing which way to turn for help was becoming a maze of endless responses which simply gave no more information than "call this number", and "email this person".

Sarah said, "My Harry died unexpectedly, and I was left grief stricken. I lost my appetite and didn't want to burden my family and friends with how I felt. I called Jewish Care to



talk about the funeral service as I was unsure of some of the Jewish rituals. Jewish Care Direct were kind and empathic and were able to put me in touch with the right person to answer my question. I was even told about a few options for bereavement

counselling which was so helpful as I hadn't really spoken to anyone about how I was feeling inside. It was so good to talk and know there was somewhere to turn to when facing a difficult situation".

There are many people just like Sarah, who just need to know where to turn.

Jewish Care Direct helpline Manager, Shuli Greenstein said, "If you are dealing with a difficult situation and unsure what to do next, pick up the phone and call Jewish Care Direct. We can navigate you to getting the right support with a situation. Worries and problems always feel bigger when you have no one to talk it through with, so don't struggle alone and call Jewish Care today."

**You can call our helpline directly and without a referral on 020 8922 2222 and [helpline@jcare.org](mailto:helpline@jcare.org)**

**"IF YOU ARE DEALING WITH A DIFFICULT SITUATION AND UNSURE WHAT TO DO NEXT, PICK UP THE PHONE AND CALL JEWISH CARE DIRECT."**

**The Jewish Care Direct helpline operates during the following hours:**

Summer (April – August) – Mon to Thurs 8.30am to 5.30pm, Fri 8.30am to 5pm  
Winter (Sept to March) – Mon to Thurs 8.30am to 5.30pm, Fri 8.30am to 2pm

Jewish Care Direct is closed on public holidays and Jewish festivals. Callers are welcome to leave a message and member of staff will call back. You can also visit [jewishcare.org](http://jewishcare.org) for more information.

# Turn your Simcha into a Mitzvah for Jewish Care

## 60TH WEDDING ANNIVERSARY

Myrna & Monty Daitz  
Judy & Ivor Freedman  
Joyce & Seymour Geller  
Pam & Cecil Gillis  
Sylvia & Cyril Simmonds

## 55TH WEDDING ANNIVERSARY

Rosalie & Geoffrey Goldman

## 50TH WEDDING ANNIVERSARY

Sally & Philip Caplan  
Hilary & Anthony Kravitz  
Angela & Colin Shaw  
Sandra & Michael Silver  
Denise & Stephen Sorrin  
Naomi & Howard Youngerwood

## 25TH WEDDING ANNIVERSARY

Deborah & Keith Gordon

## WEDDING

David Mindel & Samuel Burke  
Liane Press & Mario Budwig

## 2ND BAR MITZVAH

Victor Green  
Norman Slater

## 2ND BAT MITZVAH

Trudi Green

## BAR MITZVAH

Eitan Kramer

## BIRTHDAY

Steven Abraham  
Nina Angel  
Max Bayer  
Linda Bogod  
Brenda Brooks  
Barbara Cohen  
Sharon Cohen  
Barbara Creme  
Jessie Flaum  
Paul Flaum  
Freddy Fleischer  
Ruth Fluss  
Lawrence Freed  
Helen French  
Isadore Geffner  
Georgina Gimmack  
David Goldstein  
Sid Green  
Angela Kravitt  
Philip Jacobs  
Freddie Knoller  
David Landy  
Rita Lasky  
Monty Leib  
Simone Lester  
Ella Levy  
Laura Margolis  
Alexandra Martyn  
Frances Milich  
Avril Rattner  
Annabel Ries  
Joan Robinson  
Jane Roth  
Mark Sadlik  
Laurel Scodie  
Laurence Scodie  
Lindsay Shure

David Simmons  
Renee Sonenfield  
Louise Stevenson  
Noemi Vecht  
Jonathan Weissbart  
Donald Wyman

## IN CELEBRATION

Maurice Moses –  
on his retirement

The Rumpler Family –  
on the birth of a baby

## IN HONOUR

Lynda Ruback –  
Eshet Chayil

## IN THANKS

Samantha Bordell  
The Harris Family

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)**





# Celebrate

WITH  
**JEWISH CARE**

**D**avid Mindel and Samuel Burke were married on Lag B'Omer in May this year and asked their virtual wedding guests, their family and friends, to donate to Celebrate with Jewish Care to mark the occasion. Their ceremony was live streamed to friends and family from six continents and David thanked everyone who had donated.

The couple, who met ten years ago, immediately connected over their shared love of Jewish life, passion for travel and closeness to their families.

David said, "We've always been so moved by the work Jewish Care does because their work touches so many different parts of our community."

Samuel, who is a presenter for CNN, adds "We do work with community groups in the UK and felt this would be so much more helpful and meaningful than a gift registry, particularly in the pandemic where we have seen first-hand how people are struggling so much economically. We had a magical day and are delighted funds are going to this great cause."

Annabel and Jonathan have also asked their friends and family to donate to Jewish Care, instead of giving them a gift. This year, they celebrated their 48th and 52nd birthdays and marked the occasion with a joint 100th. They said, "We've chosen to support Jewish Care because of the excellent

**"WE HAD A MAGICAL DAY AND  
ARE DELIGHTED FUNDS ARE GOING  
TO THIS GREAT CAUSE."**

advice our family received about Alzheimer's and because of the wonderful things Jewish Care does for the community."

Jewish Care's Director of Fundraising & Community Engagement, Adam Overlander-Kaye wishes David and Samuel and Annabel and Jonathan "a big Mazel Tov and much happiness for the future. We so appreciate their generosity in including Jewish Care in their simcha. 'Celebrating with Jewish Care' really is a wonderful way to mark a simcha or celebration and will help us support older people in our community."



You can find out more  
about how you can  
Celebrate with Jewish Care  
to mark your simcha or  
celebration at  
[jewishcare.org/celebrate](https://jewishcare.org/celebrate)



# Nature Watch at Sandringham

A look at the environmental activity and conservation of wildlife at Sandringham





**S**andringham is nestled in acres of stunning land which is a beautiful tapestry of gardens, woodland, wild meadows, and grassland, rich in wildflowers. Situated towards the edge of a wooded ridge, it provides framed views over London to the south and east.

Conservation and the environment were at the heart of the plans when the care campus was first created, with a useable landscape suitable for all abilities including walking routes and sheltered terraces. Protecting and enhancing the environment and retaining natural elements during construction were vital throughout the design and building of the site.

The design optimises both views and sunlight whilst being sympathetic to the existing mature trees and shrubs. There are always high levels of daylight and sunlight in the building which contributes to the special characteristics of the site and its spectacular views. There are also accessible pedestrian routes across the campus so residents, tenants and visitors can enjoy the surroundings.

Throughout the year, the changing landscape has so much to offer and is a habitat to a wealth of local wildlife including hares, deer, foxes and protected species, including bats.

As you enter Sandringham you are greeted by a peaceful lagoon, which is home to coypu, carp, ducks and geese. The pedestrian walkways and viewing decks provide a tranquil place to take in the beauty and relax. Many interesting and relatively uncommon birds can be seen or heard across the site including eagles, buzzards, spotted flycatchers and bullfinches.

Sandringham is a site of special scientific interest with seasonal ponds, rain gardens and varied fauna. Within the site there is a dedicated nature conservation zone. This lends itself well to bringing together people of all ages to learn about the environment and sustainability.

Jonathan West, Director of Legal Affairs, Property and Procurement, explains, "Our ambition is to use the gardens and grounds at Sandringham to help educate young children and the local community on conservation and preserving the local environment which will enable cross communal and inclusive Jewish engagement."

## **THROUGHOUT THE YEAR, THE CHANGING LANDSCAPE HAS SO MUCH TO OFFER AND IS A HABITAT TO A WEALTH OF LOCAL WILDLIFE INCLUDING HARES, DEER, FOXES AND PROTECTED SPECIES, INCLUDING BATS.**

"We are working out details of a potential conservation programme which could be housed within the ecologically diverse grounds of the campus. We have a purpose-built barn in the same location a bat was found when the actual build started, which is an ideal location. The barn houses a replacement bat roost, all part of our ecological preservation programme."

"We are producing information boards to be displayed around the site which provide details about the wildlife that lives onsite and the steps we have taken to protect and conserve the ecology."

"Whether you enjoy gardening or prefer to sit back and relax and enjoy the vista - Sandringham has so much to offer. There are allotments, so those who live at Pears Court, with green fingers, can continue to enjoy gardening or those who wish to start a new pastime, can start as part of their Retirement Living. There is a dedicated meditation/yoga garden. This provides a peaceful and intimate space to unwind and reflect and tucked away under the shade of the trees you will find a children's play area, so generations can enjoy the space together."

"We are proud that the site is designated as a Metropolitan site for Nature Conservation- it is such a beautiful environment for everyone."





# Giving in memory to celebrate life

**G**iving in memory is a meaningful way to celebrate and honour the life of a loved one whilst donating to charity. Jewish Care has a number of ways to do this including creating a page in our digital Book of Memories.

"Families who give a gift in memory of a loved one are invited to create a page in our online Book of Memories," explains Jude Rose, Jewish Care's Giving in Memory and Legacy Executive. "They can share words, memories and photos of their loved one and invite others to join in by sharing the page with them and on social media."

"They can also honour their loved one's memory with a Yahrzeit candle holder engraved with a name and date of the Yahrzeit. A leaf on the Tree of Life in one of our care homes is also a special way to honour the memory of a relative who has lived in or volunteered in the home."

For some, like Adam Shabatai, taking on a fundraising challenge in memory of a family member is the ideal way to celebrate their life and honour their values. Adam decided to complete a 60 mile walk and raise funds for Jewish Care in memory of his Mum, Karen, after she sadly passed away from Covid-19 in January 2021.

He chose to fundraise for Jewish Care because his grandma currently lives at Lady Sarah Cohen House where Karen spent most days visiting her in the years before she passed away.

"Mum was such a special person; everything she did, she did for others," says Adam. "She was a kind and selfless person who always had time for everyone and was a shining light in our lives. My mum was so thankful for the care that Jewish Care provides for my grandma, Rita, and this is why I wanted to show our thanks in memory of my mum, who we miss greatly".

To find out how about Jewish Care's Giving in Memory please visit: [jewishcare.org/giving-in-memory](https://jewishcare.org/giving-in-memory)



**Gifts in Wills mean Jewish Care can be there for more people like Delia.**



It was love at first sight for Delia and Halfon when they met in 1964. They have since celebrated their 55<sup>th</sup> wedding anniversary. Their love has sustained them through the hardest years of their lives when Halfon was diagnosed with a neurological illness just three years after retiring. Delia says "it's my job to look after him", however she is very grateful for the support from Wendy in Jewish Care's Family Carer's Team. "My life changes from one day to the next. Wendy listens, offers advice, guidance and much appreciated support."

With a gift in your Will you can make sure more people like Delia receive the care and support they need for years to come.

For more information about leaving a gift in your Will and our free Will Writing Service please call Alison Rubenstein on 020 8922 2833, email [legacyteam@jcare.org](mailto:legacyteam@jcare.org) or visit [jewishcare.org/legacy](https://jewishcare.org/legacy)

**JEWISH CARE**



# Talking about what matters to us

Having conversations around planning for care and sharing what matters with important people at end of life can be uncomfortable at the best of times but **doing so early can save us a lot of worry later.**

**J**ewish Care are encouraging the community to have smaller, compassionate conversations about what matters to them, so that planning for future care is easier. As most of us do not have these conversations while we are well, they often take place hurriedly and when it may be too late.

"Wondering if we did the right thing or not, can weigh heavily on us after a bereavement," explains Paula Plaskow, Jewish Care's End of Life and Palliative Care Lead. "But knowing you were able to give your parent or spouse the ending that they wanted in dignity and with respect because you talked about it, can give a sense of comfort and satisfaction when we are grieving and enable a sense of peace."

Planning care in advance can involve a number of things such as sharing which treatments we would accept or refuse, where we would like to live if we become unable to live at home, or where we would wish to be cared for at the very end of life. When new residents move in to our care homes, our staff have



financial provision they have made for their funeral and knowing that Wills and power of attorney are in place, help us when we experience a loss.

Our social work team worked with Jackie after her mother died.

"I was able to deliver my mother's wishes which were to die at home and with her family around her," says Jackie. "I'm pleased to have been able to honour her wishes and with Jewish Care's support, knowledge and infrastructure, give her the ending she wanted, and I did all that I could have done."

**"BY HAVING DISCUSSIONS IN ADVANCE, WE CAN  
MAKE HARD DECISIONS AT THE TIME, A LITTLE EASIER."**

conversations about these wishes so that we can fulfil them as far as possible.

By having discussions in advance, we can make hard decisions at the time, a little easier. Knowing where and how someone wants to be buried, what

We need to be ready to listen to what matters to people when they want to talk about future plans and end of life, but often, first we have to ask them the question.

**Call our Jewish Care Direct helpline on 020 8922 2222 who will support you to find advice and information on starting these conversations.**



# Ask us a question

Jewish Care's free confidential helpline provides advice and information about support on offer either from Jewish Care or other local service providers.

**Q** : My house, after 40 years of being the family home, is becoming too much for me to manage on my own. I know it's time to find somewhere else, but I don't want to feel like I'm away from a community or somewhere that I won't feel at home. What can you recommend?

**A** : The decision to move out of a family home isn't always easy, but it's important that you are able to manage and feel safe. Retaining a lot of your independence also sounds like it's important to you, as well as being able to stay connected to others.

Our Retirement Living apartments may be just right for you. You would be able to retain your independence as well as being part of a community, with regular activities nearby, close connections to our community centre hubs, and access to plenty of amenities on site and locally. Our Living With Jewish Care team are happy to assist you if you have any questions or would like to know more about our Retirement Living options. You can contact the team on 020 8922 2222, or email [lwjc@jcare.org](mailto:lwjc@jcare.org).



**Q** : I'm so pleased to hear that you are resuming activity in-person over the coming months, but I have really enjoyed attending many events and groups online. These are really helpful, as there are days when I'm not able to leave the house, but I still like to have a hot meal and speak to the friends I've made. Will I still be able to do this?

**A** : We're delighted to be able to plan to see our members face to face again, but we recognise that this wasn't always convenient for everyone and that there are many who may not be comfortable with meeting in-person just yet.

We will continue to offer a full Meals on Wheels service, so that you can still receive a hot, kosher meal delivered to your doorstep without having to go out. We are also planning to continue with a full programme of online activity and events alongside in-person ones. This is to give you as much choice and flexibility as possible when deciding how you want to spend your day. For more information about any of the services we offer, please contact the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org).



**Q** : It's been well over a year since my mother has been able to leave her care home and visit us in our family home. We really want to be able to have her over for afternoon tea, but I'm not sure if it's safe. If she is able to visit, what should we be doing to make it safe and are there any measures she has to take when she's back in the care home?

**A** : It has been a really tough year with so many people not being able to spend quality time with their loved ones in-person, let alone go on visits outside or to each other's houses.

In the first instance, you should always discuss any outing with your mother's home first, the Registered Manager or staff there would be happy to guide you on this. They may wish to carry out a risk assessment to make sure that it is safe for your mother to visit. If a visit is possible, there are a number of things that you could do and that the home may advise. These could include having windows open to allow a steady air-flow through the house, sit outside if you have a garden, or wear masks and maintain some distance if possible. You and your family, or anyone else who is going to be spending time with your mother, may also be asked to and want to take a Lateral Flow Test to make sure that no one has recently tested positive for Covid-19. When your mother returns to the care home, she will not be asked to isolate. You can find out more about our guidance by visiting [jewishcare.org/coronavirus](https://www.jewishcare.org/coronavirus).



**Q:** I've noticed that my father's dementia seems to be getting worse over the last few weeks and I'm starting to worry. I don't know how much longer he will be able to stay with my mother in their home, but I'm scared that suggesting we ask for some additional help won't be well received. Is there anything you can do to support me in having that conversation?

**A:** It's so important to have conversations like this, even though they are not always easy. Living with dementia can often have an impact not only on the person affected, but on the whole family.

Our dedicated Social Work and Community Support Team can talk to you and your parents, with their consent to ensure that the right support is in place for both your father and your mother. Our Family Carers team may also be able to support you at this time. We also have a number of activities running for people living with dementia and their carers including the Memory Way Café and Singing Together groups, which help with stimulation and staying connected to others. For more information about these groups and the support available, please contact the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org).

**Q:** My brother and I are in the process of choosing a care home for our mother. We want to know more about the options available. Who can I speak to about finding the right place for her?

**A:** Our Living With Jewish Care team would be more than happy to speak to you about any of our care homes and the options available to you.

They will also be able to talk to you about the admissions process and answer any questions you may have about the care on offer, activities and facilities at the home, and speak to you about a virtual or in-person tour. You can contact the team at [lwjc@jcare.org](mailto:lwjc@jcare.org) or call 020 8922 2222. You can also visit our website [jewishcare.org/how-we-can-help-you/homes](http://jewishcare.org/how-we-can-help-you/homes) for more information about each home, the admissions process, or to take a virtual tour.

**Q:** I'm keen to come back to my community centre when it re-opens but I used to rely on Jewish Care for transport via their care buses. Are you still helping people with transport to activities?

**A:** Rest assured, we want to make sure that our centres are as accessible as possible and are committed to helping with transport wherever possible when we reopen.

If you do need help with transport, this will be co-ordinated by Jewish Care using community transport resources such as Dial-a-Ride, volunteer drivers and private hire. For any more information about transport or other details about resuming in-person activity, please contact the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org).

**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

Face-to-face services have resumed, with a range of services continuing to operate virtually, online and over the phone.

## 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/Hertfordshire  
**SERVICES ON SITE INCLUDE:**  
Anita Dorfman House, Wolfson Assisted Living, Pears Court, The Ronson Family Community Centre and The Zalman and Ruchi Noé 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.

- ▲ Anita Dorfman House, Sandringham Stanmore/Hertfordshire  
*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*
- ▲ Wolfson Assisted Living, Sandringham Stanmore/Hertfordshire  
*Personal care*
- ▲ Sunridge Court, Golders Green  
*Personal care*

## CONNECT@ CENTRES

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

- ▲ connect@kenton ①
- ▲ connect@southgate ②
- ▲ connect@stamfordhill ⑥

## RETIREMENT LIVING

Offering independent living within a supportive setting.

- ▲ Pears Court, Sandringham Stanmore/Hertfordshire
- ▲ Wohl Court, Hendon
- ▲ Selig Court, Golders Green
- ▲ Shebson Lodge, Southend

## COMMUNITY CENTRES

Our community centres provide Meals on Wheels, befriending, events and virtual activities.

- ▲ Brenner Centre at Stepney Jewish Community Centre, at Raine House
- ▲ Michael Sobell Jewish Community Centre, Golders Green
- ▲ Redbridge Jewish Community Centre
- ▲ Southend and Westcliff Jewish Community Centre
- ▲ The Ronson Family Community Centre, Sandringham, Stanmore/Hertfordshire incorporating the Edgware & Harrow Jewish Day Centre

## CENTRES FOR PEOPLE LIVING WITH DEMENTIA

Provide stimulation and therapeutic activities in a safe and fun environment.

- ▲ The Dennis Centre, Ilford
- ▲ The Zalman and Ruchi Noé Centre, Sandringham, incorporating The Leonard Sainer Centre, Stanmore/Hertfordshire
- ▲ 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, Golders Green, within the Michael Sobell Jewish Community Centre
- ▲ Shalvata, Golders Green, within the Michael Sobell Jewish Community Centre
- ▲ 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

③



## 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@jbcsc.org.uk

- ▲ Bereavement during Covid-19 ④  
For people bereaved during the virus
- ▲ Stronger Together ④  
For people (60+) who have lost a partner
- ▲ Butterflies ④  
For mums and dads (of young children) who have lost a parent
- ▲ Bereaved Parents ④  
For people bereaved of an adult child
- ▲ AfterShock ④  
For young adults (18-30) who have lost a parent
- ▲ Stepping Stones ④  
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, All areas
- ▲ 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 ⑤
- ▲ 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

▲ Jewish Helpline, a confidential, anonymous, non-advisory without judgement listening service is here to support you. Freephone: 0800 652 9249  
Landline: 020 3096 2875

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

## MENTAL HEALTH

Jami and Jewish Care formed a



The Mental Health Service for our Community

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

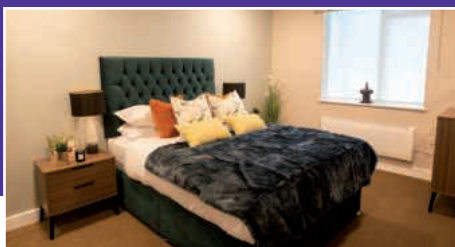
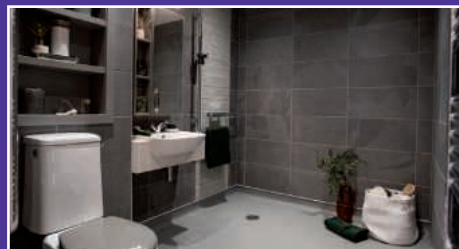
- ▲ Helping service users manage their mental and physical health and daily routine
- ▲ Visiting people in hospital, organising befriending and offering peer support
- ▲ Jami's hubs run varied programmes throughout the week
- ▲ Assistance with job searching and advice on managing the work-life balance
- ▲ 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 RNID
- ④ run by the Jewish Bereavement Counselling Service
- ⑤ in association with the Northwood and Pinner Liberal Synagogue
- ⑥ in association with Industrial Dwelling Society

## This is Pears Court at Sandringham. This is your Retirement Living with Jewish Care.



We've been blown away by the level of interest in our brand new one and two bed apartments nestled in acres of beautiful woodland on the Stanmore/Hertfordshire borders.

The Ronson Family Community Centre is at the heart of the Sandringham site, offering a range of events, activities and Shabbat and festival celebrations.

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**Pears**  
Foundation

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**JEWISH CARE**

Charity Reg No. 802559

## **JEWISH CARE** BusinessGroup

Invites you to Breakfast with  
**The Rt Hon Kwasi Kwarteng MP**  
**Secretary of State for Business,  
Energy and Industrial Strategy**

Monday 6 September  
Claridge's, W1

Arrival from 7.45  
for a prompt 8am start  
9am finish

Individual tickets: £100  
Corporate tables of eight: £1,200

To book and for more info:  
email [emma.nagli@jcare.org](mailto:emma.nagli@jcare.org)  
or call 020 8922 2837

Dress code: Business attire  
This event will be in line with Government guidelines



Event sponsor

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