



Here for you

A guide to our services

JEWISH CARE

WE ARE JEWISH CARE

Jewish Care is the largest health and social care organisation in the United Kingdom, providing a range of care and support services to the Jewish community in London and the South East touching the lives of 10,000 people every week.

We offer help, advice and advocacy through a wide range of residential, day care and outreach services. These include care homes, retirement living, dementia care, community centres, as well as social work, support groups, an advice line which is also the gateway to our services and a non-judgemental, non-advisory listening helpline.

We provide specialist services for older people, people with mental health needs, individuals with physical and sensory disabilities, Holocaust survivors, people who are living with dementia and for those who are caring for others.

Our community centres bring together all ages, offering a wide programme of events and activities during the days, evenings and weekends.

Everything we do at Jewish Care is guided by our principles of warmth, kindness, honesty and respect and we are committed to ensuring that people live life to the full.

We deliver care and support that recognises and promotes Jewish values. That's why we provide care in a way that celebrates the religious, cultural, social and historical bonds that unite the Jewish community. Respect for Jewish identity – regardless of the level or nature of religious observance – is at the heart of all that we do.

We recognise that everyone's situation is different and that it can change over time. We strive to ensure every individual is empowered to live the way they want through our network of support and range of wellbeing services.

All of our resources use kosher or vegetarian ingredients and recipes and our staff are fully trained in preparing food in a kosher way. A number of our resources are under licence with either the London Beth Din or the Sephardi kashrut Authority. Please enquire for further details.

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COMMUNITY AND CARE HUBS

Our community and care campuses are at the heart of the community, providing care and serving the Jewish communities of North London, North West London, Hertfordshire, East London and Essex, whilst continuing to provide services in Southend and Brighton.

Our hubs enable us to put our services at the heart of the local Jewish community and form bases for us to reach out into other areas where members of the community live, making it easy for people and organisations to engage with us when they need to.

Our campuses offer high-quality care and community support, as well as a full range of services including day centres for people living with dementia, community centres, care homes and retirement living apartments, along with opportunities to volunteer.



THE BETTY AND ASHER LOFTUS CENTRE

Asher Loftus Way
Friern Barnet
London N11 3ND

Services include:

Care homes

Kun Mor and
George Kiss Home

Rosetrees

Stella & Harry
Freedman House
formerly known as
Lady Sarah Cohen House

**Centre for People
Living with Dementia**
The Sam Beckman Centre

REDBRIDGE

Services include:

Care home:

Vi and John
Rubens House

Community Centre:

Redbridge Jewish
Community Centre

**Centre for People
Living with Dementia**

The Dennis Centre

Other

Meals on Wheels
Home Care
Youth Leadership
Programmes

MAURICE AND VIVIENNE WOHL CAMPUS

221 Golders Green Road
London NW11 9DQ

Services include:

Community Centres

Michael Sobell Jewish
Community Centre

Holocaust
Survivors' Centre

Care home

Otto Schiff
including Rela Goldhill

Retirement Living

Selig Court

Central offices

Amélie House

Other

Jewish Care Explore
Meals on Wheels

SANDRINGHAM

Common Road
Stanmore HA7 3FT

Services include:

Care homes

Anita Dorfman House

Wolfson Assisted Living

Community Centre

The Ronson Family
Community Centre

Retirement Living

Pears Court

**Centre for People
Living with Dementia**

The Zalman and
Ruchi Noé Centre

Other

Jewish Care Explore

SOUTHEND

1 Cobham Road
Westcliff-on-Sea
Essex SS0 8EG

Services include:

Community Centre

Southend & Westcliff
Jewish Community
Centre

Retirement Living

Shebson Lodge

Other

Meals on Wheels
Home Care

We continue to work towards our vision for a new campus and Jewish Care hub in the Redbridge area, planning for care and community support to meet the needs of the communities in East London and Essex. In the meantime, please contact us for temporary locations.



CARE HOMES

Our care homes are more than a 'home from home' for the people who live with us; within each of our homes a very special warm and friendly community exists. Whether it is residential, nursing, dementia or mental health care you need, they all burst with activities promoting wellbeing, stimulating both body and mind so that our residents can continue to live meaningful lives, the way they choose to live them.

Respite care and short-term stays are available, subject to availability, for individuals recovering from an illness or needing 24-hour support for a limited period.

Our professionally trained teams create personalised care plans for every resident, to understand their individual likes, dislikes, needs and requirements.

We also support people with end-of-life care, where the most sensitive care and advice is available.

We are proud to celebrate our Jewish roots where each of our homes has a synagogue, delicious Kosher food, and Shabbat and festivals, supported by volunteers, are celebrated together with family, friends and visits from local rabbis and school children. It is all this that makes our care homes truly special places and unique communities to live in.

Our Care Homes

- **Anita Dorfman House, Stanmore/Hertfordshire**
Personal, dementia and nursing care at the Sandringham campus
- **Wolfson Assisted Living, Stanmore/Hertfordshire**
Personal care, Assisted Living and residential care at the Sandringham campus
- **Hyman Fine House, Brighton**
Personal, dementia and nursing care
- **Kun Mor and George Kiss Home, Friern Barnet**
Personal and dementia care at The Betty and Asher Loftus Centre
- **Harry & Stella Freedman House, Friern Barnet**
Personal, nursing and nursing with dementia care, at The Betty and Asher Loftus Centre
- **Otto Schiff, including Rela Goldhill, Golders Green**
Personal dementia care and physically disabilities at the Maurice and Vivienne Wohl Campus
- **Rosetrees, Friern Barnet**
Personal and dementia care at The Betty and Asher Loftus Centre
- **Sunridge Court, Golders Green**
Personal care
- **Vi & John Rubens House, Ilford**
Personal, dementia and nursing care

Care Homes for People with Mental Health Needs

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

RETIREMENT LIVING

Retirement Living offers individuals and couples over the age of 60 the freedom to live in style, with the peace of mind of knowing 24-hour support is available, with staff based on site if needed.



Our Retirement Living schemes

**Pears Court
at Sandringham
Stanmore/
Hertfordshire**

48 spacious one- and two-bed apartments, set in 16 acres of green belt land part of the Sandringham campus and its facilities.

**Selig Court
Golders Green**

45 spacious one- and two-bed apartments part of the Maurice and Vivienne Wohl Campus set in the heart of Golders Green.

**Shebson Lodge
Southend**

16 apartments located just off the seafront, some apartments with sea views.

**Wohl Court
Hendon**

32 apartments in Hendon close to all the shops and amenities and short distance from the Maurice and Vivienne Wohl Campus.

Facilities include*:

- 24-hour on-site care and support management team
- A communal courtyard and or gardens
- Videophone entry system
- Concierge service
- Laundry facilities
- Guest suite for visitors
- Communal lounges for relaxation and entertainment
- Hairdressing salon
- Supervised Kosher restaurant or café
- Shop selling essentials, groceries as well as Kosher meals
- Support from the maintenance team
- Wi-Fi in communal areas
- A mobility scooter park

*Please note facilities vary between locations.

Tel: 020 8922 2200

Email: retirementliving@jcare.org

COMMUNITY CENTRES

Our vibrant and friendly community centres offer a varied programme of events and activities for all ages and interests. From children's crafts and arts to cultural appreciation, there is something on offer for everyone. Our programmes include arts, culture, exercise classes, adult learning, events, social groups, support groups and health and wellbeing services.

Many of our centres offer delicious Kosher food.

Day Programme

Our lively day programme for older people includes a stimulating range of activities designed to keep you physically and mentally active and lift your spirits. You can learn new skills and hobbies or develop those you already enjoy in a warm and friendly sociable environment. Whether you choose to pop in for a particular session or spend the whole day, there is something to suit all tastes.

Activities include exercise classes, yoga, computer sessions, discussion groups, art lessons, bridge and kalooki, as well as guest speakers and musical entertainment.

- The Brenner Stepney Jewish Community Centre
- Michael Sobell Jewish Community Centre, Maurice and Vivienne Wohl Campus, Golders Green
- Redbridge Jewish Community Centre, based at Woodford Forest United Synagogue, Churchfields E18
- Southend and Westcliff Jewish Community Centre
- The Ronson Family Community Centre Sandringham, Stanmore/Hertfordshire

Room booking and venue hire are available.
Please contact us for more information.



connect@ centres

Jewish Care connect@ centres offer a range of weekly cultural and social activities for the young at heart. With entertainment, guest speakers and outings, you can explore new interests in a friendly and welcoming environment.

To find out what's on offer near you, contact the Jewish Care Direct helpline on 020 8922 2222 or email helpline@jcare.org

- connect@ Kenton, Kenton United Synagogue
- connect@ Southgate, The Betty and Asher Loftus Centre
- connect@ Stamford Hill, Ajex House, Hackney

SOCIAL WORK AND COMMUNITY SUPPORT

Our experienced teams support 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.

We have five specialist teams with extensive knowledge on a range of issues.



Dementia

This team has strong links with local and national services and can provide support for people in the community who are living with dementia. The team also works closely with all of Jewish Care's services, especially those for people living with dementia, for example Memory Way Cafés and Centres for People Living with Dementia.

Disability and Welfare Rights

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

Family Carers

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

End of Life Care

This team supports people who have a life-limiting illness and can help with advance care planning. They also understand the importance of co-ordination with other health professionals involved, either to remain in the community or assist the transition into nursing care. The team has good links with hospitals and hospices who can work together to understand the needs of people at such a sensitive time.

Shalvata

Shalvata offers support for Holocaust survivors and refugees and can help with practical advice, counselling, assessments and applications for various grants.

Our team supports individuals and families from:

- Central and Greater London
- Home Counties
- Essex
- South London and the South East
in partnership with Nightingale Hammerson

We also offer support and guidance by phone and email across the UK and abroad.

COMMUNITY SERVICES

Befriending

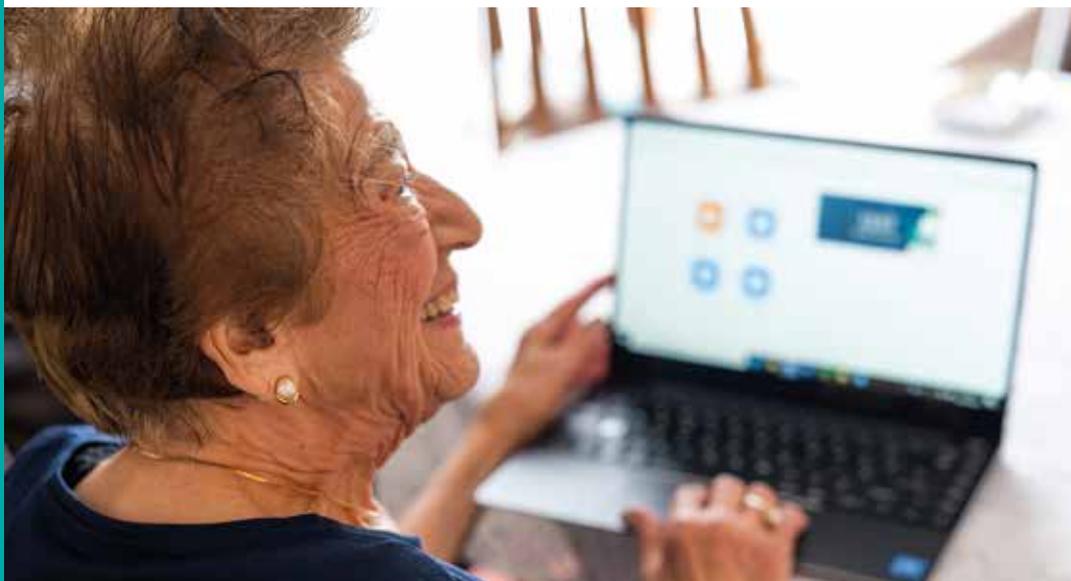
Our friendly, warm team of telephone befrienders are on hand to make regular contact via a phone or video call and where appropriate in person. If you, or someone you know is feeling isolated or lonely, especially without in-person contact, please reach out to our friendly team of volunteers who will be happy to connect with you.

Home Care

Our Home Care service supports people to live independently in their own homes. This personalised service offers high-quality care from carers vetted and trained by Jewish Care.

We offer a flexible approach to supporting people at home, from help with personal care and medication, to accompanying people to events, appointments and shopping trips.

Our dedicated and professional team is fully trained and insured. This service is available in: Southend & Westcliff, Hackney and Redbridge.





Meals on Wheels

Our Meals on Wheels delivery service offers nutritious, Kosher meals delivered straight to your doorstep. With a varied menu to choose from including soups, meat, fish and vegetarian options. All meals come pre-packaged in individual portions.

Delivery areas include Redbridge, Stepney Green, Golders Green, Edgware & Harrow, Southend, Southgate and Finchley.

Support with Technology

Do you or someone you know need a helping hand when it comes to technology? Our digital support services are on hand to help guide you through using your computer, tablet, smart phone, or any other piece of equipment that will help you stay connected to your loved ones and the community.

For more information on how to access this service, please contact our Jewish Care Explore by calling 020 8922 2400 or emailing explore@jcare.org

Virtual Activities/JC Presents

A wide range of virtual activities and events is available to access online. These vary from musical entertainment, talks from interesting people, conversational Yiddish sessions, social conversations, chair exercises and tips on keeping fit, virtual tours of popular locations, and so much more.

You can find out more about our range of activities and events by visiting jewishcare.org/keepingactive.

HOLOCAUST SURVIVOR AND REFUGEE SERVICES

Holocaust Survivors' Centre (HSC)

Jewish Care's Holocaust Survivors' Centre is a dedicated space within the Maurice and Vivienne Wohl Campus in Golders Green. It is the only place of its kind in the UK where survivors and refugees are supported through a specific programme of social, cultural and therapeutic activities as well as recording testimonies.

The Centre's warm and friendly drop-in café is a great place to meet friends and take part in a range of discussions, activities and events including Holocaust memorial events, with guest speakers on art, culture and current affairs.

Many survivors who attend the centre have built strong friendships there and say they consider it a "home" where they can share experiences with those who understand what they have been through.

This service is for survivors who were in Europe during the war or those who came to the UK as refugees after. It also provides for Jewish refugees from former Yugoslavia.

Our support for Holocaust survivors continues to evolve to meet the changing needs of our older survivors. We now support conversation cafés across London, hosted by volunteers in Edgware, Hampstead, Finchley, Essex and North Barnet and Hertfordshire.





Shalvata

The Shalvata team offers counselling and social work support for Holocaust survivors. Our team can also assist with completing Claims Conference applications for financial assistance, Austrian Claims and Six Point Foundation applications (a UK grant giving agency for survivors and refugees of Nazi persecution).

Services include:

- 1–1 counselling sessions
- Support for those experiencing trauma, nightmares, loss and the effects of separation
- Support groups for bereaved spouses of survivors and survivors who talk in schools
- Family and carer support
- Assessment and planning for home care, residential and nursing care
- Training staff in statutory and voluntary organisations supporting survivors
- Support and signposting for survivors experiencing memory issues and dementia

DEMENTIA CARE SERVICES

We believe that a life with dementia can be active and fulfilling. Our wide range of resources and services provides support for people living with dementia.

Our day centres for people living with dementia offer a lively, social and stimulating environment. These services are essential in enabling carers and families to have some much-needed respite. Drop-in groups such as the Memory Way Cafés and Singing for Memory sessions bring both those living with dementia and their carers together to have fun and share experiences.

Our home care team in Redbridge, Southend and Westcliff have trained staff who can assist with activities both in and outside the home.

Should residential care become your choice, our care home staff are specially trained in the changing needs of residents living with dementia. We ensure residents get the support needed to be able to enjoy and participate in a varied activity programme.

We offer short-term stays in some of our care homes, allowing carers and families a respite break. Minimum stay of one week or up to six weeks, subject to availability.

Dementia not only affects people living with dementia, but it also impacts the lives of their families and carers. By working together, our Family Carers team can provide support as and when required, through practical advice, emotional support, advocacy and information.



Centres for People Living with Dementia

Our specialist centres offer activities, care and support which can enhance the overall wellbeing of the person living with dementia.

- The Sam Beckman Centre, The Betty and Asher Loftus Centre, Friern Barnet
- The Dennis Centre, Redbridge
- The Zalman and Ruchi Noé Centre, Sandringham, Stanmore/Hertfordshire

Memory Support and Social Groups

- Memory Way Café, Golders Green, Finchley, Friern Barnet and Redbridge, Stanmore/Hertfordshire
- Singing for Memory, Golders Green, Stanmore/Hertfordshire
- Dementia Day Club, Southend
- L'Chaim Group for people living with dementia, Stamford Hill
- Memory Matters, Northwood*
- Singing Together, Online

*In partnership with Northwood and Pinner Liberal Synagogue

MENTAL HEALTH

Jami and Jewish Care joined together to create a single mental health service for the community. Jami's focus is on recovery, moving towards becoming an active member of the Jami, Jewish and wider community. Jami assists people on this journey, from enabling them to become experts in their own self-care to being supported, where appropriate, back into education or employment.

Our two residential homes offer residents different levels of care to suit their individual needs, providing a safe but unobtrusive environment where residents can develop or maintain their daily living skills and independence with the option of support on hand.





The Mental Health Service for our Community

Jami empowers people to focus on their future and put their lives before their diagnosis.

Jami's occupational therapists, social workers and peer support workers can help clients manage their mental and physical health. Jami visits people in hospital and organises befriending for socially isolated individuals and Jami's hubs run varied programmes throughout the week.

Jami can also assist with job searching or finding education opportunities. The Jami Head Room team runs courses and seminars to educate the whole community about mental health, wellbeing, and recovery.

JAMI

Jami offers support from four locations across London and the South East:

- Kadimah Centre for Wellbeing, Stamford Hill
- Martin B. Cohen Centre for Wellbeing, Edgware
- Elliott Simmons Centre for Wellbeing, Leila's House, Finchley
- Mitkadem Centre for Wellbeing, Redbridge
- Head Room Café, a social enterprise from Jami, Golders Green

Jewish Care residential homes for people with mental health needs:

- Jack Gardner House, Golders Green, Adults aged 18+
- Sidney Corob House, West Hampstead, Adults aged 50+

For further information about mental health services please contact Jami on 020 8458 2223 or visit www.jamiuk.org

SUPPORT AND SOCIAL GROUPS

Our support groups run face to face, virtually online and over the phone. For more information call 020 8922 2222 or email helpline@jewishcare.org unless otherwise specified.



**Jewish Helpline
Freephone
0800 652 9249**

Jewish Helpline is here if you are feeling alone, anxious, depressed or suicidal or simply in need of someone to talk to. We listen without judgement, and all calls are completely confidential. You don't need to give your name.

Sun-Thurs: 12pm-12am, Fri: 12-3pm
(Closed during Shabbat and Jewish Festivals)

**ADD Anon
(Run by JAMI)
jamiuk.org**

Addictions in our families is a weekly anonymous group which enables Jewish families to support each other through addiction. Drugs, alcohol, gambling.

**Jewish Bereavement
Counselling Service
(JBCS)**

Meets in Golders Green. For more information please call 020 8951 3881 or email enquiries@jbcs.org.uk

AfterShock

Jewish bereavement counselling service. For young adults aged 18-30 who have lost a parent. Confidential group facilitated by trained professionals.

Butterflies

For adults who are bereaved of a parent and have children. Group facilitated by trained professionals. Can bring babies. Crèche available.

Nechama

An informal support group for bereaved Jewish parents, meeting in a warm and caring atmosphere.

Stepping Stones

Bereavement support group for Jewish people aged 40 – 60 who have lost a partner.

Stronger Together

Bereavement support group for Jewish people 60+ years who have lost a partner.

**Carers Café
Southend**

Group for all carers. Information, support, guidance for those in a caring role.

MEMORY SUPPORT AND SOCIAL GROUPS

Memory Way Cafés

Golders Green, Finchley, Friern Barnet and Redbridge, Stanmore/Hertfordshire

A group for carers together with their friend or family members living with dementia, to enjoy activities and socialise. Sessions include guest speakers and professionals offering advice and coping strategies in a relaxed and confidential environment.

Dementia Day Club (formerly Chai Group) Therapeutic programme for those living with dementia

Southend and Westcliff Jewish Community Centre

Memory Matters

Northwood and Pinner Liberal Synagogue

Singing for Memory

Golders Green, Stanmore/Hertfordshire

Supporting people living with Alzheimer's disease and other conditions affecting memory. Singing for Memory is a singing session providing a friendly and stimulating social environment, bringing together people who are living with dementia and their carers.

JEWISH REFUGEES

AJR Association of Jewish Refugees

Redbridge

Delivers social, welfare services and financial assistance to Jewish victims of Nazi oppression as well as their dependants and descendants living in Britain.

Holocaust Survivors' Centre

Golders Green

DISABILITY SERVICES

Jems

Edgware

Group for people living with multiple sclerosis. Access professional advice and strategies to cope. The chance to share knowledge and experiences, give support and make friends in an informal atmosphere. It is aimed at supporting Jewish people living with MS and their partners/families.

The Parkinson's Wellbeing Group

Golders Green

Physical and emotional support for individuals living with Parkinson's to help cope with the day-to-day realities of having Parkinson's disease. The opportunity to swap stories and share resources.

Physical Disability Carers Support Group

Golders Green

A group for carers whose family or friend has a degenerative disease like MS or Parkinson's, had a stroke or is living with a physical disability. Physical and emotional support.

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

VOLUNTEERING

Jewish Care's work would simply not be possible without our amazing team of dedicated volunteers.

There are a wide range of volunteering opportunities across all the services we offer. These range from short-term one-off roles to assisting with regular programmes.

Whatever your age or ability, whether you are working, unemployed or retired, there is a wide range of opportunities where you can help at Jewish Care and make a difference.

As well as helping others, you will develop your skills, build your confidence and make new friends.

So get in touch to find out how you can be part of a great team and enhance the lives of older people and make a real difference to the Jewish community we support.

Full training and support is given to all our volunteers. If you are interested in joining our friendly team, we would love to hear from you.

A number of companies and organisations have benefited from their staff sharing the Jewish Care experience, including Goldman Sachs and the Department of Work & Pensions and we are keen to work with more!

To find out more about volunteering or how you can get involved, call the volunteer team on 020 8922 2405 or visit the Jewish Care website at jewishcare.org/volunteer



HOW TO ACCESS OUR SERVICES

Jewish Care Direct

All our services can be accessed by calling our Jewish Care Direct helpline, which will give you confidential information and advice. It is staffed by experienced and knowledgeable professionals, so whatever you need to find out, your call will be treated in a warm and sympathetic manner.

Opening times

Monday to Thursday 8.30am to 5.30pm

Friday 8.30am to 5pm (summer months)

Friday 8.30am to 2pm (winter months)

No matter what the problem or issue, however simple or complex, our advisers will be happy to assist you.

In situations where we cannot offer direct assistance our advisers can also tell you about other organisations or resources in your area that can help.

Contact us:

 020 8922 2222

 helpline@jcare.org

 jewishcare.org

