

**JEWISH CARE**

# in Essex

Your local community magazine

Spring 2018/5778 | Issue 2



Inside this issue:

## **GROWING UP WITH JEWISH CARE**

Lauren Jackson shares  
her Jewish Care journey

## **WHAT TO DO IF YOU THINK SOMEONE YOU KNOW HAS DEMENTIA**

## 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.

### APRIL

**Tuesday 17**  
**Yom Hazikaron**  
**Memorial Day Service**  
Redbridge JCC

**Thursday 19**  
**The Boys' Club**  
Redbridge JCC

**Thursday 19**  
**Yom Ha'atzmaut Israel**  
**Independence Day Gala**  
Redbridge JCC

**Thursday 19**  
**Israel Independence**  
**Day Celebration**  
Southend & Westcliff JCC

**Sunday 22**  
**Tea with Judge Rinder**  
Redbridge JCC

**Wednesday 25**  
**Ladies that Lunch**  
Redbridge JCC

**Thursday 26**  
**Salt Beef Evening**  
Southend & Westcliff JCC

### MAY

**Thursday 3**  
**Salt Beef Evening**  
Redbridge JCC

**Thursday 17**  
**The Boys' Club**  
Redbridge JCC

**Thursday 17**  
**Royal Wedding**  
**Celebrations**  
Redbridge JCC

**Wednesday 23**  
**Ladies that Lunch**  
Redbridge JCC

**Thursday 24**  
**Salt Beef Evening**  
Southend & Westcliff JCC

**Thursday 31**  
**Cobham Singers'**  
**Tea Party**  
Southend & Westcliff JCC

### JUNE

**Thursday 7**  
**Salt Beef Evening**  
Redbridge JCC

**Thursday 14**  
**Volunteer Thank You**  
Southend & Westcliff JCC

**Sunday 17**  
**Redbridge Club Reunion**  
Redbridge JCC

**Thursday 21**  
**The Boys' Club**  
Redbridge JCC

**Wednesday 27**  
**Ladies that Lunch**  
Redbridge JCC

**Thursday 28**  
**Salt Beef Evening**  
Southend & Westcliff JCC

**Thursday 28**  
**Jive Aces**  
Redbridge JCC

### JULY

**Tuesday 3**  
**Wimbledon High Tea**  
Southend & Westcliff JCC

**Wednesday 4**  
**Great Jewish Bake Day**

**Thursday 5**  
**Salt Beef Evening**  
Redbridge JCC

**Thursday 19**  
**The Boys' Club**  
Redbridge JCC

**Wednesday 25**  
**Ladies that Lunch,**  
**Trip to Mary Green Manor,**  
**Brentwood**  
Redbridge JCC

**Thursday 26**  
**Summer Party**  
Southend & Westcliff JCC

**Thursday 26**  
**Salt Beef Evening**  
Southend & Westcliff JCC

### AUGUST

**Thursday 2**  
**Salt Beef Evening**  
Redbridge JCC

**Sunday 12**  
**Summer BBQ**  
Redbridge JCC

**Thursday 16**  
**The Boys' Club**  
Redbridge JCC

**Thursday 23**  
**Salt Beef Evening**  
Southend & Westcliff JCC

**Wednesday 29**  
**Ladies that Lunch**  
Redbridge JCC

For more information contact Redbridge JCC on 020 8551 0017  
or Southend and Westcliff JCC on 01702 334 655

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## When people think about Jewish Care they often think of support for

**older generations;** they do not realise the breadth and depth of the services available. We are so proud of the work we do in Essex by offering a wide range of cross-generational events and activities.

Redbridge JCC offers a vibrant youth programme, enabling each generation to lead fulfilled and meaningful lives up to and including end-of-life support.

Our vibrant community centre in Southend offers a jam-packed programme of activities and support, as well as a wide range of outreach programmes ensuring there really is something for everyone. We are often referred to as the Jewish Care family, providing warmth, friendship and support to thousands of people across Essex.

I hope, as you read the pages of the second issue of Jewish Care in Essex, you will see the vibrant work that we do and meet some of the fabulous staff and volunteers who are part of the Jewish Care family and who help to make us the special organisation that we are.

I hope you enjoy reading!

**Tara Shaw**  
Editor

tshaw@jcare.org



# Photo Round-up

**01 The Local Angels committee** had a very successful lunch with guest speaker Judge Rinder. The event raised £36,000 for Jewish Care.

**02 Maria Macleod, Jackie Davies and Sue Haswell,** members of the Cobham Singers at Southend and Westcliff JCC at their annual performance.

**03 The Boys' Club at Redbridge JCC** where 29 gentlemen enjoyed lunch and socialising with friends.

**04 Bubble Shmeisis and his klezma band.** Over 140 people came out for a night of salt beef and comedy on a Thursday night and watched the fantastic Nick Cassenbaum perform his 'Bubble Schmeisis' show. A great night was had by all!

**05 Sid Green and Steve Juggler** winning a prize.

**06 Ladies that Lunch at Redbridge.** A friendly group that meets monthly for a light lunch and entertainment.

**07 Celebrating the royal engagement** at the Brenner Centre at Stepney Jewish Community Centre, at Raine House.

**08 Leyton Orient FC** visit Vi & John Rubens House, pictured with resident, Harold.

**09 The children at the 'Out of this World' February half-term camp** at Redbridge JCC had fun taking part in lots of activities including baking.

**10 Community Shaliach, Oded** met with the MIKE youth group and talked about the different ways to remember the Holocaust. He introduced them to the traditions of Holocaust survivors from his Moshav (small village) in Israel. The group also enjoyed falafel and chatting with one another.

**11 One of our youngest readers Zach Estrin** enjoying his copy of *Jewish Care in Essex*.



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# Photo Round-up

**01 Special Envoy for Post-Holocaust Issues,** Sir Eric Pickles visited Redbridge JCC for a lively discussion, where he spoke passionately about the links between anti-semitism and the building of a new Holocaust memorial and learning centre.

**02 Dennis Centre member Helen** enjoys dancing with centre staff member Mark in Ilford.

**03 Dennis Centre member Chaz** enjoyed showing young visitor Joseph how to shoot pool when he came to visit during his school holidays.

**04 Henry Harris, Alexia Drooker and Cara Japon** enjoying tea and cake.

**05 Great Jewish Bake Day** in Southend-on-Sea.

**06 Mike Gapes MP** is joined by Sid Green and Simon Morris at the Chaps that Chat social discussion group.

**07 Mark Cass** enjoying Walking Football at Redbridge JCC.

**08 Good friends Susie Caplin Karrass and Mel Baetu, who help deliver Meals on Wheels** to residents in the Redbridge area. The pair have a great time volunteering once a month, whilst making a big difference to the people who depend on these meals.

**09 Brian Angel and Mildred Ratzva** enjoying the monthly Salt Beef evening at Redbridge JCC.

**10 Nine volunteers from Year 12 and 13 MIKE leadership course** enjoyed a heritage trip to Amsterdam, to understand the harshness of the Holocaust and to learn about the Dutch resistance. The group visited memorials, museums and Anne Frank's House.

**11 After a session of pilates at Redbridge JCC, Marilyn Grobar and Sandra Le Venthal** enjoy reading their copy of *Jewish Care in Essex*.

**12 Anne Finger, resident at Vi & John Rubens House,** celebrating her 100th birthday with her family.



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# Growing up with Jewish Care

**T**he youth programmes at Redbridge JCC have had a huge influence on many people over the years. Below, Lauren Jackson shares her experience.

Twenty-six-year-old Lauren grew up only minutes away from Redbridge JCC and was a regular attendee at play groups, after-school clubs and went on the MIKE (Motivation Inspiration Knowledge Education) leadership course. She now works for Jewish Care as a highly valued member of the Graphic Design team in the Marketing department. Lauren shares with us her Jewish Care journey and explains how her connections with the organisation, as well as her love and loyalty, have strengthened over the years. "When I was growing up I never knew there was any more to Jewish Care than the youth activities. I started coming to Redbridge JCC when I was five years old. I was always the loud and lively one, wanting to get involved with everything. I loved it there and being with my friends. I was always made to feel welcome and accepted.

We would do dance and drama, play badminton and hang out. I really looked up to the leaders and wanted to be like them. It seemed a natural progression to go from after-school clubs to join the MIKE leadership course when I turned 14. I didn't realise at the time quite how much I was gaining from it. I have such fond



memories of going away on 'residential's, the wonderful Shabbat activities and being part of a group. As I progressed I learnt so many skills, such as how to plan activities, and I was encouraged to be creative. With the MIKE course, you are involved in volunteering through helping run the groups and passing on all you have learnt, to encourage the next generation. One year I set up a dance school at the centre with a friend. Together we applied for funding, ran classes and put on regular shows. I was awarded 'Volunteer of the Year' for this initiative, which was a really proud moment. These were all stepping stones which gave me confidence and leadership skills, not to mention a lot of great achievements to put on my CV.

When I left school I went to Coventry University to study Graphic Design. I founded the Jewish Society and was President for two years running, working closely with UJS. I am really pleased to say it is still going!

After completing my degree, I worked for The United Synagogue and Tribe and in December 2013 I took a gap year and travelled the world, visiting Asia, New Zealand, Australia and America. I had the most incredible time and learnt so much. Whilst in Australia I volunteered for a Jewish charity participating in telethons, day trips and fundraisers.

I attribute a great deal of my success to my time at Redbridge JCC and the skills and life tools I learnt. I really appreciate the values of the charity and the opportunity to help develop other young people. Once I joined the Marketing team at Jewish Care I understood the full scope of work that the charity does across the community, with all generations. I will always have a strong bond with Jewish Care and especially Redbridge JCC and still try to go to events there and show my support when I can.

I really did grow up with Jewish Care and think it's wonderful that I am still working with them today."



## YOUTH PROGRAMME REDBRIDGE JCC

### MONDAY

Club Kef 3.30-5pm  
Project Monologue 7pm

### TUESDAY

Messy Mischief 10.30-11.45am  
Messy Mischief 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 16s  
Friday Fun Factory 0-4-year-olds  
MIKE Programme 14-21-year-olds  
Project Monologue 14-15-year-olds

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



## HALF-TERM HOLIDAY CAMP

29 MAY – 1 JUNE

Experience new activities,  
learn new skills and enrich  
friendships.

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

# Battle of the boredom

WHAT TO DO WITH THE KIDS IN THE SCHOOL HOLIDAYS



**L**ooking for ways to fill your child's time during the school holidays can be exhausting and often expensive. It can also be a challenge for working parents who are juggling childcare and work. The holiday schemes at Redbridge JCC offer a sensible and affordable solution for primary school-age children. If you are looking for something active for your children to do during the holidays the camps are full of fun-filled games and activities.

Each camp is filled with activities based around a theme. Camp organiser Ben explains: "We do our best to make sure the kids have a

memorable experience. We provide a safe space for children to let off steam, participate in sports and games, and to express themselves through arts and crafts. It gives parents and carers a break and the kids the opportunity to meet new friends and try out something new. Our camp leaders are passionate about making sure that a good time is had by all."

In addition to being excellent value at just £20 per day (10am-4.30pm), the camp offers extended hours with a breakfast club starting at 8.30-10am and a late teatime session from 4.30-6.00pm at just £2.50 per child per session.

**"Our camp leaders are passionate about making sure that a good time is had by all."**

## WALKING FOOTBALL

# It's never too late to start playing

**P**hil Harris, 52, joined the Walking Football Club at Redbridge JCC last year with his friend Phillip Powell. He had played football in his younger days but never had the opportunity to play regularly growing up as he cared for his mother. He always had an interest in football and enjoyed watching his friends play at amateur level. Having never lost interest in the game, when he found out about the Walking Football Club at Redbridge JCC, he felt it would be a good chance to have a kick around at this stage in his life.

"We play every Monday evening and I really look forward to it. There is no pressure to turn up each week. However, even after a long day at work, if you are feeling a bit lazy, once you are there it's such fun and you wonder why you thought of giving it a miss. The men are a friendly bunch and they made me and my friend so welcome when we first joined.

"I have lived in Redbridge for the past 20 years. I did not grow up in a Jewish community except for my immediate family, so I did not know any of the men at Walking Football except my friend Phillip who started with me. We all have a love of the game in common and enjoy a bit of banter on the night and during the week before we play again.

"There are some very good players who have played to a high level and some of us who are less skilful. No one is judged on their skill level and all players are encouraged by both sides. It is not over competitive and the games are played with a good heart by all.



"I enjoy going because it is a game I thought I would not play again. Even though we walk it's quicker than you might think and my skill level has improved since I first started. There is certainly a lot of respect between us and we all shake each other's hands after the match.

"In addition to being enjoyable and meeting new people my health has benefitted. Like many men of my age, I am conscious of things that never bothered me when I was young and fit, such as cholesterol, blood pressure and maintaining a healthy weight!

"I would encourage anyone thinking about joining to come along and give it a go. It doesn't matter how good you are or your level of fitness. It is a great opportunity to enjoy playing a game that we loved to play when we were younger. It gives us the chance to keep fit and healthy doing an activity that we thought we might not be able to play again in later life."

Phil's wife Lesley adds: "It's great to see Phil enthusiastically heading off to pick up our friend Phillip, a bottle of water for each of them in hand. Even when he leaves the house, stressed from a hard day at work, he returns tired but energised and generally in a far better mood!"

**For more information about Walking Football  
contact Jon Jacobs on 020 8551 0017**

MAKE A DIFFERENCE

# Celebrating 65 years



**T**his year the Southend and District Aid Society is celebrating its 65th birthday.

During this time, its members have shown their unwavering support for Jewish Care, supporting the community in Essex. Jeffery Greenstein, Chairman, shares some of the history and explains why he feels it is important to continue this work.

"The Aid Society was formed in the early 1950s. The original idea was to encourage members of the Southend & Westcliff Hebrew Congregation Synagogue to become members of this society and to pay an annual subscription of 10s 6d (52p).

This was divided between the Norwood Orphanage, the Jewish Blind Society, the Home for Aged Jews, Nightingale Lane, and the Home & Hospital for Jewish Incurables in Tottenham. Some years later these four homes went under one umbrella – the Board of Guardians for the Jewish Poor, which subsequently became the Jewish Welfare Board, which then became Jewish Care. The basic idea of the Aid Society's founding members was to help members of our local community who needed support.

"In 1965, members of the Aid Society's raised funds and contributed towards the purchase of The Victoria Oppenheimer Home, in Cobham Road, Westcliff-on-Sea. This building later became Southend and Westcliff JCC and Shebson Lodge. They also raised significant funds for Raymond House, a Jewish Care residential care home which closed in 2013.

"The founder Chairman of the Aid Society was Harry

Barnett and his granddaughter is now an active member. Over the past 65 years there have been many Chairs, Vice Chairs, Treasurers, Secretaries and – hundreds of committee members too numerous to mention – but without whom we could not have made such a significant difference to the community.

"I thank all the Aid Society's members over the past 65 years for their hard work. If we look back over the 65 years and the hours committee members have given to achieve our objectives, it is remarkable in terms of how much money has been raised, as well as the number of people whose lives we have touched.

"Today, we are a small but very dedicated committee, consisting of members of both the Orthodox and Reform synagogues, which raises funds as well as helping to support the community. Many members also help at the community centre and deliver Meals on Wheels."

Hilary De Martino, Southend & Westcliff JCC Centre Manager says: "We are so appreciative of the help and support the Aid Society gives. Our members and tenants all benefit so greatly from their fundraising efforts, as well as the volunteers who so generously give up their time. This is best measured by the sheer pleasure derived from the simplest things, such as sitting on a bench and enjoying the flowers in the garden purchased with their funds, to the double glazing they helped fund keeping us warm in the winter. The whole town benefits from the generosity and hard work of the Aid Society and their support for the community."

# Tastes as good as it looks

**W**e are often told that we eat with our eyes and if food does not look appealing then you will not be inclined to eat it. This is a challenge for people who have issues swallowing such as dysphagia. The answer is often pureed food, which can be really unattractive and off-putting. It can also be confusing for people who have dementia.

Jewish Care produces two million plates of food a year across care homes and day centres of which around 10% are for residents and members who have dysphagia. To address the issue Jewish Care took on an important new project to make sure everyone can enjoy their food by developing the first kosher pureed reformed meals.

A new role of Head Chef of Special Projects was created four years ago. Along with a team, they are responsible for the development of special meals. Each of the recipes were tested and revised before they were rolled out across resources.

**“We strive to ensure that the food we provide is appetising, nutritional and visually attractive.”**

Chefs in every Jewish Care kitchen have received training to ensure they can recreate these specialist meals without losing their look, taste or nutritional value.

Richard Munns, Deputy Director of Operations explains: “We strive to ensure that the food we provide is appetising, nutritional and visually attractive. It is so important to us that our clients



with dysphagia are given the same high-quality food and the dignity and respect they deserve.”

Food is cooked, pureed and thickener is added, then poured into a mould and frozen so that later it can be warmed and presented on a plate to create an appetising meal.

Zoe McGurrall, Manager at The Dennis Centre, appreciates why it is well received: “Members really enjoy their reformed food – we always have clean plates. We find it helps for people who have swallowing or coughing issues, as well as those who struggle to chew. It can be very helpful when encouraging people living with dementia to eat well and recognise the food when it is served.”

Momar Camara, Registered Manager at Vi & John Rubens House in Ilford, adds: “The meals look well-presented and appetising and that helps residents eat and enjoy their meals. The food comes in a variety of shapes and colours. Sometimes we will serve fish, peas, carrots with potato or there’s beef, broccoli and cauliflower. Another day it could be chicken breast, peas and sweetcorn on the cob with potato or pasta with tomato sauce and delicious desserts.”

Not only do Jewish Care’s clients enjoy the kosher reformed pureed food but, in addition the catering team now supplies frozen reformed pre-packed meals to hospital patients within the M25. Jewish Care provides between 400-500 kosher pureed reformed meals on average each month.

# Bake and Share for Jewish Care

**L**ooking for an excuse to bake? Look no further, as Jewish Care's Great British Bake Day is just around the corner on Wednesday 4 July 2018.

Last year more than 5,000 people took part in the Bake Day in some way and 25 schools and nurseries held activities. This year we are calling all bakers or eaters of cake to bake and share for Jewish Care to help raise money.

The community can bake a difference by hosting a bake sale at their home, workplace, school or synagogue, with a group of friends or colleagues and help us support the people that need us most. Each year Jewish Care touches the lives of 10,000 people in the community. Be part of something special and Bake and Share for Jewish Care.

**Register for your free fundraising pack and discover how you can make a big difference at [jewishcare.org/bakeday](http://jewishcare.org/bakeday) or email [bakeday@jcare.org](mailto:bakeday@jcare.org)**



## JACKLIN'S FLOURLESS CHOCOLATE CAKE



**Jacklin is the Social Care Coordinator for Vi & John Rubens House ensuring residents enjoy a varied social activity programme all year round.**

### **INGREDIENTS** (serves 8)

120g dark chocolate • 120g butter (margarine if you want to make it parev) • 150g caster sugar • 50g cocoa powder  
3 eggs, beaten • 1 tsp vanilla extract

### **METHOD**

Preheat the oven to 150°C / Gas 2. Grease a 20cm round cake tin, and dust with cocoa powder. Melt chocolate and butter in a bowl over a pan of boiling water. Remove from heat and stir in sugar, cocoa powder, eggs and vanilla. Pour into prepared cake tin. Bake in preheated oven for 30 minutes. Let cool in tin for 10 minutes, then turn out onto a wire rack and cool completely. Slices can also be reheated for 20 to 30 seconds in the microwave before serving.

# 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 JCC

## 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

- ▲ Lets Move On Together, 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

- ▲ Thursday Social Club  
for people over 50, Redbridge
- ▲ Sunday Socials

### 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](http://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](http://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](http://jewishcare.org) or emailing us at [helpline@jcare.org](mailto: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  
**Walking Football** 8-9pm

#### TUESDAY

**Pilates** 10-11am  
**Line Dancing**  
(fortnightly) 10.30am-12pm  
**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) 12-3pm  
**Chaps that Chat**  
(Monthly) 2-4pm  
**Bridge Lessons** 7.15-9.15pm  
**Let's Move On Together**  
7-10pm

#### THURSDAY

**Yoga** 9.45-11am  
**The Boys' Club**  
(Monthly) 1-4pm  
**Social Club & Salt Beef Bar**  
(Monthly) 6pm

#### 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 • **Carers' 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 Together** 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

**connect@Active Life**  
at the Reform Synagogue  
1.30-3pm

#### TUESDAY

**Dementia Day Service**  
10.30am-3.30pm  
**Connect@** 4-6pm  
(includes 1-2-1 IT sessions)  
**Cobham Singers**  
11am-12pm

#### WEDNESDAY

**Dementia Day Service**  
10.30am-3.30pm  
**Cognitive Stimulation  
Therapy group**  
10.30am-12pm  
**Carers' Café** (Monthly)

#### THURSDAY

**Dementia Day Service**  
(Memory Garden)

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

## REAL PEOPLE

# Brightening up everyone's day!

HETTY TAUBER – APRIL 1916-NOVEMBER 2017

**H**etty Tauber lived at Jewish Care's Vi & John Rubens House in Redbridge for 16 years, and attended Redbridge JCC for many years prior to moving into the home.

Hetty was a larger than life character and well loved by all who knew her. She could always be found sitting in the lobby with her 'shop' where she sold all her knitted and crocheted goodies. When asked, she once explained: "When I arrived at Vi & Johns I wanted to keep busy so began knitting scarves, berets and baby blankets. We set up a stall in the reception to sell my creations to visitors and all the money raised was given to the home to support its activities."

Over the years Hetty raised a great deal of money from her efforts. No one could pass her by without purchasing something. This included players from Leyton Orient Football Club when they came to visit residents. No one could escape her charm and persuasive manner! She was a prolific fundraiser, taking orders and making anything anyone wanted, whatever the colours.

Dawn Howes, Care Manager at Vi & John Rubens House recalls: "Hetty would brighten up everyone's day. When she first arrived, she was very poorly and frail but she soon became well and mobilised and very independent. She always wanted to give back, she really was amazing. She would welcome new residents and love to show them her room, to show how it was possible to put your own stamp on it and make the place your own home. She would share her experiences and help people settle in. She was always a warm, friendly reassuring face.

"Hetty had a wonderful sparkle and



was very independent. She was a great ambassador for Vi & John Rubens House and a great example of how life in a care home can bring out the best of an individual."

Hetty was born in the East End in 1916 and was one of 11 children. Times were hard when she was growing up and she left school at 14 to help support her family. She had lots of different jobs. For a while she was a fur finisher and then she and her husband moved to Upton Park and set up a stall near the market, selling clothes and offering alterations.

She married her husband Lou in 1937 and they were married for 68 years until he passed away. He was also a resident at Vi & John Rubens House. Hetty was a very proud mother of two, grandmother of four and great grandmother of nine."

Vi & John Rubens House is located close to the centre of Ilford and is known for its family atmosphere. It offers several communal lounges and sitting areas, a synagogue, two gardens and a hairdressing salon. It is the only Jewish care home in the Redbridge area. Shabbat and the Jewish festivals are well celebrated with the help of the local Jewish community. Dedicated members of staff ensure residents enjoy a varied social programme.

# In the spotlight

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

## ODED GVARAM



ODED IS BASED AT REDBRIDGE JCC AND HAS A UNIQUE ROLE IN THE COMMUNITY CENTRE.

### WHAT IS YOUR ROLE AT JEWISH CARE?

I am the community Shaliach at Redbridge JCC, a post supported by Jewish Care, the Jewish Agency for Israel and the UJIA.

### HOW LONG HAVE YOU WORKED FOR JEWISH CARE?

I started my position in October 2017.

### DESCRIBE YOUR JOB IN A NUTSHELL?

My job is to connect the community to Israel, and Israel to the community; to organise events related to Israel; to teach about Israel, to build strong ties among members of the community; to develop curiosity about new issues in Israel and more.

### WHAT DO YOU ENJOY ABOUT YOUR JOB?

As a community Shaliach, my job is unique. It allows me to work with all the different age groups in the community. For example, in one day I can give a class at a primary school in the morning. At noon I will talk at a tea party for older members of the community and in the evening I will lead activities with the youth. This ability to work with all ages in the community challenges and fascinates me.

### WHAT INSPIRES YOU?

People, people who are optimistic, who believe we can be changing the world, people who dare to fulfil their dreams.

### WHAT MAKES YOU SMILE?

A good song, laughter and to see something I created myself happen in reality.

### WHAT IS YOUR PROUDEST MOMENT?

Joining MIKE on their heritage trip to Amsterdam and giving them guidance through the trip was, without doubt, one of my most significant moments in the few months I have been here.

### WHAT ARE THE THREE WORDS TO DESCRIBE JEWISH CARE?

Family, Friendship, Community.

## GAYLE KLEIN



GAYLE IS A TRUSTEE AT JEWISH CARE – A VOLUNTARY ROLE WHICH HELPS GOVERN THE CHARITY AND INFLUENCES THE DECISIONS MADE. SHE ALSO HELPS RAISE THE VITAL FUNDS NEEDED TO PROVIDE SERVICES DAY-TO-DAY.

### WHAT IS YOUR ROLE AT JEWISH CARE

I chair the 'Local Angels' fundraising committee in Redbridge as well as Jewish Care's 'Friends of Jewish Care' donor programme. In November 2016 I joined Jewish Care's Trustee board.

### HOW LONG HAVE YOU VOLUNTEERED FOR JEWISH CARE?

I started fundraising as a volunteer for Jewish Care in 2008.

### DESCRIBE YOUR JOB IN A NUTSHELL?

Fundraiser for Jewish Care's Redbridge facilities, raising the profile of the work and services of Jewish Care to our community, helping to recruit and promote the necessity of Jewish Care's volunteer workforce.

### WHAT DO YOU ENJOY ABOUT YOUR ROLE?

Seeing the difference our donors and volunteers make to the organisation and those using the services.

### WHAT INSPIRES YOU?

The incredible staff and volunteers are truly inspiring. Their dedication, care and selfless determination makes my small contribution all the more meaningful.

### WHAT MAKES YOU SMILE?

Attending the Memory Way Café at The Dennis Centre in Gants Hill is such a special service. The team are incredible and it's such a great monthly event.

### WHAT IS YOUR PROUDEST MOMENT?

Being asked to serve on the Trustee board. It is such an honour and I'm incredibly grateful for both the recognition and opportunity.

### WHAT ARE THREE WORDS TO DESCRIBE JEWISH CARE?

Community, Respect, Dependability.

## VOLUNTEERING

# I didn't know I was a volunteer

**“I didn't know I was a volunteer until someone explained to me what a volunteer is,”** explains Sally Caplan from Woodford. “I know that may seem hard to believe but, growing up, my parents were always involved in the community and my mother ran a friendship club. We had lots of ‘uncles’ and ‘aunties’ coming for tea on Sundays and I handed around the plate of biscuits. I thought that’s just what you did, help people.”

**“Without the help of our volunteers it would be impossible to deliver the care we do.”**

Jewish Care has over 3,000 volunteers of all ages across the organisation doing a variety of roles from befriending, helping at meal times, helping in the offices and sharing their wide range of skills supporting the 1,300 members of staff. “Without the help of our volunteers it would be impossible to deliver the care we do, to the thousands of people Jewish Care supports. It is very inspiring,” explains Neil Taylor, Director, Care & Community Services, Jewish Care.

Sally Caplan along with her friend Debbie are involved in running tea parties for members of the community in Essex. The tea parties are held in volunteers’ homes for people who may otherwise be isolated and lonely.

Sally continues: “I like people and I like sharing; I also enjoy baking but now my children have grown up there is no one to eat my cakes. Hosting tea parties is a wonderful way to bring people together. I have been involved

in running tea parties for some time. You can learn so much from older generations, the stories they share are special.”

It is often said that when people volunteer they can benefit as much, if not more, than the people they are helping. Sally feels it is a way of paying it forward so there will be help and support for future generations and hopes it might encourage other people to be involved.

Another vital role, says Sally, is the volunteer drivers who bring along our guests: “It is not only party hosts that help make the teas so successful but the volunteer drivers play an important role too. Many people who attend the teas depend on being collected from their home by a volunteer driver and taken to the host’s home. These journeys are often short and usually no more than three or four miles. We are always in need of drivers as otherwise the participants may be isolated and unable to join us.”

For many people who come to the tea parties they look forward to being with other people and often meeting people they have not seen for many years. The parties are really important, giving them an opportunity to socialise and get out of the house.

**Do you enjoy afternoon tea? Would you like to help tackle loneliness and social isolation among older people? If so, Jewish Care is looking for volunteers to hold tea parties in their home 2-3 times a year in Woodford Green, South Woodford, Chigwell and Redbridge. Or perhaps you could help collect and drop off people to the tea**





parties as a volunteer driver. These are great volunteering opportunities for those who lead busy lives but would like to do something.

The teas usually start at 2pm and finish at 4pm. Volunteer hosts need to be able to seat 8-12 older guests comfortably in an easily accessible home, that has a downstairs toilet, and drivers will need to have a full clean licence.

## MINYAN TEAM

**S**aying Kaddish to honour those closest to us who are no longer alive is one of the cornerstones of Jewish life. It is a Mitzvah and a true act of kindness.

Unfortunately, occasionally members of the community pass away leaving few family members or friends able to attend the funeral. Although every effort is made, this can mean that sometimes Kaddish is not recited at the funeral (as it does not have the required Minyan). Your help can ensure that this never happens.

You can be part of a team available at short notice and on an occasional basis (possibly 4-5 times a year) to make up a Minyan, guaranteeing that Kaddish can be said. If you are unable to attend when you are phoned, the Minyan Team Coordinator will phone the next person on the list.

**If you can help make up a Minyan and perform this mitzvah, please contact [volunteers@jcare.org](mailto:volunteers@jcare.org)**

## VOLUNTEERS VACANCIES

### ART ROOM ASSISTANT

Volunteers needed to help in the art room on Tuesdays between 10am-2pm. The volunteer will help lay out the room before the session and clear up afterwards. They will support the clients as required. Artistic skills are not necessary but it would be helpful.

### 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.

### TEA PARTY HOSTS – SOUTHEND

Would you like to host tea parties in your home once or twice a year? 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 8-12 guests.

### TEA PARTY DRIVERS – SOUTHEND & REDBRIDGE

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

### MINIBUS DRIVERS

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

**For more information for Redbridge contact Ruth or Gill (volunteer co-ordinators) on 020 8551 0017 or email [rfell@jcare.org](mailto:rfell@jcare.org) or for Southend & Westcliffe contact Angela Dalgarno on 01702 334655 or email [adalgarno@jcare.org](mailto:adalgarno@jcare.org)**

# What to do if you think someone you know has dementia

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BY ZOE MCGURRELL, MANAGER OF THE DENNIS CENTRE, ILFORD

**E**veryone can at some point or other be a little forgetful. You can't remember where you left the car keys, forget to let the dog in the house and leave him in the garden when you go out, put an empty tin in the fridge rather than the rubbish bin or forget a close friend's name when you see them. It might be because you are simply forgetful, over-tired, stressed or, for some people, this may be a little more than forgetfulness and be a sign of dementia.

Dementia is the name for a set of symptoms that may include memory loss and difficulties thinking, problem-solving or with language. It is a common condition which affects over 800,000 people in the UK and is most common in those over 65 years old.

**“Very often relatives are the first to notice that there may be an issue.”**

Zoe McGurrell, the manager of The Dennis Centre for people living with dementia in Ilford, explains what to do when you think someone has dementia.

“Very often relatives are the first to notice that there may be an issue. If you have any reason to believe someone may have dementia, I always suggest you go straight to your doctor. They will be able to do a series of very simple tests to diagnose if there is a problem and refer you on if necessary. It will also help rule out any illnesses that might have similar symptoms to dementia, including depression.

“It is always better to go as early as possible and not to

let these things wait. Having a diagnosis may mean early intervention, which can help make the individual feel better. It may also be possible to be prescribed medication.

Whether you are someone with dementia or a carer, a diagnosis can help you plan for the future.

“Once you have a diagnosis you can work out the best type of support available. This might include attending a centre like ours. Attending a centre for people living with dementia can help enhance mood and increase engagement, improve levels of communication, increase confidence, relieve anxiety and provide a great chance to socialise. It also means the family carer can receive a temporary break whilst the person they care for attends the centre.

“My advice is always to seek a diagnosis first and then to look for what support is available. I always say try and go with the flow and not make the person with dementia feel anxious. If they think they are living in a different time or are a different age, accept that and go with it rather than point out it isn't true. You could try and change the subject. It is hard and we are here to support you.”

Jewish Care offers a wide range of support to people living in Essex – providing stimulation and therapeutic activities for people living with dementia in a safe environment as well as support for carers. The Dennis Centre in Ilford is open Monday to Friday and also runs Memory Way Café – a drop in service monthly on a Friday. In Southend there is a wide range of options including a Dementia Day service, cognitive therapy group and a Carers Café at the Southend and Westcliff Jewish Community Centre.

Zoe explains: “The onset of dementia can affect people's social life and this can affect both the person living with dementia and their carer. We find that when people become involved with the Dennis Centre it can help facilitate new friendships and mutual support networks. The Memory Way Café has just celebrated its fifth birthday and the centre is going from strength to strength. My advice is to take things one day at a time.”

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**If you would like more information on the support available for people living with dementia call our helpline on 020 8922 2222**



## THE DENNIS CENTRE – FACT FILE

**OPENING HOURS:** Monday-Thursday 9.30am-3.30pm, Friday 9.30am-1pm

**NUMBER OF MEMBERS:** The centre offers care for up to 25 people a day and clients can attend as many days as required depending on their need.

**PROGRAMME AND ACTIVITIES:** Qualified staff and trained volunteers deliver high-quality care based on the needs of the individual. There is a range of stimulating activities for the person living with dementia in a warm and friendly environment. Members are supported in making decisions and using their capacity for choice. There is also the Memory Way Café providing a place for family carers to enjoy activities as well as support and advice.

**JEWISH LIFE:** The centre celebrates Jewish traditions such as Shabbat, Kiddush and candle lighting. Members can enjoy festivals including Purim shows, a seder service at Pesach, shofar blowing at Rosh Hashanah and candle lighting at Chanukah.

**Manager:** Zoe McGurrell | **Tel:** 020 8922 2222

**Accessibility:** Wheelchair access and accessible toilets

# Ageing well and living a fulfilled life

REDBRIDGE JCC PROGRAMME CO-ORDINATOR SHARON IMBER, SHARES HER TIPS ON HOW TO MAKE SURE YOU ARE GETTING THE RIGHT BALANCE AND LEAD A PURPOSEFUL LIFE AS YOU GET OLDER.



## EATING WELL

As you get older, keeping active and choosing a well-balanced diet can help you stay healthy, manage your weight and help you feel fitter. Food plays a very important role in this, as eating too little as well as too much can affect your health and may lead to malnutrition. Always eat regularly and choose a wide variety of foods to ensure a healthy balance of nutrients to help the body repair itself and recover from illness.

**Sharon says:** "At Redbridge JCC our day centre members enjoy a selection of delicious kosher meals, ensuring everyone has the opportunity for a hot, balanced and nutritious meal. We also hold regular events such as our Salt Beef evening which is a great opportunity to socialise and meet new friends. Ladies That Lunch group meets monthly for a delicious lunch followed by games and activities and the Boys' Club offers opportunities during the day to meet and socialise. In addition our Meals on Wheels service offers nutritious meals delivered to your home, either hot or frozen."

## STAYING ACTIVE

Physical activity and exercise can help you stay healthy, energetic and independent as you get older. According to the NHS, many adults aged 65 and over spend, on average, 10 hours or more each day sitting or lying down, making them the most sedentary age group. This can lead to higher rates of falls, obesity and heart disease. As you get older, it becomes even more important to remain active if you want to stay healthy and maintain your independence.

**Sharon says:** "Keeping active is really important otherwise all the things you've always enjoyed doing and have taken for granted may start to become that little bit more difficult. Exercise is good for your overall well-being. It also helps with your balance, co-ordination and dexterity. We have a great range of exercise classes taking place every day. They are really good fun and are suitable for all ages and abilities. We also have yoga and breathing techniques, – there really is something for everyone! I always say try something new and you may surprise yourself how much you enjoy it."

## KEEPING YOUR MIND SHARP

Exercising your mind is just as important as keeping fit. Whether you enjoy a crossword puzzle, playing cards, reading a book or

taking part in a discussion group it is important to stimulate your brain and keep it active.

**Sharon says:** "Redbridge JCC has a full varied programme every day to ensure that there is something that appeals to everyone, whether it is exploring your creative side and taking up arts and crafts, taking part in a discussion group or playing a card game. These activities help to stimulate your brain and sharpen your cognitive function and can also help reduce stress levels."

## BEING WITH FRIENDS

Interacting with others boosts feelings of well-being and can decrease feelings of depression. As you get older it can be more challenging to go out and socialise which can lead to feelings of isolation. It is important to find opportunities to meet and build a social network, wherever possible, such as visiting a day centre.

**Sharon says:** "Redbridge JCC provides a great opportunity for older members of the community to get together. We are like one big family. The team of staff and volunteers work hard to make everyone's visit to the centre as happy as possible. We enjoy a wide range of entertainers and go on outings; there really is a wide range of activities."

**If you would like to find out more information please contact us on 020 8551 0017**

FEATURE

# Here for you

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



**T**he Community Support and Social Work (CSSW) team at Jewish Care is made up of a team of professional and experienced workers who provide support and advice and also advocate on behalf of clients. The East team offers both practical advice and emotional support to individuals, families and carers across Essex and surrounding areas. The team works in partnership with the NHS, local authorities and other voluntary sector organisations.

Lesley Wines explains: “We offer a variety of support, information and advice at different stages of people’s lives, including navigating local authority systems and paperwork, which can often be very overwhelming. We also signpost people to the assistance that will best meet their needs, whether it may be provided by Jewish Care or another organisation. We can advocate on people’s behalf to promote understanding of their Jewish cultural needs when liaising with statutory agencies, something that is becoming increasingly important bearing in mind the demographic changes in Essex.

“In all that we do, the team encourages the people we work with to focus on what matters to our clients as individuals. We strive to give a voice to the most vulnerable members of our community, never assuming that, for example, a diagnosis of dementia means a person is unable

to make any decisions for themselves, or that their opinion no longer matters. Everyone is entitled to lead a life meaningful to themselves including, of course, planning for a good end of life.

“Not everyone who approaches Jewish Care wants to move to a Jewish home, but, for those that do, the team will support them to identify the right home for their specific needs and circumstances. In addition, our Family Carers team are there to act as a sounding board, offering emotional support, encouraging carers to take time for themselves to look after their own well-being, and to take up any support or services available to them as carers, such as carers’ emergency schemes and statutory carers’ assessments. The Family Carers Team also provides support to family members who, despite living far away, retain responsibility for their relatives’ wellbeing, whom we tend to refer to as ‘distance carers’. The team is very flexible and when face-to-face visits are impractical, offers support via email and telephone. We are also happy to meet carers away from their home, for example at a coffee bar, if they prefer.”

Each of the locality Community Support and Social Work teams include specialist workers in four areas of expertise: dementia, family carers, disability & welfare benefits and end-of-life-care. Their specialist knowledge can make all the difference both to those in need of support and to their families at what is often a very difficult time in their lives.

**If you need any help, support or advice please contact the Jewish Care helpline on 020 8922 2222.**

**“We offer a variety of support, information and advice at different stages of people’s lives.”**

FEATURE

# It's like living in a hotel



**N**inety-one-year-old Myra has been living at Shebson Lodge in Westcliff on Sea for seven years. Living there has brought her great happiness and comfort to her daughter Katie, who knows she has the support available if she needs it.

Myra explains: "I love my apartment and living here, I really do! I lived in Leigh-on-Sea and one day I was out for lunch with my daughter Katie and I fainted and had a bad fall. My husband was no longer alive and I knew then that I didn't want to be at home on my own. We knew about Shebson Lodge from years ago when I had belonged to the community centre which is in the same building. We were fortunate there was a flat available and it didn't take too long to organise.

I wasn't well when I first moved in but being here gave me my confidence back. I feel safe knowing there is always a warden available and the building is secure. All I can say is the time has flown

**"There is always someone to talk to if you want to, it is like an extended family."**

past. My flat is spacious and I brought my own furniture with me so it really didn't take long to settle in and feel like home. I have wonderful views of the sea.

When the weather is nice I like nothing more than to sit outside on the benches overlooking the beautiful flower gardens and the sea – it's like a hotel. It is also reassuring knowing that Paul, the handyman, is available to help with little odd jobs like changing lightbulbs.

If I choose I can go downstairs and join in activities or enjoy the daily entertainer, it is all optional. There is always someone to talk to if you want to, it is like an extended family. I can definitely say that living here keeps me from being isolated. There are so many choices – if I want to I can have my meals in the restaurant or even get takeaways. I enjoy going to the special Shabbat meal on Fridays but there is no pressure on you, I choose what I want to do and when. I have security just knowing there is help available if I need it but, best of all, I have my very own front door that I can choose to open and shut as I wish."

**For more information on Shebson Lodge please call 020 8922 2222**

# From East End to Southend

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**O**ver the years many East Enders have moved out and settled in Essex and particularly in Southend. It is easy to see the appeal: beautiful beaches, parks and great amenities. Ron and Davey, who were friends as young men living in the East End, were reunited when they moved to Shebson Lodge. They share their journey from the East End to Southend.

Davey was born in 1939, in Whitechapel; his parents were Belgian/Russian refugees. As they were not naturalised they were sent to a holding camp in Slough where sadly his four-year-old sister died from 'Tonsillitis'.

In 1949 they returned to Brady Street, Whitechapel, where he attended the Montefiore School and belonged to the Brady Boys' Club. In 1971 he moved to Sidney Street and then in 1988 he moved to Petticoat Square, Middlesex Street, where he first met Ron.

Some of Davey's fondest childhood East End memories was being chosen at school to attend the Queen's Coronation in 1953. He recalls standing along the Embankment and seeing the Queen and other dignitaries including the very tall 'Queen of Tonga'. The following day he went to a variety show in Stepney and was given a commemorative tin of Caley's chocolates.

As a City of London tenant he attended an annual party held by the Lord Mayor landlord and in that time saw as many as 20 different Lord Mayors.

Davey moved to Westcliff-on-Sea in 2010 to be close to his family. Davey recalls: "When my parents arrived in this country

they had boarded a boat bound for America and the first stop was Grimsby. They did not speak English and they, like many others, got off thinking they had reached America! If it wasn't for that mistake I would never have had the experiences I had or come to live in sunny Westcliff-on-Sea."

Ron was born in Barts Hospital in 1938 and raised in 'Kings' Block, Middlesex Street. He recalls being evacuated to Leeds for only one week during the war, before his mother brought the entire family back to their home in the East End. When the sirens went off his mother refused to go to the shelters and the family remained in their home enduring all the air raids and hardships that living during that time brought with it.

Ron remained in Middlesex Street until he married in 1964 and they lived on the Old Kent Road within the City of London. He remained there until 1984, when he and his wife divorced, and Ron moved back to Middlesex Street where he went on to meet Davey. He moved to Shebson Lodge in 2011 as, like Davey, he had family living in the area.

Ron remembers the misery during the war: "In 1948, due to the hardships suffered during the war, I was invited along with 50/60 other children to Mansion House to receive toys from the American GIs."



Sadly just before going to print Davey (right) passed away at the end of January 2018 and will be missed by all his friends at Shebson Lodge.

**Jewish Care still has a thriving presence in the East End at the Brenner Centre at Stepney Jewish Community centre, at Raine House in Stepney. Many members were born 'under the sound of the Bow Bells', a traditional definition of a true cockney. The community centre is a social hub for older members of the community living in East London and the City. It has been at the heart of the Jewish community for many years and offers a varied social and entertainment programme including yoga, arts & crafts, discussion groups, twice-weekly entertainment and a Friday Shabbat meal experience. There is also a kosher shop selling fresh and frozen food.**

**The centre is open Monday to Friday. For more information please contact 020 8922 2222**

## GARDENING

# Green Fingers



**A**s we move into Spring and the weather is brightening, many of us turn our attention towards the garden. This is especially so at the Southend and Westcliff Jewish Community Centre. Over recent years their garden has undergone a complete transformation with many areas being brought back to life, nurtured and developed. There is a variety of raised planters growing fruit and vegetables and the latest addition of their award winning floral planted boat, which has pride of place on the front lawn. The gardens are a labour of love for staff, volunteers and the members and residents of Shebson Lodge who take part in its maintenance and development.

The beautiful grounds are more than just aesthetically pleasing – the Dementia Garden is part of a planned therapy programme for members of the community living with dementia. Centre Manager Hilary explains: “Gardening has many benefits – it helps develop individual’s ability to nur-

ture. It also enables people living with dementia the ability to care for something. Very often participants have enjoyed gardening in the past but no longer have a garden, or they do not have the support needed to go in the garden or perhaps the confidence or initiative. It all depends on their losses because of dementia.

“In our first year we grew courgettes and strawberries. Now we are in our third year we have grown peas, runner beans, radish, lettuce, carrots and beetroots and held a potato-growing competition. We use a combination of trugs, raised beds and pots to make it manageable and easily accessible. We rejuvenated a raspberry patch which was very rewarding. We have planted bulbs in the flowerbeds for Spring and Winter Pansies to ensure there is all year-round colour. Everybody enjoys the homegrown produce. Our centre members and tenants at Shebson Lodge come out and pick the fresh produce; no chemical fertilisers are used. It is used in the kitchens and surplus is sold to members,

**“It is incredible to see the transformation that can happen when our members start gardening.”**

tenants and staff for small donations.”

Gardening engages many different senses through touch, sight and smell which can help someone with dementia rediscover their world. It is also a great way to boost energy levels and so is great exercise for mind and body. Hilary continues: “It is incredible to see the transformation that can happen when our members start gardening.

One client as soon as they had a trowel in their hand went into automatic mode as if they had always done this. They forgot their anxieties and the fact they had dementia. It really is wonderful to see.”

**“Gardening has many benefits, it helps develop individual’s ability to nurture.”**

There is also a Fairy Garden created by the Cognitive Stimulation Group, which runs weekly. This is a miniature garden that feeds into people’s imagination. The garden is called ‘A Day in the Beach’. There is also an external art board where members can be outside, have fresh air and draw on a massive chalk board. It is an integral part of the garden.



## HILARY'S GARDENING TIPS

**Raised beds and trug planters are easy to manage and maintain.** They can be built or bought ready-made. They also don't require a great deal of space and can be located close to a water source such as an outside tap or kitchen door.

**When starting out, choose easy-to-maintain vegetables** that grow easily, require low maintenance and grow quickly, such as radishes.

**Great spring plants to plant are pansies, snapdragons, lettuce, peas and rugala, lilac and tulips.**

**Be careful not to over-water your plants,** although they will need more water when they are first planted to help settle their root system.

**Save space by growing two different crops in a single row.** Mix slow-growing crops like carrots with something faster like lettuce and radishes.

**To prevent accumulating dirt under your fingernails while you work in the garden,** draw your fingernails across a bar of soap which will seal the undersides of your nails so dirt can't collect beneath them. When you have finished gardening you can use a nailbrush to remove the soap and your nails will be sparkling clean.

**The next time you boil or steam vegetables** don't pour the water down the drain, use it to water potted patio plants, and you'll be amazed at how the plants respond to the "vegetable soup."

**The best way to learn is through trial and error,** the most important thing is that you enjoy yourself.

***“Living independently is great, but knowing someone is always there is even better.”***

Phyllis, Shebson Lodge tenant



Charity Reg No. 802559

***Independent Seaside Living at Shebson Lodge***  
***1 Cobham Road, Westcliff on Sea, Essex SS0 8EG***

*Shebson Lodge is Jewish Care's Independent Living Apartments located above Southend and Westcliff Jewish Community Centre. If you want to live independently like Phyllis, but feel confident knowing there is always someone close by in case of an emergency, then come and look around our studios, one or two-bedroom apartments.*

***Contact our Helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)***

***#PeopleOfJewishCare***

**JEWISH CARE**