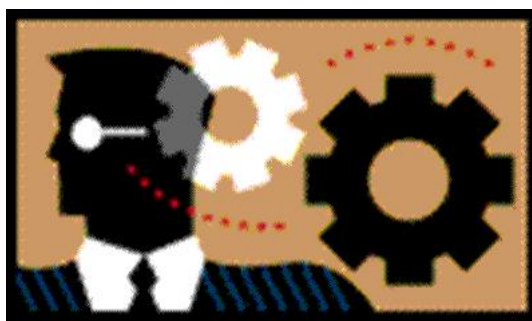




www.jewishmentalhealth.info
A guide to Jewish Mental Health Services in Greater London

This guide is the paper-based version of a website set up with Department of Health funding to help people in the Jewish community with mental health difficulties, their carers, and mental health professionals, to find out more easily what services are available to them in Greater London. It is important that culturally specific help is available because without sensitivity to dietary matters, the cycle of religious festivals, and even an understanding of the impact of holocaust experiences on survivors and their children, many mentally ill Jewish people would feel unable to take up the assistance they so badly needed. This prospectus and website www.jewishmentalhealth.info therefore list the different types of culturally-specific services which are available, where and when they are offered and by whom.



The website was developed by a partnership of JAMI, The Raphael Jewish Counselling Service, Jewish Care and Chizuk



www.jewishmentalhealth.info

16A North End Road
London NW11 7PH
020 8458 2223

www.jewishmentalhealth.info

Last updated on 11th Jan 2016 04:35



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www.jewishmentalhealth.info
A guide to Jewish Mental Health Services in Greater London

JAMI, Jewish Care, Chizuk, and The Raphael Centre Jewish Counselling Service produced this guide to improve access to information about mental health services in the Jewish community. We think this model of working across the whole Jewish community, despite differences in religious observance, is important. Because from one organisation's perspective, the other's practice may be seen as not reflecting their own values, providers are frequently not good at talking to each other or sharing information. This means provision is sometimes duplicated while at the same time needs go unmet. Equally, potential service users can find it very hard to find the provision they desperately need because potential referrers such as doctors and, indeed, other service providers are unaware of what is available in the community as a whole. This situation is not restricted to the Jewish community - other faith communities and providers of culturally specific services also suffer from the same barriers to access and choice. We will therefore share what we learn in developing this resource with other communities who may be interested in it.



Service Areas: Index

Providers' details are listed in the categories below. Please use these categories to find the service you are looking for. Full details of individual services are listed in alphabetical order after the index.

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Agudas Israel Community Services

Address Details

97 Stamford Hill

Hackney

London

N16 5DN

Email: mposen@agudas.org.uk

Phone: 020 8 800 6688

Fax: 020 8800 5000

Service Information

General advice services, including welfare benefits & immigration.

Service Access

Opening Times: Monday to Wednesday - 10.00am to 1.00pm.

Catchment Area: London

Wheelchair Access: No

Self Referral: Yes

GP Referral: No

Mental Health Worker Referral: No



Agudas Israel Housing Association Ltd

Address Details

Agudas Israel Housing
206 Lordship Road
London
N16 5ES
Email: info@aihaltld.co.uk
Phone: 020 8 802 3819
Fax: 020 8 809 6206

Service Information

Agudas Israel Housing Association provides support and care for people with needs reflected in the ageing process and in addition has two satellite units for people with mental health problems. In addition Aguda manages mainstream housing services.

The main functions of the service are to provide a home for elderly people and to provide a service for people with mental health problems who may require support over a lesser or extended period of time.

Mainstream Housing. Therapy and counselling on group or individual basis. Individually tailored programme for all.

Service Access

Opening Times: 24 hour service for Schonfeld Sq., 9am-10.00pm for Beis Rochel and 30 Dunsmure Rd.

Catchment Area: UK

Age Limit: none

Public Transport: nearest bus service is 106, stops 1 minute from Schonfeld Sq. and immediately outside 52 Lordship Park. Nearest transport to 30 Dunsmure is 253. Nearest train to Schonfeld Sq. and 52 Lordship Park is Manor House.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Not Needed



Agudas Israel Housing Association Ltd, 30 Dunsmure Road - Supported Housing For Men

Address Details

30 Dunsmure Road

Hackney

London

N16 5PW

Email: lipszyc@aihaltd.co.uk

Phone: 020 8800 2860

Service Information

This is a men's hostel providing supported housing.

The main function of this service is to provide a therapeutic environment enabling clients to live independently eventually.

There is a Scheme Manger on site who may be called out of hours as well. This house is located in a vibrant community and activities reflect this. There are several organisations in the vicinity providing services, such as the Kadimah Centre and Chizuk.

Service Access

Opening Times: by appointment.

Catchment Area: North London and UK

Age Limit: 70

Public Transport: Local transport. Bus routes 253,254,476,67,76.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Agudas Israel Housing Association Ltd, Beis Pinchos Residential Home for the Elderly

Address Details

2 Schonfeld Square

Hackney

London

N16 0QQ

Email: hindi@aihaltd.co.uk

Phone: 020 8802 7477

Fax: 020 8809 7000

Service Information

We wish to create an inclusive environment where all people, regardless of need, whether physically or mentally frail, can enjoy interfacing with one another harmoniously and safely. The main function of Beis Pinchos is to do everything possible to enhance the quality of life of our client group. Where possible clients are encouraged to participate in their own care to encourage independence. Staff support the lifestyle that each resident prefers, so that a holistic and individualistic approach to care is achieved. Our aim is to do everything possible to maintain the quality of life for our client group.

Beis Pinchos provides a wide range of activities including weekly visits from the GP, physiotherapy, counselling, occupational therapy, exercise classes, coffee mornings, residents meetings etc. There is also a daily programme of social activities. We have our own 17 seater bus for all transfers. There is a shul on site.

Service Access

Opening Times: Visitors are always welcome with the exception of mealtimes and at night, as we have to ensure the security of our service users.

Catchment Area: North London and UK

Age Limit: none. We are happy to accept younger people with dementia as well.

Public Transport: Bus route 106. Manor House Tube (Piccadilly Line).

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Agudas Israel Housing Association Ltd, Beis Rochel - Supported Housing For Women

Address Details

52 Lordship Park
London Borough of Hackney
London
N16 5UD
Email: lipzyc@aihaltd.co.uk
Phone: 020 8802 2160
Fax: 020 8802 2160

Service Information

Beis Rochel is a ladies' hostel providing accommodation in nine self contained units. To provide a supportive environment for service users. In-house activities. Access to local facilities e.g. Kadimah centre etc. To facilitate and enable clients to live independently.

Service Access

Opening Times: By appointment
Catchment Area: Hackney and National
Age Limit: 70
Public Transport: Bus 106 route. Tube to Manor House.
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Ahada Bereavement Counselling

Address Details

ABC
Oaks Lane
Newbury Park
Ilford
Essex
IG2 7PL
Email: rhodanineberg@yahoo.co.uk
Phone: 07758 727 328
Website: www.ahada.org.uk

Service Information

Ahada Bereavement Counselling is an independent registered charity serving the Jewish community.

Ahada Bereavement Counselling aims to offer free confidential counselling and support for members of the Jewish community living in Redbridge, neighbouring Boroughs and other areas of Essex who are:- i) experiencing difficulties as a result of bereavement, or ii) carers/family members to someone with a terminal illness. Counselling sessions take place in the client's home or our counselling room. Clients may refer themselves. Referrals may also be accepted from health care professionals and community leaders. Our service is completely confidential and all counsellors are fully trained and professionally supervised.

One-to-one counselling. Telephone counselling. Group support sessions. Self-help groups. Bereavement training to the wider community.

Service Access

Opening Times: 24 hour answerphone - please leave your name and telephone number on the answerphone. Your call will be returned as quickly as possible.

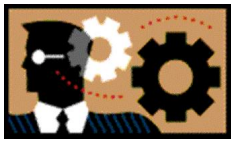
Catchment Area: Redbridge, neighbouring Boroughs and other areas of Essex

Wheelchair Access: Not Known

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Arbib Lucas Charity

Address Details

Arbib Lucas
16 Sunny Hill
London
NW4 4LL
Phone: (020) 8 203 3567

Service Information

Provides financial assistance to women in reduced circumstances.

Service Access

Opening Times: N/A
Catchment Area: UK
Age Limit: None
Wheelchair Access: Not Needed
Self Referral: No
GP Referral: Not Needed
Mental Health Worker Referral: Not Needed



Bikur Cholim

Address Details

Ground Floor
2a Northfield Road
London
N16 5RN
Email: reception@bikurcholim.co.uk
Phone: 02088007575
Fax: 02088007878
Website: www.bikurcholim.co.uk

Service Information

A culturally appropriate mental health service including full assessments and counselling, therapy and CBT.

Bikur Cholim's volunteer service includes a mental health volunteer facility specifically for people with mental health problems. The project encourages service users to enjoy a social life in the community. With the introduction of this service the mental health project has taken on a new dimension. For many, friendships and social inclusion have complemented their medical intervention and have been instrumental in the recovery process.

Link service users with other Bikur Cholim services including: Volunteer Service, Meals Service, Hospital Transport, Advocacy, Carers Support, Respite, Care.

Service Access

Opening Times: 9.30am - 5.00pm Monday - Thursday, 9.30am -12.30pm Friday.

Catchment Area: North London

Public Transport: Can be reached by 253 bus.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Bikur Cholim, Mental Health Volunteer & Befriending Programme

Address Details

Ground Floor
2a Northfield Road
Hackney
London
N16 5RN
Email: reception@bikurcholim.co.uk
Phone: 02088007575
Fax: 02088007878
Website: www.bikurcholim.co.uk

Service Information

A culturally appropriate mental health service including full assessments and counselling, therapy and CBT.

Bikur Cholim's volunteer service includes a mental health volunteer facility specifically for people with mental health problems. The project encourages service users to enjoy a social life in the community. With the introduction of this service the mental health project has taken on a new dimension. For many, friendships and social inclusion have complemented their medical intervention and have been instrumental in the recovery process.

Link service users with other Bikur Cholim services including: Volunteer Service, Meals Service, Hospital Transport, Advocacy, Carers Support, Respite, Care.

Service Access

Opening Times: Monday - Thursday 9:30am - 5:00pm, Friday - 9:30 am - 12:30pm

Catchment Area: North London

Public Transport: Bus routes 253/254 149.67.476.76.243

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Bikur Cholim, Therapy Service

Address Details

Ground Floor
2a Northfield Road
London
N16 5RN
Email: reception@bikurcholim.co.uk
Phone: 02088007575
Fax: 02088007878
Website: www.bikurcholim.co.uk

Service Information

A culturally appropriate mental health service including full assessments and counselling, therapy and CBT.

We provide a specialist Emotional Health service, including assessments, counselling and therapies, bereavement support, family therapy and advocacy for young people and adults. Our Mental Health service which is targeted at people from the community with mild to moderate mental health issues is funded by Hackney Council. We have worked hard over the past five years to raise awareness and reduce stigma and this has resulted in earlier detection and crisis prevention. The Council recognises the skill and expertise of our team who are able to bridge the gap in ensuring that people from the community receive a culturally sensitive mental health service. The service is staffed by leading psychiatrists, psychotherapists, counsellors and behaviour therapists, and support workers and benefits from Halachic (Jewish law) guidance from local Rabbis. The support provided offers the perfect balance -the expertise of professionals, with the gentle warmth and encouragement of support workers, giving people the very best chances on the road to recovery, no matter how difficult the way may seem. Services include: Advocacy Support, Family Therapy, One to One Counselling. If you would like to refer a client, someone you know, or are interested in the Emotional Health Service for yourself please complete a referral form and one of our team will be in touch.

Link service users with other Bikur Cholim services including: Volunteer Service, Meals Service, Hospital Transport, Advocacy, Carers Support, Respite, Care.

Service Access

Opening Times: Monday - Thursday 9:30am - 5:00pm, Friday - 9:30 am - 12:30pm

Catchment Area: North London

Public Transport: Bus routes 253/254 149.67.476.76.243

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Birnbeck Housing Association Ltd

Address Details

Birnbeck Court
850 Finchley Road
London
NW11 6BB
Email: johnsilverman@btconnect.com
Phone: 020 8 201 8484
Fax: 020 8 731 8847

Service Information

2 x shared houses (1 x 8 bed and 1 x 9 bed) and 6 x 1 bedroomed flats in Brunswick Park London N11 for people recovering from mental health problems. Available to all religions. Provision of housing.

Service Access

Opening Times: Office open from 7.30 am to 4 pm.
Catchment Area: Nationwide
Age Limit: none
Public Transport: Bus route close by.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Chevrat Bikkur Cholim (Friends of the Sick)

Address Details

Friends of the Sick
463a Finchley Road
London
NW3 6HN
Email: info@friends-of-the-sick.org.uk
Phone: 020 7 435 0836

Service Information

We provide temporary or permanent carers to ill or elderly people within the community. Our carers are not licenced to provide personal care.
To provide help with daily routine such as shopping, cooking, transport to doctors or hospitals.

Service Access

Opening Times: 9am till 1.30pm Monday to Thursday.
Catchment Area: North West London mainly
Age Limit: n/a
Wheelchair Access: Not Needed
Self Referral: Not Needed
GP Referral: Not Needed
Mental Health Worker Referral: Not Needed



Chizuk

Address Details

The Mental Health Organisation of the Orthodox Jewish Community
91-93 Stamford Hill
London
N16 5TP
Email: info@chizuk.org.uk
Phone: 020 8800 7494
Fax: 020 8802 5677

Service Information

The only organisation that exclusively provides a religiously and culturally sensitive environment for Orthodox Jewish people who have mental health problems.

Chizuk's aim is to help people - and their families - in the Orthodox Jewish community who have mental health problems; reducing their sense of isolation, building confidence and encouraging them to take their place in society. Chizuk also offers help and support to those experiencing life crises. Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, hospital visits and advocacy. As the only mental health organisation that specialises in providing a religiously and culturally sensitive environment for its Orthodox Jewish users, Chizuk's function is also educational, in that it helps to combat stigma by changing the way that mental health is viewed in the community.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: every Monday.

Catchment Area: Greater London.

Age Limit: no limit.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Chizuk, Accommodation Service

Address Details

91-93 Stamford Hill

London

N16 5TP

Email: info@chizuk.org.uk

Phone: 020 8800 7494

Fax: 020 8802 5677

Service Information

Help with finding accommodation, either short term or long term.

When you have mental health problems or you find the emotional challenges of life just too much to take, it can be difficult to find the sort of living environment where you feel safe, happy and supported. Chizuk is building up a list of adult placements where families are able to provide accommodation and support in a family atmosphere to help people on their way. We are planning a new women's hostel in the North West London area, and are working with local kehilloh organisations like Agudas Israel Housing Association to achieve this. Their experience has already provided two hostels in North London for men and women respectively, where accommodation is available either short-term or long-term.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Office hours Monday to Thursday from 2:30-4:30pm.

Age Limit: no limit

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Chizuk, Advocacy

Address Details

Advocacy
91-93 Stamford Hill
London
N16 5TP
Email: info@chizuk.org.uk
Phone: 020 8800 7494
Fax: 020 8802 5677

Service Information

We are there to help you speak up for yourself and to represent you if needed. Coping with our emotional ups and downs is often not easy. There is a listening ear at Chizuk, which does not judge you and can help you access support and guidance to make your emotional well-being a priority once more. If you are feeling depressed and down and even the professionals do not appear to be listening, the advocacy service is there to help. Members of the advocacy service will go with you to hospital meetings, liaise with doctors, psychiatrists, local authorities and other kehillah organisations to support you. Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Office hours are 2:30-4:30pm Monday to Thursday. Messages can be left at any time, and we will be sure to get back to you. In an emergency call 07830 160 925.
Catchment Area: London and the regions.
Age Limit: No limit
Public Transport: The Chizuk office is based in the Brenner Centre, 91-93 Stamford Hill. Easy access by bus and tube.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Chizuk, Melava Malkas for Women

Address Details

Motsei Shabbos Activities
At various locations in Stamford Hill, London
London
Email: info@chizuk.org.uk

Service Information

Hosted by families in their own homes, an enjoyable monthly Shabbos-type meal.
For members together with volunteers to have a relaxed and enjoyable evening.
Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: 8/8:30pm
Age Limit: no limit
Public Transport: All venues are accessible via public transport, usually bus, depends on the venue.
Wheelchair Access: Not Needed
Self Referral: No
GP Referral: No
Mental Health Worker Referral: No



Chizuk, Men's Art & Creativity Group

Address Details

Men's Art Group
Brenner Centre
91-93 Stamford Hill
London
N16 5TP
Email: info@chizuk.org.uk

Service Information

A chance to express yourself through arts and creativity. We have over 40 crafts available. Opportunity to express your thoughts through art and creativity. With trained art teachers and therapists, this type of support opens up new horizons. Using pen and paper we can write our own productions. We then have another outlet in the form of drama. This gives all a chance to put their hopes and fears into the character of their choice. We already have successfully presented a public production. With music we have an impressive range to suit all tastes that come to us for truly creative emotional support. Tablets are not an answer in themselves, but together with our range of support, form a holistic and healthy approach to combat mental illness and ensure mental health in our community.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Monday and Thursday 3:30-5:30pm.

Age Limit: no limit

Wheelchair Access: Yes

Self Referral: No

GP Referral: Not Needed

Mental Health Worker Referral: Yes



Chizuk, Men's Drop in Group

Address Details

Men's Drop in Group for the Orthodox community
91-93 Stamford Hill
London
N16 5TP
Email: info@chizuk.org.uk
Phone: 07971 572 992
Fax: 020 8 802 5677

Service Information

A support group for Jewish men.

Aimed at those who are or suffering from stress or have challenging mental health issues in their lives. A chance to meet other people and obtain support for the challenges of life. Hosted by members of the local community.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Fortnightly on a Thursday morning from 10.30am to 12.30pm.

Wheelchair Access: Not Known

Self Referral: Not Known

GP Referral: Not Known

Mental Health Worker Referral: Not Known



Chizuk, Men's Motsei Shabbos

Address Details

Email: info@chizuk.org.uk

Service Information

Hosted by families in their own homes, a fortnightly gathering.

Members get together in a relaxed atmosphere, food is served and there is usually a guest speaker. Musical entertainment is provided by members.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Fortnightly in the autumn and winter months

Age Limit: no limit

Wheelchair Access: Not Needed

Self Referral: Not Needed

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Chizuk, Supporting Mental Health in the Orthodox Jewish Community

Address Details

Chizuk
91-93 Stamford Hill
London
N16 5TP
Email: info@chizuk.org.uk
Phone: 020 8800 7494
Fax: 020 8802 5677

Service Information

The only organisation that exclusively provides a religiously and culturally sensitive environment for Orthodox Jewish people who have mental health problems.

Chizuk's aim is to help people - and their families - in the Orthodox Jewish community who have mental health problems, reducing their sense of isolation, building confidence and encouraging them to take their place in society. Chizuk also offers help and support to those experiencing life crisis.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Office hours from 2:30 to 4:30pm. 24 hour answer phone, call 07830 160 925 in emergency.

Catchment Area: London, Manchester and Gateshead.

Age Limit: none

Public Transport: accessible via all forms of transport.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Chizuk, Women's Art & Creativity Group

Address Details

91-93 Stamford Hill

London

N16 5TP

Email: info@chizuk.org.uk

Phone: 020 8800 7494

Fax: 020 8802 5677

Service Information

Giving you an opportunity to express your thoughts through art and creativity. There are over 40 crafts to do. You can also come and meet people while you work and create.

Opportunity to express your thoughts through art and creativity. With trained art teachers and therapists, this type of support opens up new horizons. Using pen and paper we can write our own productions. We then have another outlet in the form of drama. This gives all a chance to put their hopes and fears into the character of their choice. We already have successfully presented a public production. With music we have an impressive range to suit all tastes that come to us for truly creative emotional support. Tablets are not an answer in themselves, but together with our range of support, form a holistic and healthy approach to combat mental illness and ensure mental health in our community.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Wednesday 10:30am-12:30pm

Catchment Area: All female users in North London

Age Limit: no limit

Public Transport: Art Group takes place in the Brenner Centre, Stamford Hill, accessible via bus and tube (Seven Sisters Station)

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Chizuk, Women's Drama Group

Address Details

91-93 Stamford Hill

London

N16 5TP

Email: info@chizuk.org.uk

Phone: 020 8800 7494

Fax: 020 8802 5677

Service Information

Drama group meets once a month, with dedicated teacher.

Our services include drop-in groups, drama and art therapy, family support, befriending, organising carers, advocacy, accommodation, hospital visits and employment projects.

Service Access

Opening Times: Once a month on a Tuesday, 8:30-9:45pm.

Catchment Area: North London

Age Limit: no limit

Public Transport: Drama takes place in the Brenner Centre, 91-93 Stamford Hill, accessible via bus or tube (Seven Sisters Station).

Wheelchair Access: Yes

Self Referral: Not Needed

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Empathy

Address Details

Oaks Lane
Newbury Park
Ilford
Essex
IG2 7PL
Email: admin@empathy.uk.net
Phone: 07765 191067
Website: www.empathy.uk.net

Service Information

Counselling for members of Jewish families affected by separation and divorce.
Counselling.

Service Access

Opening Times: By appointment to suit clients.
Catchment Area: Redbridge & surrounding boroughs
Age Limit: None
Public Transport: Not provided - counsellor near to the location of client home address will be allocated.
Wheelchair Access: Not Needed
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Ezer Leyoldos

Address Details

Children and Families Services
67 Amhurst Park
Stoke Newington
Hackney
London
N16 5DL
Email: mail@ezerleyoldos.co.uk
Phone: 020 8 880 2488

Service Information

We provide support services in the home to vulnerable children and families in the Orthodox Jewish community.

We provide practical support for vulnerable families within the home including help with childcare and cleaning during the post-natal period. We provide personal care for children and adults with physical disabilities. We also provide one to one parenting skills development within the home for parents with learning disabilities or emotional/mental challenges.

We run parenting workshops periodically. We also provide meals cooked by volunteers to families after the birth of a baby.

Service Access

Opening Times: Monday to Thursday 9:30am - 5:00pm.

Catchment Area: Orthodox Jewish families living in Hackney and Haringey.

Age Limit: None

Public Transport: N/A. Services take place in the service user's own home.

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Not Needed

Mental Health Worker Referral: Yes



Ezer North West

Address Details

Heather House
Heather Gardens
Barnet
London
NW11 9HS
Email: info@ezernorthwest.org
Phone: 020 8 458 9288
Fax: 020 8 458 9244

Service Information

We provide a counselling service to the Jewish community. Outreach service provided for disabled clients.

To improve the quality of people's lives. To enable them to cope with the challenges in their lives. Weekly counselling sessions are provided for adults and adolescents in a culturally appropriate environment. We provide a listening ear, play therapy for children, and support groups for parents. We provide the tools for change.

Ezer NW has a SEN Advisory and Advocacy Service. Family Service staffed by social worker. SEN Parent Support Group.

Service Access

Opening Times: Mon - Thurs. When no one is available to answer the phone, leave a message so we can get back to you.

Catchment Area: NW & N London.

Age Limit: From age 5. No upper limit.

Public Transport: Buses 83,183,210,232,240. Northern Line: Brent Cross.

Wheelchair Access: No

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



In Touch/Kids United

Address Details

In Touch
44 Chardmore Road
Hackney
London
N16 6JH
Email: intouchgroup@googlemail.com
Phone: 07813 648066
Fax: 020 8442 8379

Service Information

Support network for families raising disabled children.
Telephone helpline. Newsletters. Day trips. Respite breaks for parents. Support Meetings. Kids United - support for siblings.

Service Access

Opening Times: N/A
Catchment Area: Based in Stamford Hill. Open to anyone who wants to attend from all over England.
Age Limit: Age 6 - 120 years
Public Transport: N/A
Wheelchair Access: Not Needed
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Industrial Dwellings Society (IDS)

Address Details

IDS
5th Floor, Ockway House
41 Stamford Hill
London
N16 5SR
Email: housing@ids.org.uk
Phone: 020 8 800 9606
Fax: 020 8 800 5990
Website: www.ids.org.uk

Service Information

IDS is a housing association specialising in the provision of accommodation for Jewish people in housing need.

The provision of affordable rented housing, associated welfare services and support for families and single people. Similarly, the provision of sheltered housing for the elderly.

Shared ownership housing (part buy, part rent). Provision of housing management and maintenance services for other Jewish organisations. Working with specialist organisations to provide housing for tenants with special needs.

Service Access

Opening Times: Monday to Friday, 9am - 5pm

Catchment Area: London Boroughs of Hackney, Redbridge, Barnet, Tower Hamlets and Southwark

Age Limit: None

Wheelchair Access: Yes

Self Referral: No

GP Referral: No

Mental Health Worker Referral: Yes



Interlink Foundation

Address Details

Interlink
Lower Ground Floor Offices
124 Stamford Hill
London
N16 6QT
Email: director@interlink-foundation.org.uk
Phone: 020 8 802 2469
Fax: 020 8 800 5153
Website: www.interlink-foundation.org.uk

Service Information

Umbrella organisation for the Orthodox Jewish Voluntary Sector.

Service Access

Opening Times: 9am - 5:30 Mon - Thurs, 9am - 1pm Fri
Wheelchair Access: Yes
Self Referral: Not Known
GP Referral: Not Known
Mental Health Worker Referral: Not Known



Jami

Address Details

Olympia House
Armitage Road
London

NW11 8RQ

Email: info@jamiuk.org

Phone: 020 8458 2223

Website: www.jamiuk.org

Service Information

Jami is a Mental Health charity committed to supporting people fulfil their individual potential, maximise their self-esteem and progress along their own unique path towards recovery with the aim of rehabilitation, integration and social inclusion. The organisation currently operates four centres across London (Golders Green, Edgware, Redbridge and Stamford Hill).

Day services, Hospital visiting, Community/housing support, Recovery education, Mental health awareness.

Service Access

Opening Times: Jami House is open Sunday - Thursday. All other resources are open Monday - Friday.

Catchment Area: London

Age Limit: Adults 18+

Wheelchair Access: No

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jami Carer Support Service

Address Details

Olympia House

Armitage Road

London

NW11 8RQ

Email: info@jamiuk.org

Phone: 020 8458 2223

Website: www.jamiuk.org

Service Information

Carer peer support Group based in the Golders Green area. The group meets every 2 weeks and is facilitated by a member of staff once a month.

To offer carers: Emotional support, Practical guidance and information, Sign posting.

Service Access

Opening Times: The group meets from 10.30 to midday every second Wednesday.

Catchment Area: London

Wheelchair Access: Not Known

Self Referral: Not Known

GP Referral: Not Known

Mental Health Worker Referral: Not Known



Jami House Golders Green

Address Details

131 Golders Green Road

Barnet

London

NW11 8HJ

Email: info@jamiuk.org

Phone: 020 8 458 2223

Website: www.jamiuk.org

Service Information

The philosophy of Jami House is about identifying individual need and empowering members to steer their personal journeys to recovery. To this end, Jami House has developed a progressive programme of recovery-orientated groups, discussions and activities, which help members regain control over their lives. Members are encouraged and supported to facilitate groups and offer peer support. It is becoming increasingly evident that such partnerships further recovery. Furthermore, we are also seeking to establish new community partnerships which will enable vulnerable people to engage in mainstream activities, independently.

As above

Service Access

Opening Times: Sundays to Thursdays 10.30 - 15.30.

Catchment Area: Barnet post codes NW2, NW4, NW11; Camden; Westminster; Kensington & Chelsea; Hammersmith & Fulham.

Age Limit: 18 plus

Public Transport: Near Golders Green tube station (Northern Line). Buses: 13, 82, 83, 102, 183, 210, 226, 240, 245, 260, 268, 328, H2.

Wheelchair Access: No

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jami Kadimah Centre for Wellbeing Stamford Hill

Address Details

91 - 93 Stamford Hill

Hackney

London

N16 5TP

Email: info@jamiuk.org

Phone: 020 8809 1875

Website: www.jamiuk.org

Service Information

The Kadimah Centre for Wellbeing provides care, support and advice for Jewish people aged 18 and over who are experiencing problems with their mental health. The Centre provides a wide range of social and therapeutic services to support the individual needs of people leading towards independence and social inclusion.

We offer a wide range of services which people can access, based on their particular needs or interests. •Access to a Mental Health Social Worker •Befriending service •Mental health advocacy support •Support accessing mental health services •Support and advice via home visits •Access to specialist programmes and workshops •Computer learning and support •One-to-one support •Therapeutic and creative programmes •Regular social events and outings •Drop-in to benefit from the Centre's social environment

The Centre provides educational workshops and training programmes to other professional organisations interested in mental health issues as well as to the local community. The Centre takes part in a number of local and public forums in order to increase mental health awareness and raise the profile of mental health issues in the community, including the Orthodox Jewish community.

Service Access

Opening Times: Kadimah is open to our members as follows: Monday to Thursday from 9:30am to 4:30pm, Friday from 9:30am to 1pm

Catchment Area: Hackney, Haringey, Islington, Tower Hamlets, Enfield.

Age Limit: 18 and over

Public Transport: * Stamford Hill Overground. * Bus services; 67, 76, 149, 243, 253, 254.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jami Martin B. Cohen Centre for Wellbeing Edgware

Address Details

Deansbrook Road
Edgware
Middlesex
HA8 9BG
Email: info@jamiuk.org
Phone: 020 8238 5830

Service Information

Martin B Cohen centre is a spacious and modern environment, for socialising, learning, living and having fun. We offer a daily programme of activities, with practical and creative options, from social networking to meditation and gardening. We are also actively developing services into the community, for example outings to restaurants, gyms, museums and other places of interest. In addition, we offer an exciting programme of education, co-produced with our members. The staff team at MBCC have a diverse range of skills and experience. Whether you would like to attend a group, have practical issues that you are trying to resolve, or simply want someone to talk to, we aim to use our skills to support you in your journey of recovery. We value our members at MBCC and recognise that our members are the heart of our service. As a valued part of our community, members get involved with various parts of our service from volunteering with administration or kitchen support, to delivering groups & activities. We also have a weekly community meeting, where members share their thoughts and ideas to develop the service. We also have a cafeteria, which offers a hot kosher meal at lunchtime and disabled access and facilities.

Social interaction, Cultural activities, Groups, Activities and talks, Personal development, One-to-one support, Community support, Social Work and Occupational Therapy support, Education, Employment support, Befriending, Hospital visits, Volunteering.

Service Access

Opening Times: Monday - Thursday 10 - 4 Friday 10 - 12:30

Catchment Area: Edgware and further north/north west, but this is flexible

Age Limit: None

Public Transport: Underground: From Edgware Station (Northern Line), walk from the back of the Broadwalk Shopping Centre across Sainsbury's car park, turn left into Church Way, turn right at the first junction and walk down Heming Rd. Turn right into Deansbrook Rd.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jami Mental Health Recovery Education Centre

Address Details

JREC
Olympia House
Armitage Road
Golders Green
London
NW11 8RQ
Email: info@jamiuk.org
Phone: 020 8458 2223
Fax: 020 8731 7395
Website: <http://www.jamiuk.org>

Service Information

Jami is focused on recovery, and all the services we offer have this end goal. We believe that recovery from mental ill health is possible through giving people control over their lives by means of real choice and participation. The organisation aims to give people the resources and support necessary to lead as 'fulfilling' life as possible. Not everybody likes to talk about their wellbeing and emotions but it is important that the Jewish Community is aware of issues related to mental health and wellbeing. At the Jami Recovery Education Centre (JREC), a division of Jami, we run educational programmes for community organisations and individuals to increase their understanding of the challenges some people face. For us, education is 'learning about things you did not know before'. All our seminars are created, co-produced and co-delivered by people with lived experience through JREC, so that we offer the most authentic and insightful programmes available. For more information about Jami, please visit our website at jamiuk.org **WEEKLY DISCUSSION SEMINARS & DRAMA FOR WELLBEING**. What you can gain: Realise your potential, Gain confidence & motivation, Hope & Ambition, Involvement in the community, Help dispel stigma, Skills for your cv. What the group can give you: Support & team work, Learning from each other, Treated with honesty/respect, Have a voice, Fun & laughter. Information Seminars on mental health related issues are co-produced & delivered by staff, volunteers, carers & people who have lived experience of mental illness. Seminars are held at all our centres each month. Please look at our website www.jamiuk.org for more details.

Service Access

Opening Times: Office hours, 9.00am - 5.00pm
Catchment Area: Golders Green, Edgware, Stamford Hill & Redbridge
Age Limit: 18+
Public Transport: Transport to the Jami Centres for Wellbeing can be found on www.jewishmentalhealth.info: Jami House Golders Green, Jami Martin B. Cohen Centre for Wellbeing Edgware, Jami Kadimah Centre for Wellbeing Stamford Hill, Jami Mitkadem Centre for Wellbeing.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jami Mitkadem Centre for Wellbeing Redbridge

Address Details

39 Clarence Avenue
Gants Hill
Ilford
Redbridge
Essex
London
IG2 6JH
Email: info@jamuk.org
Phone: 020 8518 5437

Service Information

Our warm and welcoming Wellbeing Centre is in the heart of Redbridge and offers a culturally specific mental health service to the Jewish community. Our multi-disciplinary team is diverse and multi-skilled which enables us to offer a creative therapeutic programme reflected in our service. Raising awareness of mental health issues and understanding the importance of health and wellbeing balance is at the heart of the work we do. We offer a programme of therapeutic groups and activities in the centre and additional services such as social work and access to an OT in the community. Our JREC Education team offers weekly groups and access to training and workshops on areas of mental health issues and recovery.

Social work support, access to OT. Befriending service. Telephone support. Social interaction and cultural activities. Groups, support re: personal development and one to one support. Education and links to employment support and gateways to accessing other specialist services. Outreach, opportunities to volunteer.

We offer a weekly Community Cafe and cookery course. Clients have access to health and wellbeing groups such as yoga and exercise. We offer a Warm Spaces drop in service weekly. We have an allotment project that gives people an opportunity to work outdoors to grow fruit and vegetables. Our Women's Group meets once a week. Our JREC Education service offers workshops on mental wellbeing in schools and to groups as well as running courses and information days on issues such as depression, understanding OCD, mental health first aid and we can tailor workshops to meet demand.

Service Access

Opening Times: Monday 9.30-3pm, Tuesday 11-4pm, Wednesday 10-4pm, Thursday 9.30-4pm, Friday 9.30-12.00pm.

Catchment Area: Waltham Forest, Redbridge, Dagenham & Barking, Newham, Havering, Epping Forest and Essex.

Age Limit: 18+

Public Transport: Central Line to Gants Hill. Buses from Ilford: 123, 179, 167, 462, 150. Buses from Romford: 66,126,296. Buses from Woodford: 123,179. Buses from Barkingside: 128,167,150,462. Buses from Leytonstone: 66.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes



Mental Health Worker Referral: Yes



Jami, Hospital Visiting

Address Details

Jewish Association for Mental Illness, Hospital Visiting
Olympia House
Armitage Road
Golders Green
London Borough of Barnet
London
NW11 8RQ
Email: info@jamiuk.org
Phone: 020 8 458 2223
Fax: 020 8 731 7395
Website: www.jamiuk.org

Service Information

A service which offers support to patients admitted to a mental health unit or who live in residential settings.

This service offers culturally specific support through out the year and particularly over a Jewish festival period. This may include visiting individual people in hospital or organising specific events for groups of people whether in hospital or residential settings.

A Jewish service takes place every Tuesday at 10am at the Dennis Scott Unit facilitated by Juiian Fraser from Tikun and supported by JAMI Volunteers. Musical activities continue to be organised in the MH Units. Visits are arranged to people who are having difficulty with their daily living, meeting either out and about or in their homes.

Service Access

Opening Times: throughout the week at suitable visiting times.
Catchment Area: London
Wheelchair Access: Not Known
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jami, Volunteering and Employment Project

Address Details

Olympia House
Armitage Road
London
NW11 8RQ

Email: info@jamiuk.org

Phone: 020 8458 2223

Fax: 020 8731 7395

Website: www.jamiuk.org

Service Information

Running work skills workshops and arranging access to vocational training courses. Providing suitable work placements (voluntary and paid). Supporting people in work placements. Supporting employers to recruit and retain mental health service users.

Work gives structure, direction and meaning to people's lives, widens social networks, improve vocational and interpersonal skills.

Service Access

Opening Times: Monday - Thursday 9am - 5pm, Friday 9am - 3pm.

Catchment Area: London wide.

Age Limit: 18+.

Public Transport: We are located a short distance from Golders Green underground station.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Bereavement Counselling Service

Address Details

JBCS
Bet Meir
44B Albert Road
London
NW4 2SG
Email: jbcsc@jvisit.org.uk
Phone: 0208 457 9710
Fax: 0208 457 9707
Website: <http://www.jvisit.org.uk/>

Service Information

The JBCS offers support to the bereaved of the entire Jewish community from young children to senior citizens.

The Jewish Bereavement Counselling Service offers bereavement counselling to individuals, children and families in north and northwest London and Hertfordshire. Confidential counselling and support provided by trained volunteer counsellors who are professionally supervised. Counsellors visit clients in their own homes and have specific knowledge of the grieving process. JBCS takes referrals from doctors, social workers, synagogues, schools and hospitals and the service works in partnership with these organisations.

Training programme ongoing for existing counsellors

Service Access

Opening Times: 24 hour answer phone. Calls responded to within 1 working day.

Public Transport: Nearest Tube station is Hendon Central.

Wheelchair Access: Not Known

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Care

Address Details

Amelie House
Maurice and Vivienne Wohl Campus
221 Golders Green Road
London
NW11 9DQ
Email: info@jcare.org
Phone: 020 8922 2000
Fax: 020 8922 1998
Website: www.jewishcare.org

Service Information

Jewish Care is a charity caring for people in the Jewish community. We give care and support to older people, Holocaust survivors, people with physical and sensory disabilities, and those with mental health needs. We also offer a range of support groups and run leadership and activity programmes for children and young people. Our centres and services are based in London and the South East, and our staff and volunteers support thousands of members of the community each week. In everything we do at Jewish Care, we are guided by our Jewish values of warmth, kindness, honesty and respect.

Our 1,100 dedicated staff and 2,500 volunteers mean that we are able to run over 70 centres and specialist services throughout London and the southeast, caring for more than 7,000 people every week in the Jewish community. We provide services for:

- a dedicated support and advice line for referrals and service information,
- older people,
- people with mental health needs,
- people with a physical or sensory disability, including those who are visually impaired,
- people with Alzheimer's disease or other forms of dementia,
- Holocaust survivors and refugees,
- people caring for others,
- younger people.

Our clients' emotional needs are just as important as their physical requirements and providing for their day-to-day needs is just the beginning. We offer care in an environment that recognises and respects our clients' Jewish identity. We celebrate Jewish festivals and make Shabbat, helping people feel safe and comfortable in a 'heimische' atmosphere, at a time when they may feel most vulnerable. We work right across the community and provide care regardless of the level or nature of an individual's religious observance. In doing so, our care recognises people's differences as well as their similarities.

Service Access

Opening Times: You can contact Jewish Care Direct - A dedicated support and advice help line during office hours.

Catchment Area: London and the South East

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Care Direct

Address Details

Amelie House
Maurice and Vivienne Wohl Campus
221 Golders Green Road
London
NW11 9DQ
Email: jcdirect@jcare.org
Phone: 020 8922 2222
Fax: 020 8922 1998
Website: www.jewishcare.org

Service Information

Jewish Care Direct is a helpline which will give you information and advice about all of Jewish Care's services. You can contact Jewish Care Direct by calling 020 8922 2222 during office hours, visiting us at www.jewishcare.org or emailing us at jewishcaredirect@jewishcare.org. We will always try to respond to your query within 48 hours.

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 unable to help you with your enquiry, we will pass you onto another organisation that can.

Service Access

Opening Times: Summer (April-September): Monday to Friday 8.30am to 5.30pm. Winter (October-March): Monday to Thursday 9am to 5.30pm, Friday 8.30am to 2pm.

Catchment Area: London and the South East

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Care, Family Carers' Service

Address Details

Email: jewishcaredirect@jcare.org

Phone: 020 8922 2222

Website: www.jewishcare.org

Service Information

Jewish Care's Family Carers' Service provides support and information for those who are caring for a relative or friend who has a mental health condition. The Family Carers' Service also supports relatives and friends of someone with dementia, a physical disability/frailty, addiction, terminal illness or if they are caring for someone in a residential home.

Each carer's individual situation is treated with sensitivity and understanding. We offer: • individual support and advice, • access to services available, • access to coping strategies, • specialist support groups, • regular telephone support.

Our Family Carers' Service gives carers the opportunity to focus on themselves, forge friendships with each other and share experiences. "I found it gave me added strength to deal with the daily tasks and I can't wait to return to be part of this wonderful and courageous group of people." A carer, after attending a carers' group meeting.

Service Access

Opening Times: Please contact Jewish Care Direct for more information on 0208 922 2222.

Catchment Area: London and the South East

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Care, Going Solo

Address Details

Going Solo
Amelie House
Maurice and Vivienne Wohl Campus
221 Golders Green Road
London
NW11 9DQ
Email: jxkaye@jcare.org
Phone: 07721 537911
Fax: 020 8922 1998
Website: <http://www.jewishcare.org/>

Service Information

A mutual support group for the newly bereaved partner.

To provide a warm and welcoming environment with total confidentiality in a room with others who are in the same situation. To provide a listening ear for emotional and practical issues and to offer suggestions and help for dealing with these. To show that in time it is possible to function well in this new, perhaps strange, world. Both men and women who have been married for a long time (or with the same partner) may find that the world on their own is quite different and in some cases rather frightening. Members are encouraged to exchange their stories - not only of illness and sadness - but also practical tips for starting life anew, their own discoveries and to celebrate their small triumphs, thus demonstrating how it is possible to grow during this process.

There is a large daily programme of events at the Michael Sobell Community Centre (see below).

Service Access

Opening Times: Michael Sobell Community Centre is open from 9am to 5pm (excluding High Holy Days and Bank Holidays)

Catchment Area: NW London and the West End

Age Limit: None

Public Transport: Tube: Brent Cross, Golders Green Bus routes: 83, 183, 210 and 240 Nearest bus stop: Highfield Avenue, Stop C Off street parking available

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Care, Leonard Sainer Day Centre

Address Details

Jack Block House
Rectory Lane
Edgware, Middlesex
HA8 7LF
Email: NSlipman@jcare.org
Phone: 020 8951 3739
Fax: 020 8951 1312
Website: www.jewishcare.org

Service Information

A stimulating day for clients with dementia, and a break for their carers.
Full range of activities.

Service Access

Opening Times: 9.30am-3pm Mon -Thursday 9.30-1pm Friday
Catchment Area: Barnet, Harrow, Hertfordshire
Age Limit: N/A
Public Transport: We are situated opposite Edgware Station.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Care, Residential Home (Golders Green)

Address Details

London

Email: jewishcaredirect@jcare.org

Phone: 020 8922 2222

Website: www.jewishcare.org

Service Information

A residential home for people with long-term mental health needs and who require a supportive and therapeutic environment.

We offer a friendly, warm environment with strong Jewish traditions and culture, where residents are helped to achieve their full potential. Residents are supported 24 hours a day by fully trained and qualified staff. We encourage them to maintain their independence and participate in activities such as group discussions, social skills, cookery and art. We celebrate all the Jewish festivals, offer a full kosher menu and enjoy visits to the cinema and museums. Some of our residents go on to live more independently in accommodation supported by housing associations.

All our homes are regulated and inspected by the Commission of Social Care Inspections (CSCI). You can read a report of the latest inspection in each of our homes. All our homes are staffed to provide 24 hour care and are equipped with safety and security features including smoke detectors and 24 hour call systems.

Service Access

Wheelchair Access: Not Known

Self Referral: Not Known

GP Referral: Not Known

Mental Health Worker Referral: Not Known



Jewish Care, Residential Home (Sidney Corob House)

Address Details

Sidney Corob House
122-126 Fortune Green Road
Hampstead
London
NW6 1DN
Email: jewishcaredirect@jcare.org
Phone: 020 7 433 6400
Fax: 0207 794 6709
Website: www.jewishcare.org

Service Information

A residential home for people with long-term mental health needs and who require a supportive and therapeutic environment.

We offer a friendly, warm environment with strong Jewish traditions and culture, where residents are helped to achieve their full potential. Residents are supported 24 hours a day by fully trained and qualified staff. While we encourage residents to maintain their independence we are also able to offer domestic support such as laundry and cleaning, full support with medication, escorts for outings and appointments and support with personal care. We also encourage people to participate in meaningful activities such as employment, social networking skills, cookery, literature, music and art. We celebrate all the Jewish festivals, offer a full kosher menu cooked on the premises and enjoy numerous visits to places such as the London Eye, Hampton Court, Hyde Park. We also offer residents a holiday during the summer e.g. Bournemouth and provide in-house entertainment for those who are unable to get out and about. All our homes are regulated and inspected by CQC - we currently have a 3 star excellent rating. You can read a report of the latest inspection in each of our homes. Sidney Corob House is staffed to provide 24 hour care with a waking night on each shift. We are a 10 minute walk from Kilburn tube station and Kilburn High Road where there are shops and cafes. All residents are issued with a front door key and are able to come and go as they please.

Service Access

Opening Times: You can find out more information about our residential homes from Jewish Care Direct 020 8922 2222
Catchment Area: London and the South East
Age Limit: No age limit but the majority of residents are 50 +
Public Transport: 10 minutes from Kilburn tube station and Kilburn High Road with access to all buses.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Care, Sam Beckman Special Day Care Centre

Address Details

Sam Beckman
29 Babington Road
Hendon
London Borough of Barnet
London
NW4 4LD
Email: messientta@jcare.org
Phone: 020 8 203 0521
Fax: 020 8203 6788
Website: www.jewishcare.org

Service Information

A stimulating day for clients with dementia giving a break to their carers.
Physical, sensory and creative activities, such as seated exercise, music workshops, quizzes, arts and crafts etc. etc.
Connections with Jewish Community - schools, synagogues, corporate; connections with complementary organisations such as Age Concern; local outings

Service Access

Opening Times: 10.00 a.m. - 3.00 p.m. on Mon - Thurs, 10.00 a.m. - 1.00 p.m. on Fridays
Catchment Area: Hendon, Finchley, Golders Green, Hampstead
Age Limit: No limit
Public Transport: Various buses - 326, 183 and 143 pass end of road. Hendon Central Station on Northern Line, accessible by 326 and 143 buses.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Care, Southend and Westcliff Community Centre

Address Details

Chai Group
1 Cobham Road
Westcliff on Sea
Southend
Essex
SS0 8EG
Email: gfreeman@jcare.org
Phone: 01702 334 655
Website: www.jewishcare.org

Service Information

A stimulating day for clients with dementia, and a break for their carers.
Person-centred care for clients with dementia, providing a full range of activities and including lunch.
Arts and crafts. Life histories. Musical entertainment. Festival related activities.

Service Access

Opening Times: Tuesdays & Thursdays 9:30am - 3:30pm
Catchment Area: Southend & District
Age Limit: 65+
Public Transport: Very limited; Carebus can be provided subject to assessment
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Care, Stepney Special Day Care Centre

Address Details

Stepney Special Day Care Centre
2-8 Beaumont Grove
London
E1 4NQ
Email: ssaintus@jcare.org
Phone: 020 7 790 6441
Website: www.jewishcare.org

Service Information

A stimulating day for clients with dementia, and a break for their carers.
Full range of activities.

Service Access

Opening Times: Monday - Thursday 9.00 - 17.00, Fridays - 9.00 - 14.00. Social Clubs,
Tuesdays 16.30 - 19.00, Wednesday, fortnightly 18.00 - 21.00.
Catchment Area: Tower Hamlets
Age Limit: 50+
Public Transport: Stepney Green station. Buses - 25, 205.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Care, The Brenner Community Centre

Address Details

Brenner Community Centre
91-93 Stamford Hill
Stamford Hill
London Borough of Hackney
London
N16 5TP
Email: lmharris@jcare.org
Phone: 020 8 442 7758
Website: www.jewishcare.org

Service Information

A stimulating day for clients with dementia, and a break for their carers.
Full range of day activities that offer creative, mental and physical stimulation. Our specially adapted L'Chaim Centre offers dementia clients person-centred care. Kedassia Licenced dairy restaurant offering 2 or 3-course hot lunches, salad bar, sandwiches, and light snacks.
Centre is open 7 days a week and is home to several community organisations. Full range of healthy living programmes and events each week. Hillside Club runs on alternate Monday evenings for 50+ with an excellent social and cultural programme with a light beigel supper.

Service Access

Opening Times: Monday to Thursday 0915 - 1600, Friday 0915 - 1400 (winter) 1500 (summer)
Catchment Area: Hackney, Haringey, Islington, Waltham Forest, Enfield
Age Limit: Over 18
Public Transport: Nearest Tube station is Seven Sisters or Manor House. Overground station, Stamford Hill or Stoke Newington. Buses 73,149,243,349
Wheelchair Access: Yes
Self Referral: No
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Care, The Dennis Centre

Address Details

The Dennis Centre
84 Beehive Lane
Ilford
Essex
IG1 3RS
Email: zmcgurrell@jcare.org
Phone: 020 8709 2654
Website: www.jewishcare.org

Service Information

A stimulating day for clients with dementia, and a break for their carers.
Full range of activities.

Service Access

Opening Times: Monday to Thursday 8.30 am - 5.30 pm, Friday 8.30 am - 2 pm
Catchment Area: Redbridge, Havering, Waltham Forest, Essex.
Age Limit: No age limit
Public Transport: Gants Hill Tube station (Central Line), Buses
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Community Housing Association

Address Details

JCHA
Harmony Close
Princes Park Avenue
London
NW11 0JJ
Email: djackson@jcha.org.uk
Phone: 020 8381 4901
Fax: 020 8458 1772
Website: www.jcha.org.uk

Service Information

Sheltered housing provider.

To offer supported but independent housing to people with support needs and housing needs. Flats with warden call systems, some limited social activity, communal lounges and laundries.

Service Access

Opening Times: Office hours are 9am until 5.30pm.

Catchment Area: Any member of the Jewish community that has a support need.

Age Limit: no age limits

Public Transport: Dependent on scheme, most are well covered by public transport.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Helpline Ltd

Address Details

Email: admin@jewishhelpline.co.uk

Phone: 0800 652 4232

Website: <http://www.jewishhelpline.co.uk>

Service Information

Telephone helpline.

A national telephone helpline run for the Jewish community and staffed by professionally trained volunteers.

Service Access

Opening Times: Sunday - Thursday 12.00pm - 12.00am Friday 12.00pm - 3.00pm

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Marriage Council

Address Details

JMC
23 Ravenshurst Avenue
London
NW4 4EE
Email: info@jmc-uk.org
Phone: 020 8203 6311
Fax: 020 8203 8727
Website: www.jmc-uk.org

Service Information

Sensitive support for Jewish individuals, couples and families.
Counselling service for Jewish individuals, couples and families. Confidential and professional service. We abide by the BACP code of ethics and practice, and by Halacha. Introduction agency for Jewish people of all ages. Personalised and friendly. All members guaranteed Jewish and free to marry. Courses for engaged couples.
Various workshops and events for the community and for counsellors in the community.

Service Access

Opening Times: Monday-Thursday 9.30am - 5.30pm, Friday wintertime 9.30am - 1pm, Friday summertime 9.30am - 4pm
Catchment Area: London and Manchester
Public Transport: Hendon Central tube station is a ten minute walk from our London offices.
Wheelchair Access: Not Known
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Marriage Council, Counselling Service

Address Details

JMC
23 Ravenshurst Avenue
London
NW4 4EE
Email: info@jmc-uk.org
Phone: 020 8203 6311
Fax: 020 8203 8727
Website: www.jmc-uk.org

Service Information

Our counselling service is available to all Jewish people in London, Ilford, and Manchester. We also offer a Hebrew-speaking counselling service. Our counsellors are professionally qualified and experienced and confidentiality is assured.

To provide sensitive support to Jewish individuals, couples and families. To provide a Jewish counselling service - our service is available to all Jewish people whatever problem they are experiencing and whether they are single, engaged, married, divorced or widowed.

Service Access

Opening Times: Monday-Thursday 9.30am - 10.00pm
Catchment Area: London, and Ilford
Public Transport: We are a ten minute walk from Hendon Central tube station, and near various bus stops.
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish Marriage Council, Courses for Engaged Couples

Address Details

JMC
23 Ravenshurst Avenue
London
NW4 4EE
Email: info@jmc-uk.org
Phone: 020 8203 6311
Fax: 020 8203 8727
Website: www.jmc-uk.org

Service Information

A wedding is just for a day, and a marriage is for life; yet so few people are prepared for the ups and downs and the highs and lows of a lifelong partnership. Our all-day workshop 'Stepping into Marriage' is designed to help you avoid the pitfalls and deal with the difficulties a marriage can bring. You also get the chance to meet other couples going through the same stresses, strains and sense of anticipation as you. Plus a chance to look at the future and plan what we hope will be the longest honeymoon in history!

First we look beyond the wedding day, delve into the marriage relationship and discuss the art of problem solving. Many arguments can arise during a relationship. How do you deal with them? We discuss listening skills, the demands made by your close family which can cause problems and very importantly, how to get on with your in-laws. It's all about successful communication, so communication skills get a high priority. Naturally we discuss the Jewish aspects of marriage, Jewish attitudes to sex and aspects of keeping kosher and the Jewish holidays.

This course is extremely flexible, drawing on the experiences of the couples present. Informality is the rule not the exception and we expect the course to be fun and interactive. By the end of the course we hope you will feel stimulated and motivated and you will also have made new friends, couples at exactly the same stage of life as you.

Service Access

Opening Times: Monday - Thursday 9.30am - 5.30pm, Friday 9.30am - 1pm in winter and 9.30am - 4pm in summer

Catchment Area: London and UK

Public Transport: We are a ten minute walk from Hendon Central tube station, and near many bus stops.

Wheelchair Access: Not Known

Self Referral: Yes

GP Referral: Not Known

Mental Health Worker Referral: Not Known



Jewish Marriage Council, Family Therapy

Address Details

JMC
23 Ravenshurst Avenue
London
NW4 4EE
Email: info@jmc-uk.org
Phone: 020 8203 6311
Fax: 020 8203 8727
Website: www.jmc-uk.org

Service Information

We run a counselling service for individuals, couples, and families.
Professional and confidential counselling for individuals, couples, and families.

Service Access

Opening Times: Monday to Friday 9.00 - 5.00 (close early on Fridays in winter).
Catchment Area: London and surrounding areas.
Age Limit: none
Public Transport: Hendon Central, local buses
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Jewish School Services

Address Details

Jewish School Services
c/o 1095-1097 Finchley Road
Barnet
London
NW11 0QB
Email: jr@goldersgreen.org
Phone: 07974 650647
Fax: 0870 458 6704

Service Information

Jewish School Services/JSS (originally part of The Clubhouse) provides early crisis intervention and preventative services within schools to children at risk of exclusion from education, from their families or from mainstream settings.

Government research has shown that a combination of classroom teaching and personalised mentoring is a powerful way to ensure that all pupils can reach their full potential and develop their learning and life skills. At JSS we achieve this through innovative programmes such as personalised learning mentoring, life skills development courses and creative partnerships with teachers and families. Our services include: • educational assessments, • learning skills mentoring (kodesh), • learning skills mentoring (National Curriculum, GCSE, study skills), • life skills and leadership development, • speech and language therapy, occupational therapy and other integrated referrals.

Since schools have to concentrate on subject tuition and examinations rather than personal development, JSS partners with schools to develop mentoring and coaching skills in their staff, enabling them to identify pupils' issues at an early stage (even in primary school) and to understand and support their challenges. JSS delivers high quality training to school staff in one-to-one or group settings: • SENCo training and support, • coaching and mentoring skills for teachers, • headteacher and SLT mentoring.

Service Access

Opening Times: Usually via schools.

Catchment Area: All Jewish school children across London.

Age Limit: Core: Primary & Secondary age children; some individual work with post-school ages.

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Jewish Volunteering Network

Address Details

JVN
Haskell House
152 West End Lane
London
NW6 1SD
Email: info@jvn.org.uk
Phone: 020-7443 5100
Website: www.jvn.org.uk

Service Information

The Jewish Volunteering Network aims to be the one stop shop for Jewish volunteering, connecting volunteers with volunteering opportunities.

JVN helps volunteers find suitable volunteering opportunities from food packing to fundraising, to putting on shows to gardening. We work across the community and currently have 120 organisations registered on our website. We have a highly sophisticated website where volunteers can search for opportunities and a helpline for all your volunteering queries. JVN is a partner with Jewish Care and JAMI in the Gateway Project.

Service Access

Opening Times: 9am - 5pm
Catchment Area: London, Manchester, Leeds, Birmingham, South East
Age Limit: 11+
Public Transport: Our offices are based in West Hampstead. There is a Thameslink station and West Hampstead Tube station is on the Jubilee Line.
Wheelchair Access: Yes
Self Referral: Not Needed
GP Referral: Not Needed
Mental Health Worker Referral: Not Needed



Jewish Women's Aid (JWA)

Address Details

JWA
PO Box 2670
London
N12 9ZE
Email: info@jwa.org.uk
Phone: 020 8 445 8060
Fax: 020 8 445 0305
Website: www.jwa.org.uk

Service Information

We now offer the following: FREE services for women who choose to stay at home and for those who feel they must leave: a national confidential freephone helpline: 0800 59 12 03; the only secure refuge where kashrut, Shabbat and festivals are fully observed; advice and help on legal, housing, financial, emotional and family issues as well as caring support for children; professional, confidential counselling to those experiencing domestic violence. We help women to regain their self-respect and confidence and re-shape their lives.

Service Access

Opening Times: Office hours: 9am - 5.30pm. Helpline: 0800 59 12 03 9:30am - 9:30pm
Monday -Thursday. Outside of these hours calls are recorded, monitored and responded to.
Catchment Area: Jewish women affected by domestic violence
Age Limit: No age limit
Wheelchair Access: Not Known
Self Referral: Not Known
GP Referral: Not Known
Mental Health Worker Referral: Not Known



Jewish Women's Aid, Counselling

Address Details

PO Box 2670

London

N12 9ZE

Email: info@jwa.org.uk

Phone: 02084458060 - Office

Fax: 020 8445 0305

Website: www.jwa.org.uk

Service Information

Making the Jewish community aware of the existence of domestic violence and the help and support Jewish Women's Aid offers to Jewish women and their children who have experienced or are experiencing such abuse.

Confidential freephone helpline (0800 59 12 03). Counselling. Community Support. The only kosher refuge in Europe. Raising awareness.

Emotional and physical support. Assistance with resettlement if required. Full schools' educational programme. Speaking to groups about the subject.

Service Access

Opening Times: Helpline, Monday through Thursday 9.30am - 9.30pm. Offices, Monday to Friday 9 - 5pm.

Catchment Area: Nationwide (via the Helpline)

Age Limit: Women over 17

Public Transport: Available to office

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Not Needed



Jewish Women's Aid, Secure Refuge

Address Details

Confidential

Email: info@jwa.org.uk

Phone: 02084458060 - Office

Website: jwa.org.uk

Service Information

A unique temporary safe house run by Jewish women for Jewish women and their children. The refuge provides women who need it with somewhere safe to stay, giving time and space to think about all the options and the best way forward for each woman (and her children) to regain a life free from the fear of violence and intimidation.

Practical Support. Emotional Support. Kashrut and Jewish Festivals. Resettlement Service. Rosh Chodesh group.

Service Access

Opening Times: 24 hours. Admission - preferably during office hours but out of hours accepted in case of emergency.

Age Limit: Boys up to 13 years old

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Kisharon

Address Details

Head Office
1011 Finchley Road
London
NW11 7HB
Email: info@kisharon.org.uk
Phone: 020 8 203 2200
Fax: 020 8731 7009
Website: www.kisharon.org.uk

Service Information

Education, day activity, employment and residential services for people with learning disabilities. The Kisharon range of services aims to meet the needs of people from the Jewish community with moderate to severe learning disabilities. We provide lifespan services from nursery through to day opportunity, sheltered employment and residential provision for long-term service users.

Service Access

Opening Times: Vary as appropriate. Head Office is open 9.00 a.m. to 5.00 p.m.
Catchment Area: North and North West London
Age Limit: None
Public Transport: Good tube and bus access to most sites.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Not Needed
Mental Health Worker Referral: Yes



Kisharon College

Address Details

54 Parson Street

London

NW4 1TP

Email: kisharonhls@aol.com

Phone: 020 8 457 2525

Fax: 020 8 457 2535

Service Information

Further education and vocational training for adults of 16 years and above with learning disabilities.

Catering for adults with a broad range of learning disabilities, we teach a variety of vocational and basic skills courses, alongside therapy and creative activities, and promote independence and inclusion in the life of the community.

Service Access

Opening Times: 9.00am -4.30pm

Catchment Area: London

Age Limit: 16+ years

Public Transport: On bus route 240.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Kisharon, Day Activity

Address Details

Head Office
1011 Finchley Road
London
NW11 7HB
Email: info@kisharon.org.uk
Phone: 020 8 203 2200
Fax: 020 8731 7009
Website: www.kisharon.org.uk

Service Information

Community inclusion project.

A partnership with the local authority, this project promotes involvement in the community while developing independent living skills.

The Kisharon range of services aims to meet the needs of people from the Jewish community with moderate to severe learning disabilities. We provide lifespan services from nursery through to day opportunity, sheltered employment and residential provision for long-term service users.

Service Access

Opening Times: 9.00pm - 4.00pm
Age Limit: Adults
Wheelchair Access: Not Known
Self Referral: Not Known
GP Referral: Not Known
Mental Health Worker Referral: Not Known



Kisharon, Education

Address Details

Head Office
1011 Finchley Road
London
NW11 7HB
Email: info@kisharon.org.uk
Phone: 020 8 203 2200
Fax: 020 8731 7009
Website: www.kisharon.org.uk

Service Information

Kisharon Day School.

Our dedicated staff meet the complex learning and therapeutic needs of the pupils and help them to achieve success across the full range of National Curriculum subjects while developing critical social and communication skills.

The Kisharon range of services aims to meet the needs of people from the Jewish community with moderate to severe learning disabilities. We provide lifespan services from nursery through to day opportunity, sheltered employment and residential provision for long-term service users.

Service Access

Opening Times: 9.00am - 4.30pm
Age Limit: 5-19
Wheelchair Access: Not Known
Self Referral: Not Known
GP Referral: Not Known
Mental Health Worker Referral: Not Known



Kisharon, Employment

Address Details

Asher Loftus Business Centre
27-31 Church Road
London
NW4

Email: info@kisharon.org.uk

Phone: 020 8 203 2200

Fax: 020 8731 7009

Website: www.kisharon.org.uk

Service Information

Sheltered employment opportunities.

A ground-breaking facility offering sheltered employment opportunities within a supportive environment. Service users contribute actively within the bicycle shop, wood turning workshop and print shop.

Service Access

Opening Times: 9.00am - 4.30pm

Age Limit: Adults

Wheelchair Access: Not Known

Self Referral: Not Known

GP Referral: Not Known

Mental Health Worker Referral: Not Known



Kisharon, Residential Services

Address Details

Head Office
1011 Finchley Road
London
NW11 7HB
Email: info@kisharon.org.uk
Phone: 020 8 203 2200
Fax: 020 8731 7009
Website: www.kisharon.org.uk

Service Information

Residential home and supported living.

Our eight bed residential centre provides a real home within the heart of the community with year round, round the clock care staffing.

The Kisharon range of services aims to meet the needs of people from the Jewish community with moderate to severe learning disabilities. We provide lifespan services from nursery through to day opportunities, sheltered employment and residential provision for long term service users.

Service Access

Opening Times: Round the clock
Age Limit: Adults
Wheelchair Access: Not Known
Self Referral: Not Known
GP Referral: Not Known
Mental Health Worker Referral: Not Known



Langdon Foundation

Address Details

PO Box 640

Edgware

Middlesex

HA8 4GL

Email: info@langdonfoundation.org.uk

Phone: 020-8951 3942

Website: www.langdon.info

Service Information

We provide education, supported living and employment to young Jewish adults with learning disabilities.

Residential college, supported living, employment, living a jewish life.

Service Access

Opening Times: n/a

Catchment Area: UK

Age Limit: 16 years +

Public Transport: n/a

Wheelchair Access: Not Needed

Self Referral: Not Needed

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Larches Community

Address Details

Larches House
1 Rectory Lane
Edgware
Middlesex
HA8 7LF
Email: info@larchescommunity.org.uk
Phone: 020 8 905 6333
Fax: 020 8 951 4111
Website: www.larchescommunity.org.uk

Service Information

Larches Community offers training courses for people over 18 with learning difficulties and/or autism.

Our aims are to: Provide a stimulating Day Opportunities Programme - including education, training and work opportunities in preparation for employment. Provide a vibrant Leisure and Recreation Programme. Develop Supported Living where everyone feels they belong.

We offer Autism Training sessions during the year for Carers, Families, Organisations and everyone who wants to learn more about Autism.

Service Access

Opening Times: Larches Hall is open during time of programme and training sessions.

Catchment Area: Greater London

Age Limit: 18 and above

Public Transport: Underground to Edgware Station (Northern Line), Bus to Edgware Station.

Wheelchair Access: Yes

Self Referral: Not Known

GP Referral: Not Known

Mental Health Worker Referral: Not Known



Miyad, Jewish Telephone Crisis Line

Address Details

Miyad

Email: admin@jewishhelpline.co.uk

Phone: 0800-652 9249

Website: www.jewishhelpline.co.uk

Service Information

Jewish Crisis Helpline

A helpline on which professional and trained volunteers can listen and help callers to focus on their problems and make their own decisions. They also support people through difficult situations, illness and conditions which may be affecting them.

Service Access

Opening Times: Sunday - Thursday 12pm to 12am, Friday 12.00pm to 3.00pm.

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Nightingale

Address Details

Nightingale House
105 Nightingale Lane
Wandsworth
London
SW12 8NB
Email: leonsmith@nightingalehouse.org.uk
Phone: 020 8673 3495
Fax: 020 8675 2258
Website: <http://www.nightingalehouse.org.uk/>

Service Information

Provider of residential, nursing, specialist dementia care, and respite care to older members of the Jewish community

Residential, nursing, specialist dementia care and respite care. Caring for over 200 older members of the Jewish community - offering a "home for life".

In-house medical practice and pharmacy, physiotherapists, occupational therapists, on site dental, optician, chiropody and audiology service, hairdressing salon, synagogue, arts and crafts centre and wide range of educational and activities programmes

Service Access

Opening Times: The Home is open 24/7 Office hours 09.00 to 5.00 pm Monday to Friday (dependent on Shabbat times)

Catchment Area: London and South East

Age Limit: Over 60 years of age

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Not Needed



Norwood

Address Details

Norwood Ravenswood
Broadway House
80-82 The Broadway
Stanmore
Harrow
Middx
HA7 4HB
Email: info@norwood.org.uk
Phone: 020 8954 4555
Website: www.norwood.org.uk

Service Information

Norwood provides appropriate services primarily to disadvantaged Jewish children and their families, and children and adults with learning disabilities, so that they can achieve their personal goals in life. Wherever possible we include service users from the wider community. Childrens Services: we run three family centres in Hackney, Barnet, Redbridge which offer a range of services including: toy libraries, mother & toddler groups, therapy rooms and counselling services. Our Social work teams support and provide preventative interventions to families who are experiencing social difficulties or are affected by disability. We offer educational support and professional support to children with learning or behavioural difficulties, their parents and schools. Services available to children include teaching support, educational psychology, speech and language therapy, occupational therapy and art therapy. We provide respite care for children with disabilities. We also operate a fostering and adoptions service. Our adult services provide support for adults with learning disabilities in a range of settings including residential homes, supported housing, independent housing and domiciliary care. We also run a residential village (Ravenswood) in Berkshire where we offer residential accommodation to some 150 adults. Our focus throughout our adult services is to maximise opportunities for choice and independence for users to decide the kind of lifestyle they want with an emphasis on employment, improved leisure opportunities and skills development. We are currently developing a dementia service for adults with learning disability.

Service Access

Opening Times: You can contact Norwood during office hours.
Catchment Area: Primarily London and the South East, but users come from across England.
Age Limit: All ages.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Raphael Jewish Counselling Service

Address Details

PO Box 172

Stanmore

Email: info@raphaeljewishcounselling.org

Phone: 0800 234 6236

Website: www.raphaeljewishcounselling.org

Service Information

Raphael offers short-term and long-term non-directive counselling for individuals and couples in the Greater London Jewish Community.

People with relationship difficulties or other emotional problems that hinder achieving their potential, could benefit from Raphael counselling.

Further training and personal development for counsellors, some of which are open to non-Raphael counsellors.

Service Access

Opening Times: Messages left on the answerphone (as above) are responded to within 24 hours (apart from Shabbat and Holy Days). All applicants are offered an initial consultation with a senior counsellor to explore their situation and what the likely benefit would be.

Catchment Area: Greater London

Age Limit: adults of any age

Public Transport: Counsellors work in many places. Details of travel are discussed with the client.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Raphael Jewish Counselling Service, Couples Counselling

Address Details

Raphael - couples

PO Box 172

Stanmore

Email: info@raphaeljewishcounselling.org

Phone: 0800 234 6236

Website: www.raphaeljewishcounselling.org

Service Information

Raphael offers short-term and long-term non-directive counselling for individuals and couples in the Greater London Jewish Community.

People with relationship difficulties or other emotional problems that hinder achieving their potential, could benefit from Raphael counselling.

Service Access

Opening Times: Messages left on the answerphone (as above) are responded to within 24 hours (apart from Shabbat and Holy Days). All applicants are offered an initial consultation with a senior counsellor to explore their situation and what the likely benefit would be.

Catchment Area: Greater London

Age Limit: 16+

Public Transport: Details on application

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Raphael Jewish Counselling Service, Individuals Counselling

Address Details

Raphael - individuals

PO Box 172

Stanmore

Email: info@raphaeljewishcounselling.org

Phone: 0800 234 6236

Website: www.raphaeljewishcounselling.org

Service Information

Raphael offers short-term and long-term non-directive counselling for individuals and couples in the Greater London Jewish Community.

People with relationship difficulties or other emotional problems that hinder achieving their potential, could benefit from Raphael counselling.

Service Access

Opening Times: Messages left on the answerphone (as above) are responded to within 24 hours (apart from Shabbat and Holy Days). All applicants are offered an initial consultation with a senior counsellor to explore their situation and what the likely benefit would be.

Catchment Area: Greater London

Age Limit: 16+

Public Transport: Details available on request

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Step by Step

Address Details

Tyssen Children's Centre
Oldhill Street
Hackney
London
N16 6QA
Email: stepbystep@tyssen.hackney.sch.uk
Phone: 020 8806 4130 ext 58
Fax: 8806 3620

Service Information

Step by Step transforms the quality of life of moderate/severely disabled children and young people and their families from the Orthodox Jewish community in Hackney by providing out-of-school activities. Our programmes give them fun, educational and sport & leisure opportunities, whilst giving their families much needed respite.

We currently run; Sports and leisure: Over 90 disabled young people are benefiting from weekly sessions of swimming, horse riding, African drumming, ice skating and football, after school hours. Sunday club: 40 disabled young people take part in an exciting full day programme in a safe environment on Sundays. School holidays: Up to 40 children with disabilities benefit from a stimulating full day programme which takes place on all days when school is closed. (Summer and winter breaks, seasonal holidays, bank holidays, half term, and inset days.) Residential breaks: 35 children with disabilities enjoy a one week residential as well as two weekend breaks in a rural setting.

The children's disabilities range from Down's syndrome, Cerebral Palsy, Autism, spinal bifida, deaf and blind children, sensory impaired children, mental disabilities and children with learning/behavioural disorders.

Service Access

Opening Times: Please contact Step by Step for the specific times of activities
Catchment Area: Orthodox Jewish community in Hackney and Haringey
Age Limit: Age 3 - 19
Public Transport: We provide wheelchair accessible transport to all our activities.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Not Needed
Mental Health Worker Referral: Not Known



Talking Matters Wellbeing Centre

Address Details

TMA
The Library
Portland Avenue
Stamford Hill
Hackney
London
N16 6SB
Email: office@TalkingMatters.info
Phone: 020 8 802 9222
Website: www.talkingmatters.info

Service Information

A range of services for Orthodox Jewish people with stress-related issues. Choices programme (counselling). Portals project. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications. Tots 2 Teens.

Service Access

Opening Times: Opening Times: MON, TUE and THUR: 10am - 8pm, WED: 10am - 6pm, FRI: 10am - 1pm. Fees: General services are free, course fees may vary and counselling is £5 per hour.
Catchment Area: Hackney.
Age Limit: 5+
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Talking Matters Wellbeing Centre, Art Therapy Programme

Address Details

Art Therapy
Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8 802 9222
Fax: 020 8 802 9222

Service Information

Art therapy group for Orthodox Jewish ladies who are resident in Stamford Hill.
Choices programme (counselling). Tots 2 Teens. Portals project. Cultural awareness training seminars. Drama therapy group. Listening skills course. Complementary therapies. Small library. Publications.

Service Access

Opening Times: Tuesday mornings, 10.30am to 12.30pm
Catchment Area: Resident or GP in Hackney
Age Limit: 25-35 age range, For individuals
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Talking Matters Wellbeing Centre, Choices (Counselling) Programme

Address Details

Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8 802 9222
Fax: 020 8 802 9222

Service Information

1:1 sessions or couples counselling or therapy.
Counselling or therapy applicable to Holocaust survivors and their families, 1st 2nd 3rd & 4th generations or anyone in need of counselling or therapy from the Stamford kehilla.
Tots 2 Teens. Portals project. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications.

Service Access

Opening Times: To be agreed with therapist. 1 week assessment. 12 weeks x 1 hour therapy.
Catchment Area: Stamford Hill. Resident in Hackney or GP in Hackney
Age Limit: 16+ age range
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Talking Matters Wellbeing Centre, Complementary Therapies Programme

Address Details

Complementary Therapies
Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8 802 9222
Fax: 020 8 802 9222

Service Information

A range of complementary therapies for stress reduction and prevention. For those in need of therapeutic head massage, Reiki, osteopathy, naturopathy, reflexology & acupuncture. Can be used in conjunction with counselling for stress prevention. For anyone in the area. Primarily for those on benefits and low incomes etc. Cost is on a sliding scale depending on income. Choices Programme (Counselling). Tots 2 Teens. Portals project. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Small library. Publications.

Service Access

Opening Times: Every thursday 9.00am to 4.00pm
Age Limit: 5+
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: No
Mental Health Worker Referral: No



Talking Matters Wellbeing Centre, Counselling Library

Address Details

The Library
Portland Avenue
Stamford Hill
Hackney
London
N16 6SB
Phone: 020 8802 9222

Service Information

Small counselling library.

Library for counselling students, listening skills course students and members of Stamford Hill kehilla. Over 350 books on counselling, psychological issues, self esteem et al., some in Ivrit. Choices programme (counselling). Portals project. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications. Tots 2 Teens.

Service Access

Opening Times: MON, TUE and THUR: 10am - 8pm, WED: 10am - 6pm, FRI: 10am - 1pm.

Wheelchair Access: No

Self Referral: Yes

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Talking Matters Wellbeing Centre, Cultural Awareness Training Seminars (CATS)

Address Details

Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8 802 9222
Fax: 020 8 802 9222

Service Information

Cultural awareness training.
Cultural awareness seminars for non-jewish professionals who work with the Charedi community, local councils, police, NHS service providers, TV and companies.
Choices Programme(Counselling). Tots 2 Teens. Portals project. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications.

Service Access

Opening Times: By arrangement, and monthly ongoing seminars.
Age Limit: 16+ age range
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: Not Needed
Mental Health Worker Referral: Not Needed



Talking Matters Wellbeing Centre, Directory of Counselling Organisations

Address Details

The Library
Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8802 9222

Service Information

Counselling Directory.

Directory of counselling in the Orthodox Jewish Communities in Britain.

Publications: 'Referral Directory of Counselling in the Orthodox Jewish Communities of Gt Britain' : £5 a copy but free to GPs, HA's, vol sect orgs, schools. Research: Marriage and Marriage in the OJC (Martin and Loewenthal), Emotional and Behavioural Experiences of OJC's in North London, Stamford Hill; Needs Assessment of Mental Health Services (Martin and du Sautoy); Understanding Addictions from Sugar and Shopping to Substances in English, Yiddish and Hebrew (Martin). Choices programme (counselling). Portals project. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications.Tots 2 Teens.

Service Access

Opening Times: MON, TUE and THUR: 10am - 8pm, WED: 10am - 6pm, FRI: 10am - 1pm.
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Talking Matters Wellbeing Centre, Drama Therapy

Address Details

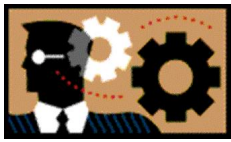
Drama Therapy
Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 0208 802 9222
Fax: 020 8 802 9222

Service Information

Drama therapy.
Drama therapy group for orthodox ladies, age 25 to 35 and resident in Stamford Hill. £4.00 per session per week.
Choices programme (counselling). Tots 2 Teens. Portals project. Cultural awareness training seminars. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications.

Service Access

Opening Times: Tuesday evenings, 8.15pm to 9.45pm
Catchment Area: Resident or GP in Hackney
Age Limit: 25-35 age range
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill.
Wheelchair Access: No
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Talking Matters Wellbeing Centre, Listening Skills Course (For Ladies)

Address Details

Listening skills course for ladies
Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8 802 9222

Service Information

Training in listening skills useful for working with people or in a listening skills capacity.
A 15 week course leading to a national qualification in Listening Skills at Level 2. For Orthodox Jewish ladies who are residents in Stamford Hill. Cost is £200.00
Choices programme (counselling). Tots 2 Teens. Portals project. Cultural awareness training seminars. Drama therapy group. Art Therapy. Complementary therapies. Small library. Publications.

Service Access

Opening Times: Wednesday mornings, 10.00am to 12.00 noon
Catchment Area: Resident or GP in Hackney
Age Limit: 18+ age range, married individuals
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill
Wheelchair Access: No
Self Referral: Yes
GP Referral: Not Needed
Mental Health Worker Referral: Not Needed



Talking Matters Wellbeing Centre, Portals Project

Address Details

Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 0208 802 9222
Fax: 020 8 802 9222

Service Information

Identifying needs and gaps in services and making referrals to projects and pathways to other services, thereby making access to services easier.

Open to all members of the Stamford Hill community. Identifying needs and gaps in services. Referrals to TMA projects and pathways to other services. Making access to services easier. For individuals and groups. Free service to groups and organisations. Individual referrals to TMA groups and counselling will incur cost of £5.00 per session.

Choices Programme (Counselling). Tots 2 Teens. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications.

Service Access

Opening Times: Office hours or by arrangement. Opening hours are: Monday, Tuesday and Thursday, 10.00am to 8.00pm. Wednesday, 10.00am to 6.00pm. Friday, 10.00am to 1.00pm

Catchment Area: Resident or GP in Hackney

Age Limit: 16+ age range, individuals and groups

Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill

Wheelchair Access: No

Self Referral: Yes

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Talking Matters Wellbeing Centre, Tots 2 Teens

Address Details

Tots to Teens
Wellbeing Centre
The Library, Portland Avenue
Stamford Hill
London
N16 6SB
Email: office@talkingmatters.info
Phone: 020 8 802 9222
Fax: 020 8 802 9222

Service Information

Children needing counselling from the Stamford Hill kehilla in the 5 to 15 age range. All kind of counselling, but mostly art and play therapy for the 5 to 15 age range. Applicable to Holocaust Survivors and their families, 3rd & 4th generations and anyone in need of counselling from the Stamford Hill kehilla. Choices programme (counselling). Portals project. Cultural awareness training seminars. Drama therapy group. Art therapy group. Listening skills course. Complementary therapies. Small library. Publications.

Service Access

Opening Times: To be agreed with therapist. 1 week assessment. 12 weeks x 1 hour therapy. All therapists are police checked. All children must have parents' written consent or agreement. Catchment Area: Stamford Hill. Resident in Hackney or GP in Hackney
Age Limit: 5 to 15 age range.
Public Transport: Tube: Seven Sisters, Train & Bus: Stamford Hill.
Wheelchair Access: No
Self Referral: No
GP Referral: Yes
Mental Health Worker Referral: Yes



The Hope Centre

Address Details

228 Walm Lane

London

NW2 3BS

Email: hope@norwood.org.uk

Phone: 020 8 809 8240

Fax: 020 8 438 2933

Website: www.hope-centre.org.uk

Service Information

The Hope Centre provides services for children and young people (aged 3-19 years) with a wide range of learning disabilities and special educational needs. Using the unique methodology devised by Professor Reuven Feuerstein, tuition is either on a one-to-one basis or in small groups. Services Offered Include: - Thinking skills programmes - Specialist assessments including dynamic assessment - Occupational and speech therapy - Training packages for professionals and parents.

Occupational Therapy: An occupational therapist will look at the underlying skills needed to perform a specific task to see whether there are any problems affecting performance. **Speech & Language Therapy:** Speech and Language Therapists (SLTs), work with students who have difficulties communicating (Communication Therapist). Therapy may be carried out through floor-play, structured games and activities. **Dynamic Assessments:** The Learning Propensity Assessment Device (LPAD). Is a specialised assessment technique which measures potential rather than what the child can't do. **Intensive intervention:** Individual and group sessions using MLE (Mediated Learning Experience). **Outreach services:** To local schools, including workshops and Parent Child Interaction services. **Instrumental Enrichment (IE):** A structured thinking skills programme which strengthens cognitive functions (building blocks of learning), creating more flexible and efficient thinkers. **Courses in IE1, IE2, LPAD and Bright Start** (A cognitive programme for younger years). **Insets and seminars** especially designed for LSAs, parents and carers.

Facilities include: • Sensory integration room • Fully equipped art room – (Mediated Learning through Art activities) • Cognitive motor studio – (Dance Movement Therapy) • Two-way observation rooms • Computer room • Conference Room • Outdoor play area • Life-skills training kitchen • Family room • Medical room • Full access for wheelchair users • Lecture / training room • Car Park

Service Access

Opening Times: Monday - Friday.

Catchment Area: Brent, Barnet, Camden, Hertfordshire, Stamford Hill.

Age Limit: 3-19.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



The Manor House Centre for Psychotherapy and Counselling

Address Details

The Sternberg Centre
80 East End Road
London
N3 2SY

Email: admin@manorhousecentre.org.uk

Phone: 020 8 371 0180

Fax: 020 8 930 7375

Website: www.manorhousecentre.org.uk

Service Information

counselling and psychotherapy training and referral service

Service Access

Wheelchair Access: Not Known

Self Referral: Not Known

GP Referral: Not Known

Mental Health Worker Referral: Not Known



The Manor House Centre for Psychotherapy and Counselling, Counselling Services

Address Details

The Sternberg Centre

80 East End Road

London

N3 2SY

Email: admin@manorhousecentre.org.uk

Phone: 020 8 371 0180

Fax: 020 8 930 7375

Website: www.manorhousecentre.org.uk

Service Information

counselling and psychotherapy referral service

Service Access

Opening Times: by arrangement

Wheelchair Access: Not Known

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



The Manor House Centre for Psychotherapy and Counselling, Counselling Training

Address Details

The Sternberg Centre

80 East End Road

London

N3 2SY

Email: admin@manorhousecentre.org.uk

Phone: 020 8 371 0180

Fax: 020 8 930 7375

Website: www.manorhousecentre.org.uk

Service Information

counselling training

Service Access

Opening Times: Thursday evening & Friday daytime

Wheelchair Access: No

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



The Monday Club

Address Details

North Western Reform Congregation
Alyth Gardens
Barnet
London
NW11 7EN
Email: dennissher@hotmail.com
Phone: 020 8 458 3506
Fax: 020 8 458 3506
Website: www.alyth.org.uk

Service Information

The Monday Club is a group for people with learning difficulties that offers a variety of activities led by professional instructors in art, drama and music therapy, as well as "Stretch-and Exercise" and sing-a-longs.

Service Access

Opening Times: monday, 7.30pm - 9.30pm
Catchment Area: north london
Age Limit: adults
Public Transport: Golders Green Station Nos 82 or 460 bus
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: No
Mental Health Worker Referral: No



Tikva

Address Details

65 Fairholt Road

London

N16 5EW

Email: tikvahope@btconnect.com

Phone: 0208 234 3058

Service Information

We run services for parent-carers for adults with learning disabilities within the Orthodox Jewish community. This comprises a support group and relaxation sessions for carers as well as respite opportunities and breaks for their 'children' with disabilities.

To provide valued time for parent-carers concentrating on their self expression and to provide respite services and breaks which will benefit both carers and their adult children, To set up a residential project for the disabled adults.

Service Access

Opening Times: office runs Mon-Thurs on a part time basis

Catchment Area: Usually London. But some of our services may be open to people from other areas

Age Limit: 16+

Public Transport: N/A

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



United Synagogue Visitation Committee

Address Details

44b Albert Road

London

NW4 2SG

Email: sue.soloway@jvisit.org.uk

Phone: 020 8 457 9709

Fax: 020 8 457 9707

Service Information

We provide and train chaplains and lay visitors to visit Jewish patients who are in NHS Hospitals in England

Recruit and train Rabbonim and lay visitors who will visit Jewish patients in NHS hospitals

Prison visitation - providing Rabbonim and lay visitors to visit in HMP Establishments in England and Wales

Service Access

Opening Times: 10am to 5pm - Mondays and Thursdays 10am to 1pm - Tuesdays

Catchment Area: London and England

Age Limit: none

Public Transport: n/a

Wheelchair Access: Not Needed

Self Referral: Yes

GP Referral: Not Needed

Mental Health Worker Referral: Not Needed



Yad Voezer

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

A range of services for people with learning disabilities and mental health illness.
Residential care, respite care, Supported Housing, Day care, Family Support etc.
Advice on benefits, Speech Therapy, holidays, clubs.

Service Access

Opening Times: Main office: Monday-Thursday 9am-5pm, Fridays 9am-1pm, Residential homes
24 hours
Catchment Area: Mainly North & North West London
Age Limit: no age limit
Public Transport: 106 & 253 bus close to Main Office & Day Centre Manor House & Finsbury
Park Underground stations within easy reach of all services
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Yad Voezer, Benefits Advice

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Advice on benefits.

A free Benefits Advice Service is offered aimed at meeting the special requirements of people with learning disabilities or mental health problems in the orthodox Jewish community. Families are helped to fill in relevant forms and advised as to maximum eligibility. Support and advocacy are offered at Tribunals to overthrow negative decisions.

Residential care, respite care, supported housing, day care, family support, speech therapy, holidays, clubs.

Service Access

Opening Times: 9.00am-5.00pm

Catchment Area: International

Age Limit: N/A

Public Transport: Manor House Underground, Stoke Newington British Rail, 106,253,149,76,141,341, buses

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Yad Voezer, Clubs

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Social clubs for children and adults with learning disabilities or mental health problems. Yad Voezer runs single sex clubs for children and adults with learning disabilities or mental health problems. They offer many different activities including art therapy, music and dancing, drama, games, videos, sports and outings. Members socialise in a relaxed atmosphere and can make themselves tea, coffee and refreshments. The clubs are a valuable opportunity to explore new skills in an accepting and encouraging environment. All staff are well-trained, experienced and friendly. The amount of provision required is assessed by Social Services and funding is dependent on the level of care.

Residential care, respite care, supported housing, day care, family support, advice on benefits, speech therapy, holidays.

Service Access

Opening Times: Men and boys: Monday, Wednesday, Thursday 4.30-6.30pm, Sunday 10.00-2.00pm. Women and girls: Tuesday 6.00-8.30pm and Sunday 1.30pm - 5.30pm. In school and college holidays there is a full day programme of outings or interesting and varied indoor activit

Catchment Area: Greater London

Age Limit: 12 +

Public Transport: Manor House Underground, Stoke Newington British Rail, 106,253,149,76,141,341, buses.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Yad Voezer, Day Care

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Day care facilities

Building work is almost complete on a large state of the art purpose built Day Centre in Hackney. At present, clients with learning disabilities or mental health problems follow Care Plans tailored to each individual's need. They are supported in learning independent living skills and how to integrate into society. Many activities are offered such as drama, music therapy, sports and games, arts and crafts, as well as IT Training. Employment opportunities are also available. There is a Snoezelen Interactive multi-sensory room where people can relax and unwind.

Residential care, respite care, supported housing, family support, advice on benefits, speech therapy, holidays, clubs.

Service Access

Opening Times: 9.00am - 5.00pm

Catchment Area: Greater London

Age Limit: 12+

Public Transport: Manor House Underground, Stoke Newington British Rail, 106,253,149,76,141,341, buses.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Yad Voezer, Family Support

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Family support, advice and signposting.

Yad Voezer's Family Support Department is the first port of call for access to our services.

People are given emotional and moral support and pointed in the right direction for assistance. Welfare and Benefits Advice are given and advocacy provided where necessary. Hebrew and Yiddish speaking staff available.

Residential care, respite care, supported housing, day care, advice on benefits, speech therapy, holidays, clubs.

Service Access

Opening Times: 9.00am-5.00pm

Catchment Area: National

Public Transport: Manor House Underground, Stoke Newington British Rail,
106,253,149,76,141,341, buses.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Yad Voezer, Holidays

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Holidays for people with learning disabilities or mental health problems.

Yad Voezer provides Holiday Schemes for people with Learning Difficulties or mental health problems. These run during National and Jewish Holidays and School and College holidays. There are day outings or indoor activities. Hours: Mon-Fri 10am - 4pm. Sundays 10am - 2pm. During the summer there is a week's Residential Camp for men in Skeet, Kent and for Ladies in various other Holiday resorts. These are usually funded through Social Services according to the Client's needs assessment.

Residential care, respite care, supported housing, day care, family support, advice on benefits, speech therapy, and clubs.

Service Access

Opening Times: Monday to Friday 10.00am - 4.00pm, Sundays 10.00am - 2.00pm in holidays and 24 hour residential camp.

Catchment Area: National

Age Limit: 18+

Public Transport: Manor House Underground, Stoke Newington British Rail, 106,253,149,76,141,341, buses.

Wheelchair Access: Yes

Self Referral: Yes

GP Referral: Yes

Mental Health Worker Referral: Yes



Yad Voezer, Residential Care

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Residential homes for men and women.

Yad Voezer manages two Registered Residential Homes for men and one for ladies. There are also two Supported Housing Projects for ladies. These are run in accordance with Orthodox Jewish Tradition under the supervision of the Union of Orthodox Hebrew Congregation (Kedassia). The Organisation has had accreditation from 'Investors in People' since 2000. Each resident has his/her own bedroom with ensuite washing facilities. The homes provide a full 24 hour support programme and are designed to meet the interests of a varied group. All residents take part in community events. Fees vary according to the level of support required. All homes conform to the highest standards of the Commission for Social Care Inspection.

Residential care, respite care, supported housing, day care, family support, advice on benefits, speech therapy, holidays, clubs.

Service Access

Opening Times: 24 hours
Catchment Area: National
Age Limit: 18+
Public Transport: Manor House Underground, Stoke Newington British Rail, 106,253,149,76,141,341, buses.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Yad Voezer, Respite Care

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Respite care.

Yad Voezer offers respite to families of people with learning disabilities or mental health problems. Clients can enjoy many varied activities such as outings to places of interest or indoor creational and developmental programmes. Residential respite can take place in any of our three Registered Residential Care Homes or in our Day Centre. All staff are fully qualified and experienced. Funding is arranged through Social Services according to the client's needs. Residential care, respite care, supported housing, day care, family support, advice on benefits, speech therapy, holidays, clubs.

Service Access

Opening Times: 9.00am - 5.00pm or 24 hours in certain circumstances
Catchment Area: National
Age Limit: 12+
Public Transport: Manor House Underground, Stoke Newington British Rail, 106, 253, 149, 76, 141, 341, buses.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Yad Voezer, Speech Therapy

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Speech Therapy

Yad Voezer provides Speech Therapy to people with Learning Disabilities or mental health problems. We have a fully qualified and experienced Speech and Language Therapist. Sessions are held on Mondays 2-5.30pm. Yiddish, German and Hebrew are spoken. Referrals can be made through schools, Local Authorities or individuals. Residential care, respite care, supported housing, day care, family support, advice on benefits, holidays, clubs.

Service Access

Opening Times: Mondays 2.00pm - 6.00pm
Catchment Area: Greater London
Age Limit: 8+
Public Transport: Manor House Underground, Stoke Newington British Rail, 106, 253, 149, 76, 141, 341, buses.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



Yad Voezer, Supported Housing

Address Details

90 Queen Elizabeth's Walk
Hackney
London
N16 5UQ
Email: yadvoezer@btconnect.com
Phone: 020 8 809 2828

Service Information

Supported Housing

Yad Voezer manages two Supported Housing Projects for Women and one for single gentlemen who, whilst not requiring the high level of care provided in its Residential Homes, still require considerable support during the day and night. Our Projects have been hailed as model schemes by Local Authorities and are examples of how people with learning disabilities or mental health problems can be supported in living independently.

Residential care, respite care, supported housing, day care, family support, advice on benefits, speech therapy, holidays, clubs.

Service Access

Opening Times: 24 hours
Catchment Area: Greater London
Age Limit: 18+
Public Transport: Manor House Underground, Stoke Newington British Rail, 106, 253, 149, 76, 141, 341, buses.
Wheelchair Access: Yes
Self Referral: Yes
GP Referral: Yes
Mental Health Worker Referral: Yes



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Agudas Israel Community Services

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Agudas Israel Housing Association Ltd

Background Information

Agudas Israel founded Schonfeld Sq. some eighteen years ago and it provides a therapeutic and stimulating environment for people with Alzheimer's disease and general debilitation.

Two satellite organisations under the aegis of Aguda are Beis Rochel and 30 Dunsmore Rd. These provide supported living accommodation to people with mental health problems.

Beis Rochel, 52 Lordship Park, is a double fronted house comprising nine individual flats with cooking and bathing facilities as an integral feature in each flat. Beis Rochel provides a therapeutic environment with an individual programme designed for each tenant. The atmosphere is open and trusting with the relationship between staff and client based on being truthful, non-judgmental and accepting. All clients are encouraged to think about moving on and this process is facilitated by staff input to each individual client and by providing the necessary skills for independent living.

30 Dunsmore is located in the heartland of Stamford Hill and provides supported living accommodation to seven men. Again individual support is provided to clients and outcomes demonstrate the successful results this approach is having.

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Ahada Bereavement Counselling

Background Information

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Arbib Lucas Charity

Background Information

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Bikur Cholim

Background Information

Bikur Cholim D'Satmar Trust's mission is to relieve the effects of sickness, poor physical and mental health and old age, for people of the Charedi community in North London by assisting with the provision of support, facilities and services.

Established in 1979, in response to a local tragedy, Bikur Cholim D'Satmar was founded so as to ensure that no person would have to battle the challenges of illness and disability on their own. Three decades since we were first established our commitment to this ideal remains as principal as ever.

Although there is not much that can be done to prevent illness, there is a lot that can be done to reduce the pain that accompanies it. Bikur Cholim D'Satmar's longstanding trademarks of dedication, sensitivity, compassion and confidentiality have enabled us to meet the individual needs of each of our service users.

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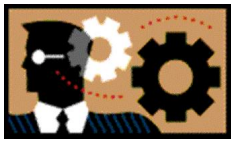


Birnbeck Housing Association Ltd

Background Information

A housing association.

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Chevrat Bikkur Cholim (Friends of the Sick)

Background Information

Chevrat Bikkur Cholim has been in existence for over 60 years. It provides a vital service to the community by helping the elderly, disabled or sick people cope with their daily routine. Our carers are not licensed to provide personal care.

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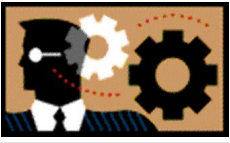


Chizuk

Background Information

Chizuk was founded in 1996 in response to community care legislations. It services primarily the Orthodox community, but no one is ever turned away without appropriate help. Services are delivered in accordance to Jewish law and are particularly sensitive to the cultural and religious needs of the Orthodox Jewish Community. The community is based in three main cities, London, Manchester and Gateshead. Chizuk is recognized by the Union of Orthodox Hebrew Congregations, Department of Health, Department of Children, School and Families, Local Primary Care Trusts and Mental Health Trusts and Local Authorities. Chizuk works collaboratively with other organizations in the community who have an interest in health and social care as well as playing its part in the wider community representing the views of the Chareidi (strictly Orthodox) community on mental health.

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Empathy

Background Information

Launched in 2007.

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Ezer Leyoldos

Background Information

Ezer Leyoldos supports children and families in the Orthodox Jewish community. Our mission is to ensure that children are safe and secure, enjoy good emotional and physical health and have the opportunity to reach their full potential. Our aim is to help families that are experiencing difficulties to function effectively, harmoniously and independently; promoting a stable environment and providing positive outcomes for children.

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Ezer North West

Background Information

Founded in 2000 to serve the needs of the Jewish community in NW London. Since then we have helped families further afield.

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In Touch/Kids United

Background Information

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Industrial Dwellings Society (IDS)

Background Information

IDS was established as the Four Per Cent Dwellings Company in 1885 by a group of Jewish philanthropists who hoped to relieve the overcrowding in homes in the East End of London.

In 1952, it became the Industrial Dwellings Society (1885) Ltd.

Today, IDS manages over 1,400 properties in Hackney, Redbridge, Barnet, Tower Hamlets and Southwark.

The housing stock includes flats, houses, sheltered housing, accommodation for people with special needs, as well as a number of shared ownership properties.

We currently employ fifty staff, including residentially-based teams.

We have an on-going development portfolio, and enjoy enviable performance statistics in housing management and tenant satisfaction. We are preferred partners of the London Boroughs of Hackney and Redbridge for the provision of housing for the Jewish community.

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Interlink Foundation

Background Information

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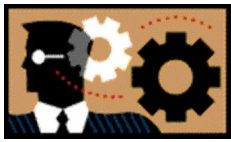
Jami

Background Information

Jami was established in 1989 as a charity for the care, support, education, training and rehabilitation of Jewish people suffering with mental health problems and to provide help to relatives and carers.

Jami is committed to working alongside statutory services towards the provision of high quality mental health support in the Jewish community, with the aim of rehabilitation, integration and social inclusion. People are supported and encouraged to take an active part in the decisions that affect their lives.

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Jewish Bereavement Counselling Service

Background Information

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Jewish Care

Background Information

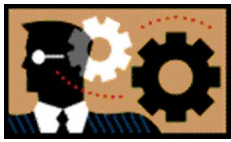
Jewish Care was created in 1990, through the merger of two charities, to ensure we could provide the best care for the community's needs in the most cost-effective way.

Since then, we have built up strong links and merged our work with other Jewish charities in order to maintain our vision of high quality care for the community.

The following organisations and agencies now come under the umbrella of Jewish Care:

- Jewish Welfare Board,
- Jewish Blind Society,
- Jewish Home and Hospital at Tottenham,
- Food for the Jewish Poor (Soup Kitchen),
- British Tay-Sachs Foundation,
- Waverley Manor (Friends of the London Jewish Hospital) - now Clore Manor,
- Brighton and Hove Jewish Home - now Hyman Fine House,
- Stepney Jewish (Bnai Brith) Clubs and Settlements,
- Sinclair House - Redbridge Jewish Youth and Community Centre.

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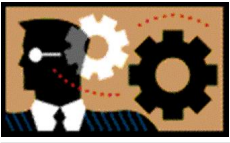


Jewish Community Housing Association

Background Information

Jewish Community Housing has also been known as Bnai Brith JBG Housing. The name was changed in 2005. The Association specialises in sheltered housing and as such is the largest provider of sheltered and supported housing in the UK and also within the Jewish community.

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Jewish Helpline Ltd

Background Information

We have many years' experience of providing a listening service to callers, offering them the opportunity to talk and be heard in a confidential and non-judgmental environment.

The line supports all callers regardless of religious commitment, age or gender.

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Jewish Marriage Council

Background Information

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Jewish School Services

Background Information

Jewish School Services (JSS) started its life in 2005 as the crisis prevention and early intervention arm of The Clubhouse. JSS recognises that most of the young adults who end up in crisis or excluded from society had a negative school experience, and struggled with their studies, with friendships or with their own identity at school.

Now as an organisation in its own right, JSS believes that “prevention is better than cure”, through early identification of children at school who are at risk, long before they are excluded from school, from their families or from yeshivos and seminaries. Often their teenage life crisis is caused by lack of emotional well-being in school, and learning challenges that have not been identified or addressed.

At JSS we tackle this head-on by working within schools to provide emotional and learning support to individual students, using a holistic approach that looks at all the needs of the child; and training headteachers, senior staff, rebbes and SENCOs to be more aware of the needs of all their students.

We introduce innovative programmes such as personalised learning mentoring, life skills development courses and creative partnerships with teachers and families.

Since schools have to concentrate on subject tuition and examinations rather than personal development, JSS also partners with schools to develop mentoring and coaching skills in their staff, enabling them to identify pupils' issues at an early stage (even in primary school) and to understand and support their challenges.

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Jewish Volunteering Network

Background Information

The concept of the Jewish Volunteering Network, JVN, started when one of the founding members decided she had spare time on her hands and would like to volunteer but did not know where to start. It occurred to her how much easier it would be to have a portal where all Jewish charities could promote their vacancies. Since its inception JVN has grown into a source of information for charities and volunteers alike and actively promotes volunteering in the Jewish community.

JVN is a national charity connecting people across the community. We work across the voluntary, public and private sectors to raise the profile of volunteering within the Jewish community. Our highly developed website helps volunteers find suitable opportunities and our telephone helpline offers a bespoke matching service for specific projects.

Whether you choose to give one hour a week to a local organisation, one month contributing to a national campaign or go volunteering abroad, JVN matches volunteers with the right opportunities to fit their interests and skills. We are proud to have hundreds of charities in our network offering roles as varied as delivering meals, putting on pantomimes, making food parcels, writing websites as well as administration, hands on social welfare projects and fundraising.

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Jewish Women's Aid (JWA)

Background Information

Jewish Women's Aid was established by volunteers in 1992, whose first project was to establish a national helpline for Jewish women facing domestic violence. That helpline is still a vital first point of contact for women making their first tentative steps to seeking help, and had more than 1000 calls last year.

The subsequent 15 years have seen a great expansion in activity, with the volunteers now supported by a dedicated professional team. Central to our current work is our refuge in London, which provides a vital haven for women starting on the path to rebuilding their lives. It is the only kosher and observant refuge in Europe, meaning it is suitable for women of all levels of religious observance. With room for 8 women and 12 children, it is nearly always full.

And of course this is just a tiny fraction of the Jewish women who need our help. A very important and growing area of JWA is the work we do with women in the community. In the last year, we have seen over 100 clients and this is expanding month by month. This means we can help women and their children in a huge variety of practical ways, whether it be legal, financial, emotional or practical. Our counselling service is also growing. Last year we saw 36 clients – all seen by professional therapists.

We want to stop the violence before it starts, which is why our education programmes in schools, aimed at different ages, are so important. All of our community awareness work, which includes presentations to adults too, alerts victims and children of victims to our existence and the help that is on hand.

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Kisharon

Background Information

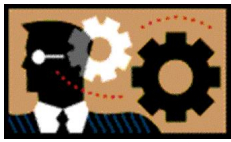
Founded in 1976, Kisharon now comprises a family of services that provide lifespan services for people with learning disabilities. These include an integrated (special needs and mainstream) Nursery, Day School, College, Day Opportunities Centre, Business Centre, residential care home, supported living service, and Day Opportunities service based in Stamford Hill.

Kisharon serves approximately 110 service users (2008 figure).

All services are open during normal working hours (9.00–4.30) except for Tuffkid Nursery (9.00–1.00) and, of course, the residential services which function round the clock.

Initial contact with all services should be made via Kisharon Head Office: 1011 Finchley Road, NW11 7HB, (020) 8731 7009 or email info@kisharon.org.uk.

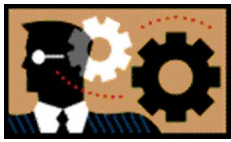
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Langdon Foundation

Background Information

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Larches Community

Background Information

The Larches Community is a local registered charity set up in 1995 by a group of families to make a difference to the lives of adults with learning disabilities and/or autism by increasing their confidence, skills set, happiness and quality of life.

Our Aims are to:

- Provide an exciting, meaningful and stimulating Education and Opportunities Programme including independent living skills,
- Create a vibrant, Leisure and Recreation Programme where each person is encouraged to experience friendship, being part of the community and a fulfilling social life,
- Establish Supported Living where each person feels a sense of belonging.

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Miyad, Jewish Telephone Crisis Line

Background Information

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Nightingale

Background Information

The charity's origins go back to 1840 and it has been on its current site in Clapham South West London for over 100 years. The Home is widely considered to be a leader in its field, providing first class standards of care for the most frail and vulnerable members of the Jewish community. The standards of care at Nightingale remain of the highest order as recognised by The Commission for Social Care Inspection which awarded it the maximum 3-star accreditation.

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Norwood

Background Information

With a history stretching back over two hundred years Norwood is the result of a merger of two major Jewish charities.

Norwood has cared for children since 1795, when a group of influential members of the Jewish community established the Jews' Hospital and Asylum in Mile End, East London.

Developing from this was one of the largest and most respected childcare institutions in the Jewish community, the Jewish Orphanage at Norwood, South London. It provided residential care for large numbers of children from the 19th century until its closure in the 1960s.

During this time many smaller family units with house parents were set up across London. The organisation entered the world of social services and established Norwood Child Care. By 1996 a comprehensive range of services were offered including day care, residential homes, fieldwork and the Norwood Jewish Adoption Society.

In 1996 the organisation merged with Ravenswood and a village, accommodating adults with learning disabilities, was added.

The modern day Norwood believes that regardless of disadvantage or disability, everyone should receive the support they need to reach their potential and enjoy life to the full.

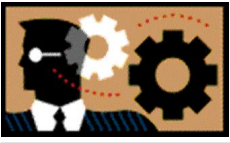
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Raphael Jewish Counselling Service

Background Information

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Step by Step

Background Information

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Talking Matters Wellbeing Centre

Background Information

Main Aims: Talking Matters promotes stress prevention in the Orthodox Jewish Community (OJC) through the provision of talking and complementary therapies, counselling training, group work, information in mother tongue, research and cultural awareness training seminars (CATS) to gentile service providers.

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The Hope Centre

Background Information

The Hope Centre for Cognitive Education was opened in 1996 by British parents of children with special needs who had received help from educational psychologist Professor Reuven Feuerstein's Jerusalem-based Institute. Their aim was to create a centre of excellence in the UK to enable children with learning difficulties to reach their full potential through the Feuerstein methodology as well as to provide training courses for professionals, parents and carers in the use of Feuerstein's techniques.

In May 2008 the Hope Charity joined Norwood's umbrella of children and family services. The expertise provided by Hope will complement Norwood's Binoh service, as well as Norwood's planned involvement with the Special Education Resource Unit at JCoSS.

Reuven Feuerstein's methodology is based on the belief that every individual's learning capacity can be enhanced throughout life. His theory of Structural Cognitive Modifiability holds that every human being is capable of change beyond their present level of functioning, despite barriers which have been traditionally regarded as insurmountable such as age, the cause of the condition or its severity.

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The Manor House Centre for Psychotherapy and Counselling

Background Information

The Manor House Centre for Psychotherapy and Counselling (MHCCPC) provides training for people working or planning to work in both paid and voluntary positions in the community. The Centre is in North London in a large historic Georgian house set in its own grounds and accessed by nearby Underground and Bus services. There are excellent teaching facilities, a library and cafeteria.

The Training Programme has developed over many years experience enabling students to work effectively and creatively within the counselling field, in the community and in specific work places. The term 'counselling' is used in many contexts and the variety of trainings and models can be confusing. The MHCCPC offers comprehensive training in psychodynamic counselling.

The MHCCPC believes there are no short cuts in either the treatment of emotional distress or in counselling training. Carefully structured Courses are offered and designed to give the student sufficient time to be able to absorb and implement the psychodynamic skills and techniques fundamental to working professionally within the therapeutic relationship at the most appropriate depth.

MHCCPC graduates take positions in the caring professions working both voluntarily and privately. The Training Programme is structured with this in mind and aims to provide a training based on psychoanalytic concepts which also focuses on the practical application of psychotherapeutic skills needed for both short and long term work.

On successful completion of either the Certificate in Counselling Skills or the Diploma in Psychodynamic Counselling and Therapy in the Community – which is accredited by the British Association for Counselling and Psychotherapy - students will be awarded the formal recognition of their achievement together with the knowledge that they are in possession of a solid foundation with which to embark on their chosen path.

The Manor House Centre for Psychotherapy and Counselling strives to provide equal opportunities and welcomes all applications from all sections of the community, regardless of age, race, religion, gender or sexual orientation.

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The Monday Club

Background Information

The Monday Club was started in the spring of 1972 by the Jewish Welfare Board, as a meeting place for Jewish people with learning disabilities. Over the years, the club has evolved and is now much more structured with weekly sessions led by professional instructors in drama, art, music therapy and stretch-and-exercise programmes as well as sing-a-longs. It is now open to people of all denominations with learning disabilities.

The club meets every Monday night from 7.30 until 9.30pm. Costs are 30p per session which also includes the best tea in London for 30p.

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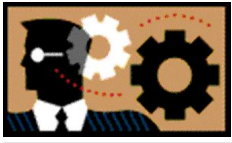


Tikva

Background Information

The organisation was founded in 2003 by parent-carers of adults with learning disabilities to improve services to this client group and to look at the needs of parent-carers. The aim was to set up quality services which would truly reflect need

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United Synagogue Visitation Committee

Background Information

The Visitation Committee, which is administered by the United Synagogue, trains and provides hospital and prison visitors to the entire Jewish Community.

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Yad Voezer

Background Information

Yad Voezer (A Helping Hand) was set up in 1975 to offer improved services for children and adults with a disability. It became a Registered Charity in 1978. Its services are run in accordance with orthodox Jewish tradition and its homes are under the supervision of the Union of Orthodox Hebrew Congregations (Kedassia). The Charity was founded by Rabbi & Mrs. Ephraim Landau and Mrs. Landau is currently the Chief Executive. Yad Voezer now manages three Registered Residential Homes and two Supported Housing projects among its other services. The organisation has maintained its accreditation as Investors in People since 2000 and strives to provide a high quality service in all of its projects. Yad Voezer is currently in the process of building a large Day Centre in Stamford Hill to provide vocational and leisure services, Family Support, clubs and social activities.

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