

JEWISH CARE

in Essex

Your local community magazine

Autumn 2017/5778 | Issue 1



Inside this issue:

ESSEX HERO

Marathon man shares his story

UNEXPECTED FRIENDSHIPS

Making friends whilst making a difference

Food & Drink | Junior Essex | Tips and advice on choosing a Care Home

DIARY

What's on

**LOOKING TO FIND OUT WHAT'S ON IN JEWISH ESSEX? YOU'VE COME TO THE RIGHT PLACE!
JEWISH CARE HAS A FANTASTIC YEAR-ROUND EVENTS CALENDAR FOR YOU TO ENJOY.**

OCTOBER

Wednesday 18

Ladies That Lunch

Redbridge JCC

Thursday 19

Salt Beef Bar & Social Club

Redbridge JCC

Sunday 22

**Vi & John Rubens House
Supper Quiz**

Redbridge JCC

Thursday 26

Salt Beef Evening

Southend & Westcliff JCC

NOVEMBER

Wednesday 1

Chaps That Chat

Redbridge JCC

Thursday 2

Salt Beef Bar & Social Club

Redbridge JCC

Monday 6

Parent Toolkit

Parent information evenings looking at issues facing teenagers in today's society and how as parents we can support them.

Redbridge JCC

Wednesday 8

**Afternoon with
Sir Eric Pickles**

Sunday 12

A Cracking Cobham Quiz

Southend & Westcliff JCC

Sunday 12, Tuesday 14, 21

**UK International
Jewish Film Festival**

Odeon South Woodford

Thursday 16

Football Quiz

Redbridge JCC

Thursday 16

The Boys Club

Redbridge JCC

Sunday 19

Mitzvah Day

Contact us to be part of our exciting Mitzvah Day programme.
Redbridge JCC

Sunday 19

**Annual Supper Quiz
with Michael Finger**

Redbridge JCC

Wednesday 22

**Local Angels Annual
Lunch with Judge Rinder**

Marriott Hotel, Waltham Abbey

Thursday 23

Salt Beef Evening

Southend & Westcliff JCC

Sunday 26

**Edith Piaf Tribute
Fundraising Concert**

Southend & Westcliff JCC

Wednesday 29

Ladies That Lunch

Redbridge JCC

Wednesday 29

Redbridge Open Day

Come and see all our services

Redbridge JCC

Thursday 30

Bubble Schmeisis

A bawdy alternative tour of the Jewish East End

Redbridge JCC

DECEMBER

Wednesday 6

Chaps That Chat

Redbridge JCC

Thursday 7

**Salt Beef Bar
& Social Club**

Redbridge JCC

Sunday 10

You Must Remember This

Steve Dunnnett & Diane Moore (Show)
Redbridge JCC

Wednesday 20

Chanukah Party

Southend & Westcliff JCC

Thursday 21

The Boys Club

Redbridge JCC

Thursday 21

Salt Beef Evening

Southend & Westcliff JCC

**For more information
contact Redbridge JCC**

on 020 8551 0017 or

Southend and Westcliff JCC

on 01702 334 655

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Welcome to our first edition of *Jewish Care in Essex*.

Jewish Care is proud to be able to highlight to the community the work we are doing across the whole of Essex, through our wide range of services reaching out to all generations.

Jewish Care is the heartbeat of the community. Regardless of level of observance, the connection to Jewish values still remains strong in this vibrant community.

We believe passionately in supporting the community, maintaining Jewish connections for many people who otherwise wouldn't be able to do so, as well as reaching out to our younger generations through our vibrant youth programmes. We are continually adapting our services to respond to the needs of the Essex Community. This edition of *Jewish Care in Essex* reflects our services and shows how we are touching people's lives.

We hope that this edition will illustrate the vibrancy of our community and the support Jewish Care provides. We warmly welcome any feedback you may have or ideas for future editions, so please do get in touch.

Warmest regards

Tara Shaw

Editor

tshaw@jcare.org



Photo roundup

01 This trio featured in the Jewish Care Annual Campaign Dinner film showing how Southend and Westcliff JCC members take regular walks to the seafront to have ice cream.

02 Twenty gentlemen from the Chaps that Chat group in Redbridge, one of Jewish Care's Supportive Community groups, visited the Mayor's Question Time at City Hall in January.

03 Live art event and style parade at Vi & John Rubens House.

04 Lets go fly a kite! Members at Southend and Westcliff JCC during a lively session.

05 Great Jewish Bake Day at Redbridge JCC.

06 300 guests from the local community enjoyed an evening of celebration at the Yom Ha'atzmaut Party organised by Redbridge JCC Israel Committee and the young MIKE leadership volunteers.

07 Redbridge JCC choir The Sinclair Singers won Jewish Care's third annual sing-off with their adaptation of *If I Were a Rich Man* from *Fiddler on the Roof*.

8 Summer fun at Southend and Westcliff JCC at their Summer fete.

09 More than 75 children came together at the Half-Term Day Camp at the Redbridge JCC.

10 The sun shone as 120 golfers enjoyed the 47th Annual RAGS in June (Redbridge Aid Golf Society) golf tournament at Abridge Golf and Country Club raising £125,000 for community services in the Redbridge area.

11 Chelsea Youth – the winning team at the Football Quiz at Redbridge JCC which raised £8,500.

12 Summer fun at Redbridge JCC BBQ and Jazz party.



01



04



05



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Shaping our future leaders

Youth leadership plays a vital role in shaping the individuals who play key roles in our community. It enables young people to learn to take responsibility, make decisions and put into practice what they learn. Some say that the youth of today lack purpose and commitment, but nothing can be further from the truth for those who take part in the MIKE Leadership course, designed to help young people develop as individuals and encourage volunteering and peer leadership.

MIKE stands for Motivation, Inspiration, Knowledge and Education and is aimed at young people between the ages of 13 and 17. Over 120 children from Kantor King Solomon High School and JCoSS, as well as local schools, take part. The participants gain an Open College Network (OCN) accreditation in Leadership.

“It’s so nice to be appreciated and really good to give back what you have been given yourself.”



The programme starts in Year 9 and each year participants gain credits. In Year 9 the focus is on teamwork, in Year 10 the focus is on volunteering in the community and Year 11 is safeguarding young people in a youth work setting. The course has developed over the years and is now tackling current issues such as the impact of social media and social pressures, drugs, the influence of mobile technology and mental health awareness.

The programme has been a huge success, enhancing confidence as well as helping the youngsters taking part understand who they are as people and their Jewish history to inspire future generations.

Seventeen-year-old Rhianna Bongart (pictured left) was joint winner of this year’s Jewish Care Young Volunteer Award. She has been volunteering at Jewish Care’s Redbridge JCC for four years, participating in the MIKE Youth Leadership programme.

The JFS pupil volunteered at Jewish Care’s half-term and Summerworld camps and received an Above and Beyond Award at Redbridge JCC MIKE Awards for her volunteering contribution to the MIKE programme.

Rhianna said, “It’s so nice to be appreciated and really good to give back what you have been given yourself. I love working 1-to-1 with children. I really want to do a job that makes a difference and I’d like to go into social work with children, so this is also really crucial experience for what I want to do later in life.”



If you would like more information on joining this dynamic programme contact Redbridge JCC on 020 8551 0017 or email redbridgejcc@jcare.org

YOUTH PROGRAMME REDBRIDGE JCC

MONDAY

Club Kef 3.45-5.15pm

TUESDAY

Messy Mischief 10.30-11.45am

Messy Mischief Twins 1.15-2.30pm

WEDNESDAY

MIKE Programme 7-9pm

THURSDAY

Football Training 6.30-8pm

Club Ballagan 7-9pm

FRIDAY

Friday Fun Factory 10.15-11.30am

KEY

Messy Mischief 0-4-year-olds

Club Kef 4-11-year-olds

Club Ballagan 11-14-year-olds

Football Training under 16's

Friday Fun Factory 0-4-year-olds

MIKE Programme 14-21-year-olds

**For more information call
020 8551 0017 or email
rjccyouth@jcare.org**



HALF-TERM HOLIDAY CAMP

23-27 OCTOBER

Experience new activities,
learn new skills and enrich
friendships.

**Call 020 8551 0017 or
email rjccyouth@jcare.org
for more details**

Mess you don't mind!

After a long day looking after your child or grandchild, the last thing you may want to do is to clear up the aftermath from an arts and crafts session. Most toddlers can turn into human tornados when armed with a paintbrush and pot of paint, often not restricting the paint to the paint brush, paper or object in hand! Walls, floors and chairs often benefit from a session of painting so when it all takes place in a safe and caring environment which is not your home, it can seem much more appealing to the parent or carer in charge. Aptly named Messy Mischief, the group toddler sessions for pre-school children at Redbridge JCC offer a variety of fun play activities for children aged 0-4 years old, run by NNEB qualified Laura Davis, who also has an NVQ3 in childcare.

The children really seem to enjoy it as mum Katie Cochran explains: "Ella is four years old and has been coming to Messy Mischief since she was 14 months. Sometimes I bring her and sometimes my mum does. There are lots of grandparents who bring along the little ones as well as parents and it is a really warm, friendly environment. Best of all, the kids can



do all the things most mothers don't like to do at home – making mess!" The philosophy of Messy Mischief is creativity, exploration and lots of fun. There is also a special session for twins and triplets on Tuesday mornings.

Laura explains the secret to the group's success: "The sessions offer the children the opportunity to socialise with their peers in a stimulating environment. I organise a variety of themed activities. It is also very sociable for the parents and carers too."

AFTER-SCHOOL CLUB GIVES PARENTS HELPING HAND

Club Kef meets weekly on a Monday at Wohl Ilford Jewish Primary School. A new chaperone service is being offered for children at Clore Tikva school that enables children to join Club Kef, who may otherwise not have been able to attend. It has proved very popular with pupils and parents. The children are collected from Clore Tikva and they walk accompanied by chaperones to the club at no extra cost. It is also great for parents who need after-school child care. At the club the children enjoy arts and crafts, drama, cooking, technology, sports, photography, dance, as well as Jewish programmes. The scheme is led by the participants of the MIKE leadership training programme and supervised by a qualified Youth Worker. It runs every Monday during term time.

The beautiful game

Unbeknown to many, the Redbridge JCC is also the breeding ground for some excellent football with three teams competing in the Maccabi League. Last season the Redbridge JC premier team came second in the League having been frontrunners all season. The team look forward to bringing the cup to Essex this year. Team manager Jon Jacobs explains: "We had a good season last year and the team worked really hard but it was a disappointing finish as we should have won! We need to put things right this season."

"It was an amazing season and something I will never forget."

The club also finished runners up in the Cup so nearly a brilliant season but still successful. Individually, Ryan Cole, our star left back, was deservedly named Maccabi Player of the Season. This was a tremendous accolade for both Ryan and the club itself and

testament to the commitment to the Redbridge JC cause shown by Ryan.

The B team had a stellar season, winning their division at a canter. The team was led by manager Sam Rank and Daniel Bean was the star, winning the Player of the Season for the division. The team won every game in their league but one. Twenty-three-year old Daniel has played on and off for Redbridge JC for many years. He said: "It was a great achievement and it was only made possible thanks to my team-mates. It was an amazing season and something I will never forget."

The C team also had a fine debut season led by Josh Hambling. The team came a credible 4th and aim for promotion this season.



Do you have a passion for football? Get competitive and active and join Redbridge JC. Fresh from their success of 2017, the teams train on Wednesday nights and welcome new players. There is also an under 16s team which trains on Thursdays.

For more information contact Jon Jacobs on 020 8551 0017.

MAKE A DIFFERENCE

Essex hero

DANIEL – LONDON MARATHON 2017



Over the years many people have taken part in Challenge events to support Jewish Care but we are especially proud of our Essex hero Daniel Carmel-Brown, who shares his story.

Daniel decided to mark his 20th year working for Jewish Care by taking on the ultimate challenge – the gruelling 26.2-mile London marathon.

The father-of-three from Woodford Green has gone from being a part-time youth worker at the Redbridge JCC in Clayhall to Director of Fundraising & Marketing for the whole organisation.

is such a special and unifying force.”

Daniel’s day started bright and early at 5am as he headed to the start line in Greenwich with his fellow Jewish Care marathon runner Josh Domb and another who flew from Israel just to do the race!

Being at the back of the starting pen, it took him 20 minutes just to get over the start line, which he claims only added to his “maranoia”. After a few miles trying to find his pace, Daniel started to feel the burn around mile seven, but knew his Jewish Care colleagues would be waiting for him at mile 11 with words of encouragement and jelly babies.

At mile 15 he admitted to starting to feel the kind of

“Jewish Care sees people from more than 70 countries supporting one community, and in a world of division, this is such a special and unifying force.”

His late grandma Lily was cared for at Vi & John Rubens House care home and this spurred him on to raise funds for the charity. Daniel explains: “Sadly my grandma Lily passed away early in the New Year, but I witnessed the incredible care given by such dedicated colleagues.

“Jewish Care sees people from more than 70 countries supporting one community and, in a world of division, this

pain he had only hoped to encounter at mile 20 and “was in need of an intervention”. He said: “And then, low and behold, there it was – in the form of a running Rabbi!”

After bumping into Buckhurst Hill Rabbi Odom Brandman, the pair ran together for a few miles then Daniel was on his own again until the final Jewish Care cheer point at mile 25.

Take on a challenge and put yourself to the test. For more information on Challenge events contact the events team on 020 8922 2834 or email events@jcare.org

REAL ISSUES

Loneliness doesn't happen in the Jewish community... does it?





Above Kathryn is just one of Jewish Care's trained advisors who will give you the help you need.

Loneliness is often the elephant in the room that no one wants to talk about. Often people who struggle with isolation and loneliness do not want to be told what to do and where to go. Whilst for some people attending day centres has transformed their lives, others loathe the idea. The reality is everyone is different, with varying needs and interests.

“Loneliness really is an issue for many of the older members of our community”

Many of us can relate to situations such as the recently widowed member of the community, who despite having loving children feels empty and lonely without his companion of 60 years and will spend much of his days alone. What about the recently retired teacher who used to teach his schoolchildren how to play chess? He loves the game but few of his friends are interested in playing with him.

Then there are those who yearn to go out but feel awkward to go on their own. They miss regular lunches in their favourite restaurant but feel uncomfortable or sad eating there alone. Only a few roads away is another like-minded person who loves eating in that very same restaurant.

Jewish Care's Southend and Westcliff and Redbridge JCCs provide a variety of services both within the centres and through their outreach services, to work in a positive way with people who are alone or at risk of the downward spiral of loneliness.

Redbridge JCC Manager Graham Freeman explains: “Loneliness really is an issue for many of the older members of our community. The reality is there are members of the community who have little or no family, and if they see their friends less often, this leads to isolation. One of the many services we provide is the opportunity to bring people together, helping to build a social network and create meaning in someone's life. We have many exciting programmes running throughout the year.”

For more information about our services contact us directly on 020 8922 2222 or email helpline@jcare.org

DIRECTORY

A guide to what we do in Essex

Community support and social work 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. They can advise, coordinate and act on your behalf with local authorities, signpost you to other helpful services, and provide support for as long as required.

They have specialist knowledge on a range of issues including dementia, disability and welfare rights, family carer support, end-of-life care and support for Holocaust survivors and refugees. The service has strong links with a range of local services across Essex.

Care home

Designed to enable residents to receive high quality residential, nursing and dementia care that promotes meaningful lives.

▲ Vi & John Rubens House, Ilford

Connect@ centre

Offering a choice of cultural, social and leisure pursuits, for the young@heart aged 55+.

▲ connect@southend

Independent living

Offering independent living within a supportive setting.

▲ Shebson Lodge, Southend

Community centres

Where the community can come together to socialise, learn, eat and have fun.

▲ Redbridge Jewish Community Centre (JCC)

▲ Southend and Westcliff Jewish Community Centre (JCC)

Centre for people living with dementia

Providing stimulation and therapeutic activities in a safe environment.

▲ The Dennis Centre, Ilford

Home care service and live-in care

Enables clients to remain living independently in their own homes.

Available in:

▲ Redbridge

▲ Southend and Westcliff

Dementia activity group

▲ Southend and Westcliff

Holocaust survivors and refugee services

Monthly support sessions for survivors to meet, with specially-designed activities. Shalvata provides for the therapeutic needs of survivors and their families.

▲ Redbridge

Disability services

Services designed for those with various disabilities, promoting independence and choice.

▲ Jewish Care Explore – Digital skills for everyday life, Redbridge

Support and social groups

Bereavement and divorced support groups

▲ Moving On, Redbridge

Carer support and social groups

▲ Carers' Café, Southend and Redbridge

Memory support and social groups

▲ Memory Way Café, Ilford

▲ Dementia Day Club, Southend

Other support groups

▲ Hearing aid surgery, Redbridge

▲ AJR Association of Jewish Refugees, Redbridge



Other Social groups

- ▲ New Beginnings for people over 50, Redbridge
- ▲ Thursday Social Club for people over 50, Redbridge

Supportive communities

Informal social groups that bring communities together and help build friendships, preventing social isolation among older adults. Throughout Essex.

- ▲ Chaps that Chat, Redbridge
- ▲ Tea Parties, across Redbridge
- ▲ The Boys Club, Redbridge
- ▲ Ladies That Lunch, Redbridge

Jewish Care Interact

The place for all things Independent Living and Ageing Well in the UK Jewish community.

- ▲ Jewishcareinteract.org

Mental health

Jami and Jewish Care formed a partnership to create a single mental health service for the Jewish community.

- ▲ Mitkadem Centre for Wellbeing, Redbridge

Youth Services

A varied youth programme from 0-18 years.

- ▲ Redbridge

Jewish Care Direct – Helpline

All our services can be accessed by calling the **Jewish Care 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. If we are not able to offer a Jewish Care service that meets your needs, we can help by referring you to other organisations.

Its opening hours are: Mon to Thurs 8.30am – 5.30pm and Fri 8.30am – 5pm (until 2pm in winter). **You can contact the Jewish Care Helpline by calling 020 8922 2222, visiting us at jewishcare.org or emailing us at helpline@jcare.org**

COMMUNITY CENTRE ADULT PROGRAMMES

REDBRIDGE JCC

Sinclair House
Woodford Bridge Road
Ilford, Essex IG4 5LN

MONDAY

Table Tennis 12-3pm
Art For All 8-10pm

TUESDAY

Computer Drop-in Class
10.30am
Pilates 10-11am
Line Dancing
(fortnightly) 11am
Table Tennis 6-9pm
Café Ivrit 6.30pm
Israeli Dancing 8.30pm
Duplicate Bridge
7.30-10pm

WEDNESDAY

Fitness for all 10.30-11.30am
Table Tennis 12-3pm
AJR (1st Wed of month)
Ladies That Lunch
(Last Wed of month)
Bridge Lessons 7.15-9.15pm
Let's Move On 7.30-10pm

THURSDAY

Yoga 9.45-11am
Social Club & Salt Beef Bar
(Monthly)
The Boys Club 1-3.30pm

SUNDAY

Conversational Yiddish
(fortnightly) 10am-12pm

**For more information
call: 020 8551 0017**

KEY TO ACTIVITIES

AJR The Association of Jewish Refugees • **Active Life** Exercise and nutrition class for the 60+ • **Art for All** Untutored art session, bring your materials • **Bridge Club** Duplicate bridge club for all levels • **Carer's Café** Support and advice for primary carers • **Café Ivrit** Join us for friendly Ivrit conversation • **Connect@** For active, independent older Jewish people • **Fitness for All** Fitness class run by Jami • **Ladies That Lunch** Join our friendly club for lunch followed by Kalooki and Rummikub • **Let's Move On** Social group includes discussions, entertainment and quiz nights for those who have lost their partners • **Pilates** Strengthen your core, improve posture and tone your body, all levels welcome • **Table Tennis Club** Weekly table tennis club, all levels.

SOUTHEND & WESTCLIFF JCC

1 Cobham Road
Westcliff on Sea
Essex SS0 8EG

MONDAY

Active Life
at The Reform Synagogue

Jami Fitness 10-11.30am

Keep Fit for Over 50s

TUESDAY

Dementia Day Service
10.30am-3.30pm

Connect@ 4-6pm

WEDNESDAY

Dementia Day Service

Carer's Café (Monthly)

**Cognitive Stimulation
Therapy group**
10.30am-12pm

Ladies That Lunch
(last Wed of month) 12-2pm

THURSDAY

Dementia Day Service
(Memory Garden)

**For more information
call: 01702 334 655**

A fresh take on home delivery

Southend and Westcliff JCC, in addition to their regular Meals on Wheels service, now offer a bespoke service for those who might need food delivery on a short-term basis, for example after hospital stays. This has proved very successful. Centre Manager Hilary explains: "Since we have introduced this service we have had a number of requests. We provide high-quality prepared kosher* meals delivered to your

doorstep. All our ingredients are of the highest standards. This service acts as a stop gap and helps relieve the stress that can be associated with hospital stays. You do not need to be a member of the centre to take advantage of this service. We are here to support the whole community. The centre also provides local care homes with kosher* meals for their Jewish clients as well as The Wellesley Private Hospital."

Recipes

HILARY'S ULTIMATE WINTER COUSCOUS

Hilary is the centre manager for Southend and Westcliff Jewish Community Centre, the lively hub of Jewish life on the coast.

INGREDIENTS

- 80g dried couscous • 1 tspn vegetable stock granules
- Boiling water • 1 red, 1 yellow pepper • 1 red onion
- 3 tbsp of cranberries • 2 tbsp fresh mint and parsley chopped
- 1 tbsp lemon juice • 1 tbsp olive oil

METHOD

Chop peppers and onion and place on a baking sheet, drizzle with olive oil, roast for 20 mins at 180 degrees C. Place the couscous and vegetable stock in a large bowl and cover with boiling water and with about 1/2 cm extra water to steam cook. After 10 mins fork through to loosen the grains. Add roasted vegetables into couscous with other ingredients and mix well.



NETTIE'S NUTTY NIBBLES

Nettie has been volunteering at Redbridge Jewish Community Centre for over 45 years, just one of 3,000 volunteers who play a vital role at Jewish Care.

INGREDIENTS

- 1lb-self raising flour • 6oz butter • 6oz caster sugar
- 2 eggs • A little almond essence • Flaked almonds

METHOD

Combine all the ingredients together in a bowl until a soft dough is formed. Roll out and cut into desired shapes. Sprinkle with flaked almonds. Bake for around 20 minutes at gas mark 4/180 degrees C.



*Under the Supervision of Jewish Care.

The Best Salt Beef in Town

“**T**here are people who come from miles around to enjoy a salt beef sandwich here and I can see why, they are excellent!” You may be thinking Blooms Golders Green, North London, but that closed years ago and quite frankly is too far to drive to even for a great salt beef sandwich on rye, with a crispy latke and a juicy pickle.

In fact Essex boasts two excellent kosher* Salt Beef Bars, one at the Redbridge JCC and one at the Southend and Westcliff JCC. Not necessarily the first choice for a night out but once you have stepped through the doors, regardless of what age you are, you are in for a treat. The venues have no pretensions but don't be fooled into thinking that there is anything less than fabulous about the salt beef served. The atmosphere is heimasha, the salt beef is nothing less than



delicious and it won't break the budget either at £8 per person including soft drinks.

Once a month both venues are turned into lively Salt Beef Bars offering kosher* meals at a fraction of what you would pay in a restaurant. There is a choice of pickles, salads and soft drinks available. They are sell-out events so make sure you book early for the next evening.

See diary on page 2 for future dates.

Afternoon Tea Revival



The Great British Bake Off has gone a long way to helping the revival of the afternoon tea.

Vintage styles are more popular than ever with the resurgence of tea parties. However, for some people in the community, popping round to a friend for a chat and a cup of tea were activities of days gone by. Jewish Care have started a highly popular programme of community-based tea parties across Essex, giving people the opportunity to meet up with like-minded people for tea and conversation in a volunteer's home. Over 90 volunteers across Essex are involved in making these great events happen by opening up their homes for tea parties as well as picking up and bringing those who need transport. This successful project is all part of Jewish Care's Supportive Communities programme offering friendship and support in a really meaningful and enjoyable way. **If you are interested in either attending, hosting, or providing transport for our tea parties, please contact either Chris on 01702 334 655 for Southend or Alison on 020 8551 0017 for Redbridge events.**

Remembering Julia



JULIA GILBERT – SEPTEMBER 1908-JULY 2017

Encouraging and kind, one of life's most wonderful people" is how, one of Essex's oldest residents, Julia Gilbert, is described by her granddaughter Jackie Rogers. She will be remembered fondly by her friends and family after a wonderful full life of 108 years.

Julia was born in September 1908, the same year as the first Olympics in London during the reign of King Edward VII. Living through the succession of three Kings and our current Queen, there were also 24 Prime Ministers in her lifetime and she saw many changes.

Julia grew up in the East End of London and worked as a seamstress until the Second World War, leaving London during the Blitz. Julia married Sidney at the age of 23 and they were married for 12 years until he sadly died, aged 33, in the final month of the War.

Julie moved to Northampton, and then Colchester, before eventually relocating to Stoke Newington, in north east London, and working as a saleswoman in a stationary shop.

Julia and Sidney had two children together, both boys who now live in Australia. Julia had 10 grandchildren, several great grandchildren, great great grandchildren too and one great, great, great grandson who she spoke to regularly. After retirement, Julie volunteered at Jewish Care's Stepney Community Centre. She said she "absolutely loved working with older people and think more people should volunteer and visit people in the homes and community centres."

Julia lived in sheltered housing for 20 years before moving to Vi & John Rubens House Care Home in Ilford when she was 104 years old. There she spent four very happy years becoming a big part of the home and the Jewish Care family. Jackie explained: "My grateful thanks go to the team at Vi &

John Rubens House, they were always doing their best for her and allowing her to be herself."

My grandmother enjoyed the social aspect at the home. I believe she didn't mind being there and the attention she got because of her great age. She wouldn't admit it to me of course."

Julia was delighted to help promote the work of Jewish

"My grateful thanks go to the team at Vi & John Rubens House, they were always doing their best for her and allowing her to be herself."

Care during her life and featured in the papers sharing her secret for a long and happy life. Her greatest and proudest achievement was the birth of her sons and she was a great fan of the Royal Family, quoting them and Winston Churchill as her heroes.

Julia was content and happy with her life and believed that it was important to have respect for people of all races and religions. When asked if older people are given the respect they deserve in Britain she said: "No, I think older people are forgotten about and don't matter anymore."

When asked what she felt the secret for a long life is... she replied 'hard work and respect for people.'

In the spotlight

TWO MEMBERS OF THE JEWISH CARE SERVICES TEAM ARE PLACED UNDER THE SPOTLIGHT.

GRAHAM FREEMAN



GRAHAM IS BASED AT REDBRIDGE JCC, WHICH DELIVERS SOCIAL, WELFARE, EDUCATION AND COMMUNITY PROGRAMMES TO MORE THAN 2,000 PEOPLE EVERY WEEK.

What is your job title?

Redbridge Operations Manager.

How long have you worked for Jewish Care?

13 years – during which time I've worked in Golders Green, Southend, Edgware and now Redbridge.

Describe your job in a nutshell?

I am responsible for ensuring that Jewish Care is able to provide the best possible outcome for people in the local area. Day-to-day I make sure that the services based in Redbridge JCC are run smoothly and efficiently.

What do you enjoy about your job?

I never get bored! One minute I'm supporting our Youth Services team, then I'm liaising with the kitchen to ensure we have sufficient salt beef to satisfy the crowd arriving for dinner. Later I might meet the local authority to discuss whether there is funding available to help people access our services, before returning to watch a crowd of people dancing to the sounds of the 50s.

What inspires you?

The feeling that I'm making a difference to the lives of people in the local community – if even one thing I do in the day has a positive impact on people's health, well-being or independence then it's a day well spent.

What makes you smile?

Spending time with my precious six year old daughter.

What is your proudest moment?

Standing under the chuppah with my wife, surrounded by our families and close friends.

ZOE MCGURRELL



ZOE MCGURRELL IS BASED AT THE DENNIS CENTRE IN ILFORD. THE CENTRE IS FOR PEOPLE WHO ARE LIVING WITH DEMENTIA AND THEIR CARERS.

What is your job title?

Manager, Centre for People Living with Dementia.

How long have you worked for Jewish Care?

18 years.

Describe your job in a nutshell?

Day-to-day running of the centre, supporting staff, volunteers, members, carers and families and ensuring that all members enjoy their day.

What do you enjoy about your job?

Meeting all the members and carers/families, seeing everyone having a good day and leaving at the end of the day with a smile.

What inspires you?

My partner and my family.

What makes you smile?

Spending time with my partner, my friends and my two lovely cats.

What is your proudest moment?

I have two: 1. Getting married. 2. Doing a parachute jump.

What are three words to describe Jewish Care?

Caring, supportive and professional.

For information on both of these services, contact us directly at helpline@jcare.org or call us on 020 8922 2222.

VOLUNTEERING

Unexpected Friendships



We pride ourselves on being a caring community. With an increasing number of frailer, older people living in their own homes, some of whom struggle to cook themselves a meal or long for some company, Meals on Wheels and befriending is a real life-line for many people.

There are members of our community who are making a real difference to the lives of individuals and making meaningful and often unexpected friendships at the same time, through helping Jewish Care's Meals on Wheels Service and Befriending scheme. These services simply wouldn't exist without the support of volunteers.

The Meals on Wheels service provided by Jewish Care goes way beyond the delivery of a kosher meal*. The delivery of food gives us, the community, an opportunity to regularly visit people in their homes, check that they seem well and highlight any concerns to maintain everyone's welfare.

Today the service could be more accurately described as 'meals with care'. Drivers all attend our befriending training.

They provide friendly social contact for people who may be confined to the house, with a regular check that they are safe and well.

The Redbridge Jewish Community Centre has been providing a Kosher Meals on Wheels service to the local community for over 40 years. A team of 30 local volunteers currently deliver 50-60 hot meals a day to local older and vulnerable people. Another long-standing service is provided in Southend delivering 500 meals each year.

Eighty-six-year-old Sonny Finberg from Redbridge has been receiving Meals on Wheels for over seven years. "The service is vital to me as I have arthritis and I cannot bend down at the stove to cook meals. The volunteers who deliver the food are so friendly and the quality of the food is excellent. The team deliver to me three times a week and are kind enough to deliver an extra meal during their final visit to see me over the weekend so that I can get out and see friends rather than waiting for food to arrive."

Jewish Care have a number of volunteer-led services which help keep people fed or connected to their community. Demand for these services is increasing

**Under the Supervision of Jewish Care.*



“The service is vital to me as I have arthritis and I cannot bend down at the stove to cook meals.”

and Jewish Care have more demand for services than they can offer, especially in Redbridge, Chigwell and across Essex.

Jewish Care run a befriending programme that matches people with similar interests who live near each other. Training is provided for befrienders and regular support is given ensuring that both the parties are well supported. In addition there is a telephone befriending service.

Anthony from Forest Gate currently befriends four people, the youngest he visits is 99 and the oldest is 104 and he absolutely loves what he does.

If you know anyone who would benefit from services such as befriending and Meals on Wheels or would like information on joining the friendly groups of volunteers who provide much-needed support, please contact Jewish Care’s Helpline on 020 8922 2222.

VOLUNTEERS VACANCIES

MEALS ON WHEELS DRIVERS

Drivers urgently needed to join our friendly team to deliver meals to clients across all our resources – weekdays, flexible rota, ongoing.

CHILD’S PLAY

Enthusiastic volunteers required to help set-up activities, interact and support children in their play at Messy Mischief pre-school play group. Sessions run Tuesdays, Wednesdays and Fridays.

TEA PARTY HOSTS

Would you like to host tea parties in your home once or twice a year, or more often if you wish. House must be accessible with no steps to the front door, have a downstairs toilet and the dining table needs to be able to seat around 10-12 guests.

TEA PARTY DRIVERS

Drivers needed to drive guests to tea parties – mornings or afternoons, flexible days, required approximately once a month.

MIDAS DRIVERS

Drivers with D1 on their driving licence needed to drive Jewish Care minibuses taking clients to events and/or on outings. MiDAS and manual handling training will be provided – flexible availability but preferably at least one day per month, ongoing.

RESIDENTIAL & COMMUNITY BEFRIENDERS

Do you have any spare time to spend one-to-one time with care home residents or older, isolated people in their own homes – flexible days and times, ongoing.

PARTICIPATORY CREATIVE ARTS VOLUNTEERS

Volunteers needed to support individuals to participate in creative arts sessions – once a week for minimum ten weeks.

If you have spare time and would like to join our friendly team of volunteers call Ruth Fell or Gill Garton on 020 8551 0017.

INSIDE OUR RESOURCES

Choosing a care home

BY LESLEY WINES, TEAM MANAGER, COMMUNITY SUPPORT AND SOCIAL WORK TEAM EAST & FAMILY CARERS

There comes a time when help and extra support may be needed with daily life in a safe environment and moving to a care home is the best option. Choosing the right home can be daunting as it is a big decision.

I always suggest people start thinking about this before they are faced with a 'crisis' to avoid making a hasty decision and choosing a home that in the long term may not be the best option for them.

Similar to searching for the right house, when considering moving to a care home, you should think about what is important to you, create a list of criteria and understand that you may need to compromise on one aspect or another.

When viewing a care home it is important to trust your instincts; that feeling you get when you walk through the door, meet the staff and talk to other residents. You may need to compromise somewhere along the way, but as with any house search, the starting point is to understand what your needs are and what really matters to you.

There are different types of care homes; some offer support with personal care such as washing, dressing, taking medication and going to the toilet. Some homes provide assistance from qualified nurses and others offer specialist care for people living with dementia. Some homes accept residents who need both personal care and nursing care. This means that someone who initially needs personal care, but later needs nursing care, won't have to change homes.

When choosing a home for someone else it is important to see the benefits they will receive from being in a residential setting. It is also important to consider if a Jewish setting is important. Being Jewish means something different to all of us, and some people don't see themselves

as religious but they do feel Jewish and have connections with people in the community that have shaped them. Whether it is enjoying taking part in the festivals, having challah on a Friday night, or simply having access to Jewish literature and films.

Once you know which type of care you are looking for, you need to visit the homes. Once there, ask yourself, "can I imagine living here, surrounded by the other residents and being supported by the staff?" A lovely looking building is one thing, but exteriors and plush surroundings alone won't ensure you receive excellent care and live a full and meaningful life. Ideally either you, or a family member, should check the Care Quality Commission website and look at the report for each of the homes you are considering.

At Jewish Care we believe that our ability to provide a quality service is enhanced by the positive and trusting relationship we have with families. We also believe it is essential that we involve family members in the day-to-day life of the residents in our care homes.

We encourage residents to make their own decisions about every aspect of their lives for as long as they are able to do so. At times their decisions may not be in line with the views of family members, so where possible we provide advice and support to both residents and their families.

We understand the important role that families play in the person's life. We believe that a move into a care home, for many, is a family affair and welcome not just the resident but the whole family into our Jewish Care family.

There are various ways of funding care home fees, based upon your personal circumstances. Before making any decisions about going into a care home or choosing a particular home, we would recommend calling the Jewish Care helpline to ensure you are aware of the options that may be available to you.

For further information about support for carers, family members or for information about our care homes and other services call the Jewish Care helpline on 020 8922 2222.



VI & JOHN RUBENS HOUSE CARE HOME – FACT FILE

NO OF ROOMS: 105 rooms, all with en-suite toilets and some with en-suite showers. 12 assisted bathrooms. Television and telephone points are available in all rooms.

SOCIAL PROGRAMME AND ACTIVITIES: Two dedicated members of staff are responsible for the varied social activity programme, with the support of many committed volunteers. Residents are encouraged to spend the day out at either Jewish Care’s Redbridge JCC (Sinclair House) or The Dennis Centre, both of which have close ties with the home to give their day variety.

JEWISH LIFE: Jewish festivals and Shabbat celebrated including services run by volunteers. All level of observances are respected. The television does remain on in some of the communal lounges during Shabbat.

CQC RATING: Good | **REGISTERED MANAGER:** Momarr Camara | **TEL:** 020 8518 6599

Changing Our Parents' Wills

Sandra Fagelson (nee Fenton) shares why she and her brother chose to make a variation in their parents' Wills to say thank you to Jewish Care.

A death in the family can affect people in many different ways and the very last thing you may think of doing is making a change to someone's Will. However, this generous act was something Sandra and her brother Ian felt strongly about.

A Deed of Variation changes a Will after death and enables the beneficiaries of a deceased's estate to alter the distribution of that estate, or relinquish a bequest from an estate, as long as all the recipients are in agreement.

Sandra explains why they did this. "The Jewish community has always been a large part of my family's life. It was only natural when my parents passed away that my brother and I made a change in their Wills, giving Jewish Care a gift to ensure they can be there for future generations.

"Mum was one of the first volunteers at Sinclair House (now known as Redbridge JCC) and continued her involvement there for over 40 years. Her own mother enjoyed the facilities and activities at the centre before she went on to benefit from the range of services offered in the Redbridge area."

The Redbridge JCC offers something for all ages through

its mother and baby groups, youth programmes, as well as giving older members a reason to get up, dressed and go out. It is a safe, happy environment where many friendships are made.

"When my husband's and my parents' health started to deteriorate Jewish Care played a big part in our lives. My father-in-law began to behave erratically and we struggled to cope. I called the Jewish Care Helpline and from that moment I knew I had made the right decision.

"A social worker advised us on benefits, helped arrange for my father-in-law to be assessed and put us in touch with the Memory Clinic and Dennis Centre, all of which provided much-needed help and support.

"The Home Care Service and Meals on Wheels were a lifeline to us when my parents health started to deteriorate. Thanks to this support, my parents were able to live independently for years longer than they would have without it.

"It was not an easy time, and was made worse when out of the blue my husband had a heart attack followed by a quadruple by-pass. The Home Care team carers saw I was stretched and advised me to contact the support counsellors at Redbridge JCC, which I did. They gave me much-needed support and helped me through a very difficult period, and I will never forget that.



“It was only natural when our parents passed away that my brother and I made a change in their Wills, giving Jewish Care a gift to ensure they can be there for future generations.”

“When my parents needed round-the-clock care, Vi & John Rubens residential home offered them the loving care and support within the Jewish environment they were used to. The staff clearly loved both of them. We very much appreciated the support they gave us during this difficult and emotional time.

“Whenever possible, health permitting, they went out on organised trips. Mum enjoyed the morning art and craft activities and joining her friends for a daily chat, whilst Dad was a regular in shul on Shabbos as well as joining the choir.

“It is a fact of life that we are all getting older and will at some point need help. I called Jewish Care all those years ago because I didn’t know what to do and they stepped up to the plate. I hope this gift will ensure that others too will be able to receive the same support and consider either leaving a Gift in their Will or making a variation in the same way we did.”

Legacies, also known as Gifts in Wills, are a unique and special way to support a favourite charity. Jewish Care needs to raise £15million from the community to continue to provide essential support for the 10,000 lives we touch each week.

For more information on leaving a Gift in your Will to Jewish Care please contact Alison Rubenstein, Legacy Advisor on 020 8922 2833.

RESOURCE DIRECTORY/ USEFUL NUMBERS

ESSEX COUNTY COUNCIL

0345 743 0430

ESSEX ADULT SOCIAL CARE LINE

0345 603 7630

HACKNEY COUNCIL

020 8356 3000

HACKNEY ADULT SOCIAL WORK TEAM

020 8356 6262

REDBRIDGE COUNCIL

020 8554 5000

REDBRIDGE SOCIAL SERVICES

020 8708 7333

SOUTHEND COUNCIL

01702 215008

WALTHAM FOREST COUNCIL

020 8496 3000

WALTHAM FOREST ADULT SOCIAL WORK TEAM

020 8496 3000

HAVERING COUNCIL

01708 432 000

JAMI

020 8458 2223

JEWISH BLIND AND DISABLED (JBD)

020 8371 6611

MONEY ADVICE SERVICE

0800 138 7777

MENTAL HEALTH CRISIS LINE

0300 555 1000

NORWOOD

020 8809 8809

SAMARITANS OF REDBRIDGE

020 8553 9900

TAXICARD

020 7934 9791

JEWISH CARE SERVICES

JEWISH CARE DIRECT HELPLINE

020 8922 2222

REDBRIDGE JCC

020 8551 0017

VI & JOHN RUBENS HOUSE

020 8518 6599

SHEBSON LODGE (SHELTERED ACCOMMODATION)

01702 334 655

SOUTHEND & WESTCLIFF JCC

01702 334 655

THE DENNIS CENTRE

(FOR PEOPLE LIVING WITH DEMENTIA)

020 8709 2600

AGE UK

020 8220 6000

ASSOCIATION OF JEWISH REFUGEES (AJR)

020 8385 3070

CITIZENS ADVICE

020 8514 1878

DIAL-A-RIDE

0343 222 7777

HEALTH INSIGHT EVENINGS

JEWISH CARE

Jewish Care is delighted to announce a new series of Health Insight Evenings both in Golders Green and Redbridge.

24 OCTOBER 2017

Halacha and medicine

Rabbi Dr Akiva Tatz

Senior Lecturer at the JLE, Founder and Director of the Jerusalem Medical Ethics Forum

Chaired by Rabbi Danny Kirsch

Location: Golders Green

19 DECEMBER 2017

Genes, mutations and cancer, the BRCA gene story and others

Dr Adam Rosenthal BSc PhD MBBS FRCOG

Honorary Senior Research Associate, Institute of Women's Health UCL, Consultant at UCH

Location: Golders Green

21 NOVEMBER 2017

New medicines do not grow on trees

Dr Paul Robinson MBBS, Dip Pharm Med, FFPM, Hon DSc
Medical Director, Merck Sharp & Dohme

Chaired by Dr Tonia Myers GP and Clinical Director, Waltham Forest CCG

Location: Redbridge

23 JANUARY 2018

Obsessive-Compulsive Spectrum Disorder: Symptoms, mechanisms and treatments

Professor Naomi Fineberg MA MBBS MRCPsych

Consultant Psychiatrist for the Highly Specialised Obsessive Compulsive Disorders Service, Hertfordshire Partnership University NHS Foundation Trust

Chaired by Dr Tonia Myers GP and Clinical Director, Waltham Forest CCG

Location: Redbridge

All of the talks will be followed by a Q&A session with the audience.
Times for all the above dates: 7pm (for 7.30pm prompt start) – 9pm

Confirmation of venue will be announced prior to the event.

To book your FREE space, go to jewishcare.org/events or call 020 8551 0017 for Redbridge events or 020 8922 2908 for Golders Green events

Michael Sobell JCC
part of JEWISH CARE

Redbridge JCC
part of JEWISH CARE

PARENT TOOLKIT

Adolescence can be challenging for young people and their parents. Explore issues facing teenagers today and learn tips and techniques on ways to help and support them.

MONDAY 6 NOVEMBER 2017

Internet safety

Nathan Servi, Manager, Streetwise

From social media and "sexting" to cyber-bullying and grooming. Develop methods to engage with your child regarding their technology use; develop boundaries and self-respect and understand the legal aspects of sharing content online.

MONDAY 22 JANUARY 2018

A day in the life of a Teen

Shelley Marsh, Executive Director Reshet

Through understanding the thoughts of young people this session will equip you to create strategies to have conversations with teenagers. We will discuss key factors relevant to young people, as well as to those involved in their parenting, care and education.

All of these talks will be followed by a Q&A session with the audience. 7.30–9.30pm

For more information on these sessions and to reserve your FREE ticket go to jewishcare.org/events or call 020 8551 0017

Charity Reg No. 802559-6

MONDAY 19 MARCH 2018

Managing adolescent mood shifts

Alex Amzallag, Senior Social Worker and Sue Cohen, lead psychotherapist

This session will focus on low moods, when and how to engage support from outside the family and practical ideas for getting through difficult times.

MONDAY 14 MAY 2018

Managing anxiety in adolescents and their parents/carers

Alex Amzallag, Senior Social Worker and Sue Cohen, lead psychotherapist

In this session we will explore how anxiety is experienced in the brain, mind and body and ways to cope with it.

Redbridge JCC
part of JEWISH CARE