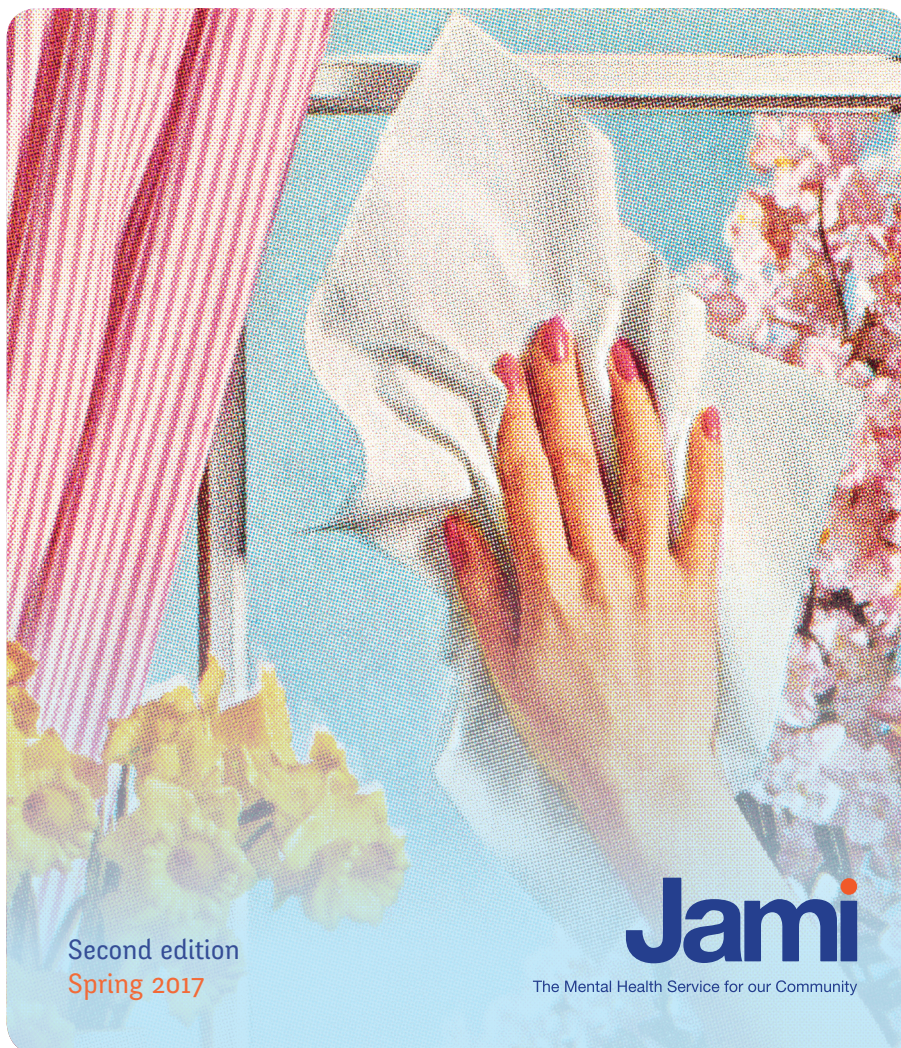

THE *Helping Hand*

The newsletter for Jami volunteers



Second edition
Spring 2017

Jami

The Mental Health Service for our Community

Welcome



Welcome to the second edition of The Helping Hand!

This newsletter is designed to keep you and all the Jami volunteers in touch with what is going on and also to celebrate and share your many successes and all the good practice across our centres and around London. If you have any stories or items of good news you would like to share with the other volunteers please email kelvin.zane@jamiuk.org. We look forward to hearing from you.

Spotlight

#1

Jami's storming success at the JVN annual volunteering awards

Jami scoops two of the ten annual awards at the JVN "Oscars" for Jewish volunteering

In an exciting night for Jami at the annual JVN volunteering awards at the Arts Depot Finchley our trustee Alan Lazarus won the lifetime achievement award for his devotion to Jami over many years. This was preceded by Jami's wonderful hospital visiting team who were awarded the prestigious JVN team of the year award. Congratulations to Janice Epstein, Sheila Katan, Suzanne Korn, Philippa Blaker, Jane Rogers, Ellen Rabinowitz and to their indefatigable co-ordinator, Brian Wiseman.



JVN awards Jami Volunteering Management Charter at Head Room Café launch

Lia Bogod, JVN's Head of Volunteering, presented Laurie Rackind, Jami's Chief Executive, with a special charter to mark Jami having met all the standards required for volunteer management in areas such as induction, support and recruiting. Accepting the award Laurie spoke of his pride in opening the new café and the important contribution Jami's volunteers make to the organisation.

Spotlight

Suzie Kaffel & Germaine Sharon

#2

This edition highlights Suzie and Germaine's important work as benefits volunteers

Suzie and Germaine are amongst the better known of our volunteers. They give advice on benefits at Jami's Martin B Cohen Centre in Edgware every Wednesday. They very calmly and effectively deal with queries from people who have difficulties



negotiating the labyrinth that is claiming for benefits in 2017. Their line manager, Angela Cooper, Employment Initiatives manager, said, "I'm lucky to have such highly skilled, effective and committed volunteers as part of my team." Well done to Suzie and Germaine!

Latest volunteer opportunities at Jami

Here are our latest opportunities grouped by area. If you are interested or know somebody who would like to volunteer and would like more details please contact Kelvin Zane at kelvin.zane@jamiuk.org.

Edgware

- Centre volunteers
- Friday night volunteers
- Music appreciation volunteer
- Dance volunteer

Other London

- Smoking cessation volunteer

Finchley N12

- Creative writing volunteer
- Maintenance/Handy person volunteer
- IT volunteer
- Centre volunteers
- Pastoral volunteers

Borehamwood

- Young (16+) Ebay volunteers
- Ebay listers
- Ebay online sales and marketing consultants



New young volunteering Summer programme launched

Jami is offering a unique experience to young people aged 16+

For the first time ever Jami is offering young people a unique experience of being in a mental health environment by creating a special introductory programme which will take place during the summer in 2017. Participants will have the opportunity to work with centre users and join in activities as well as help with admin, catering and with reception.

The programme is designed to give them a taste of life in Jami to encourage more young people to volunteer later and also to provide them with direct experience engaging in a mental health setting. If you know of anybody who would like to take advantage of this experience please ask them to contact Kelvin Zane at kelvin.zane@jamiuk.org

Immanuel College and JFS student volunteers support Family Resilience Conference



JLGB Evolve supports Jami to recruit sixth formers

Year 12 volunteer sixth formers from JFS in Kenton and Immanuel College in Bushey provided invaluable support at Jami's first ever Family Resilience Conference held at Ort in Camden. The enthusiastic youngsters were recruited by Jami at two JLGB evolve fairs at the schools. They had a special training session at

Jami's Elliot Simmons Centre in Leila's House in Finchley. Congratulations to Jessie Sher, Josie Bergman, Jemima Atar and Zak Hassell who organised equipment, greeted and signposted delegates, helped with catering and technical issues and were brilliant!

Supervision sessions

Annual reviews receive thumbs up from volunteers and Jami staff



Around thirty supervision sessions have now taken place since August 2016 across all of Jami's sites including Borehamwood. Volunteers have felt well supported in their feedback. Amongst the training topics some suggested leading

activity sessions. The sessions have provided centre coordinators with insightful feedback and have contributed to the content of induction sessions. Thank you to all the volunteers who have taken part so willingly in the supervision sessions and to the line managers for devoting time and energy to this vital activity.

Induction sessions at Finchley, MBCC and for Befrienders

New training sessions enthusiastically welcomed by volunteers

Apart from the salmon bagels and cakes which featured at the Jami volunteer induction and training sessions held in Edgware, Finchley (plus a separate bagel Sunday brunch for befrienders) and Borehamwood (Jami enterprise/Jami shop) volunteers really enjoyed meeting new faces as well as being

given the opportunity to share ideas and experiences on thorny issues such as data protection, safeguarding, professional boundaries and confidentiality. A big thank you to Gosha Kukulska, Maneesha Pathmarajah, Steven Batley and Priscilla van de Velde for arranging the sessions.

Reminder: Jami volunteers can attend Headroom seminars and recovery education events free of charge!

As a way of saying thank you and of rewarding you, the Head Room seminar and recovery education events have been made free for Jami volunteers. For more information please see the latest prospectus online at jamiuk.org

Celebration and social evening for volunteers

The first volunteers' celebration evening took place at Jami's Martin B Cohen Centre

Over thirty people attended and enjoyed the fine cuisine created by our own Jacqui Alpern, assisted by Ameena Abodoh. The volunteers were addressed by Philippa Carr, Jami's Recovery Education Manager, who described the highlights of the Headroom programme this year. Laurie Rackind, Jami's Chief Executive, also expressed his appreciation and thanks for volunteers' unique contribution. Special certificates were awarded to highlight some volunteers nominated by different Jami services across London. Irene Cohen was nominated by the North East area, Alyson

Torns by Edgware/Martin B Centre, Janine Levy by Borehamwood/Jami enterprise, Norman Goldfoot as pastoral volunteer, the Finchley/Elliott Simmons award went to David Zwirn, the Befriending service nominated Glenn Kirschner and a special award was presented to Jennye Seres and Sharon Cookson for so ably running the volunteering department as volunteers themselves. Congratulations to all the award winners. Thank you to Andrew Barbarash for creating the beautiful certificates and Priscilla van de Velde for her superb work in arranging this very successful event.

Share your stories with us

We hope you have enjoyed the second edition of The Helping Hand which is designed to keep you and all the Jami volunteers in touch with what is going on and also to celebrate and share your many successes and all the good practice

across our centres and around London. If you have any stories or items of good news you would like to share with the other volunteers please email Kelvin at kelvin.zane@jamiuk.org. We look forward to hearing your news.

Volunteering at Jami now can lead to discounts at businesses across London

Here is how to access the volunteer discount scheme

ValueYou is a volunteer recognition scheme set up to thank volunteers. It is a charity scheme which provides a discount card and gift vouchers available to volunteers free of charge. Shops taking part offer a 10% discount or more to volunteers. To be eligible the main scheme



provides a card and voucher to volunteers giving 100 hours or more but vouchers are also available for people giving less time. To find out more and to register please go to www.valueyou.org. If you have any questions please email contactus@valueyou.org or phone 07926 164827.

Happy Pesach / Easter to all our volunteers and their families

from everybody at Jami



Coming up

Head Room

Courses, seminars & events



Courses	Date & Time	Venue
Table for one Seminar	1st June 2017 11.15 am – 3.45 pm	Martin B Cohen Centre, Edgware
My anxieties have anxieties	8th June 2017 5 pm – 7 pm	Sinclair House, Gants Hill
Them and Us: social class in the community	22nd June 2017 11.15 am – 3.45 pm	Sinclair House, Gants Hill
Understanding borderline personality disorder	5th July 2017 11.15 am – 3.45 pm	Martin B Cohen Centre, Edgware
Surviving the Digital Age	8th September 2017 11.15 am – 3.45 pm	Sinclair House, Gants Hill

Save the date

Jami Volunteer Voices tea party at Finchley on Sunday 2nd July - come and grill the Chief Executive and Head of Services!

Visit jamiuk.org | Telephone 020 8458 2223 | Email headroom@jamiuk.org

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