

**JEWISH CARE**

# in Essex

Your local community magazine

Summer 2019/5779 | Issue 4



## 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.

## MAY

**Thursday 23  
Salt Beef Bar  
& Social Club**

Redbridge JCC

**Thursday 23  
Salt Beef Evening**

Southend & Westcliff JCC

## JUNE

**Thursday 13  
Salt Beef Bar  
& Social Club**

Redbridge JCC

**Thursday 20  
The AMAZING  
Jive Aces Show**

Redbridge JCC

**Thursday 27  
Salt Beef Evening**

Southend & Westcliff JCC

## JULY

**Thursday 11  
Salt Beef Bar  
& Social Club**

Redbridge JCC

**Thursday 11  
Wimbledon Tea**

Southend & Westcliff JCC

**Wednesday 17  
Jewish East End Walk  
With Rachel Kolsky**

Redbridge JCC



**Thursday 27  
Antiques Roadshow  
Evening**

Boningtons Auction House  
Redbridge JCC

**Monday 29  
Barn Dance**

Southend & Westcliff JCC

**Wednesday 31  
Ladies' Coach Trip  
Capel Manor**

Redbridge JCC

## AUGUST

**Thursday 15  
Salt Beef Bar  
& Social Club**

Redbridge JCC

**Thursday 22  
An Evening with Gary  
Benjafield (Neil Diamond  
Tribute & More) with Deli  
type supper**

Redbridge JCC

## SEPTEMBER

**Thursday 5  
Salt Beef Bar  
& Social Club**

Redbridge JCC

**Sunday 22  
Paul Jerome's Party Night**

Redbridge JCC

## OCTOBER

**Thursday 3  
Salt Beef Bar  
& Social Club**

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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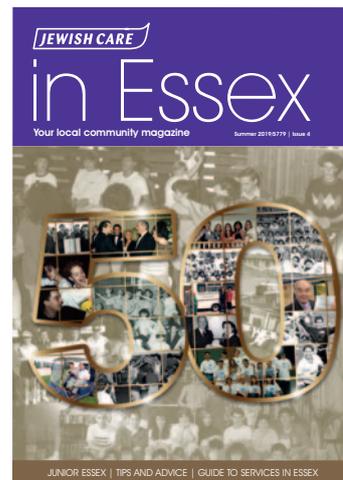
## 27 Dying Matters Week

Having important conversations



## 28 Volunteer Awards

We look at some of this year's winners



**W**elcome to the fourth edition of *Jewish Care in Essex*. In this special edition we have an eight-page pull-out celebrating Redbridge JCC's 50th anniversary.

We also address an often-unspoken topic of End of Life care. The month of May marks Dying Matters Week and Paula Plaskow, Team Manager – Community Social Work & End of Life Care Support, explains the importance of having these sometimes-difficult conversations about a person's wishes for the future.

Care and support are available in many different forms and the Jewish Care Creative Arts Team work with our resources to find innovative ways to encourage older and often frailer members of the community to be able to participate in activities and express themselves in creative ways. This can be seen in the article on Healing Harmonies.

For me, the highlight of this edition is the section on recipients of the Volunteer Awards as this is a reflection of the kind and caring community we live in.

As always, we would very much like to hear your thoughts and opinions, so if you have any comments or suggestions please let me know.

**Tara Shaw**

Editor

tshaw@jcare.org



# Photo round-up

**01 Duchess of Cornwall meets Sophie Speilman** at the Brenner Centre at Raine house in Stepney to celebrate the Centre's 80th anniversary.

**02 Winners of the 5th annual Sing Off** at Jewish Care's Redbridge Jewish Community Centre, residents from Vi & John Rubens House.

**03 Gloria Barnett and Stanley Samuels enjoyed an evening of dinner and dancing** with Max Curto, which over 135 people attended at Redbrige JCC.

**04 Gillian and Jack De Metz** long-serving and hard-working committee members of the Southend and Westcliff Aid Society at their 65th anniversary dinner.

**05 Southend & Westcliff JCC winners of the Best Style Performance** for singing *Consider Yourself* from *Oliver!* at the Sing off Competition.

**06 Participants from the first cookery class** for gents at Redbridge JCC.

**07 Frances Nathan with her daughter** at the Musical Takeover, by Wigmore Hall at Vi and John Ruben's House.

**08 Klezmer Evening** at Redbridge JCC.

**09 Evelyn Cumbers, Nettie Keen and Bettie Donn** enjoying Purim celebrations at Redbridge JCC.

**10 Stepney Jewish Community Centre volunteers** Janet Foster, Heather Duffy and Julia DaCosta.

**11 Staff all dressed up for Purim celebrations** at Southend and Westcliff JCC.

**12 Resident Gertrude Stevens** enjoying the Vi & John Rubens Musical Takeover.



01



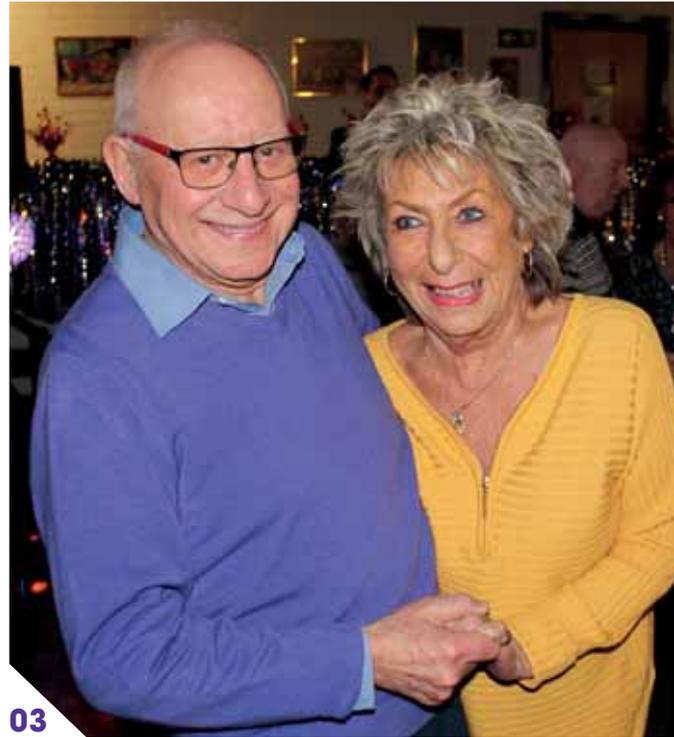
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# Learning to lead

**B**rother and sister Simone and Scott have been involved with Redbridge

**JCC for many years.** Simone is 18 and taking her 'A' levels in the summer and Scott, aged 14, is on the Redbridge JCC MIKE (Motivation, Inspiration, Knowledge and Education) programme. They share with us how the activities at Redbridge JCC have played an important role in their lives and made a significant impact in their lives.

Simone's earliest memory of attending Redbridge JCC is of Summerworld which she attended from four years old. "There was so much energy and all the time you could hear songs being sung by the leaders. I enjoyed creating artwork that I could take home to show my parents." Scott said, "I have been coming to Redbridge JCC for over 10 years, my earliest memory was playing football on the astroturf during soccer camp in the summer. I enjoyed the sports activities as they were always fun."



**"I have gained an understanding into what is required to be a leader within the community"**

The siblings are still very much involved, Simone is now a leader at Summerworld and feels it is a great opportunity to put into practice the leadership skills she has learnt throughout the MIKE programme and to engage with the children that attend. It has given her the expertise to become a well-rounded leader.

When asked if they would recommend Club and MIKE to others they both replied enthusiastically. Simone's response was, "I would recommend MIKE to others because you can learn such a wide variety of skills and knowledge that are needed in life generally, not just in the youth work environment. I joined MIKE because I wanted to build on my leadership skills and strengthen bonds with people who I wouldn't normally see in everyday life. From participating in the MIKE leadership programme I have progressed to leading a MIKE group. I have gained a wider appreciation for leaders in all aspects of the community and have learnt that there are different types of leaders who use different methods to engage the children in the well-planned activities, which are provided during the holiday schemes at RJCC. Later this year, I am going to university to study geography but volunteering and youth work will also feature during my university life."

Scott added, "I would recommend Club and MIKE to others because they give you the chance to socialise with people you may not spend your daily life with and enable you to work within the community with the youngest to the oldest members of Redbridge JCC. I have gained an understanding into what is required to be a leader within the community and hope to learn more as I progress through the MIKE programme. Once I leave school, I hope to go to university and apply the skills I have learnt."

**For more information on the youth activities call  
020 8418 2120 or email [rjccyouth@jcare.org](mailto:rjccyouth@jcare.org) for more details.**

## YOUTH PROGRAMME REDBRIDGE JCC

### MONDAY

Club Kef 3.30–5pm

### TUESDAY

**Messy Mischief** 10.30–11.45am  
from 10 months

**Messy Mischief** 1.15–2.30pm  
from 10 months

### WEDNESDAY

**Messy Mischief** 10–11.15am  
from 10 months

**MIKE Programme** 7–9pm

### THURSDAY

**Football Training** 6.30–8pm  
**Club Balagan** 7–9pm

### FRIDAY

**Friday Fun Factory** 10.15–11.30am

#### KEY

**Messy Mischief** 0-to-4-year-olds

**Friday Fun Factory** 0-to-4-year-olds

**Club Kef** 4-to-11-year-olds

**Club Balagan** 11-to-14-year-olds

**Football Training** under-16s

**MIKE Programme** 14-to-21-year-olds

**For more information call  
020 8418 2120 or email  
rjccyouth@jcare.org**



**SUMMERWORLD  
22 JUL TO 16 AUG**

**For more information  
turn to the back cover .**

# Messy Mischief

## MEET LAURA, THE FACE BEHIND MESSY MISCHIEF

**L**aura manages the **Messy Mischief and Friday Fun Factory group sessions** and is the under-5's co-ordinator at Redbridge JCC. She has an NVQ level 3 qualification in childcare. Having worked for Jewish Care for five years, Laura loves the warmth of the Centre and how it caters for the community but always looks to reach out and offer more services. She especially welcomes the diversity of the groups that she leads and how it captures all members of the family.

Laura explains, "Our groups give the children an opportunity to socialise in a safe and stimulating environment. Each week they are offered new experiences to incorporate tactile and sensory experiences plus arts and crafts. The sessions enhance learning, communication and language as well as encouraging imagination and curiosity.

"Parents, grandparents and carers have an opportunity to socialise and enjoy tea and biscuits whilst supporting the children at activities. They also enjoy joining in being creative with the materials.



It's great we have so many grandparents attend and some form friendships that continue outside of the group. On Fridays we finish the session by lighting shabbat candles, having challah and juice and saying the three prayers."

Laura has a strong background working in the community having worked 24 yrs in social services in the children and families' division. She initially worked alongside families within family centres and then in the community assessing the needs of families and putting together packages of support. She also worked for 14 years as volunteer co-ordinator for Norwood – recruiting, training and managing volunteers. As well as working at Redbridge JCC she works as a nursery nurse at Clore Tikva primary school where she also worked as a teaching assistant. Lots of the children she works with at Clore Tikva attended her groups at Redbridge JCC and still do and now younger siblings also attend. If you want to pop along and try a session there is no commitment – try it once, you won't be disappointed.

## LHEILA'S STORY

**L**heila Oberman from Wanstead who has been bringing Ziggy to **RJCC's Messy Mischief** for the past two years, says that he's now attending Clore Tikvah Nursery. She didn't have a strong affinity with the local community, having grown up in Brighton, but talking to other parents at the group led her to look into the option of choosing the local Jewish school. She's pleased that he's there and enjoying it. She says, "It's lovely to see his confidence improving and how he is learning to be sociable and share. We've been to other groups that I've stopped going to along the way but Ziggy loved this so much I've kept this as a constant. Laura works very hard to make it such a great group. It's been good for me to meet other people here, especially being a single mum. It's been a lovely constant in both our lives."

# Table Tennis

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**T**able tennis has many health benefits as playing improves hand-eye co-ordination and it stimulates mental alertness, concentration and tactical strategy. It also improves reflexes and although it does involve bursts of exertion, it is a great way to exercise without overtaxing your joints.

**“We have a laugh and a joke and it is just really good fun.”**

Playing can help keep your brain stay sharp and improve your co-ordination and balance. It is also a fun and easy way to burn calories and stay fit. There are no age boundaries and both young and old can play the game.

Some would say it is addictive and that certainly is the case with the members who come to the Table Tennis Club at Redbridge JCC such as Stanley Worth, who helped set up the group.

“I have always enjoyed playing table tennis, I started playing when I was 14 years old and at 17 years old I was the Maccabi Junior champion. I also played in a league with my friend Michael Lisson. So, when Sharon Imber – the Activities Co-ordinator at Redbridge JCC – suggested that I start the club along with a couple of friends – Rob Barnett and Alan Green – we thought... why not? It started with six or eight people coming to our sessions and now we get up to 30 people twice a week.

“We have seven tables and we play doubles so there is always a game you can join in or have a rest if you want to in between games. It is very sociable and people come from across the community. We have a laugh and a joke and it is just really good fun. There is quite a high standard of play, however, beginners are very welcome and we have new people coming every week. We have a training table where we show people how to play and teach them tips and techniques. It is not competitive, and we don’t run a league; everyone just comes to have a really great afternoon.

“The age range is really varied from members in their forties and fifties ranging to my friend Alan who is 86. I would recommend to everyone to give it a go – you may find it as addictive as I do!”

**For more information about table tennis and other activities at Redbridge JCC call Sharon Imber on 020 8551 0017 or email [simber@jcare.org](mailto:simber@jcare.org)**

# Salt beef in Southend

**S**alt beef can be considered to be a happy food, with its roots dating back from the Ashkenazi Jews from Central and Eastern Europe. Typically served on rye bread with pickled cucumber and a crispy potato latke – it is the ultimate comfort food and often very nostalgic. Its popularity spans many generations. This certainly is the case for Carolyn Squier, a volunteer at Southend and Westcliff JCC, who recalls, “I grew up around Westcliff in a family with a strong culturally Jewish identity. We did not keep Kosher and although I went to Cheder, we were very secular. However, I will never forget our weekly visit to the Kosher butcher for salt beef sandwiches. It was a tradition we all enjoyed and looked forward too.”

The smell, the taste and associations of this simple but delicious meal are quite far reaching. This may be the reason attributing to the success of the salt beef evenings held at the Southend and Westcliff JCC. On the last Thursday of the month members of the community across Southend and Westcliff come to the Centre to enjoy a traditional salt beef dinner.

Carolyn, who has volunteered at the Centre for ten years, adds, “The salt beef evenings are a lovely experience. It seems to appeal to all ages. There are now no Kosher butchers in Southend and Westcliff so it is not possible to get fresh kosher salt beef unless you go into London. It is a real treat to be able to go out locally for a traditional Kosher style meal. For those just coming purely for the salt beef, rest assured it is wonderful; you will not be disappointed. The portions are generous and the latkes are incredible. In fact, I defy anyone to find better latkes anywhere in the world!”

“But is not just the delicious food that makes these evenings special; they bring together the whole community

**“The portions are generous  
and the latkes are incredible.”**

and people of all ages. It is a lovely, informal and relaxed atmosphere full of laughter and warmth.

For some people it is a wonderful opportunity to come out for a social evening and meet new friends, for others they bring their whole family.

“Many of the members who come to the Centre originally grew up in the East End and they delight in the



opportunity to have fresh salt beef. Some of our members who find it too difficult to come out at night order takeaway to collect when they are next in the Centre. We also offer a takeaway service on the night. We find some people who come along make new friends and some re-establish friendships that have lapsed. It is incredibly friendly and the staff go out of their way to make sure everyone has a good time and feels welcomed.

“With a regular 90–100 people coming to sit down and then we have salt beef dinner takeaways we sent out 65 takeaways we will serve an astounding 80 to 110 kilos of beef.

What is so special about the evening is that it brings people together and creates a feeling of belonging. I love seeing the Centre filled with people, it is really very special!”

**For information about the next salt beef evening call 01702 334 655.**

REAL ISSUES

# When roles are swapped

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MICHELE ATTIAS, JEWISH CARE SENIOR HELPLINE ADVISOR, SHARES HER PERSONAL JOURNEY.



**L**iving with a relative who has been diagnosed with dementia can evoke many feelings as well as practical issues. Michele, who works at Jewish Care Direct, is on the front line receiving calls from individuals who are learning how to cope with relatives, and from friends of those living with dementia, needing guidance and support. However, she also knows first hand how it feels when a loved one is diagnosed with Alzheimer's. She shares with us how she was affected by her father's diagnosis, her regrets and the lessons she has learnt from this experience.

"I never said goodbye. No one disappeared from my life, in fact, everything externally seems the same, but everything is different. Although still living, part of my father disappeared slowly, crept through the back door and I never saw it resurface again.

a new relationship. We have now swapped roles and he's now the one cared for, rather than caring for our family.

"What now stands in its place is the repetition of questions, a vacant look, a confused glance, and yet he notices the slightest of details. How there is a piece of thread coming out of my skirt, the fact that he likes my sweater. His role as a father does re-appear momentarily. This gives me solace that he is still my father.

"In contrast, I watch my daughters race out of the house, reluctant to hear my stories and ideas, their eyes trace the ceiling in frustration, they've heard all my sermons before. They don't have time to sit and talk for long; they have a life and a future to pursue. I remember feeling the same when my father stopped me in my tracks.

I wish I had the opportunity to ask my father to retell his stories however many times he chose to do. At the time I

## **"We have now swapped roles and he's now the one cared for, rather than caring for our family."**

"Present in a physical form, he is now a shadow of his former self. I never said goodbye to our long conversations whilst sitting to enjoy a pot of tea, leading to an outpouring of advice handed out at a minute's notice.

"The words 'dementia' and 'Alzheimer's' were thrown into the conversation quickly, and in a way, we disassociated from it, as saying the word made it contagious somehow.

"My father, a man with enormous strength of character, was a gentle and humble warrior who carried a truckload of wisdom and fed it through to me over the years and inspired my stories.

"I imagine in some ways, it must be a kind of freedom for some of those living with dementia – a sense of peace, as they're no longer holding onto resentments, anger, or past recriminations; these have all been wiped out. But for family members observing while that person disintegrates, it's heart-breaking.

"I spent so long denying there were any changes that by the time they were undeniably evident, it was too late. Those conversations I should have had, those ideas I could have shared, that connection that I could have taken further; they are no longer possible.

We never scheduled a mutual farewell, the transition into

was too busy to listen, and now that I'm ready, he no longer remembers them.

"My advice is slow down, breathe, pace yourself, love more deeply, listen more profoundly, stop more often to reflect, notice and speak to others around you. Make a difference, however small, especially to those who are at the periphery of your community.

"I would encourage you to experience life more deeply right here, right now. You don't have to trek Machu Picchu or the Himalayas to show you are living fully or dreaming big.

"At the end of life, no one will care how many friends you've made on Facebook, or will be preoccupied with taking the perfect selfie. What will matter is your contribution to the world you lived in. What you created and the legacy you have left behind.

"Although my father is unable to make a difference nowadays since he is barely mobile, the legacy he has created is still in motion.

"He watches passively as the children he co-created continue the things he taught us. Three incredible generations of writers, musicians and educators have emerged from this man and my wonderful mother. That is how making a difference can transcend generations."

**Jewish Care provides support to people living with dementia and their families and carers – if you would like more information please call Jewish Care Direct on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)**

## LOCAL ANGELS

# Celebrating ten years

AT THE END OF LAST YEAR, THE LOCAL ANGELS COMMITTEE CELEBRATED THEIR 10TH YEAR RAISING FUNDS FOR JEWISH CARE'S SERVICES IN REDBRIDGE. THE COMMITTEE HAS RAISED OVER £300,000 OVER THE PAST DECADE.



**A**t the Local Angels' 10th annual lunch, over 140 guests were entertained with songs from musical theatre performed by VOXX entertainment.

Philippa Land, who lives in Clayhall, spoke on behalf of herself and her sister, Jacqueline, about their personal connection with Jewish Care. Their aunt was a resident of Vi & John Rubens House, as was Jacqueline's husband, Cyril, who sadly passed away earlier this year.

"At some point, most families in our community will call on Jewish Care. We wanted to help the Local Angels raise as much money as they can today so that Jewish Care is there for your family in your time of need.

"The staff, and of course the amazing volunteers have an understanding of Jewish culture and the residents are encouraged to partake in activities."

Over the past ten years, funds raised by Local Angels have helped to support services across the Essex community. They have helped to pay for the monthly Memory Way Café at The Dennis Centre where clients, families and carers can get the support and information they need; clients are supported in a therapeutic, social and cultural environment, enabling them to maintain independence and enhance their well-being.

Projects that have been funded by the Committee range from Care Buses that take isolated people to Redbridge JCC; Mitkadem Mental Health Wellbeing services to subsidised 1 to 1 care for children with disabilities – so they can attend the holiday scheme at RJCC.

Gayle Klein attributes the Committee's success to the incredible support of the Essex community. She said, "The local Jewish community is ageing and the area that is covered by Jewish Care now extends from East London to Epping. With the donations from the Local Angels events over the years we have been able to do so much to help those who rely on support from Jewish Care in the community and I thank you the community from the bottom of my heart for the generous support you have shown."

SPECIAL EIGHT PAGE PULL OUT

# Celebrating 50 years at the heart of the Redbridge community

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RedbridgeJCC

1969 50 2019

JEWISH CARE

50 YEARS OF REDBRIDGE JCC

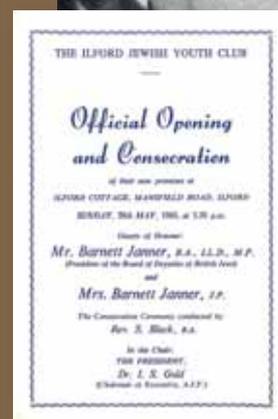
# How it all began

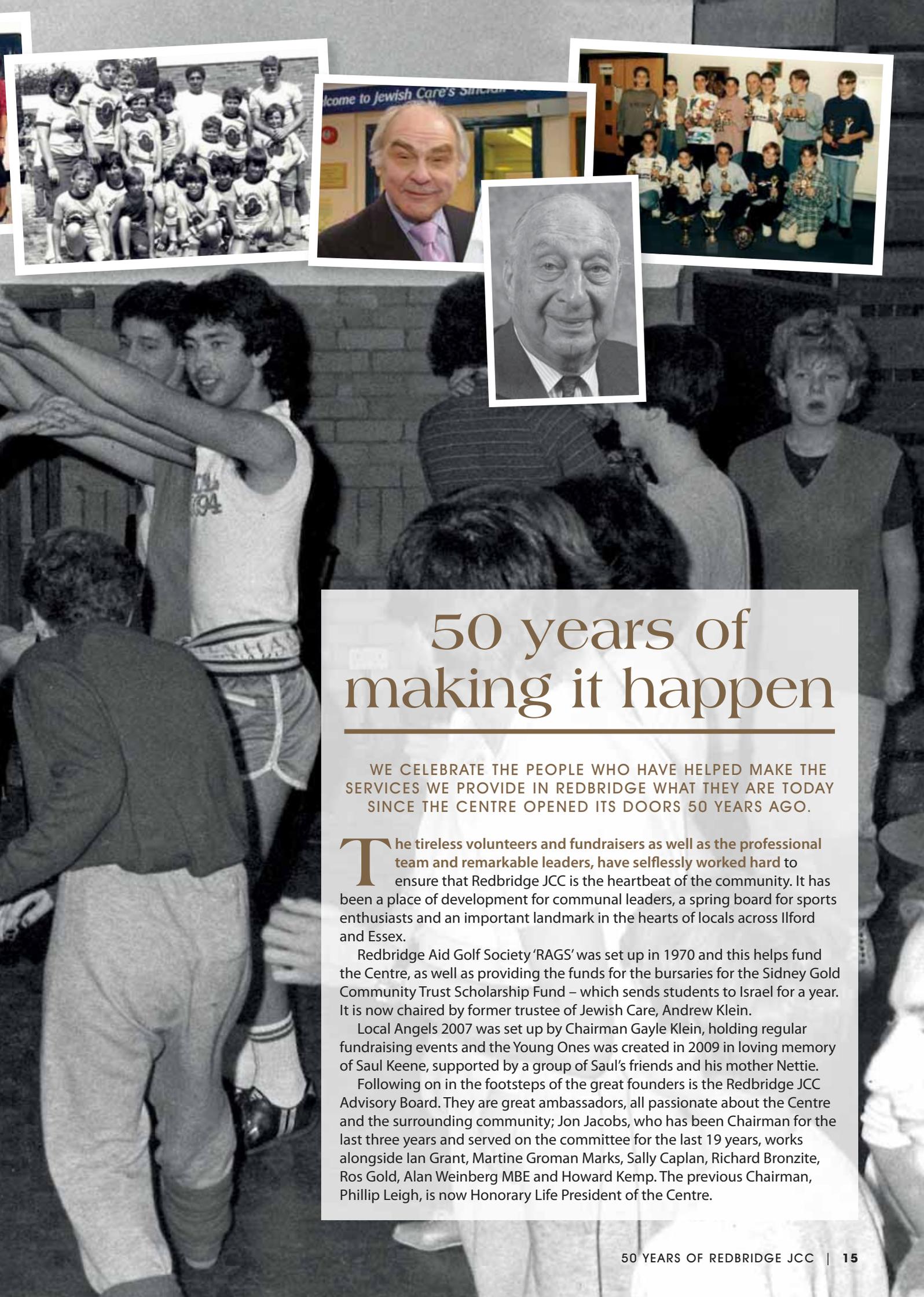
REDBRIDGE JCC CAME INTO BEING 50 YEARS AGO BUT, IN REALITY, ITS STORY BEGAN EARLIER.

**I**t was formed as the brainchild of members of the community including local GP, Dr Sidney Gold, and pharmacist, Bernard Sinclair. They both shared a passion for youth and community.

Bernard brokered a deal for the Wanstead and Woodford Jewish Youth Clubs to merge, which then later incorporated the Ilford and Stamford Hill youth clubs. Bernard, who chaired the fundraising committee, put down the £100 deposit to secure the site for the new Redbridge Jewish Youth Centre. The building was named Sinclair House in his honour when it was opened by the late Chief Rabbi Lord Jacobovitz in 1969. Bernard's vision to create a professionally run centre for Jewish Youth was now a reality. He later travelled to America where he saw intergenerational community centres and this inspired him to raise funds to expand and create a focal point for the community. The Centre had its first major extension in 1972 and in 1976 the name was changed to reflect more accurately the full range of activities as a youth and community Centre. By 1992 it was the biggest Jewish community centre in Europe. Today it still plays a major role in the community, offering a wide range of services for all ages; Bernard was awarded an MBE in 2008 for his services to the community and he passed away in 2018 aged 90 years old.

Lord Levy, who grew up in Stamford hill and has been a long-term supporter of Jewish Care, said: "Mazel tov to Redbridge JCC for the amazing care provided to both young and old in the local community for 50 years. It is a testament to everyone who has been involved and illustrates the fantastic commitment of those individuals who have dedicated their time to caring for the community in Essex."





# 50 years of making it happen

WE CELEBRATE THE PEOPLE WHO HAVE HELPED MAKE THE SERVICES WE PROVIDE IN REDBRIDGE WHAT THEY ARE TODAY SINCE THE CENTRE OPENED ITS DOORS 50 YEARS AGO.

**T**he tireless volunteers and fundraisers as well as the professional team and remarkable leaders, have selflessly worked hard to ensure that Redbridge JCC is the heartbeat of the community. It has been a place of development for communal leaders, a spring board for sports enthusiasts and an important landmark in the hearts of locals across Ilford and Essex.

Redbridge Aid Golf Society 'RAGS' was set up in 1970 and this helps fund the Centre, as well as providing the funds for the bursaries for the Sidney Gold Community Trust Scholarship Fund – which sends students to Israel for a year. It is now chaired by former trustee of Jewish Care, Andrew Klein.

Local Angels 2007 was set up by Chairman Gayle Klein, holding regular fundraising events and the Young Ones was created in 2009 in loving memory of Saul Keene, supported by a group of Saul's friends and his mother Nettie.

Following on in the footsteps of the great founders is the Redbridge JCC Advisory Board. They are great ambassadors, all passionate about the Centre and the surrounding community; Jon Jacobs, who has been Chairman for the last three years and served on the committee for the last 19 years, works alongside Ian Grant, Martine Groman Marks, Sally Caplan, Richard Bronzite, Ros Gold, Alan Weinberg MBE and Howard Kemp. The previous Chairman, Phillip Leigh, is now Honorary Life President of the Centre.

# Through the years 1969–2019

**1969**

**Redbridge Youth Centre opened.** Purpose-built building which was named after Bernard Sinclair MBE, head of the fundraising committee and opened by the Chief Rabbi, the Lord Jacobovitz.

**1972**

**Ellis Birk, Chairman of the Jewish Welfare Board, opened the new extension.**

**74–75**

**Second phase extension opened to include the sports hall and football pitches.**

**1976**

**The Centre was renamed the Redbridge Jewish Youth and Community Centre to reflect the large number of services on offer.**

**1980**

**The Centre faced a funding crisis and the first major fundraising dinner was hosted in the West End by Dame Gail and Gerald Ronson.**

**1982**

**The first Shlichah (Israeli professional working with youth and adults building relationships and understanding about Israel).**

**1983**

**Introduction of the Junior Leadership Training Programme set up for 13-to-18 year olds – now known as MIKE.**

**86–90**

**Introduction of Israel Tours for youth.**

**1988**

**Sidney Gold Community Trust Fund to support outstanding young people who had come through the centre to participate in a leadership gap year in Israel.**

**1989**

**Rebuilding appeal to extend and modernise the building and improve access.**

**1992**

**The Sugar Wing opened thanks to a generous donation from the Alan Sugar Foundation.**

**1994**

**New refurbished reception and disabled access and a lift installed.**

**1997**

**Merger with Jewish Care.**

**2007**

**The Local Angels Committee set up by Gayle Klein.**

**2019**

**The Centre continues to be at the heart of the community.**

# Memories of a golden age

WE SHARE SOME OF THE MEMORIES FROM PEOPLE WHO WERE INVOLVED WITH RJCC OVER THE YEARS; IT BRINGS BACK MANY SMILES AND FOND MEMORIES.

## June Bradbury and Alan Gold

Dr Sidney and Doris Gold's daughter and son

**June:** "Ilford Jewish Youth Club (IJYC) emerged in the middle of World War II, to provide educational, recreational and social activities for the young people in the community. Our father Dr Sidney Gold, supported by our mother Doris, was instrumental in setting up the club which met at the Beehive Lane Synagogue. Bernard Sinclair was the first captain. I remember with amusement how, in order to attend the mixed Thursday evening sessions, we had to attend 'girls only' nights and 'boys only' nights. They were led by charismatic, inspirational youth leaders and we enjoyed the popular annual camps each summer and occasional Sunday night dances for many years.

"IJYC was affiliated to the Association for Jewish Youth which Dad chaired for nineteen years. Dad was passionate about being Jewish and throughout his life stood up against anti-Semitism. His impact was far-reaching and many friendships, partnerships and marriages were made as a result of the "Club".

**Alan:** "Dad had three core values he believed in, young people, community and Israel. He believed passionately that young people should be involved in the community and he inspired several generations of young people. He was well respected and liked in the community and he always made time to speak to everyone at Sinclair House. The original concept of the Sidney Gold Community Trust Fund was to provide a capital sum so the Centre could keep afloat on the interest. In 1987 following his death, a scholarship fund was set up in his memory principally aimed at outstanding young leaders at Sinclair House. The requirements of the scholarship were that graduates would return and offer themselves as youth leaders either in Redbridge or anywhere else in the Jewish community. With the passing of our mother in 2006, the scholarships were renamed in their joint memory."▶



## Angela Camber

Daughter of Ellis Birk,  
first chairman of Redbridge JCC

"My father was committed to the development of youth. He was very involved in Stamford Hill Associated Clubs and negotiated the merger with Redbridge. I remember going along with dad to meetings with Bernard Sinclair and Peter Shaw – the first director – both incredible men. I trained as a youth worker at Stamford Hill and then went on to become a social worker, so my father would sometimes ask my opinion.

"It was a remarkable organisation then and still is today. The Centre catered for everyone from tiny children to the elderly. The leadership programme for young people was and still is so very important. The integration of generations has a very powerful effect – it is a beacon of the community. Today it continues to provide an important role in the community with its outstanding Youth Leadership Programme: MIKE and the salt beef evenings attracting so many people from the community. It is a great tribute to my father and his peers who laid the foundation."



## David Goldberg

Former senior youth worker 1983

"I started work as a youth worker at Sinclair House in 1983 focusing on Jewish education. My role was as leader of 'Inter's' which was for 13-to-18-year-olds. 'Club', as it was affectionately known, ran on Tuesday and Thursday nights and over 200 young people would attend. The programme included: trampolining, football, indoor hockey, 24-hour discos, arts and crafts and discussions focusing on issues such as equality, anti-Semitism and the role of Israel. It was before Kantor King Solomon High school, mobile phones and social media, so this is where the youth would meet and make friends, great friendships, that still exist today. Beal School next door to Sinclair House was 60–70% Jewish and young people would pop into the Centre at lunchtime.

"One of the programmes I was most proud of initiating was EBJ – Enjoy Being Jewish – which involved three weekends away each year. We would go to Skeet House, Woodrow and Leigh House. Participants would board the 'Chucklebus' and enjoy an intense weekend experience looking at Jewish identity, the Holocaust and Israel. In 1987 we took a group to Munich, Germany. At the time this was a groundbreaking Holocaust education trip.

"Over the years I was involved at Sinclair House, I saw many young people learn, grow and develop. It was a massive part of their lives and mine. I remember with great fondness so many people who



came to Sinclair House, Raymond Simonson who is now CEO of JW3, Russell Delew who worked at Great Ormond Street and now at Unicef, Stephen Lewis, Gayle Klein and Richard Shone now doing amazing work for Jewish Care, to name but a few."

## Steven Goldstone

Club member 1980

"I attended the playcentre at Sinclair House when I was four years old. That is what you did: go to Park Hill Primary, Beal Secondary School and then to Club. It was a major part of all our lives from 4-to-17-years-old and made us the people we are now. I remember David Goldberg our youth leader who would challenge us; he really helped to shape us. We debated all sorts of subjects and there are conversations I clearly remember 30 years later, some of which were quite emotional. I especially enjoyed the EBJ programme. It was so popular it was oversubscribed.

"I performed in the Club shows, which were memorable and very professional. I starred as Fagin in Oliver in 1984 and although the rehearsals were really fun, I would much rather be playing football. However, it was always worth the time and effort as the week of the show was amazing and it was always a sell-out. My children followed in my footsteps and two attended Club and then participated in MIKE. I was delighted when my daughter was awarded the Saul Keene Award not only because of her outstanding efforts within the community, but also because Saul whom the award is named after was one of my oldest friends."



## Gayle Klein

Former youth club member 1977,  
now Trustee at Jewish Care

"I grew up in Clayhall and went to after-school clubs at Sinclair House from the age of four. I went to Beal Secondary School next door to the Centre and this is where my friends and I would go and hang out. It was an extension of our lives. We had our friends at school and our friends at Club. It was the heart of the community across all ages. We would go to summer clubs and go away. It wasn't about religious affiliations it was about being part of a supportive community.

"I fondly remember the activities, especially the trips away. I will never forget one time going for a walk in a muddy field and our wellies got stuck in the manure and we were left knee deep in muck. We had so many laughs. There was also a serious side, as we progressed through the programmes which included



cultural and educational activities. It helped us to broaden our horizons and question things we may never have questioned before.

"Club was a fixture in mine and my friends' lives. In the 80s we would have 24-hour sponsored discos and I used to sneak with my friends to have a sleep in the toilets. We loved a drink called the 'Redbridge Special' – a mixture of blackcurrant and orange squash. There were fashion shows and house-to-house collections and, one of my favourites was our version of the Eurovision Song Contest called Song For Israel. I represented our club with Miranda Denoff, Rene Zagger and Simon Phillips. We performed in red and gold pyjamas and we won! I am still very close to many friends I made during those years.

I went on to represent Sinclair House for AJY. My children went on summer schemes there and my eldest son played football; my middle son took part in MIKE leadership programme. It is still very much part of our family's lives. Ten years ago I became chair of Local Angels and my husband Andrew became chair of Redbridge Aid Golf Society (RAGS). Andrew went on to become a Trustee in 2010 and when he stepped down I became a Trustee in 2016."

## Nettie Keene

**Day care volunteer since 1972**

"I was approached to be a volunteer at the Centre by Julia Tapper, the first manager. I had recently closed my hairdressing salon to look after my first child, Daniel. I said I would come and try it for a month, that was 47 years ago this February! I was known as one of 'Julia's girls'. We saw the Centre grow from being small to over 100 people coming every day.

"It was the heart of the community and members loved it and they still do. I still do hairdressing and the members really appreciate it. In the beginning, volunteers did many of the tasks – even cooking the food. I remember one of my first jobs of the day was to help peel potatoes for lunch. My sons, Daniel and Saul, used to go to the Summer Day Camp and were involved in all the youth activities. My youngest, Saul, was so heavily involved that I think his school work suffered as a result; but he was so happy. He went through all the youth leadership programmes and even led a tour to Israel. He was passionate about the youth activities and the community and was nicknamed 'Mr Redbridge'. He sadly passed away in 2008 but his legacy lives on as there is an award in his honour at the Leadership Awards for outstanding contribution from youth who take part in the MIKE leadership scheme. They were very happy times."



## Jean Lowi

**Founding day care volunteer 1970**

"I will always remember the day Leah Tomlinson, from the League of Jewish Women stood up in a meeting and said the Friendship Club which we helped run was not enough for the community. We needed a place the older members could spend the day, socialise and, take part in activities. She set up a committee and after much searching, agreed with Peter Shaw, Manager of Sinclair House, we could use the facilities for a rent of £1 a day. We were responsible for fundraising, ordering, preparing and serving the food, transportation, activities and cleaning up at the end of the day.

"They were fabulous times and we worked so hard, over a hundred people would come. Lunches were like a conveyor belt system. Doris Steele, who was the best chip maker, would fry the chips and Betty Acton would make the eggs and in two sittings we would serve a wonderful three-course meal. We had two volunteers who baked cakes for the week for tea-time. I was a co-ordinator and would help set up, organise transport rotas, meet and greet people when they arrived, run activities when needed, as well as help in the kitchen. We all mucked in. It was an extended family and part and parcel of our lives. Everyone involved was fantastic. I have remained involved with the Centre throughout the years and still look forward to the Sing Off competition and other events there."



## Jeff Shear

**Former club member 1969**

"I was a founder member of the Youth Club at Sinclair House and still have my founder members' badge. It was originally a merger of the clubs from Wanstead and Woodford Synagogues, where Mick Cohen was Chairman, and Stamford Hill where Ellis Birk, who was the first Chairman of Redbridge JCC, was involved.

"We transferred over to Sinclair House when I was 11 years old. Club ran twice a week and you had to do an activity. I did photography as I thought it was going to be in the dark and you would just be able to muck around, however this was not the case and I got asked to leave!

"There was always something interesting happening and I particularly remember the dance competitions. The best dancers – one boy and one girl – won tickets to *Top of The Pops*, which my good friend Henri Brandman always won. It was the central hub of the community with the Youth Council meeting there, a great range of sports on offer as well as Israel-related activities."



# Did you know?

**I**n 1997 Redbridge Jewish Youth and Community Centre was the largest Jewish community centre in Europe providing the welfare, educational and social focus for over 3,500 people of all ages every week with over 360 volunteers working alongside a team of professional and skilled staff.

Over the years the Centre has not only been supported by the community but many famous people have also helped support it through visits. They have included Jeremy Beadle, Michael McIntyre, Maureen Lipman, Eve Pollard, Jenny Bond and Judge Rinder as well as Chief Rabbonim, Mark Regev – Israeli – Ambassador and Tony Blair before he became Prime Minister.



## RJCC SUPPORTING THE COMMUNITY INTO THE FUTURE

The Centre continues to thrive and plays an important role in the community offering a wide range of services.

Day centre with Kosher shop and hairdressers  
Holocaust Survivors | Home care services

Intergenerational work – Kantor King Solomon High School, Clore Tikva, WIJPS  
Mitkadem, mental health support | Meals on Wheels

Mental health resource | Social work team

Sports and leisure facilities – football, fitness classes, yoga, tennis courts  
Supportive communities | Support groups | Training future leaders



# In the pipeline

DANIEL CARMEL-BROWN GIVES AN UPDATE ON JEWISH CARE'S DEVELOPMENT PLANS FOR SERVICES IN THE REDBRIDGE AND ESSEX AREAS.

**O**ver the past few decades, there have been various conversations and plans drawn up to redevelop the Redbridge Jewish Community Centre. The latest plan, rejected by the London Borough of Redbridge, proposed the development of a new community centre alongside Independent Living apartments.

Jewish Care remain committed to this local development and the proposal to bring Independent Living to Redbridge.

Over the last year, Jewish Care have taken a step back. We are using community data, alongside insights gained through market research, to develop a revised plan that will ensure we can deliver a range of services to meet the needs and aspirations of the Redbridge and Essex community.

As we develop new facilities across London, the stark difference between these and our older facilities is highlighted further.

**It has been a long time in the waiting, but Jewish Care are committed to developing its services in the Redbridge and Essex area.**

We are aware that the Vi & John Rubens House and adjacent Dennis Centre need investment. With the development of more outreach services and the knowledge that the synagogue is relocating to Beehive Lane, we are also aware that we do not need to be building such a large community centre.

Based on work done to date, Jewish Care Trustees have agreed to release funds for initial plans to be developed, which will see all Jewish Care services located in one campus on the site of the current community centre. This will include a new modern care home to replace Vi & John Rubens House, Independent Living apartments and multi-purpose community facilities.



The campus will create a care and support community which is Jewish Care's model for the future. It enables the provision of a range of services under one roof, creating a community within the wider community. The benefits of this model can be seen in both Golders Green, at the Maurice and Vivienne Wohl Campus and at the Betty and Asher Loftus Centre in Friern Barnet. Jewish Care are also mid-way through the Sandringham development in the Stanmore area.

It is early days in our Redbridge plans. We hope that once we have met with the Council for a pre-planning application meeting we will be able to share these plans with the community prior to applying for planning permission.

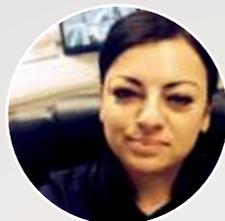
It has been a long time in the waiting, but Jewish Care are committed to developing its services in the Redbridge and Essex area. We know this requires us to build facilities that will meet future needs and aspirations of our community.

Watch this space for more details!

# In the spotlight

TWO MEMBERS OF THE JEWISH CARE SERVICES TEAM ARE PLACED UNDER THE SPOTLIGHT FOR OUR TWO-MINUTE INTERVIEWS.

## Ewelina Popiel-Lewosinska



EWELINA IS BASED AT VI & JOHN RUBENS HOUSE WHICH IS THE ONLY JEWISH HOME IN THE REDBRIDGE AREA. KNOWN FOR ITS GENUINE HOMELY FEEL AND A LIVELY ATMOSPHERE, THE HOME BRINGS TOGETHER JEWISH RESIDENTS FROM ACROSS ESSEX.

### WHAT IS YOUR JOB TITLE?

I am Deputy Manager at the Vi & John Rubens House with a nursing background.

### DESCRIBE YOUR JOB IN A NUTSHELL?

My role is to support the home's manager and all staff. My background is in nursing so I am also responsible for the Clinical side of the home. I work hand-in hand with the registered manager ensuring smooth running of the home, managing staff and assisting with residents and their families.

### WHAT DO YOU ENJOY ABOUT YOUR JOB?

I enjoy being close to the residents, relatives and staff in the home. I also enjoy being supportive to my manager and helping Jewish Care succeed.

### WHAT INSPIRES YOU?

Diana, Princess of Wales, she is quoted as saying, "anywhere where I can see suffering, is where I want to be, doing what I can" and this really resonates with me.

### WHAT MAKES YOU SMILE?

My job is my passion, but seeing my kids succeed makes me smile a lot.

### WHAT IS YOUR PROUDEST MOMENT?

I am proud to be where I am right now compared to where I was when I first came to the UK 15 years ago.

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

Caring, Enabling, One Big Family

## Clare Holloway



CLARE IS BASED AT THE SOUTHEND AND WESTCLIFF JCC AND IS PART OF THE SOCIAL WORK TEAM AND COMMUNITY CENTRE, SUPPORTING INDIVIDUALS AND FAMILIES ACROSS ESSEX.

### WHAT IS YOUR JOB TITLE?

Outreach Community Liaison

### DESCRIBE YOUR JOB IN A NUTSHELL?

I support members of the community in the Southend and Westcliff area, with anything from filling out forms, OT referrals for equipment, attending hospital appointments or making sure people are getting the right benefits. I also provide emotional support to people who have had a bereavement, support people to make end of life choices such as where they want to be cared for and how. I work closely with our Local Authority, liaising with them on behalf of the client.

### WHAT DO YOU ENJOY ABOUT YOUR JOB?

The fact that's its different everyday.

### WHAT INSPIRES YOU?

To be able to help and support people.

### WHAT MAKES YOU SMILE?

Knowing that you have made someone's life a bit easier.

### WHAT IS YOUR PROUDEST MOMENT?

Being able to support clients to reach their goals. I have set up a small befriending group, which is something that I'm very passionate about. I have seen first hand the difference a friendly chat and cup of tea can make to someone living alone.

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

Caring, Supportive, Passionate

# Going behind the scenes



**A**ctivities based around the Jewish calendar are woven into the programming of all Jewish Care's services. This was recently illustrated in the Pesach appeal, which showed a mock Seder at The Dennis Centre for people living with dementia. We went behind the scenes to speak to Centre Manager Zoe McGurrel to see what really goes on and if it is as much fun as it looks in the photo!

and board games, and a broad range of entertainment and outings. The day centre offers a friendly, safe environment for people living with dementia where you can make friends, socialise, share meals as well as celebrate Jewish holidays.

"We also encourage young visitors where possible, as they really brighten up our member's day. We find with younger people there is no stigma as they see members for the

**"The day centre offers a friendly, safe environment to make friends, and to socialise, share meals as well as celebrate Jewish holidays."**

"We hold a mock Seder before Pesach. They are wonderful occasions and an opportunity for the members as well their carers, if they wish to join in, to enjoy the tradition of Pesach. This is not the only Jewish activity we enjoy during the year; we had a special lunch for Shabbat UK, have entertainers and dress up for Purim as well as celebrating Purim, Rosh Hashanah and Succot."

"The Centre offers care for up to 25 people a day and clients can attend as many days as needed depending on their needs. There is a wide range of stimulating and therapeutic activities available such as reminiscence, art classes, discussion groups, exercise classes, as well as knitting groups, darts, snooker, card games such as bridge, kalooki

people they are; they don't see the dementia. We have students from Epping Forest College come for work experience and there is so much benefit to them and our members as they share their life experiences.

"Attending a day centre for people living with dementia can help enhance mood and increase engagement, improve levels of communication, increase confidence as well as relieve anxiety. The benefits are numerous as the Centre also provides the carers a temporary break whilst the person they care for attends the Centre.

We also run a memory way café which is a place for family carers to enjoy activities as well as support and advice on the last Friday of the month."

**For more information on The Dennis Centre call the helpline on 020 8922 2222**

# Healing harmonies

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“MUSIC IS A THERAPY. IT IS A COMMUNICATION FAR MORE POWERFUL THAN WORDS, FAR MORE IMMEDIATE, FAR MORE EFFICIENT.” – YEHUDI MENUHIN



**T**he power of music can be seen in many ways, many of us find ourselves tapping our toes to a tune or humming along to a jolly melody or singing in the shower without even realising we are doing it. Very often an old familiar song can remind us of a place, feeling or time. Singing and listening to music can be very therapeutic and can develop confidence, helping people to engage as well as aiding memory and boosting spirits. The past ten years have seen the emergence of popular group choirs such as Rock Choir, which alone attracts over 20,000 people a year, which have been shown to help with emotional wellbeing.

Listening to, making music and singing are some of the ways the Creative Arts Team at Jewish Care work with the

community and service users to help increase well-being. There are Singing for Memory Groups as well as innovative projects led by the team within the residential homes and dementia and day centres. They work closely with partner organisations such as the City of London Sinfonia, Live Music Now and Wigmore Hall, enabling professional musicians to bring high-quality music into the homes and services and to reach out to individuals who may not otherwise engage. A wide range of entertainers and singers also visit these homes and centres.

Helen Preddy, Jewish Care's Creative Arts Development Co-ordinator, explains: "There is much evidence to show the positive impact of our musical programmes across our services. Many times we have seen where relatively

**“Many times we have seen where relatively un-communicative, non-responsive individuals will ‘light up’ when they hear their favourite music and even sing along.”**

un-communicative, non-responsive individuals will 'light up' when they hear their favourite music and even sing along. Shared music-making brings joy and social interaction which may not otherwise happen. The impact music can have can be seen instantly, the pure joy it can bring is often visible and contagious. We have also seen that there can be a longer-term effect helping aid memory and recall."

Jewish Care has a close association with Nordoff Robbins, the UK's leading independent music therapy charity. Founded by Paul Nordoff, an American composer and pianist, and Clive Robbins, a British teacher of children with special needs, the pair developed an approach to music therapy. They found that opportunities for engagement in active music-making, enabled the children to go beyond what people assumed they could do, demonstrating and experiencing their capacity for expression and interaction. Their work later expanded to all age groups and was based around cultivating an attitude which recognises the musical potential in everyone regardless of age, cognitive ability and health.

Musicians from Wigmore Hall and the City of London Sinfonia have been working with Jewish Care to find flexible approaches in making music available for care home residents. This includes musicians performing for isolated residents in their rooms, in interactive sessions, which was extremely well received. In addition they would hold rehearsals in public spaces so that passers-by could drop in and enjoy the sounds.

Celine, Activities Co-ordinator at Anita Dorfman House, explains how "residents really enjoy visiting musicians, it is a treat and we try and have a variety of genres to include, classical, folk, flamenco. It provides a great opportunity to start discussions on where music originates from and how individuals enjoy it."

Singing for Memory, which takes place in the community, is designed for people living with Alzheimer's disease and other conditions affecting memory. These sessions offer a friendly and engaging activity which can stimulate brain activity. Sessions take place in various locations across London. Participants can often remember words to songs when recalling other information is challenging. Susan Dawson Community Dementia Projects Lead explains: "You don't need to be a good singer to take part, it is a great way to express yourself, feel positive in a warm, friendly and supportive environment." All the groups are led by trained staff and volunteers.

**For more information about music groups and activities please contact our helpline on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)**

## THE WIGMORE HALL PROJECT

**A** two-year project with Wigmore Hall's 'Music for Life' programme has started at Vi and John Rubens House. It brings together residents, professional musicians, care staff and volunteers through interactive music making. The project focuses on meaningful connections, empathy and self-expression, empowering individuals to come together through music. The specially trained musicians work alongside residents and their carers, drawing out individuals and enhancing communication. Below we hear accounts of how much some of the residents and their family have enjoyed it.

### JOSEPHINE & ALAN

Resident Josephine and her husband Alan thoroughly enjoy it when Luke from Wigmore Hall visits. Alan tells us: "I have always loved music and used to belong to a musical company putting on shows for charity. When I visit Josephine I really enjoy listening to Luke. It brings us both so much joy." Josephine added: "I too have always loved music. My passion was dancing although I can't dance anymore, but I do enjoy it when Luke comes to play; it's very pleasant. I really take pleasure from hearing the music being played around the home, not just when he is playing for us. I love Jazz and Acker Bilk, who played the clarinet was my favourite – not quite the same as the music Luke plays which is different and unusual."

### DOROTHY

76-year-old Dorothy has been limited to her room owing to health issues. She has a picture of Luke from an article he featured in for the Jewish Chronicle on her wall in her bedroom. She explains: "Luke brightens up my day when he visits. We have been working together going through some Jewish books that I have which have Jewish songs in them. Luke plays the music and I sing quietly, as I am not at all musical. It is very enjoyable and I love knowing I am helping him so he can play some of these songs to other residents who may recognize and enjoy them. We are very much work together as I explain to him how the writing goes left to right and not right to left. We both gaining so much from these sessions and that makes it very rewarding for me. These musical sessions add txo my day as otherwise I am on my own most of the day."

# A right royal visit



The Duchess was clearly impressed by everything she had seen and in a brief address told attendees: "This is one of the most uplifting centres I have ever been to. It is so important to have places like this."

The Centre is renowned for its warmth and relaxed, caring environment, where older people living in the area can meet up with old friends and make new ones. It is the only remaining Jewish service left in the area today, which is quite a change from 50 years ago, when the East End was the focus of a lively and bustling Jewish community.

92-year-old Lilian Lebbby has been visiting the Centre since the day it opened. The Centre was originally for young women working in factories to bring healthier conditions to the lives of the Jewish children in the area. Lilian told the Duchess: "This place saves my life – it's my lifeline." This sentiment was echoed by fellow Centre member Marion Davies who told her: "I am so full of emotion meeting you; I could cry but my eyeliner will run". She too spoke to the Duchess about how the centre saves lives: "It's like my family."

## **T**he Brenner Centre, located at Stepney Jewish Community Centre at Raine House, has

been at the heart of East London's Jewish community since it was opened by Queen Mary in 1938. So it was very fitting that HRH Camilla, Duchess of Cornwall, visited in February to mark the Centre's 80th anniversary. The royal guest was greeted by much enthusiasm and excitement and a special party was held to honour the occasion.

HRH met and chatted to the members at the Centre and later joined them on the dance floor where she linked arms with delighted members and volunteers as they danced to the traditional tune of Chava Negila which has been fondly renamed by members as "Chava Camilla".

**We are always looking for volunteers to join our friendly team to help with activities.** If you can spare a few hours to help run activities such as arts and crafts, baking or have a profession, skill or interesting hobby you could give a talk on, we would love to hear from you!

**The Centre offers a wide range of activities for older members of the community and is open Mon–Fri. If you would like more information call 020 8922 2222.**

# Are we ready?

BY PAULA PLASKOW, NORTH WEST SOCIAL WORK AND COMMUNITY SUPPORT/END OF LIFE TEAM MANAGER AT JEWISH CARE.

**D**ying Matters Week aims to bring conversations and talking about death and bereavement onto the national agenda. But are you ready to have your conversation?

The idea of dying is obviously upsetting. However, the reality is it will happen to us all eventually. Therefore, becoming ready to have an open and meaningful conversation can be helpful in many ways. To talk about one's wishes and preferences to those close to us, can make a big difference to how and where we are cared for, when we can no longer care for ourselves.

The Social Work Team put the person at the centre, offering support, compassion, and empathy. They have the knowledge of how to work with other health and social care professionals involved in end of life care. The role of the family carers is also vital, as they are often the voice for the person. If carers do not know what the person's wishes and preferences are, they can feel isolated and anxious.

Jewish Care Values are about enabling people who use our services to have a meaningful life, lived with dignity. Therefore, we want to encourage people to make advance care planning and to communicate their preferences for the end of their lives with people who matter to them. For example, what they want to happen when they are approaching the end of their lives, what they want when they are dying, and what they want to happen afterwards. This could be anything from who will care for their pets to thinking about whether there are any medical treatments they would not want. There is no specific time when one should address these issues, but unfortunately, for many people, the conversation is left too late and as a result, families find themselves saying, 'I wish we'd spoken earlier'. Are you ready to tell the people closest to you what matters to you?"



## THINGS TO CONSIDER WHEN LOOKING AT ADVANCE CARE PLANNING

- Future care and support
- Do you want to appoint someone to make decisions for you if you do not have the capacity to make them for yourself?  
This would be in the form of a Lasting Power of Attorney (Health & Welfare).
- Have you thought about how you would like to spend your final days?
- People with dementia and other conditions which affect capacity should plan ahead
- Your last wishes

Dying Matters

**ARE WE READY?**

*Let's talk about it*

**AWARENESS WEEK  
13-19 MAY 2019**

**For more information on any issues relating to end of life please call Jewish Care Direct on 020 8922 2222 or email [helpline@jcare.org](mailto:helpline@jcare.org)**

## VOLUNTEERING

# Celebration of volunteering awards

**O**ver 3,000 volunteers help to ensure that Jewish Care provides the best possible service. An annual award ceremony celebrates and recognises some of those who have gone the extra mile and dedicated their time and skills to help the community. Volunteers from Essex scooped up an impressive number of awards. The dinner was hosted by comedian and script writer Ivor Baddiel in January.



Jasmine Spurling

### INDIVIDUAL VOLUNTEER AWARD JASMINE SPURLING

17-year-old Jasmine Spurling was the youngest to be presented with an Individual Volunteer Award in recognition of her commitment to the youth programmes held at Jewish Care's Redbridge Jewish Community Centre. Jasmine is a former participant and now leader on the Centre's MIKE (Motivation, Inspiration, Knowledge and Education) youth leadership programme. Jasmine says, "I'm happy and grateful to receive the



MIKE Volunteers

award. I love volunteering and I enjoy being with the kids, I have a lot of fun and really I'm just as much a kid as they are!"

Staff at the Centre commented; "Her dedication, enthusiasm, positive attitude, creativity and leadership skills have inspired and motivated not only the participants but also the team around her."

Jasmine wasn't the only MIKE leadership programme participant to pick up an award. The Young Person Group Award was presented to 10 proud MIKE volunteers from the ages of 15 to 17 who run Club Kef, an after-school club at Wohl Ilford Jewish Primary School every Monday, and the youth club at the community centre every Thursday evening.

Jewish Care's Redbridge Supportive Communities tea party group received recognition for their hard work and commitment in Local Management. The group were nominated by Jewish Care's Alison Smardina, who said: "Tea parties would not take place without these dedicated volunteers, they are always there to listen and offer words of encouragement and support. Co-ordinators work tirelessly ensuring hosts are appointed, drivers allocated, and guests invited, they regularly speak to guests ensuring they can attend the teas and have transport. For some, this is the only call they receive all week or month.

"Guests look forward to what for many is the only social occasion of the month. These dedicated volunteers are always there to listen and offer words of encouragement and support. Hosts open their homes to guests and provide a lovely tea, being invited is something guests look forward to, the atmosphere is uplifting, guests enjoy being in such a warm friendly environment."

### OUTSTANDING INDIVIDUAL AWARD PAT STANTON

Volunteer Pat Stanton has led reminiscence groups as well as mentoring other volunteers to develop their skills to lead sessions. Pat won the Outstanding Individual Award for her dedicated and long-term commitment to the organisation.

### INNOVATION AWARD SID GREEN

Sid Green was joint winner of the Innovation Award. Sid has been involved with fundraising at RJCC for many years and with Meals on Wheels for 12 years. He has been co-ordinating and facilitating the Chaps That Chat group for three years, an informal social discussion group for men and the attendance has grown from 8 to 65 attendees. Alison Smardina says, "RJCC has not had this number of gentlemen through its doors for many years and this is a testament to Sid. The group encourages local people to leave their homes and meet others to make new friends and reconnect with people they have not seen for many years."

Sid said, "I'm absolutely delighted, and the award should be for the 65 men who attend Chaps that Chat every month."



Supportive Communities tea party group

Redbridge Meals on Wheels team received two special mentions. Rachel Howes and Claire Barzilai for their dedication and commitment, co-ordinating volunteers and as volunteer drivers, ensuring that over 350 meals are delivered to 140 clients each week.

Eve Poynton also received a special mention, a volunteer driver with Redbridge Jewish Community Centre's Meals on Wheels team was also given a special mention for her dedication, always ready to step in when unexpected events arise, to ensure that the meals are delivered. Melodie Driscoll, who runs the service, says, "Eve truly understands the meaning of Meals on Wheels volunteers in terms of being the eyes and ears of the organisation. Whenever she's concerned about a client, she is quick to pick up the phone and relay this to Melodie to ensure that the client's well-being is being promoted." Recently a Meals on Wheels service user told Melodie, "Eve was the only person I saw today and it made such a big difference to my day. I so look forward to her visits."

Rita Roth, OBE was also nominated for her outstanding fundraising achievements. Rita has raised over £23,000 for Rosetrees in Friern Barnet travelling where her mother Lily was a resident, travelling from Westcliff-on-Sea. The home has been able to purchase specialist equipment, take residents on outings and has helped enhance the quality of life for residents at the home. Rita is also very involved in the Southend and Westcliff Jewish Community Centre. She fundraises for the Centre by putting on an annual fashion show.

A full list of recipients can be found on the Jewish Care website: [jewishcare.org](http://jewishcare.org)



Sid Green

## VOLUNTEER VACANCIES

### ART ROOM ASSISTANT

Volunteers needed to help in the art room on Tuesdays between 10am and 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 they 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.

### SOUTHEND & REDBRIDGE

#### TEA PARTY HOSTS

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

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.

#### BANK VOLUNTEER DRIVER

In Southend to pick up members from their home and bring them into the Centre in the mornings and then again in the afternoon for the return journey home. This will be as and when to cover staff holidays and sickness.

**For more information on volunteering in Redbridge please contact the Centre on 020 8551 0017 or email [redbridgejcc@jcare.org](mailto:redbridgejcc@jcare.org) or for Southend & Westcliff contact Angela Dalgarno on 01702 334 655 or email [adalgarno@jcare.org](mailto:adalgarno@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, co-ordinate 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 (RJCC)

▲ 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 people 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

▲ Let's Move On Together, Redbridge

#### Carer support and social groups

▲ Carers' Café, Southend and Redbridge

#### Memory support and social groups

▲ Memory Way Café, Redbridge

▲ 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 50+, Redbridge

### Supportive communities

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

- ▲ Chaps That Chat
- ▲ Tea Parties
- ▲ The Boys' Club
- ▲ Ladies That Lunch

### 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

### 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  
**Duplicate Bridge** 7.30–10pm  
**Walking Football** 8–9pm  
**Israeli Dancing** 8.30pm

#### 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  
**Men's Talk**  
(Fortnightly) 10.30am–12pm  
**The Boys' Club**  
(Monthly) 1–4pm  
**Walking Football – over 60s**  
(Fortnightly) 3.15pm  
**Social Club & Salt Beef Bar**  
(Monthly) 6pm

#### SUNDAY

**Conversational Yiddish**  
(Fortnightly) 10am–12pm

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

### SOUTHEND AND 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-to-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**

#### 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 • **Men's Talk** Informal social discussion group, includes lunch • **Pilates** Strengthen your core, improve posture and tone your body, all levels welcome • **Table Tennis Club** Weekly table tennis club, all levels • **Walking Football** A slower-paced version of the game.

22 JULY –  
16 AUGUST 2019

10am – 4.30pm | 2pm on Fridays

Ages 4 – 11

£22 per day | £17 on Fridays  
£88 per week

Breakfast Club  
8.30 – 10am | £3

Teatime Club  
4.30 – 6pm | £3

THE  
CHILDREN  
HAVE  
SPOKEN



EARLY BIRD DISCOUNT

20% OFF IF YOU BOOK & PAY BEFORE 5 JULY\*

WEEK ONE

CIRCUS

22 – 26 July

WEEK TWO

CRAZY COMPETITION

29 JULY – 2 AUGUST

WEEK THREE

Little Big Me

5 – 9 August

Wizarding  
School

12 – 16 August

WEEK FOUR

To book a place to be part of our awesome summer adventures, contact our youth team on 020 8418 2120, email [rjccyouth@jcare.org](mailto:rjccyouth@jcare.org) or visit [jewishcare.org/rjcc](http://jewishcare.org/rjcc)

\*Bookings are non-refundable & non-transferable

