

Summer 2025

jamiuk.org

Jami matters

Our impact

**Increasing
Jonathan's social
interaction and
independence**

Our support

**Service for young
people extended to
third school**

Our expertise

**Supporting
young people
to stay safe on
social media**



Jami
part of **JEWISH CARE**

BIRTHDAY SIMCHA ENGAGEMENT ANNIVERSARY MEETING

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welcome

April 2025 marked Jami's first-year anniversary as part of Jewish Care and we have seen a lot of exciting change and development over the past 15 months.

Recently, our Children and Young Person's Service expanded to become The Dangoor Children and Young Person's Service, thanks to a generous gift from the Dangoor family, through the Exilarch's Foundation. This money will enable Jami to increase the number of children and young people we support over the next five years, at a time when one in five children and young people has a probable mental health issue and the country's mental health services are extremely under-resourced. It has also meant that, in May, we were able to expand the service into Yavneh College, benefitting those pupils, facing mental health challenges, with tailored one-to-one support that should help to ensure they enjoy a brighter future. You can read more about the service on pages 4–5.

In June, we were made to feel very much part of Jewish Care's Annual Fundraising Dinner – the second since our integration – at The Grosvenor House Hotel in London's Park Lane. Thanks to the generosity of the 900 guests who attended, a record-breaking £5.5 million was raised, which will be used to fund Jami's services, as well as the many services within Jewish Care that don't receive any government funding.

The appeal film, shown during the dinner, shared the emotional stories of some of the people and their families who are supported by Jewish Care and Jami, including the mother of one young person who turned to Jami during a time of fear and crisis for

her family, when her daughter was struggling with her mental health and diagnosed with anorexia. In the film, she said, "Jami is the organisation that has made the biggest difference to my daughter. She has made the most incredible recovery. The change in her has been absolutely monumental, and I'm just so incredibly grateful."

Meanwhile, Victoria, an assistant mental health practitioner in Jami's Dangoor Children and Young Person's Service, also featured in the film, explaining that she was inspired to become a mental health practitioner after receiving support from Jami during her teenage years, to help her cope with her anxiety. These people, and 3,000 more over the past financial year, have benefitted from our services – made possible because of your commitment to Jami.

We know that with your support, we can continue to turn many more people's lives around, whose mental illness and distress make everyday life a struggle, and provide hope for better things to come.



Louise Kermode
Director of Community
Mental Health Services



Daniel Carmel-Brown
CEO



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Extending our support to young people in the community

“If I had one million pounds, I would give it to Jami because of all the support they’ve given my daughter.”

These are the grateful words of Annabelle* – mum to 15-year-old Ava,* who has been receiving support from Jami’s Dangoor and Children’s Young Person Service since October 2023. The service has been working with young people, struggling with their mental health, since 2022, when it formed a partnership with JCoSS. In April 2023, it expanded into JFS and, thanks to a generous gift from the Dangoor family, through the Exilarch’s Foundation, it has been supporting young people at Yavneh College in Borehamwood since May 2025.

At a time when one in five children and young people has a probable mental health disorder, the expansion of the service has been fundamental in reaching young people with mental health issues in our community. It offers them a space to talk about

their friendships and family dynamic; strategies to overcome barriers they may be facing, such as low mood and anxiety; help to improve their self-esteem and confidence; and emotional and practical support during the exam period and everyday school life.

As Louise Kermode, Jami’s director of community mental health services, explains, “Providing this specialist service to as many of our secondary-school-aged children as possible is filling a vital gap between the growing numbers of young people struggling with their mental health and the lack of mental health services currently available to them.”

Ava is just one of 184 young people who has benefitted from the service since its start. According to her

mum, Annabelle, the mental health support her daughter received before contacting Jami was both insufficient and unhelpful. And, for many more, it has simply not been available as their mental health issues haven’t been considered serious enough.

When Annabelle turned to Jami to get support for Ava, she had been struggling with an eating disorder for some time. She was only eating one poached egg a day and exercising excessively, negatively impacting her skin, her iron levels and her periods. But the family needed to get to the root of what was causing it.

*Names have been changed to protect identities.



In her fortnightly sessions at JFS with Kayla, one of Jami's mental health practitioners in The Dangoor Children and Young Person's Service, Ava worked with Kayla on setting some goals for herself. Together they explored Ava's feelings around body image and food, looking at the triggers preventing her from wanting to eat, plus the reasons why. Kayla has also done work with Ava on reflection and acceptance, encouraging her to value herself and her strengths.

Almost two years on from when she first started with Jami, Ava now has all the resources and tools she needs to help manage her eating disorder and be the person she wants to be. Having turned down the opportunity, a couple of years ago, to go on a school trip because she felt too body conscious, Ava is now looking forward to going on a holiday with her

friends this summer. And her mum couldn't be prouder. "Ava has developed a great rapport with Kayla, and Jami's support has made the biggest difference to Ava's mental health. This time, two years ago, I could never have imagined Ava being able to go away. It would have been far too great a challenge for her. But now look at her! The change is amazing."

To find out more about The Dangoor Children and Young Person's Service, please visit jamiuk.org/dangoor-cyp



Talking Therapies' clients benefit from new Wohl Counselling Suites

Jami's Talking Therapies service, which provides a non-judgemental, safe space where we can talk about what may be troubling us and explore how to make changes to our behaviour, has acquired four new bespoke therapy suites, thanks to a generous donation from the Wohl Legacy.

The new Wohl Counselling Suites, together with a waiting area, are based at Jewish Care's Maurice and Vivienne Wohl Campus in Golders Green. Each suite, which has been designed for one-to-one counselling and themed to connect to nature and the four seasons of the year, is sensitively furnished with a couple of comfortable armchairs, a coffee table, brightly coloured pictures on the walls and soft lighting, to create a warm and relaxing space to make our clients feel more comfortable during their therapy sessions with Jami.

Young people, like Ava,* who receive support through The Dangoor Children and Young

Person's Service, will now also benefit from one-to-one counselling, following the recent expansion of Jami's Talking Therapies service from adults to also those aged 11–18 years old, plus the addition of new therapists to the team.

Talking therapies help to prevent emotional issues from worsening and having a significant impact on a person's life, as well as supporting the recovery of a person whose mental health is impacting on their ability to function in their day-to-day life and in their relationships.

Louise Kermode, director of community mental health services, says, "The need for counselling, especially among young people, is greater now than ever before. The support of the Wohl Legacy has come at a time when the lack of mental health services available to people coincides with an increasing number of those struggling with their mental

health. It can be challenging to talk about how we feel when we are finding it difficult to cope. Being able to provide our clients with an appropriate, warm and welcoming environment to express their emotions, is therefore so important."

This extra support for young people and adults in our community, who may be struggling with everything from anxiety and depression to self-harm and suicidal ideation, could make a world of difference in enabling them to enjoy a brighter future.

Professor David Latchman CBE, chairman of The Maurice Wohl Charitable Foundation, says, "We are pleased that the new Wohl Counselling Suites will help to enhance the specialist mental health support available through Jami's Talking Therapies service for young people and adults in the Jewish community who depend upon it."

To find out more about Jami's Talking Therapies service, visit jamiuk.org/talkingtherapies or call 020 8458 2223.



Supporting our boys to become mentally healthy young men

The recent Netflix show, *Adolescence*, has raised the anxiety of many adults. It's shone a light on the experiences of boys and young men, particularly their online experiences, raising concerns about digital safety and access to the manosphere – an online space characterised by vilification of women. Emma Dorman, senior education coordinator CYP education lead at Jami, part of Jewish Care, explains what we can do to keep them on the right track.

The parents of Jamie, the lead protagonist in the series, thought their 13-year-old son was safe in his room. They never imagined the content or consequences of his social media use, which leads to the murder of a female classmate.

Like Jamie's parents, many of us feel out of our depth helping our kids navigate the

world around them. We don't fully understand what it's like to be a teenager right now. *Adolescence* shows us that teens are literally speaking another language. The police officer in the programme needs his son to translate social media.

How could this happen?

Many have asked how could this happen? *Adolescence*

has rightly prompted a vital conversation around online safety and misinformation, and points to a troubling societal theme around misogyny and knife crime. However, the all-important conversation about boys' and young men's mental health remains mostly untouched. It's our silence around how boys and men think and feel that has got us here.

What's going on?

Jamie is a “normal” 13-year-old boy. His life is familiar to many of us. He could be any of our children. So, what leads Jamie down this frightening path? Throughout the show, we see that, despite his friends and family, Jamie feels alone and rejected. He expresses low self-esteem and anger at the world. How many young boys and men feel similarly, carrying these feelings alone with no one to talk to?

Some find solidarity online. Content, often posts or memes, echo their frustration, loneliness, anxiety or fears of rejection. We all need to feel understood. But, when real-world networks don't validate these feelings or experiences, we look for connection online. This content can be a gateway to more toxic or dangerous spaces, such as the manosphere, which can feel like community and keep boys and young men engaged.

These platforms are age-inappropriate and unregulated. Thus, those boys, who are already isolated or misunderstood, are unlikely to approach a trusted adult to fact check, or gain clarity or a second opinion. Fearing further rejection or removal from a platform, they stay silent and delve deeper.

What can we do?

In the aftermath of *Adolescence*, there's an important focus on digital literacy and safety. We must be vigilant about this, irrespective of sex or age, ensuring that we understand

the platforms they use, the privacy settings and the reporting mechanisms. Be curious rather than combative about social media. Listen to the language and messages they share. Ask where they've heard them and if they agree. Be wary of criticising, which may cause shame. Instead, try to engage in conversation and learn together.

The other half of the equation is less visible – emotional connection. Young men and boys need to feel seen, valued and part of a community. Start by taking an active interest in their lives. Try to find common ground. Don't force them to talk, but be available. Appreciate that this may take time. Trust needs to be earned and ongoing connection over time will foster communication.

We can help increase their confidence by noticing their language in relation to themselves. Bring compassion to the conversation and help them reframe. Role model positive self-talk and compliment them genuinely and specifically to build self-esteem.

Help them find their tribe off-screen. Connect them with clubs, hobbies and like-minded individuals. Ask them what they're interested in, want to learn or do more of? Talk together about how we make it happen. Consider how they can connect with others and meet new people. They also need someone to talk to. Accept that it may not be you. If they don't have someone, discuss it. Who would they like it to be? What

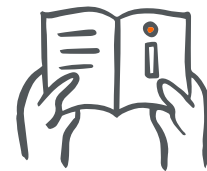
would they look for in this person?

Ask yourself: Who is in our boys' community? What voices and opinions are they hearing? Are they feeling heard in return? Online safety is crucial, but ensuring that boys stay connected and in a community will help them to thrive.

How Jami is supporting young people

Jami's Dangoor Children and Young Person's Service has recently expanded to Yavneh College – the third Jewish school to benefit from its support. This vital service has been running at JCoSS since 2022, and at JFS since April 2023, to support young people, aged 11–25, who are struggling with their mental health.

Following Jami's webinar, in May, on supporting parents to keep their children safe on social media and to enjoy healthy online habits, Jami, in partnership with Streetwise, has produced a digital guide for parents, which will be coming soon.



To request a copy of the guide, please email education@jamiuk.org

To find out more about The Dangoor Children and Young Person's Service, visit jamiuk.org/dangoor-cyp or call Jami on 020 8458 2223.



Jonathan's journey to recovery

Jami is here for when mental illness and distress make everyday life a struggle. Of the 3,000-plus young people and adults who receive Jami's support every year, Jonathan is just one of them. He has been accessing our support since the 1990s when he had his first experience of mental illness. And, like so many others, we have been with him at every step of his mental health journey.

Today, Jonathan regularly attends Jami's hub in Finchley, which provides a safe space and social connection for people living with long-term mental health problems. At the hub, Jonathan, together with others who have similar challenges, can take part in activities; socialise; enjoy a kosher nutritious lunch, which they help to make; and gain emotional and practical support.

For people living with mental illness, including anxiety-related disorders, doing everyday tasks, which many of us take for granted, can be a real challenge. For example, opening a bank account or buying a concert ticket

would have once been impossible for Jonathan. However, as Andrew Barbarash, Jami's Finchley hub coordinator, explains, "Through gentle handholding, we have enabled Jonathan to do these tasks for himself and to become more independent. Now, he has the confidence to try to sort things out for himself first, and gets support only when he gets stuck."

Because of his mental health issues, Jonathan hasn't been able to work for a long time, so coming to the hub also provides structure to his week. Andrew says, "Before Jonathan started coming to the hub, he was very isolated. However, because the staff and volunteers are so warm and friendly, Jonathan can be himself here and is accepted. Now he feels part of a family."

As well as enjoying the social interaction he gets from going to the hub, Jonathan

also benefits from the social life he has gained outside of it. Andrew explains, "We encourage our hub members to do things beyond the hub, and without our help, to get them out into the community. Jonathan regularly joins the Friday coffee group in Edgware and the Monday walking group. He also attends the Sunday outings, which are particularly important, because loneliness affects many people with mental illness and can be worse at the weekends."

Andrew continues: "What makes Jami unique is the responsiveness of our service and the commitment of our staff. We go the extra mile to ensure that people feel listened to, cared about and supported. While the hub

is a shoulder to lean on for Jonathan and others, Jami runs many more services to support the community's mental health – from schoolchildren struggling with anxiety and depression, to family members caring for someone with mental illness."

And what is most clear is that Jonathan has flourished since coming to Jami's Finchley hub. As Andrew proudly shares, "Jonathan has developed into a confident, well-adjusted person who is now able to manage everyday life."



"My mental health has been up and down over the years. I've often not known whether I was coming or going."

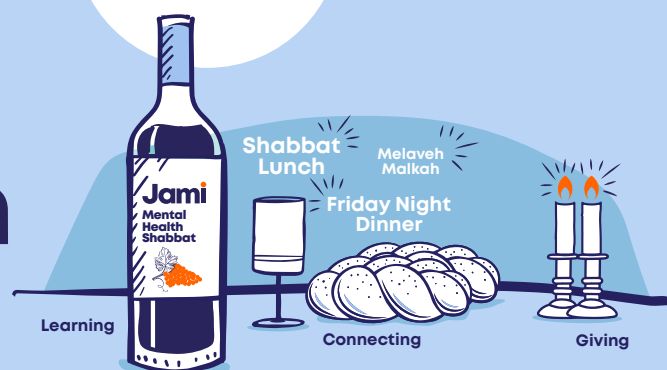
Jonathan



Our Jami round up

To keep you in the know, we wanted to give you a taster of some of the key things that have happened or been celebrated at Jami over the past few months...

Marking Jami Mental Health Shabbat



Hundreds of shuls and other community organisations supported Jami Mental Health Shabbat at the end of January to help raise awareness of mental illness and distress in the community. We were delighted to see so many people get involved this year, whether they hosted

a meal to raise funds for Jami's mental health services in the community, spoke about mental health, shared their own lived experience of mental health issues, or joined us at Head Room for a special edition of our Open Mic Night. Thank you to everyone who took part in some way.

Next year is going to be the 10th anniversary of Jami Mental Health Shabbat. Please make sure you save the date – 23–24 January 2026 – and start to think about how you can get involved!

Presenting Jami's animation film

If you ever wanted to know, or explain to others, what Jami does to support people in the community living with mental illness and distress, please feel free to watch our animation film. *Jami's Support Across the Community* promotes, in a clear and engaging way, how Jami can support anyone from the age of 11 struggling with their mental health.



To watch the video, visit jamiuk.org/get-support/what-we-do

Meet 'Jamie' our new Jami mascot

When we heard that Chava Heart, Jewish Care's mascot, needed a friend, we decided it was time to give her one. Enter Jamie! The happy couple love to get out and about. So if you see them together or alone, make sure to say "hi".



Young professionals' dinner supports Jami's services

During a moving speech at Young Jami and Jewish Care's (YJJC) Young Professionals Dinner, which raised an incredible £100,000 to support our mental health services in the community, Victoria Stepsky, an assistant mental health practitioner in Jami's Dangoor Children and Young Person's Service, shared her personal mental health journey and the impact of Jami's support on children and young people.

Victoria emphasised the growing need for mental health support and urged the 350-plus audience of young professionals to contribute.

"It is crucial that Jami's services for young people and adults continue to deliver life-changing support because, without them, many of us in the Jewish community would be left with no support."

Victoria Stepsky





Jami's Redbridge hub to join new campus

Jami's Redbridge hub will be moving to Jewish Care's first-class care and community campus in Redbridge, when building work is completed in summer 2026.

This new care and community campus – Jewish Care's fourth development hub – will also house The Sugar Family Care Home, a 66-bed care home to replace the Vi & John Rubens House care home in Gants Hill; The Ronson Community Centre; The Dennis Centre for people living with dementia; and be the base for Jewish Care's Social Work and Community Support team and Meals on Wheels hub.

To raise additional funds to complete this modern, fully accessible, care and community campus, Jewish Care held its first-ever, 36-hour community fundraising campaign, Always Essex, on 18–19 May, which reached its £1 million target.

Thank you to everyone who donated and has played their part in helping to ensure that the future Redbridge care and community campus is one step closer to becoming a reality.



For more information and to see the latest fly-through video of the development, visit jewishcare.org/Redbridge



Celebrating community during Mental Health Awareness Week

Since community was the theme of this year's Mental Health Awareness Week (11–18 May), Jami decided to hold two special events to bring people together.

Head Room, Jami's social enterprise café, supported by The Maurice Wohl Charitable Foundation, introduced part one of its new workshop series called "Together We Grow", during which participants explored relationship and community building. Daniel Neis, Jami's community development manager, said,

"At Head Room, we believe that community is something we build together – moment by moment, conversation by conversation. Relationships and community are central to our wellbeing, but they can also be messy, complicated and even painful at times." Together, participants examined what helps relationships and communities to thrive, as well as the challenges and barriers that might get in the way.

The café also hosted a specially themed Open Mic



Night to bring Head Room's own community to life. The focus of the evening was about people coming together, whether they were performing or just enjoying the show, and celebrating the creativity and connection that makes the café's community so special.

Making maternal mental health matter

Jami invited Luciana Berger, former MP and member of the House of Lords, and chair of the Maternal Mental Health Alliance, to help us raise awareness of perinatal mental health problems during Maternal Mental Health Awareness Week from 5–11 May.

"Anyone can experience a perinatal mental health problem, and dads and partners can become unwell too," said Luciana.

"Mental illness is the most common complication of pregnancy and the postnatal period. It's important that we are aware of the signs because everyone has a role to play when it comes to recognising and supporting new and expectant parents with their mental health."

She added, "The most essential thing for everyone to know is that maternal mental health problems are really treatable and

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Around one in five women will experience perinatal mental health problems during pregnancy or in the first year after birth, such as postnatal depression, anxiety and PTSD.

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Jami
part of AMERSON CASE

that with the right support, it is possible to fully recover and enjoy being a parent."

If you or someone you know is unwell, visit maternalmentalhealthalliance.org/parents for guidance and support.

Providing purpose and empowerment through our vocational support

Jami's Vocational Support service helps those aged over 25, living with mental illness and distress, to access, prepare for and pursue meaningful activity, including volunteering, education, skills training and paid employment. Here we find out from Jami's vocational initiatives coordinator, Jami's mental health vocational support worker, a Jami service user and their volunteer placement manager, just how much Jami's vocational support is benefitting the lives of so many people.

Rachael De Jesus Jones, occupational therapist, vocational initiatives coordinator

Mental ill health is on the rise. Sadly, many people, because of their mental illness, haven't got anything to do in their

day-to-day lives and feel isolated because they're not connected to their community. Some may have been living this way for many years, so deciding that they want to do something is a big step.

Our team, which includes David, a vocational support practitioner; Debra, a mental health vocational support worker; and me, an occupational therapist; want to give people the opportunity to build their confidence and self-esteem, and to explore opportunities that they can engage with. Whether we're helping someone to access education, a course, a voluntary role or paid work, together we look at how we can build their skills and achieve their goals.

Because our work is very person-centred, we see people one to one. We'll do an initial assessment to identify what the individual's barriers are to engaging in meaningful occupation and try to help them overcome these barriers, which might include a lack of education or a long absence from their field of expertise. If they want to



Rachael De Jesus Jones

change industries, we'll also look at whether they have transferable skills. We'll then have a conversation about the next steps and what's achievable for them at that moment in time. These honest conversations are so valuable because we don't set people up to fail. This is the one thing that can be more disheartening to someone than anything else.

We've been quite successful in getting people the opportunities they need in organisations such as Jewish Care, Kisharon Langdon, the Jewish Volunteer Network, Resource and Work Avenue, where they will have a bit of support from people who understand the challenges they may have. And we

are finding more and more opportunities all the time.

For example, our monthly group volunteer days provide the chance for our service users to come together and do something positive. They're able to gain that sense of community and unity that are often missing in their lives. These days are also about building people's confidence and slowly getting them back into independent work – first through taking on their own volunteering role, and then on to a paid job for some of them. It's a gradual step-by-step process and we do it well.

Take one of our service users, for example. During the week, he used to come to one of the Jami hubs, which provide a safe space and social connection for people living with long-term mental health problems. I don't think he ever thought he'd be able to become a volunteer somewhere. However, after joining three or four of our group volunteer days, he's now started looking for a regular volunteering role for himself.

From where he started to where he is now is an amazing step forward. Jami's Vocational Support service

has given him the opportunity to engage in something productive and think to himself, "Actually I can do this. I've got the skills I need."

Our support is helping people to feel worthy and to feel that they're giving something back. We're giving people a purpose in life, as well as the opportunity to engage socially with others. We're also giving them back the hope they may have lost, having not done anything they've found meaningful for such a long time. My hope is that we can continue to carry on this life-changing work.

Debra Becker, mental health support worker

Our Vocational Support team works with people who are vulnerable and need some hand holding to access and maintain voluntary and paid roles. We will see our clients all the way through the process, providing clothes for interview, if necessary; attending interviews with our clients; and liaising with their managers when needed. We offer that personal touch.

Like many of our vocational support clients, Monica* was already using Jami's services. I already knew her from my work at the Finchley hub, where she's been coming every Thursday for the past two-and-a-half years.

I was aware that Monica wanted to volunteer, but she has health issues and kept putting it off. However, when she eventually decided she felt ready, I carried out an assessment with her.

Monica is clued up, practical and empathetic. She's also got a heart of gold and just wanted to do something good and give back to the community. Because of her mobility issues, she needed a volunteer placement that she could get to easily by bus. I felt that Jewish Care was the right fit and exactly what Monica was looking for.



Debra Becker

Creating food parcels for those in need during a group volunteering day



Following the assessment, I immediately contacted Rachel Rachel, Jewish Care's senior community volunteer hub manager. We had a three-way conversation over Teams while Monica sat next to me. Monica was able to discuss with Rachel what she'd like to do, and together we planned for Monica to look around one of Jewish Care's care homes, where volunteers were needed.

Having direct access to volunteering opportunities at Jewish Care has made life so much easier for our team and subsequently our clients, and Rachel is a dream to work with.

Monica has now been volunteering at the care home for the past 10 months and she absolutely loves it. Going there every Wednesday has given her

more structure to her week and, when I check in with her on a Thursday to see how she's getting on, she is blooming. She feels that she's doing something good and tells me how much the residents enjoy seeing her. She has really got to know them and their families and fits in so well there. She feels very welcomed and appreciated by both the residents and the staff.

This volunteering placement has been so successful that Monica is now on the road to becoming a volunteer befriender, too. I suggested this role to Monica as I feel she has all the qualities to be a great befriender – easy to talk to, non-judgemental and a good listener – and she thought about it and agreed. Together we spoke to Rachel again and she has put Monica in contact with



Volunteer day at Sadeh Farm

Julia Weir, Jewish Care's befriending co-ordinator.

I will continue to support Monica through this second volunteering role, although I suspect that after a couple of months, when she's feeling comfortable and has met all her goals, she won't need me anymore. That's because we offer so much more than vocational support. I believe we empower people.

Monica, Jami service user

After I retired, I kept myself busy volunteering because I wanted to do something worthwhile. Volunteering gave me a chance to interact with people, which was nice because I live on my own, and I always found it fulfilling. It became an important part of my life.

However, when I started getting health issues and began to find it hard to walk, I had to give up my volunteering roles at a charity shop and a library because

of the pain and the difficulties in getting out. I lost that interaction with others, which I missed, and became quite depressed. The pain also made me feel very low and my mind wasn't in a good place.

It was at this point that I got in touch with Jami. I was offered a peer support worker and we would talk in depth about how I was feeling, and she would make suggestions. We would meet every few weeks – sometimes over the phone; sometimes

on Zoom. And we would also meet in person at Jami's hub in Finchley. She gave me practical support as well, including help to use my computer. She was excellent. I also had a Jami befriender, who I would meet now and again, and they were supportive, too.

As the sessions with my peer support worker continued, I mentioned that I was interested in volunteering again. I just wanted to get my life back. But I knew that it had to be a sedentary role

because I was still having a lot of pain.

I was put in contact with Debra in Jami's Vocational Support team. Debra made some suggestions about the kind of roles she thought would be suitable for me. Then, it all happened very quickly. Debra got in touch with Rachel Rachel, Jewish Care's senior community volunteer hub manager, and I was offered a role in one of Jewish Care's care homes. Because I'd volunteered in one of their care homes previously and at their

Holocaust Survivors' Centre, it felt like a good fit.

Since starting my volunteering with Jewish Care, my wellbeing has improved, and I now have a sense of purpose. Going to the care home is an important part of my week and something I look forward to. I enjoy meeting different people, whether it's clients, carers or staff. I have a wonderful manager and the staff are so appreciative of what I do. I will be starting training soon to become a volunteer befriender with

Jewish Care as well. And, once I've finished, I'll be matched with a Jewish Care client.

Coming to Jami for support has opened up so many possibilities for me. I dread to think what would have happened to me otherwise. There was a time when I thought I'd never leave the house again, but I'm now going out and doing things. Most importantly, I'm learning to live with my condition and adjusting my life accordingly.

Danuta Krysiak, social care co-ordinator at Otto Schiff

Monica has been volunteering in our care home since September 2024. She comes every Wednesday for about two hours. When she first started here, she underwent some training to learn about fire regulations and the kosher laws on food and drink, which are followed in the home. She was then shown around to familiarise herself with the facilities in the building, the emergency exits and the location of the first aid boxes. She was also introduced to all our staff.

Since joining us, Monica has gained a real understanding of the difficulties that people living with dementia may have in communicating their needs. She is very caring, patient and friendly to the residents. Even if they don't always remember Monica's name, they recognise her as a friend. They look forward to her visits and enjoy being

pampered by her and having a chat.

Monica has built a good relationship with the residents, and I think this is having a positive impact on them and her. She clearly enjoys what she does and is proud to see the positive response she gets from the residents. She is also very responsible. When Monica can't make it to the care

home, she will always call to let us know. She would never visit if she had a cold because she recognises how problematic this would be to our residents' wellbeing. However, when she isn't able to come, she's very much missed by both the residents and the staff. I'm so happy that Monica decided to volunteer here. She's become very much part of the team.

Danuta Krysiak



*We have changed names to protect identity

Head Room



The perfect setting for a simcha



Head Room, Jami's social enterprise café, supported by The Maurice Wohl Charitable Foundation, is certainly living up to its slogan of "More than a café, a place to connect".

In addition to offering healthy and delicious kosher food and drink, this pioneering café, which has brought mental health support to the high street in Golders Green, also serves up a free daily programme of groups and activities, offering peer support, mutual care and social connection to everyone in the community regardless of faith, ethnic background, gender, sexuality or abilities.

There are also volunteer

community befrienders at the café every afternoon, from Monday to Thursday, as well as Wednesday, Thursday and Friday mornings, providing café visitors with a warm, listening ear or some friendly company. And, in this inclusive and welcoming environment, created by our dedicated Head Room team, we are proud to see relationships being built and meaningful conversations being had on a regular basis.

We are also proud to be able to offer the café's unique and visually captivating space as a venue for hire, be it for a celebratory party, special dinner, business

meeting or corporate event. So, whether you're after a stand-up buffet or a sit-down meal, a customised menu or a no-food option, we have flexible packages to meet your needs. What's more, if you hire Head Room, you not only get to enjoy your simcha in a fantastic venue, but you also get to help others benefit from Jami's life-changing support. That's because all profits go towards funding Jami's mental health services in the community, which we reckon is a win-win for everyone.



The Blake family's bar mitzvah

Head Room



When we asked for feedback from some of the people who've hired Head Room over the past couple of years, here's what a handful had to say...

Amanda and James Cohen, on the occasion of their daughter's two bat mitzvah celebrations at Head Room



"We wanted to thank you all for your incredible dedication and hard work (all with a smile) to make our simcha so special. The venue shined and worked so well with all the different aspects of the evening. The food was absolutely delicious and was presented so beautifully. Your team has been such a pleasure to work with."

"Part two was also a huge success, and we had the most amazing evening! There was such a different vibe and atmosphere to both evenings – both just right for the crowd. Another huge thanks to your team. It has just been such a pleasure to work with you all."



**Achinoam and Gidon
Blake, on the occasion
of their son's bar
mitzvah**

"On behalf of our entire family, I want to extend our deepest thanks to the entire team at Head Room for making Yehuda's bar mitzvah such a truly special and memorable event. We were absolutely blown away by the outstanding hospitality, the delicious food, the beautiful ambience, and the incredible attention to detail throughout the celebration.

"Everything was handled with such care and professionalism – from the moment we arrived until the very end. Your help and guidance made the planning seamless, and your warmth made the experience feel so personal and meaningful. We couldn't have asked for a

better
setting
or better
support on
such an important
day for our family.

"We are still receiving compliments from our guests, and we will always be grateful for the exceptional service and quality you provided. Thank you again for going above and

beyond in every way. For our family to have done our simcha at Head Room was very important as we understand how important it is to support a place like Head Room and Jami."



**Nick Young, programme
manager, Jewish Leadership
Council**

"We appreciate the versatility and adaptability of the space at Head Room. I've held dinners there, speaker events and a graduation ceremony, and I know my colleagues have held support groups and meetings there. It's a space that can be smart, but also informal, and provides both warmth and character through its décor, furnishings, service and menu.

"We've always found the administrative staff and the staff at the restaurant to be easy to work with, accommodating of our

requests, and helpful and supportive during our events themselves.

"The food is always well presented and enjoyable. And the generous portions mean we always end up offering guests leftovers in takeaway boxes which they appreciate, as do we. Teas, coffee and pastries have also been excellent on the occasions that I've held smaller meetings there.

"Head Room is a real communal asset. We will keep coming back because there are so many advantages to being there. It's wonderful to have a venue provided by people who are great to work

with
and who
we know we
can count on."



Jami's TCS London Marathon runners go the extra mile

At this year's TCS London Marathon on 27 April, five Jami supporters ran 26.2 miles to raise money for our life-changing mental health services in the community. Here we find out from three of them what inspired them to take on this immense challenge.

Rachel Turek

Twenty-nine-year-old Rachel only started running last year and began her training for the Marathon four months before the big race. She says: "I suppose I went from zero to 100 really quickly."

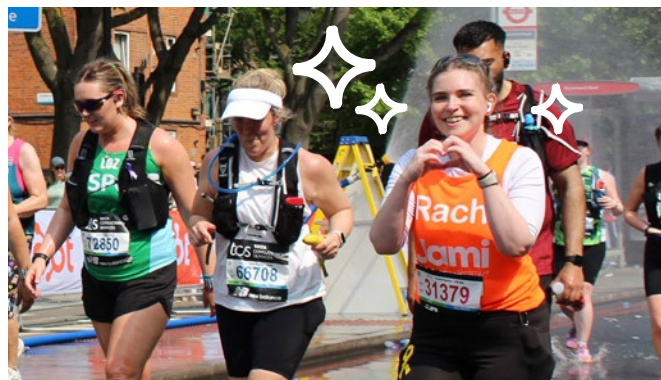
Rachel ran for her sister, Talia, 27, who has spent the past six years in hospital because of mental illness. Yet, it was a very special day for both sisters. Not only did Rachel overcome her own mental barrier to complete the race, but, on that same Sunday, Talia also left hospital to move into supported living, provided by her local council. Rachel says, "We'd been waiting a long time for this. This was Talia's first time out of hospital in six years. We

were so nervous but excited."

Because of Talia's long-term mental ill health, Rachel says, "Jami means a lot to me and my family, so I thought there was no better charity to run for." Her dad, Jeremy, attends Jami's carer support group for dads whose children are in hospital because of their mental illness, or who have recently come out of hospital. Rachel says, "He loves the dads' group and has made good friends." The rest of the family have also received support through Jami.

Rachel, a nurse at Great Ormond Street Hospital, explains, "Mental illness affects so many people and

in ways that we can't see. To have support available in our community, for those who need it, is just amazing. It's also wonderful to have a Jewish organisation with people who understand mental health issues from a Jewish perspective. We're very privileged to have an organisation like this. I think everyone should be supporting Jami's services."



Max Bailey

At just 18 and eight days, Max Bailey was possibly the youngest runner to complete the London Marathon this year, which he says felt great. "I saw an interview with the world's youngest marathon runner last year and I was thinking, that could be me next year," he explains. "Being the youngest, or at least one of the youngest participants, has made the whole experience even more special and that much more incredible."

However, it's had its challenges. Max, a student in his final year at JCoSS, has had to juggle schoolwork with training. He says, "There were some days when I got back from school and I needed to complete a piece of work, but then I'd think to myself, I also need to go on a run. Life got a bit hectic, but I made it through." And now he has the medal to prove it!

His dad, Mark, says, "Max is very driven and likes a challenge. He's also very kind and caring too, and often thinks about others. We knew he'd do it because he's very fit and just doesn't stop. Focusing on this challenge has really helped Max mentally as well. We're all so proud of him."

Max decided to run for Jami because his girlfriend has mental health issues and received support from Jami's Dangoor Children and Young Person's Service. Max says, "She said the support she received really helped her." He continues, "Jami couldn't do what it does without the support from people in the

community. And I've seen, firsthand, just how much Jami's support can really help someone."

Alfie Keene

Alfie Keene ran the London Marathon in memory of his dad, Saul, who lost his battle with cancer in 2008. He chose to raise money for Jami, saying, "Mental illness can affect every one of us – if not today, then in the future. The marathon is a tough challenge, but it doesn't come close to the challenges people with mental health issues face every day. That's why Jami's work to support both young people and adults with mental health problems is so important."

Having the right support to help us through difficult times in our lives is often life-changing. For Alfie and his family, Jewish Care was there to provide that support when they needed it the most. Alfie explains, "Jewish Care played an integral part in supporting my brother and me when we were very young. The Summerworld scheme, at what was then called Sinclair House, gave us a space to just be kids, to play football, laugh, and find joy again."

It is clear that Alfie's completion of the London Marathon in just four hours and 45 minutes, and his ability to juggle three to four days of training each



week, with work and other commitments, would have filled Saul with a great sense of pride for his son. As for Alfie, he simply says, "Remaining focused on my goal of raising money for the vital services that Jami provides definitely kept me motivated."

If you would like to register your interest in running for Jami in 2026, please visit [jewishcare.org/jc-events/tcs-london-marathon-2026](https://www.jewishcare.org/jc-events/tcs-london-marathon-2026)



**HEAD
ROOM**
by Jami

Enable your gifts to keep on giving

When Dr Charlotte Benjamin decided to celebrate her 50th birthday with friends and family, she not only chose to host her party at Head Room, Jami's social enterprise café, supported by The Maurice Wohl Charitable Foundation, but she also asked her friends and family to donate to Jami rather than bringing her gifts.

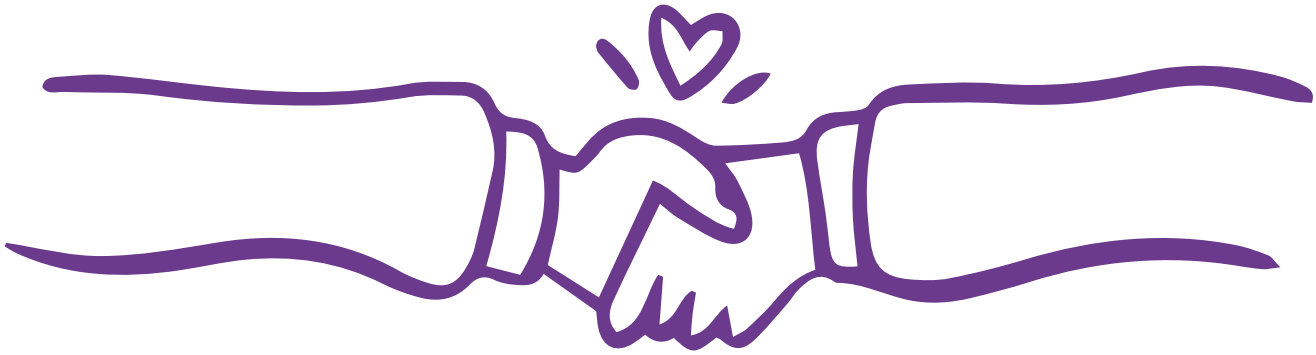
Making a donation, or encouraging your friends and family to give to a cause that is important to you, is an inspirational way to mark a special occasion. So, if you've got a wedding, anniversary, birthday or bar/bat mitzvah coming up, make it extra meaningful by signing up to our Celebratory Giving. Rather than receiving presents from your nearest and dearest, you can request that they give a donation towards Jami's mental health services for the community, instead.

Many people find this a great way to support their favourite charity. As Charlotte, chief medical officer, NHS NW London, said, "I have worked with Jami in my roles in mental health, commissioning work across Barnet. I remain highly impressed with the model of Jami taking mental health support services out to the high street and into Head Room.

"Our 100 or so guests were keen to have the opportunity to donate to Jami and really liked the venue. Head Room



is a very successful space for a party. The food and drinks were delicious, and the staff were incredibly helpful."



How we changed lives in 2024/25

We believe we must continue to meet the changing needs of our community and deliver on the promises that we made to those who seek our treatment, support, advice and training.

Consequently, we continuously evaluate our work, listen to the views of those who use our services, and take these learnings to improve what we do and how we do it. Over the past financial year, we have achieved the following.

“Jami has given me confidence and understanding of how to look after myself in difficult situations.”

Advice and advocacy

Guiding people through the challenging journey of navigating mental health services and providing emotional support and expert advice from the moment someone contacts Jami.

Owing to increased capacity and more streamlined processes, Jami’s Intake team was able to reduce its response time from within

4 working days to

2.4 working days

by the end of the financial year.

In our annual survey,

82%

of respondents, who were new to Jami services in the last 12 months, said they felt listened to with compassion and understanding.

Treatment and support

The top three areas of support were

social connection

49%

psychological support

31%

and practical/ environmental support

19%

We conducted

13,713

one-to-ones with clients.

Providing professional, person-centred and peer support services for young people and adults with mental illness, as well as their families and carers.

Our Stepdown service doubled in size to just **over 50 clients.**

Jami's counselling service grew substantially, **reaching approximately 240 clients by the end of the year.**

The percentage of people categorised as "healthy" or "low level" in their psychological distress **rose from 13% to 45%** by the time they had reached the end of their support.

Respondents to Jami's annual survey told us that Jami had improved their mental health, given them hope, and enabled them to cope better and feel positive. When asked what Jami does well, they mentioned staff being professional, experienced, compassionate, good at listening, and committed to meeting their needs.

10% of respondents told us that Jami had literally saved their life.

75% of respondents said that Jami had contributed a lot or a moderate amount to improvements in their mental health and wellbeing in the last year.

79% of people agreed that they feel part of a community of peers who understand and help them at Jami, reporting they feel less alone, have better social skills and enjoy a bigger network.

87% agreed that they feel well supported by Jami staff.

90% of respondents agreed that they feel they're in a safe space where they're accepted for who they are.

Education and campaigning

Providing education and training, developing collaborative partnerships, reducing stigma and building mutually supportive relationships across the wider community.



Our education has sharpened its focus on specialised areas where we can provide an expert voice to the Jewish community and beyond.

Our expertise in suicide prevention was recognised externally when we were commissioned by Public Health in Barnet to create a new resource, *Coping After Suicide*, for community, faith and social enterprise groups. The impact of this work will indirectly benefit thousands of people across the voluntary and faith sectors in the borough.

Our sessions on understanding our reactions to conflict and antisemitism following October 7, together with our publication and series of short films on the same subject (both of which have been funded by Thrive London – Mayor of London’s office), **have been watched over 1,500 times.**

We reached 96 people over 10 courses through our work with community leaders in Mental Health First Aid and bespoke programmes.

Following our education events,

96% of people

felt better equipped to respond to others experiencing mental illness or distress and/or themselves.

Our training and consultation with youth movements over the past year will impact hundreds of young people in contact with Jewish youth movements.

We continued to lead on the Emergency Response Initiative Consortium, supporting professionals to provide first-response support after a suicide or traumatic death.

Head Room’s community programme continued to grow, with **462 events and 5,825 attendances.** **Roughly 500 unique individuals used the programme, compared to 430 last year.**

“Jami has given me hope, which is everything.”

“Jami offered great support during a time when I felt very isolated, alone, and exhausted with the weight of pressures on my shoulders.”

“I came down very low and Jami is slowly pulling me back up and putting me back into society.”



**Mental health problems
aren't something you have
to cope with alone.**

STRUGGLING TO COPE?

Help is at hand.



If you need support or are
supporting someone else, visit
jamiuk.org/get-support
or call **020 8458 2223**



For immediate help,
text **Jami to 85258**

For help and support, visit jamiuk.org
Telephone: 020 8458 2223 • Email: info@jamiuk.org



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