

# CARELINE

ISSUE 85 | WINTER 2022/5782



***We're so happy  
to be back!***

**IN THIS ISSUE:**

**Welcome back to our  
Community Centres**

**Pastoral support at Jewish Care**

FOR FRIENDS AND SUPPORTERS OF

**JEWISH CARE**



# Contents

ISSUE 85 | WINTER 2022/5782



Welcome to our Winter issue of *Careline*. This issue is packed with stories and photos from across Jewish Care over the last six months. 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. 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.

**EDITOR:** Judith Flacks  
Editorial enquiries: 020 8922 2761  
Email: [editor@jcare.org](mailto:editor@jcare.org)

**DESIGN & PRODUCTION BY**  
Mark Wingrove, Jewish Care's in-house design studio to keep costs to a minimum

**COVER PHOTO** Mike Stone Photography  
Anita, a member at Michael Sobell Jewish Community Centre, is delighted to be back in person and seeing friends again.

**CONTRIBUTING WRITERS**  
Daniel Carmel-Brown, Naomi Creeger,  
Judith Flacks, Nicola Lewis

**CONTRIBUTING PHOTOGRAPHERS**  
Justin Grainge, Mike Stone Photography, Yakir Zur,  
volunteers and staff across Jewish Care

Printed by Media Group

Special thanks to everyone who helped with this issue. The views expressed in *Careline* are not necessarily those of Jewish Care or its employees.

No article or photo published in *Careline* can be reproduced in part or in full, electronically or by any other means of dissemination, without the prior permission of Jewish Care.

© Jewish Care 2022

## News and features

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

**04 News:**  
**The Ronson Family Community Centre**  
at Sandringham holds Dedication Brunch



**05 London Living Wage**  
**Lands at Jewish Care**  
Significant pay increase for more than 500 of our frontline staff



**06 Cooking from the HeART**

**07 Bridge Extravaganza committee**  
celebrates 25 years

**08 Welcome back to community centres**  
Our centres have been gradually reopening and welcoming back members and volunteers

**11 Our heroes during and beyond the pandemic**  
Chair, Jonathan Zenios spends time as a carer at Stella & Harry Freedman House



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

**17 A Legacy to be proud of**  
Honouring loved ones and their memories

**18 Celebrate with Jewish Care**  
A huge Mazal Tov and thank you to those who shared their simchas with us



**20 Women of Distinction**  
bring on a whole new meaning

**21 An interview with Gaby Wills**  
Gaby Wills, Director of Care, Housing and Hospitality leaves Jewish Care after 23 fond years

**22 Pastoral Care at Jewish Care**  
How we provide meaningful support and put 'Jewish' at the heart of Jewish Care

**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 we welcome the new year, many of us make resolutions. We make plans and set goals and resolve that they will improve our lives in some way. I enjoy taking the opportunity to reflect on what has been achieved in the last year and look at what we can build on in the coming 12 months.

There is much that we can look back on from the last year and be proud of. We may no longer be in lockdown, but we are still living through a pandemic. With that in mind, what our staff, volunteers and supporters have achieved for Jewish Care in the last year is quite staggering.

We have welcomed members back to our community centres, reopened the doors, and restarted activities in person again. We have held more in-person events and fundraisers, and we are, of course, incredibly grateful to our generous donors and volunteers for coming back out to support us again.

You will read in the coming pages that we are delighted to have opened the doors to The Ronson Family Community Centre and The Zalman and Ruchi Noé Centre, both new facilities at Sandringham, which will be fantastic resources for the wider community for years to come.



Our staff continue to work hard on behalf of those we care for, and I am pleased to share that Registered Manager of Selig Court, Horace Boston, and Activities Coordinator, Casey Jolly, are the Winners of the Housing with Care Award for the London Regional Great British Care Awards. They were praised for their enthusiasm and ideas and how our service users were so well supported. Our End of Life and Palliative Care Lead, Paula Plaskow was praised for her work in ensuring that those we support receive good end of

how dedicated the staff at Jewish Care are and how much we value them. You will also read in the coming pages about our recent commitment to pay our staff the equivalent of the current London Living Wage, which will see a significant pay increase for over 500 of our frontline staff.

As I mentioned earlier, we must remember that we are still living through a pandemic, and we continue to be careful and cautious as we move forward. If you are able to receive your Covid-19 booster jab, and/or your flu vaccination, I strongly urge you to do so. Having the vaccine and booster means that we are all more protected from becoming seriously ill and spreading the virus. This coincides with new legislation that says that those of us working or volunteering in a care home will have to show proof of having two doses of the Covid-19 vaccination before entering.

We also welcome Jonathan Rose and Marcus Sperber to our Board of Trustees who both bring a wealth of professional and lay expertise to our Board. I would like to take the opportunity to thank Rachel Anticoni, Graham Edwards and Linda Bogod as they step down from the Board. We are incredibly grateful for their years of service and Jewish Care is a stronger and better organisation from

## “THERE IS MUCH THAT WE CAN LOOK BACK ON FROM THE LAST YEAR AND BE PROUD OF.”

We have also renamed our care home, Lady Sarah Cohen House, to Stella & Harry Freedman House, following a generous donation from the Freedman family, which will help to complete much-needed updates to the home, improving the physical environment. We hope that the entire Betty and Asher Loftus Centre will benefit from these improvements.

life care. Jewish Care staff were also shortlisted in nine Great British Care award categories. Our Head of Care Services, Chipema Chitambala won Outstanding Leader of the Year and Registered Manager of Sidney Corob House, Sandra Saintus, won Outstanding Manager of the Year at the Black Women in Care Awards.

These are just some examples of

having benefitted from their expertise and guidance.

As I have said, we have much to look forward to this coming year, and much more to do in person. We are so fortunate to be able to be back together again and urge that we all resolve to keep ourselves and each other as safe as possible, especially during the winter months.



## The Ronson Family Community Centre at Sandringham holds Dedication Brunch



**O**n Sunday 31 October, Jewish Care's Life President, Lord Levy, welcomed the Ronson family together with their close friends to a special dedication brunch at The Ronson Family Community Centre at Sandringham. The building of this magnificent centre has been made possible thanks to the wonderful generosity of The Gerald and Gail Ronson Family Foundation, and marks Dame Gail Ronson's exceptional commitment to the work of Jewish Care over many years.

The Ronson Family Community Centre is Jewish Care's brand-new, state-of-the-art community centre and is part of the stunning Sandringham campus, situated on the border between Hertfordshire and Stanmore. Sandringham boasts 16 acres of natural woodland, landscaped courtyards and gardens, overlooking meadows and panoramic views across London.

The centre has been designed to be bright, modern and inspirational and serves as a link to connect the Anita Dorfman House care home, Wolfson Assisted Living, Pears Court Retirement Living, The Zalman and Ruchi Noé Centre for people living with dementia, and other day services.

The Ronson Family Community Centre has flexible, multifunctional spaces and beautiful outdoor areas host a wide range of events and activities during the day, as well as evenings and weekends. Our extensive programme includes a range of activities designed to keep members physically and mentally active and connected to the community, such as computer

sessions, reminiscence discussion groups and creative arts and crafts.

Dame Gail Ronson said of the centre, "It's the most spectacular building and I am delighted that so many members of the community are already benefitting from the dynamic activity programme held here."

Members of The Ronson Family Community Centre are also able to access and take part in services at the on-site Synagogue, attend yoga classes in our specially designed garden, use the on-site hairdresser and beauty salon and buy kosher food, gifts and household items at the on-site shop.

The lively café area, which all visitors to the campus can enjoy, is a welcoming space overlooking the beautiful grounds, ideal to socialise with family, friends and neighbours.

The Ronson Family Community Centre opened its doors to the community in August last year, welcoming members who previously attended Jewish Care's Edgware and Harrow Day Centre before the pandemic. Amongst some familiar faces were some new ones too, as members gathered to enjoy in-person activities for the first time in 18 months.

Jewish Care's Chief Executive, Daniel Carmel-Brown, said, "We are incredibly grateful to our generous donors for making this possible. Sandringham has much to offer the local community and we are excited that the doors are now open for our members, tenants and residents to make use of this fantastic resource."

# London Living Wage Lands at Jewish Care

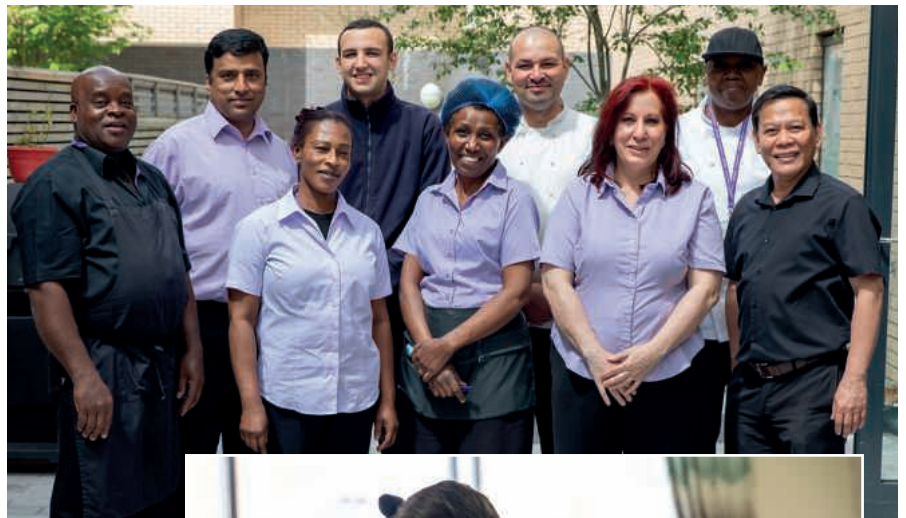
In October, Jewish Care was delighted to announce that we are implementing, with immediate effect, a significant pay increase for over 500 of our frontline staff.

**T**he increase means that no member of staff will earn less than £10.85 per hour, in line with the current London Living Wage. This increase will largely affect our lower paid staff, specifically carers, housekeepers, cleaners, and catering assistants. The new pay rate will also apply to Jewish Care frontline staff outside London.

As the largest health and social care organisation for the Jewish community in London and the South East, we join the 10% of social care providers in London who pay the current London Living Wage.

The increase recognises the extra cost of living in London and reflects our gratitude to our dedicated frontline staff, who worked through the Covid-19 pandemic, putting the safety of our clients before their own.

In addition to acknowledging the higher cost of living for frontline staff, and their heroic work through the pandemic, we believe the increase in pay will also help to recruit and retain



**AS THE LARGEST HEALTH AND SOCIAL CARE ORGANISATION FOR THE JEWISH COMMUNITY IN LONDON AND THE SOUTH EAST, WE JOIN THE 10% OF SOCIAL CARE PROVIDERS IN LONDON WHO PAY THE CURRENT LONDON LIVING WAGE.**

frontline staff in a climate where the entire health and social care sector is struggling with recruitment and retention. We plan to ensure its pay rates continue to be sufficiently competitive to recruit and retain the staff we need to deliver high quality care.

Jewish Care's CEO, Daniel Carmel-Brown, says, "During the pandemic we applauded and showed recognition for carers, the frontline staff who risked their lives each day and put the safety of our clients before their own. Now is the time to acknowledge their incredible dedication and hard work, by paying them a better and fairer wage for the vital round the clock care they provide to older members of our community.

"We believe that our staff deserve this significant pay increase to at least help them meet their everyday needs. It is not only the right thing to do, in line with our Jewish values, it also makes good business sense. It will help us to mitigate against national staff shortages by helping us to recruit and retain frontline staff, so that we can continue to provide high quality care."

**To find out more about working for Jewish Care and our current vacancies, please visit [doyouwish.org](https://doyouwish.org)**



# Cooking from the HeART

Sally-Ann Thwaites' cookbook, *Cooking From the HeART*, has raised £8,000 for Jewish Care



**I**n memory of her late mother Monica Slater, the focus of the book is to encourage people to enjoy entertaining, make easy-to-cook and delicious food, and provide inspiration for beautiful table settings like the ones she grew up with.

"I think I am more known for my colourful array of food and the way it is displayed than the actual dishes themselves, although everybody says it tastes good too."

Her idea for the book began before the pandemic, but during lockdowns and isolating, she had the time to finally collate all her favourite recipes together, so that she no longer had them strewn between scraps of paper or lost in the depths of the internet.

Since living in Israel, Sally-Ann frequently hosts Shabbat meals for 20 people at a time and has created a repertoire of recipes that are easy to make and delicious to eat. The ability to entertain at home became even more important during the pandemic when restaurants and other gathering places were closed.

"I think during the pandemic when you were conscious that you couldn't go to restaurants, the only way you could have a small gathering was round the dinner table at home,

whether it be midweek or Shabbat, so I think we made the most of that."

Within the cookbook, you will find recipes including baked salmon with pistachio, her famous iceberg salad accompanied by a dressing she has sent to hundreds of people throughout the years, Marbella chicken, chocolate lotus truffle and more. She also points out the importance of her mother's recipes like stuffed chicken, sticky toffee pudding and florentines that originally inspired the book.

Sally-Ann has created a widespread community from the cookbook with a Facebook page, *Cooking From the HeART*, in which people post pictures of the recipes they've made and what they love about them. She has also sold copies of the book in the US and South Africa, and is looking at sending copies to Australia.

For Sally-Ann, donating the proceeds of the book to Jewish Care was an easy decision. Despite moving to Israel in 2013, she was adamant about wanting to support a charity in her native city of London.

She commented, "I knew quite a lot about Jewish Care's work and I knew that they had just recently built a home in Stanmore which is where I'm from, so the affiliation was quite strong. Also having a friend who has been unwell and receive support from Jewish Care made me want to support the charity."



To purchase Sally-Ann's book and donate to Jewish Care, go to [Jewishcare.org/cookingfromtheheart](https://www.jewishcare.org/cookingfromtheheart)

# Bridge Extravaganza Committee celebrates 25 years

**T**he Bridge Extravaganza Committee have celebrated their 25th anniversary supporting Jewish Care.

In November, the annual Extravaganza for Jewish Care attracted over 180 players, raising more than £90,000 for vital core services. Over the years, the money raised has gone to some truly great and much needed services. Jewish Care is so proud of the committee's tremendous dedication and are grateful to all those who play, for their continued support.

Bridge Extravaganza Committee member, Nathalie Shashoua who recently qualified at the prestigious Lady Milne trials and was selected to play for the winning England team in 2021, also joined in with the tournament.

Adam Overlander-Kaye, Director of Fundraising and Community Engagement, Jewish Care, said "The Bridge Extravaganza Committee never ceases to amaze us with their total commitment to Jewish Care over the last 25



years. We have watched them go from strength to strength, raising huge amounts for Jewish Care each year. We are incredibly grateful to them and everyone who took part in the tournament and look forward to the next 25 years."

## JEWISH CARE

### THE JEWISH CARE TOPLAND GROUP BUSINESS LUNCH COMMITTEE

INVITES YOU TO  
OUR ANNUAL LUNCH WITH



**GUEST SPEAKER**

**ANDREW NEIL**

Renowned publisher  
and broadcaster



TOPLAND  
GROUP

IN ASSOCIATION WITH

**allso**p

To honour Holocaust survivor, Lily Ebert and her great grandson Dov Forman with the Topland Group Jewish Care Award 2022 in memory of Philip Greenwold

**MONDAY 7 MARCH 2022**

VENUE

Grosvenor House Hotel, W1

TIME

12-2.30pm prompt

COST

£175 per person (tables of 10, 11, 12 available)

TICKETS

Email [amorris@jcare.org](mailto:amorris@jcare.org)

or call **020 8922 2806**





# Welcome back to Community Centres

Come on in to balloons, banners and smiles all round



**“Friends are the family  
we choose for ourselves,  
and we should count  
our blessings that we are  
back together again.”**

Alex Sofizade, Michael Sobell  
Jewish Community Centre



**"Coming here is more than delicious meals and wonderful entertainment," says 88-year-old, Alex Sofizade, member of Michael Sobell Jewish Community Centre which reopened in August. "It is somewhere to be with your friends and to feel connected."**

This was a sentiment shared by members, staff and volunteers as we welcomed the community back to our centres earlier this year.

Our centres for people living with dementia were among the first to reopen their doors in July after 16 months with balloons, banners and smiles all round. It has been an emotional time for carers, members and staff.

Pamela Maxwell cares for her husband John, who is a member of The Sam Beckman Centre for people living with dementia. She says, "It's good to get a break after such a long time at home as a carer."

Roberta, whose husband, Henry is also a member, says, "Henry's been looking forward to coming back. It's been hard for everyone to be home for such a long time. It's good to know that Henry can enjoy spending the day here and I can go and do a few things without worrying about him."

In August, we welcomed members of the Holocaust Survivors' Centre back at its new home at The Maurice & Vivienne Wohl Campus. Member, Vera Schaufeld MBE, who arrived in the UK at the age of nine on Kindertransport said, "I've been keeping busy on Zoom calls and I've been joining the Keep Fit and drama online, but it's really good to see everyone again."

Laura Johnson, Tenant Support Manager at Shebson Lodge Retirement Living apartments, said, "It was wonderful to share in the happiness and excitement of the tenants and members returning. It really made our year being able to open the doors so that everyone could be together once again in-person."

There was also much excitement when the brand new, state-of-the-art Ronson Family Community Centre opened, and members of the former Edgware and Harrow Day Centre gathered with new members to enjoy in-person activities.

Richard Shone, Director of Community Development, said, "It's wonderful to see so many members and volunteers in person again. Whilst older people at home have been isolated for so many months, it's been especially hard for those people who are living with dementia, many of whom find online programmes less accessible. Our staff and volunteers are so pleased we've been able to reopen community centres safely in-person to support older members of the community to connect, enjoy stimulating activities and socialise with one another again. We know now more than ever before, how vital that is for everyone's wellbeing."

Members will now have more choice over the way they want to attend our activities and can do so either in-person or through our online programmes and events.

Our Supportive Communities groups and Memory Way Cafés for carers or family members living with dementia have also resumed in-person activity.

Jewish Care's Meals on Wheels, telephone befriending, online activities and social work and family carers support services are also still in place to support the community at home.

**For more information on our community centres, activities, or services, please contact the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org).**



**"I have missed going to the day centre so much! It's a life saver for me. I've made many friends through the centre and the new surroundings are really lovely."**

Anita Levine, member of  
The Ronson Family Community  
Centre at Sandringham





**"It's so exciting to see everybody, it feels like it was only yesterday instead of 18 months that we were here."**

Janice Field, Southend & Westcliff Jewish Community Centre



# Our heroes during and beyond the pandemic



Jonathan Zenios  
Chair of Jewish Care

**T**hroughout the pandemic, care home staff and NHS workers were hailed as heroes and national treasures. The amount of work and pressure that they had to contend with was unenviable and the risks they took to take care of those in need was well publicised.

I recently spent a day at Jewish Care's Stella & Harry Freedman House formerly known as Lady Sarah Cohen House care home in Friern Barnet, getting to know more about what the day-to-day job really entails and whether, now that we are emerging from the worst of the pandemic, our frontline staff are beginning to get back to some sort of normality.

My six-hour shift, which was only half the length of a regular shift for frontline staff, was incredibly tiring. I am used to long days and working hard, but these six hours really felt much longer. As I was preparing to go out for dinner just before 8pm that evening, it hit me that Douglas with whom I was paired, was only just about to finish.

**"I AM NOT SURPRISED THAT WE HAILED OUR STAFF AS HEROES, AND WE SHOULD CONTINUE TO DO SO LONG AFTER THIS PANDEMIC HAS PASSED."**

We worked together because the process of getting four residents up, washed and dressed was a two-person job that took us almost to lunchtime to complete.

It was the amount of care and attention to detail in the face of the pressure and quantity of work that struck me the most. Our staff always

value every resident as an individual and they do truly care about those they are looking after.

I suspect most people do not spend very much time reflecting on how they would want to be cared for towards the end. In fact, most people don't want to think about these things at all. But in my (limited) experience, people when pushed, are apt to mention a desire to be treated with dignity. There is no question in my mind that every one of the residents at Stella and Harry Freedman House (and indeed across all our care homes) are treated with dignity but just as importantly tenderness and attentiveness.

**"I DON'T THINK WE CAN EVER THANK OUR FRONTLINE STAFF ENOUGH FOR ALL THE HARD WORK AND TREMENDOUS LOVE, DIGNITY AND GENTLENESS THEY SHOW ALL THE RESIDENTS IN THEIR CARE."**

Our carers form close relationships with our residents well and from the moment of admission take the time to get to know them. For example, after shaving Barry and washing his hair Douglas told me I had parted his hair to the wrong side as Barry prefers it lying to the left. Seemingly little details like these make all the difference to how a resident feels. It really is personal care delivered gently.

I was particularly moved by a resident, Steven, who had just moved into the home and was at the very end of his life. As we took care to bed bath him, check him for any pressure sores and put cream on him, we were rewarded with a series of smiles that were as thrilling as those of a young baby. It made me realise that the end and the beginning of life are sometimes not so very different.

If you are of a poetic bent, John Donne puts it thus, "Wee have a winding sheet in our Mothers wombe, which growes with us from our conception and wee come into the world, wound up in that winding sheet, for wee come to seeke a grave".

My six-hour shift as a carer was a very rewarding and uplifting experience. I don't think we can ever thank our frontline staff enough for all the hard work and tremendous love, dignity and gentleness they show all the residents in their care.

Suffice to say, I am not surprised that we hailed our staff as heroes, and we will continue to do so long after this pandemic has passed.

# Around the world of Jewish Care

**01 Minnie Rowe, 98 year old resident at Otto Schiff care home,** makes cards for children in hospital supported by Camp Simcha as part of Mitzvah Day activities.

**02 Michael and Roberta Yaffe** recreated their wedding at Rosetrees care home following their 50th anniversary. They invited all the residents and staff to attend as guests. The lovely event was organised by Rita Roth, Chair of the Friends of Rosetrees Fundraising Committee and longstanding and much valued volunteer, who also runs the Rosetrees Reminiscence Group.

**03 Evie Bernstein wrote a poem for Rosh Hashanah,** which she read to members of the Holocaust Survivors' Centre and tenants at Selig Court Retirement Living.

**04 Almost 70 golfers were delighted to be back at the driving range at Bocket Hall Golf Course again for the Pro-Am Golf Tournament,** raising more than £35,000 for Rela Goldhill at Otto Schiff care home.

**05 Participants of our Lay Leadership Development Programme** completed their Dementia Friends training during Go Purple week.

**06 After nearly two years of waiting to run the Virgin Money London Marathon,** five runners raised more than £22,000 for Jewish Care, with funds going towards the vital support we provide to older people in the community.

**07 Customers at Silvermans and Basar gave generously** to Round the Pound for Jewish Care raising over £6,000.

**08 Tenants from Pears Court at Sandringham** took part in pre- Rosh Hashanah Taschlich service led by Jewish Care's Pastoral and Spiritual Lead, Rabbi Menachem Junik.

**09 Participants in Jewish Care's MIKE youth leadership programme,** which stands for Motivation, Inspiration, Knowledge and Education, at an awards evening celebrating the inspiring work of young leaders.

**10 Mike Freer MP visited Jewish Care's Otto Schiff care home in Golders Green,** where he met had tea with residents, including 101-year-old, Alice Frank.

**11 Sheila enjoyed shaking the lulav and etrog with staff member Ben Horne on Succot** at The Ruchi and Zalman Noé Centre for people living with dementia at Sandringham.

**12 Jewish Care's Life President, The Lord Levy** addresses guests at The Ronson Family Community Centre at Sandringham Dedication Brunch.



01



04



05



09





02



03



06



07



08



10



11



12



**13 Michael Levitt, resident at Stella & Harry Freedman House** (formerly known as Lady Sarah Cohen House), lays the wreath at The Betty and Asher Loftus Centre with Rabbi Junik and Janice Galloway from the Living Well Team.



13

**14 Ellisa Estrin, Director of Marketing & Customer Engagement, Gaby Wills, Director of Care, Housing & Hospitality, Amanda King, Director of Finance & IT and Angela Beerman Director of HR** attended Jewish Care's annual Women of Distinction luncheon.



14

**15 Jewish Care's first Business Breakfast back in person** with guest speaker, Secretary of State at the Department of Business, Energy and Industrial Strategy, The Rt Hon Kwasi Kwarteng MP, interviewed by the former director of BBC News and co-founder of Tortoise Media, James Harding. The event raised in excess of £40,000 for our vital services.



15

**16 Resident at Otto Schiff care home, Alice Frank,** celebrates her 101st birthday. Coincidentally, in 1936, Alice worked as a secretary for Otto Schiff, who the home was named after.



16

**17 Peyton and Scarlett Stoller** raise money for Jewish Care with their 'Happy Newspaper'.



17

**18 Members, residents, staff and volunteers were pleased to celebrate Chanukah together,** lighting candles and enjoying doughnuts and entertainment at our community centres, Retirement Living apartments and care homes.



18



# #GoPurple for **JEWISH CARE**

Between the 18 – 24 October, the community joined with us to Go Purple for Jewish Care.

Three schools, eight nurseries, shops and bakeries, JC Tots and Families Committees, Young Jewish Care's Lay Leadership Programme for Young Professionals, care home residents and community centre members at Jewish Care, all embraced the colour purple to show their support.



01



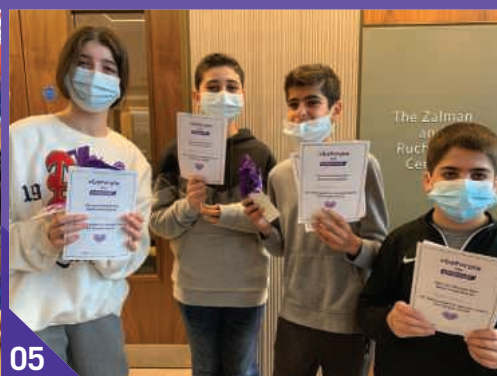
02



03



04



05



06



07



08



09



10

**01** Community members joined staff in raising funds and awareness outside Daniel's bakery.

**02** Staff, residents and volunteers at Vi & John Rubens House had a great time hosting and enjoying purple parties.

**03** Albie and fellow nursery children got creative with purple arts and crafts at La Petite Nursery.

**04** Rosh Pinah Primary School children went purple and made biscuits for Jewish Care.

**05** Project Impact's Bar and Bat Mitzvah Programme participants met tenants at Pears Court Retirement Living and made Havdallah sets.

**06** Phyliss, who lives at Shebson Lodge Retirement Living in Westcliff-on-Sea, embraced purple at home.

**07** At Woodside Park Gan, pre-school children sent drawings, collages and cards for care home residents and members of community centres.

**08** Joshua Kaye got creative with purple together with children and staff at Golders Hill Nursery who joined in to support Jewish Care for Go Purple Week.

**09** Lay leadership programme participant Jenny Pasha, owner of Canvas Cake Company, sent biscuits to staff at Otto Schiff home.

**10** Kosher shops go Purple for Jewish Care

# Honour a loved one **CARE FOR YOUR COMMUNITY**

Whether you choose to remember your loved one in our Book of Memories, a personalised Yahrzeit glass or on one of our Trees of Memories, Jewish Care's Giving in Memory programme can help their memory live on.

For more information visit  
[jewishcare.org/giving-in-memory](https://jewishcare.org/giving-in-memory)

Call 020 8922 2840  
or email [givinginmemory@jcare.org](mailto:givinginmemory@jcare.org)





# A Legacy to be proud of

**B**ertie Rose was a volunteer for Jewish Care's Michael Sobell Jewish Community Centre over twenty years ago. She loved being around other people, and always wanted to help provide support or a listening ear.

"Something she instilled in both myself and my sister, Sue, is to 'be real mensches and always create value in everything we do,'" says Bertie's son, Brian.

They lived in Edgware and although not religious, it was important for Bertie never to let go of her traditional Jewish heritage. Being traditional, she was always very much part of and connected to the Jewish community. "Bertie made the best chicken soup ever," says Brian,

Brian explains, "Unfortunately before Bertie passed away, she never got a chance to amend her Will so she could leave something to Jewish Care, the organisation that was so close to her heart.

"Mum made sure we always showed kindness and compassion to everyone, it's what she loved doing the most. She never got around to amending her Will to leave something to charity. We know it's something she would have wanted, so this is my chance to leave a gift in my Will



to Jewish Care so I can give back to the organisation that meant so much to my mum – I'm doing this for her".

Leaving a gift in a Will helps Jewish Care to ensure we are able to continue to deliver high quality care to many vulnerable members of our community and their families, for years to come. A quarter of the £16 million each year that Jewish Care needs to raise to support those who need us most, comes from Gifts in people's Wills. The community has never needed us more than they do now, and as we all live longer, the need for Jewish Care is growing.

**For more information on leaving a gift in your Will to Jewish Care or to book an appointment with a Solicitor through our free Will Writing Service, please call our Legacy Team on 020 8922 2840, email [legacyteam@jcare.org](mailto:legacyteam@jcare.org) or visit [jewishcare.org/legacy](http://jewishcare.org/legacy)**

**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've since celebrated their 56th 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 our Legacy Team on 020 8922 2840, email [legacyteam@jcare.org](mailto:legacyteam@jcare.org) or visit [jewishcare.org/legacy](http://jewishcare.org/legacy)

**JEWISH CARE**

# Turn your celebration into a Mitzvah for Jewish Care

## 70TH WEDDING ANNIVERSARY

Gloria & Monty Kanter

## 60TH WEDDING ANNIVERSARY

Pam & Denis Davis  
Loretta & John De Lange  
Roma & Tony Jay  
Karena & Manny Selman  
Linda & Martin Stanton  
Elaine & Gerald Wiseman

## 50TH WEDDING ANNIVERSARY

Jodi & Steven Berg  
Irene & Colin Berkovitch  
Ruth & Laurence Cohen  
Brenda & Geoffrey Davis  
Susan & David Diamond  
Frankie & Jeffrey Galinsky  
Liz & Michael Hirst  
Delia & Clive Kaye  
Elizabeth & Frank Manches  
Rosalind & Jeffrey Monnickendam  
Brenda & Melvyn Osen  
Hazel & Martin Shaw  
Sandra & Michael Silver  
Michal & Ray Silverman  
Ruth & David Soetendorp

## WEDDING ANNIVERSARY

Barbara & Salvator Gabay  
Janet & Barry Maltz

## WEDDING

Ilana & Daniel Diamond  
Clare Magram & David Levin

## 2ND BAR MITZVAH

David Cope-Thompson

## BIRTHDAY

Sylvia Bernard  
Jill Berelowitz  
Malcolm Brahams  
Marilyn Brummer  
Frances Charles

Laurie Cohen

Lulu Cohen

Sonya Cook

Harold Davis

Pam Davis

Paul de Smith

Simon Delow

Sharon Edwards

Suzy Gaughran

Mark Gerson

Henry Goldstein

Shirley Goldstein

Alan Gourgey

Ivan Green

Liz Hirst

Harry Hurst

Helen Hyer

Stephen Jacobson

Elaine Jankel

Roma Jay

Brenda Josephs

Sarah Kay

Stanley Kemble

Rita Knopf

Gabor Lacko

Judith Lawson

Rachel Lister

Ralph Lobatto

Stella Lucas

Elia Meghnagi

David Michaels

Rochelle Miller

Lola Mindell

Helen Myers

Mel Myers

Valerie Neiman

Victor Newton

Sidney Peterman

Lior Pollack

Howard Richenberg

Sue Samuels

Mrs T Sandler

Edna Shaw

Bernard Stern

Hermoine Sternberg

Barbara Tucker

Beryl Wohl

## IN CELEBRATION

Susan & Michael Gilbert  
*on their granddaughter's Bat Mitzvah*  
Beverley & Michael Handman  
*on their new home*  
Paul Littman  
*being honoured as Chatan Torah*

## IN THANKS

Karen Golanski  
Rabbi Amanda Golby  
Miri Freud-Kandel & Johnny Kandel  
Lisette & Mark Kingston  
Adam Newman  
Winston Newman  
Ruth & Mookie Ziv

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 Celebrate with Jewish Care Team on 020 8922 2600 or email [celebrate@jcare.org](mailto:celebrate@jcare.org)**





# Celebrate

WITH  
**JEWISH CARE**

**“W**e’ve changed a little over the years,” says Monty Kanter. “We have a lovely

marriage and we’re happy.

“We have never had an argument; we’ve had disagreements and we talk out whatever problem we have, and we solve it. I hope that youngsters of today can aspire to have a long and happy marriage.”

Gloria, who is 89, and Monty, who is 93, celebrated their Platinum wedding anniversary on 22 November 2021 and

have generously invited their friends to donate to Jewish Care on their special occasion.

They were married in 1951 at Raleigh Close Synagogue and celebrated at the Brent Bridge Hotel in Hendon and with their honeymoon at The Ambassador Hotel in Bournemouth. They enjoyed celebrating their special occasion with their family and friends, including their son, three grandchildren and two great-grandchildren.

Gloria said that people had asked them “What we can give you as a present after 70 happy years of marriage?” She told them “We don’t need anything, but you could make a donation to Jewish Care. We volunteered for Jewish Care for 20 years at The Michael Sobell Jewish Community Centre. I volunteered at the shop for many years and Monty ran the discussion group, current affairs and music.”

**“WE DON’T NEED ANYTHING,  
BUT YOU COULD MAKE A  
DONATION TO JEWISH CARE.”**

Celebrate with Jewish Care is a great way to mark important milestones in your life, like anniversaries, weddings and second or third Bar and Bat Mitzvahs, whilst supporting Jewish Care’s work with older people in the community.

Jewish Care’s Director of Fundraising & Community Engagement, Adam Overlander-Kaye says, “We wish Gloria and Monty a big Mazel Tov and many more years of 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 whilst supporting the vital work we do.”

Jewish Care will support your Simcha when you Celebrate with Jewish Care by sharing invitations, place cards and thank you cards to download.

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)





# Women of Distinction bring on a whole new meaning

**T**racy-Ann Oberman was awarded Jewish Care's 2021 Woman of Distinction Award, whilst Claudia Roden was awarded Lifetime Achievement Award. This year, there were also nine Special Recognition Awards given to women who have greatly contributed to the community and the NHS during the Covid-19 Pandemic.

Jewish Care's Woman of Distinction Award luncheon was launched in 1986 as a forum for women in business in the Jewish community to celebrate true Women of Distinction. The honours are given each year to distinguished women from the Jewish community in the UK who have excelled in their chosen field and have made a significant contribution both within and outside the community.

This year, at the first Women of Distinction luncheon back in person since the start of the pandemic, Jewish Care was delighted to present the 2021 Woman of Distinction Award this year to Tracy-Ann Oberman for her courageous stand against antisemitism and misogyny both online and in real life. Acclaimed food writer, Claudia Roden also received Jewish Care's Lifetime Achievement Award for her contribution to the Jewish community and preserving and promoting



traditional Jewish food and heritage.

Raising over £55,000, the event was hosted at the Institute of Directors and was attended by 130 guests who were delighted to be back together in person to celebrate these outstanding achievements.

Speaking to the audience, Tracy-Ann Oberman said, "I am delighted to receive this award, not just because of what it stands for but because of the work Jewish Care does for our community and beyond."

Tracy-Ann Oberman also told the audience "I come from a long line of strong Jewish women. My mother has shown me not to cower in the face of adversity."

Tracy-Ann then introduced Claudia Roden, who spoke passionately about her family's journey and the discoveries she made talking to people about food and recipes around the world.

This year, the nine winners of the new Special Recognition Awards include:

**You Donate We Deliver** founders, Sarah Laster, Katie Icklow, David Benveniste and Jackie Commissar, who created a network of 80 volunteer delivery drivers and chefs, raising over £100,000 from public donations and over 79,000 hot meals distributed to hospital and care homes in London and Hertfordshire.

**Feed the NHS** founder, Louisa Walters, who set up a fund to raise money to help feed the NHS using independent restaurants, giving vital help to medical staff and small independents at the same time.

**Project ImpACT** founder and director, Chayli Fehler. ImpACT teenagers have accumulated 3,000 hours of volunteering time, helping over 20 charities.

**Visor Army's** Dr Deborah Braham, who started a Whatsapp group with instructions on how to make visors, culminating in over 75,000 visors made for the NHS.

**Food Bank Aid** founders, Jo Rosenblatt and Naomi Russell, who turned her garage in to a distribution centre to support food banks across North London. Food Bank Aid now delivers 7-8,000 shopping bags of food each week to 16 food banks from Euston to Borehamwood.

Funds raised at the Women of Distinction Luncheon go directly to Sidney Corob House, one of Jewish Care's residential homes supporting adults with enduring mental health needs. To find out more about Sidney Corob House, visit [jewishcare.org/sidney-corob-house](https://jewishcare.org/sidney-corob-house)





# Gaby Wills Bids Farewell to Jewish Care

*Careline* speaks to Gaby Wills, Jewish Care's Director of Care, Housing and Hospitality, about her 23 years with the charity, her personal highlights and what she will miss the most.

**I**n March, Gaby Wills will be leaving Jewish Care after a 23-year career with the charity. While her initial experience and focus have been on dementia care, Gaby's influence on the progression of all care at Jewish Care has been paramount. This has included key changes such as reducing the stigma surrounding dementia, improving end of life care, and implementing electronic care plans in all care homes.

On reflection, Gaby says that one of her early achievements is the way she has helped change attitudes towards dementia and thus change the culture of dementia care. When she joined the Otto

in other countries and into training and communication, which was vital during the pandemic when so much had to be done virtually.

This leads on to what Gaby will miss the most about Jewish Care: the people.

Gaby says she has always been conscious to "make sure people know they are not just a function, they are first and foremost a person and they have a family, a life and a story."

Working during the pandemic has been a tough experience that has brought Gaby's team, and the entirety of Jewish Care, closer together. She praises the "brave people" she has worked with



**"SERVING AS THE DIRECTOR OF CARE DURING THE PANDEMIC WAS A PRIVILEGE. I AM GRATEFUL TO HAVE BEEN GIVEN THE OPPORTUNITY TO CONTRIBUTE TO OUR FIGHT AGAINST IT."**

Schiff Housing Association (OSHA) in 1998, she says that "people were embarrassed to send their relatives to a home for people living with dementia because there was such a stigma attached to this." Gaby worked to emphasise that care is "not just keeping people alive but bringing content, quality and joy to their life."

Gaby was also the main force driving the introduction and successful implementation of electronic care plans. Care plans are a legal requirement in any care home and need to capture a large amount of information about every aspect of a person's daily life and care. Hand-written care plans took a lot of time and were limited in accuracy.

Around 2010, when Gaby first became aware of electronic care plans, the technology was limited, and there was a sense that the lack of digital experience among staff would be a hindrance.

Gaby explains, "I wasn't afraid of pushing and saying this is important and we need to drive this. We can overcome the 'blocks' and the potential is huge".

In 2018, the technology was introduced across Jewish Care's homes. To implement it, 650 care staff were trained accordingly, and within 18 months, "every one of our homes had this system and had training".

The technological training has improved the personal lives of care staff too, as they are now able to transfer these technology skills to speaking to their families online who live

who have dedicated their lives to their work, especially in the last two years. "Serving as the Director of Care during the pandemic was a privilege. I am grateful to have been given the opportunity to contribute to our fight against it."

Jewish Care has been more than just a place of work for Gaby. With her family other than her daughters living in Israel, Jewish Care became an extended family. It also strengthened her connection with her Jewish identity.

## So what's next for Gaby?

She hopes that retirement is an opportunity to change focus from work to experiencing things she has always wanted to do but has never had time for.

She is excited to go travelling by train around Europe, spend more time in Israel, and improve her Argentine tango, which she has been enjoying "in between work" for the past ten years.

Although she is sad to be leaving the place she has called her second home for the last 23 years, Gaby is certain that "there are some really talented people in Jewish Care and outside of it too, and I think it is the right time for somebody else to come in bringing new energy, ideas and vision like I did 23 years ago".

**Jewish Care would like to sincerely thank Gaby Wills for all her years of hard work and dedication. We wish her all the very best in her next adventure.**

# Spiritual and Pastoral Care at Jewish Care

Rabbi Menachem Junik, Jewish Care's Spiritual and Pastoral Lead, is part of our multi-disciplinary team working with older people living in our services.

**"S**pirituality means different things to different people," says Rabbi Junik, "People come to us from every type of Judaism and from diverse backgrounds from all parts of the world. When a person moves to one of our care homes or Retirement Living apartments, it is a new beginning for them, even though they are at the later stage of their lives. My role is in listening to people and supporting them to connect with their own spirituality, be it religiously, culturally or emotionally and to enable their sense of belonging."

Rabbi Junik is there for important lifecycle milestones in the lives of those we support. He has officiated at Bar Mitzvahs in our homes so that grandparents can hear their grandchildren leyn, and he is there to celebrate happy moments of joy with our residents.

Living a meaningful and Jewish life in a warm, friendly environment is what draws many people to our services. Practicing traditions around the festivals and Shabbat can stimulate the senses. Expressing spirituality can bring comfort and renewal for older people and this is especially true for those living with dementia, where Jewish traditions can unlock positive memories from the past. With our Jewish Way of Life training, staff weave the Jewish thread through everyday life. Volunteers provide a vital spiritual connection too, making Kiddush and facilitating Shabbat services.

Food is also central to connecting with Jewish life and our care home and community centre chefs prepare countless bowls of chicken soup and Yom Yov meals throughout the year.

Care home residents and those living in our Retirement Living apartments observe festivals and Shabbat in the way they choose and mark significant dates, such as Holocaust Memorial Day and Remembrance Sunday, together as part of the community.

As part of our care home admissions process, carers, social workers, the end-of-life care team and Rabbi Junik support residents and their families in conversations about future care plans. They also organise minyans for burial of those in the Jewish Care community who are sadly without families.

"We work as a team," says Rabbi Junik, "and care staff let me know when they think certain residents would benefit from one-to-one pastoral care. I also offer support and



Rabbi Junik leads a Rosh Hashanah service outside with tenants at Pears Court at Sandringham.

comfort to relatives to find a spirit of togetherness as they go through to the end of life."

Recently, Rabbi Junik returned from a late-night visit to the Royal Free Hospital where he was visiting a Jewish Care resident who was receiving end of life care. Rabbi Junik supported him to fulfil his wish to lead the pre-Shabbat service from the hospital.

Rabbi Junik said, "It was very emotional and uplifting as it gave him inner peace and strength. The work we are all doing together is life changing and adding so much to the lives of our residents."



## Support Jewish Care with every purchase on Amazon!

1. Each time you shop, use the link [smile.amazon.co.uk](https://smile.amazon.co.uk)
2. Log in or create an Amazon account
3. Search for Jewish Care in the 'pick your own charity' search bar and **select Jewish Care**
4. You'll receive a confirmation email from Amazon and then you're ready to shop!

It's that simple! When you shop through Amazon Smile, they'll donate 0.5% of eligible purchases to Jewish Care with no fees and at no extra cost to you.

**Happy shopping and thank you for your support!**

**amazon**smile

**JEWISH CARE**



# THE JEWISH HELPLINE LISTENING SERVICE IS HERE TO

**SUPPORT YOU.**

**JEWISH  
HELPLINE**

We listen – need to talk?

**Our friendly, trained volunteers  
will listen to your worries or concerns,**

**HOWEVER BIG OR SMALL.**

**This free service is confidential,  
anonymous, non-advisory and**

**WITHOUT JUDGEMENT.**

**SUN-THURS  
12pm-12am**

**FRI 12-3pm**

(Closed during Shabbat  
and Jewish Festivals)

**FREEPHONE**

**0800 652 9249**

**LANDLINE**

**020 3096 2875**

# Ask us a question

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

**Q : I'm worried about my father who is becoming increasingly frail and lives on his own. He has some help at home but he is finding it isolating and also struggles with making meals. Can you tell me more about moving to somewhere with more support? We are thinking of a Retirement Living apartment or a care home. I'd also like to find out more about the costs, as I'm worried about affordability. Is there any advice you can give me?**

**A :** Every case is different, and we are here to help. It could be that our Meals on Wheels service would help your father with meals, and our befriending service may be able to help with any feelings of isolation or loneliness. Please call our Jewish Care Direct helpline to have a chat with them about these services.

In terms of looking at where to live, the Living with Jewish Care team have plenty of experience and can talk to you and your father about the different kind of options that are available, including Retirement Living, Assisted Living and care homes. They'll also be able to tell you more about levels of support available, answer your questions and talk about the costs involved.

You can also visit our virtual tours online to view our care homes and read our guide which explains the different types of funding available. There is also a key facts document about our Retirement Living apartments that gives you a lot of information. We want to help you to find the best solution for you. For more information, please visit [jewishcare.org/how-we-can-help-you](http://jewishcare.org/how-we-can-help-you). You can also call the Living with Jewish Care team on 020 8922 2222, or email [lwjc@jcare.org](mailto:lwjc@jcare.org).

**Q : I'm nervous about having my booster jab and my flu jab. I know there is a lot of information around about why we should have the vaccine and a booster dose, but I'm still a bit reluctant to have it done again. Is there anything else I can do to stay protected?**

**A :** It's great that you have had your first two doses of the Covid-19 vaccine, and to keep yourself protected as far as possible, it really is vital that you have your booster jab too. Like some other vaccines, levels of protection from the jab may begin to wane over time. This booster dose will help extend the protection you gained from your first two doses and give you longer term protection. The booster will also help to reduce the risk of you needing admission to hospital due to Covid-19 infection this winter.

The flu vaccine is also a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of getting seriously ill from flu. This year, the flu vaccination is even more important because more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the pandemic. Unfortunately, if you get flu and Covid-19 at the same time, research shows you're more likely to be seriously ill and getting vaccinated against flu and Covid-19 will provide protection for you and those around you for both these serious illnesses.

Please do make sure that if you are eligible to receive your booster dose and flu vaccine, that you get them.

For more information, please visit [nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination](https://nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination).

**Q : I am the main carer for my dad since my mum passed away. I am managing this whilst caring for my own children, running a home and a part time job. I don't want to tell anyone as I feel guilty complaining, but it sometimes becomes a little too much for me and I don't feel I have anywhere to turn. It is so difficult taking on a carers role as the extra responsibilities are very rarely recognised. Is there any additional support available for my dad or myself?**

**A :** Caring for a loved one on top of your own children, home and job is no small feat. Jewish Care has a dedicated Family Carers team that can offer emotional support to carers who want to discuss their experience in a non-judgmental and confidential space. Our Family Carers team also work very closely with our Social Work team and can refer you to other services if more practical support is identified, for example, there may be benefits entitlements available for carers. Here is more information about eligibility for a carers assessment. If you call the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org), we can help to point you in the right direction.



**Q** : My husband passed away last year and I'm feeling increasingly isolated. I've also had some health issues which have also meant that I've had to stay at home a lot. But I've had my booster jab now and I'd like to start getting out more, I'm just not sure where to start.

**A** : I'm sorry to hear about your loss, this must have been an incredibly difficult year for you. It's good that you've had your Covid-19 booster and are feeling confident about getting out and meeting people a bit more. There are lots of options to



choose from which give you the opportunity to socialise and stay stimulated, safely. Most of our community centres have reopened with safety measures in place and our Supportive Communities Tea Parties are also meeting safely too in the community. In addition, we have JC Presents, our virtual online services that are running alongside our in-person activities that you can join from home and hear interesting and entertaining speakers and join discussion groups online.

**Q** : I am really worried about my cousin. I live abroad, so I can't pop in and check on him, but I think he is quite lonely and isolated. I know he has also fallen a few times at home. Is there anything I can do to help him?

**A** : Having a relative abroad that you are concerned about can be stressful. The most important place to start is by asking your cousin how he is managing and whether he would like to talk to someone about getting additional support. Jewish Care can help. If you have your cousin's consent to call us, our Social Work team can talk through options available to him. They will also discuss whether he meets the criteria for a Local Authority assessment, which can also offer support. You can find out more about the kind of support available by calling the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org).

**Q** : My sister is about to be discharged from hospital and I don't think she is well enough to cope on her own when she gets home. Is there any support available for her?

**A** : Yes, there absolutely is support available. Anyone leaving hospital should be asked how they will manage when they get home, especially if they live alone. A package of support, called an enablement package, will be put together whilst they are recovering. Please note this is only available in NHS hospitals. Here is a helpful NHS leaflet called "Care after illness or hospital discharge (reablement)" that explains more. This is also available via the NHS website. If you know of your sister's discharge date and the hospital in charge of her care have stated that they will not be putting any support in place, please call Jewish Care. Our dedicated Social Work team can advocate on your behalf. We will need your sister's consent to do this, so please do speak to your sister first about her wishes and feelings.

You can call the Jewish Care Direct helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org) for more information.

**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

- ▲ The Betty and Asher Loftus Centre, Friern Barnet  
**SERVICES ON SITE INCLUDE:**  
Kun Mor and George Kiss Home, Stella & Harry Freedman 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*
  - ▲ 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*
- ▲ Stella & Harry Freedman House, Friern Barnet  
*Personal, dementia & nursing 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

## ASSISTED LIVING

- ▲ Wolfson Assisted Living, Sandringham

## 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@jbc.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 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



# *Celebrate*

WITH  
**JEWISH CARE**

**Mazel tov! Jewish Care loves celebrating. Whether it's a birthday, wedding, anniversary, bar or bat mitzvah, in fact any special occasion, we know how wonderful it is to mark life's big moments.**

Choosing to ask for donations instead of gifts is a meaningful way to acknowledge your simcha and make it even more special.

Every donation made towards Jewish Care will help support the 10,000 people whose lives we touch every week.

**To find out more please visit  
[jewishcare.org/celebrate](http://jewishcare.org/celebrate)  
or call us on 020 8922 2600**



When Don celebrated his 90th Birthday, he and his wife Louise were delighted to ask family and friends for donations to Jewish Care instead of gifts