

Our year at a glance



2015/2016 Annual Report

Jami

The Mental Health Service for our Community

Objectives & activities

Jami's vision is that mental illness should not preclude Jewish people from fulfilling their potential, maximising their self-esteem and progressing along their chosen life pathway.

Jami promotes and enables recovery by providing services which educate, support and facilitate – helping people with mental illness achieve their goals.

Jami is established as a charity for the treatment, care, support, education, training and rehabilitation of Jewish people suffering from various forms of mental health problems and to provide help to relatives and carers.

Jami is committed to working alongside statutory services toward the provision of high quality mental health care in the Jewish community.

Achievements & performance



During this year,
Jami staff recorded

25,129

separate provisions
of service to

1,345

individuals.*

* Although staff are encouraged to comprehensively log their activity, this total does not include the extensive additional informal support which takes place across all Jami services.

Resources

Jami remains committed to the provision of centres which offer a safe, welcoming environment that supports people back to planning and engaging with their lives following an acute episode of mental ill health. The four locality hubs promote meaningful

lives and enhance the sense of hope that is integral to recovery. For people with severe and enduring mental ill health the hubs provide meaningful activity, structure, routine, social engagement and support.

Jami has four locality hubs and two Social Enterprise hubs:



Martin B
Cohen Centre,
Edgware



Elliott Simmons
Centre,
Leila's House,
Finchley



Mitkadem,
Redbridge



Kadimah,
Stamford Hill



Retail shop
- now Head
Room Café,
Golders Green



Warehouse,
Borehamwood



Mind & Body

The role of Fitness Coordinator was introduced in 2014/15, having recognised the vital link between physical and mental health. Group and 1 to 1 work is offered.

Jami House in Golders Green moved to Finchley during the year. Jami purchased the freehold of Mind in Barnet's premises, leasing part of the premises back to Mind in Barnet and transferring the operations of Jami House to the building. This has created a mental health 'hub' in Barnet. The building will be known as Leila's House, after Leila Foux, a wonderful supporter of Jami over the years. Thanks also to the Elliott Simmons Charitable Trust for their support.

Education and Awareness

The Jami Recovery Education team has continued to reach out to the community to deliver awareness raising workshops and seminars. Presentations have taken place in all Jewish secondary schools in London as well as in synagogues, youth movements and for the general community. Mental Health First Aid courses remain popular, and we have increased the number of Mental Health First Aid Youth courses delivered. During 2015/16 a team of Peer Trainers have been recruited to co-produce and deliver many of the sessions and courses marketed in the newly published Head Room prospectus.

DURING THIS YEAR

1,064 people attended internal courses

337 people attended external courses

2,000+ pupils attended sessions and assemblies

Think Ahead

Jami's Think Ahead campaign officially went live in May 2015 with focus on raising awareness of Jami and encouraging the community to discuss mental health.

In the period around the campaign launch, referrals to Jami services increased by 140%.

think ahead



Employment & Vocational Initiatives

The Employment Project aims to improve vocational opportunities for Jewish people with mental health problems. The project provides support and appropriate help enabling people to re-enter paid or voluntary work or education (Thanks to The Big Lottery Fund and Samuel Sebba Trust for funding this project).



19

people have been supported into work



24

people have been supported into volunteering



20

people have been supported into education

THIS YEAR

Peer support

Peer Support Workers (PSW) are people with lived experience of mental illness who use their experience of recovery in a way that inspires hope in others. They offer help and support as an equal. PSWs have now been recruited across the organisation in all locality hubs. Notably in 2015/16, PSWs were recruited to Jami's Employment Project (Thanks to the Segelman and Rosetrees Trusts for funding).

Volunteers

Jami has a committed group of volunteers who are vital to the delivery of Jami's services – in the locality centres supporting the activity programmes, in the community as befrienders, working in admin and hospital visiting. Jami held an awards evening for the first time, celebrating the success of all our volunteers.

Hospital Visiting

Jami's hospital visiting service offers vital support to patients on Mental Health Wards. Hospital visitors made a total of 756 individual visits during the year to people in mental health units across London (Thanks to Sobell Foundation for funding this project).

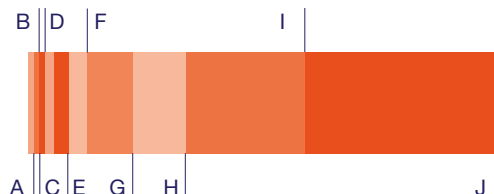
Befriending

Befriending is a valuable service which supports people who may be lonely and isolated but want to engage with their local communities. We currently have 18 befriending pairs across Edgware, Golders Green and Redbridge.

Carer support

Carer support is offered through individual appointments, peer support and education seminars. We continue to offer support on a 1 to 1 basis too. 84 people have self-referred during this year. Carers groups run in NW and NE London.

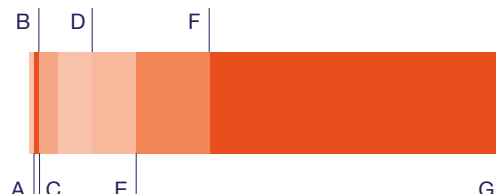
Where our income came from



A	< 1%	Legacies
B	< 1%	Training course fees
C	1%	Local Council fees
D	2%	Investments
E	3%	Donated services (Jewish Care)
F	4%	Rent from Jami tenants
G	9%	Restricted donations
H	11%	Grants
I	25%	Grants (Jewish Care)
J	45%	Unrestricted donations

Total income: £2,919,046 Including capital campaign

What we spent



A	1%	Mental Health services - depreciation
B	1%	Fundraising and publicity costs
C	4%	Voluntary income - staff costs
D	7%	Cost of fundraising events
E	9%	Mental Health services - support costs
F	15%	Mental Health services - other costs
G	63%	Mental Health services - staff costs

Total expenditure: £1,725,073

The generosity of our supporters is vital to the organisation's success. Jami would like to thank all the individuals, trusts and foundations whose generous support enables us to deliver our vital services to so many.

Give support • Get support • Get involved

Jami

The Mental Health Service for our Community

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