Labels are for jars. Not people.

Head Room

Courses, seminars & events
September 2018 – July 2019
Jami is reaching out to the Jewish community, as you will see in this brochure we have courses for everyone.
We love the fact that every year we make new connections. We met Annette at Limmud when she became a Jami Ambassador for her community. Annette, a chartered engineer is a passionate advocate for mental health awareness. Working with her community she is helping to create an intergenerational network of Mental Health First Aiders. Having been through tough times with her own mental health a while back, she says: “When I trained to become a Mental Health First Aider, I could see how impactful this training is. For those who attend the course, it is life changing. Adding the benefit of creating a new group of mental health first aiders who can support the community is wonderful. I cannot wait to get our community trained.”

We like to think that when we get people like Annette on our side, our ambition to change the landscape in our community’s mental health is not so far away.

Are you a Mental Health First Aider? Join our communal network in 5779!

Visit www.jamiuk.org/head-room-courses to find out more about our learning opportunities.

It’s about you, your family and your community

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Are you a Mental Health First Aider? Join our communal network in 5779!

Visit www.jamiuk.org/head-room-courses to find out more about our learning opportunities.

Our community partners

Jami works with a range of community partners to embed our education work out there in the community where we are needed. Jami is encouraging everyone to be in touch with their own mental health, improve understanding and challenge stigma. Would your community like to sign up to this inclusive vision? You can host a Jami course or we can create a bespoke learning event for your community. We welcome partners from across the Jewish spectrum.
What’s on

We have courses for the whole community.
This is a guide to help you find the right one for you.

Café Culture
Check out the variety of discussion groups and events happening at our Head Room Café. Find the right group for you on a weekly or monthly basis and join us for conversation and a cuppa.

Carers
Check out our Carer Conversations. Meet like-minded people and learn more about how to support the people you care for.

All Learners
You might like to join us for a multi-week Self Development Course exploring a range of topics and skills or join us for a Mental Health First Aid course to gain confidence and knowledge supporting those in crisis.

Young People
Come and join us on a Youth Mental Health First Aid Course, our weekly Get Together discussions or bi-monthly Mindfulness and Milkshake groups at our Head Room Café.

Volunteers
Wherever you volunteer join us to learn new skills, empower your volunteering and consider your own mental health when you are giving to others.

Teachers & Educators
We offer a variety of training to teachers and educators who work with young people. Whatever you want to learn about mental and emotional health in young people including Mental Health First Aid courses, get in touch.

Schools & Youth Groups
Our Head Room team offer an exciting range of educational workshops which can be run in-house at your school. Want to skill up your students as peer listeners or mental health awareness raisers? Just drop us an email.

Working in Mental Health
CPD seminars for those who work or volunteer in mental health. Whether it’s suicide, self harm or the Mental Health Act join us to skill up and learn more.

Information on Booking Your Course
Our courses fill up so please book to ensure your place. A booking form is available at the back of this prospectus. You can also book online at www.jamiuk.org/head-room-courses

Watch Out for Pop Up Learning Events at the Head Room Café
Don’t want to book? You can just drop in for a Community Conversation or Open Mic Night at our Head Room Café in Golders Green. Check out our Café Culture section on page 27.
Mental Health Awareness Shabbat

According to a study by Young Minds, 1 in 12 young people and children are thought to self harm. CAMHS (Child and Adolescent Mental Health Services) have seen a huge spike in referrals for self harm in the last few years with no sign of change. This seminar sets out to explore the current rise in self harm and how it is related to young people’s mental health. Why do young people self harm? We will look at the practicalities of the “do’s and don’ts” around supporting someone who discloses self harm and the challenges for youth workers, volunteers and school staff relating to self harm issues.

Self Harm in Young People

The Head Room education team is available throughout the year and we will continue to provide and advise on interactive and educational workshops to mark Head On: The Mental Health Awareness Shabbat taking place on 12th January 2019. We will be speaking in communities over the Shabbat itself where possible.

Below we have provided a list of suggested programmes which are suited to community settings. If you see anything else in this prospectus you would like to offer in your community please do not hesitate to contact us at headroom@jamiuk.org or call Emma on 0208 458 2223 to discuss it further.

If you would like to receive a youth pack for the Mental Health Awareness Shabbat please get in touch.

Mental Health in the Jewish Community

1 in 4 British adults will experience a mental health problem each year and our community is no exception. Come and join us to explore mental health and wellbeing, the social impact of mental health problems, the risk factors and how we as a community can look after ourselves and others.

Building Resilience in our Families

Families face more pressure and strains than ever. Many of us would like to gain more insight and knowledge into how we build resilience in our children and young people, recognise when we need to ask for help and gain a bit more insight into how to manage those transitions from childhood to adolescence. Join us to gain more confidence in building resilience in our families.
The Ripple Effect: The Impact of Suicide
Suicide creates a huge impact on the family of the person who has died but also a big impact on friends, colleagues and all the other people who had a relationship with the person. This phenomena is called “the ripple effect” and has a profound impact on our community life be that synagogue, school or organisation. During this session we look at impact and what we can do to build hope and education around this sensitive area of communal life.

Explain My Brain: A Guide to Understanding Adolescent Behaviour
“Moody, violent, untrustworthy: adolescents are often stereotyped and maligned in alarming ways.” – Inventing Ourselves, Sarah Jayne Blakemore

The stereotype of the moody teenager is an all too familiar trope in our society. We know that the adolescent brain is undergoing major changes when young people hit their teenager years and this has a huge impact on their behaviour. Come and join us to unravel the mystery that is the teenage brain.

For Young People
If you would like to receive a youth pack for the Mental Health Awareness Shabbat please call 020 8458 2223.

Snapchat, Stress and Our Wellbeing
Come and join us to explore our wellbeing and the stresses in our lives and the lives of our peers. By understanding what stresses us and how this impacts on our mental health we can work together to manage the pressures and expectations of today’s world.

Mental Health First Aid
Both adult and youth Mental Health First Aid courses can be run in your community.

MHFA Adult
We are accredited providers of Adult Mental Health First Aid. This internationally recognised training course is the gold standard in equipping you with skills you can use as a ‘first aid response’ to help someone in distress. Come and join us to learn more about a variety of mental health problems, including recognising and supporting people in suicidal crisis. We also look at treatments currently used in England and increase your confidence in supporting others.

This course can be run over two full days or four evenings and requires a minimum of eight and a maximum of sixteen participants. Please be aware there is a cost for this course.

MHFA Youth
We are accredited providers of Youth Mental Health First Aid. This internationally recognised training course is the gold standard equipping you to provide a ‘first aid response’ to adolescents in distress. We know that in recent months there has been an increase in concern around young people’s mental health in our community. Come and join our training group as a parent, a teacher or a youth worker, if you want to learn more about a variety of mental health problems, treatments currently in use and increase your confidence in supporting young people.

This course can be run over two full days or four evenings and requires a minimum of eight and a maximum of sixteen participants. Please be aware there is a cost for this course.

MHFA Adult

MHFA Youth

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This course can be run over two full days or four evenings and requires a minimum of eight and a maximum of sixteen participants. Please be aware there is a cost for this course.
Mental Health First Aid

All Learners

Mental Health First Aid

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Cost: £55
For more information on costings please get in contact.

MHFA Adult

MHFA Youth for Adults

We are accredited providers of Youth Mental Health First Aid. This internationally recognised training course is the gold standard equipping you to provide a ‘first aid response’ to adolescents in distress. We know that in recent months there has been an increase in concern around young people’s mental health in our community. Come and join our training group as a parent, a teacher or a youth worker, if you want to learn more about a variety of mental health problems, treatments currently in use and increase your confidence in supporting young people.

Youth MHFA (16 – 18 year olds)

This course is for young people. We are accredited providers of Youth Mental Health First Aid. This internationally recognised training course is the gold standard equipping you to provide a ‘first aid response’ to your peers. Some of us may be concerned about our friends and wish to know more about how we can provide them with support. Come and join us to learn more about a variety of mental health problems and increase your confidence in knowing where to signpost your peers for further support. To apply for a place please get in touch for a short application form.

Youth MHFA (16 – 18 year olds)

Martin B. Cohen Centre, Edgware
Sundays, 10.30am – 5.30pm
27 Jan 2019 | 3 Feb 2019
Rambam Sephardi Synagogue, Elstree and Borehamwood

Youth MHFA (16 – 18 year olds)

Rambam Sephardi Synagogue, Elstree and Borehamwood
Sundays, 11.00am – 6.00pm
28 Oct 2018 | 4 Nov 2018
Redbridge Jewish Community Centre, Gants Hill
Cost: The course is free as it has been sponsored by an anonymous private donor

MHFA Youth for Adults

MHFA Adult

Tuesdays, 6.00 – 9.00pm
6, 13, 20, 27 Nov 2018
Martin B. Cohen Centre, Edgware

Tuesdays, 6.00 – 9.00pm
8, 15 Jan 2019
Martin B. Cohen Centre, Edgware
Cost: £30
There is a relationship between the mind and the body. Our thoughts and emotions play a role in our physical wellbeing. When we experience physical illness or chronic pain our thoughts and emotions are key to helping us manage these situations. We might find ourselves adopting behaviours that we know do not serve our health well or feel trapped in a negative spiral impacting on our day to day functioning.

Come and explore the relationship between your mind and body with us on this supportive and inspiring course.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.

Project Me: Life Choices and Independence

We invite young adults to join us for this multi week course which will explore themes such as ‘adulting’ in 2018-2019. The Urban Dictionary identifies the term Adulting as: to do grown up things and hold responsibilities. What does being an adult mean to us and how do we navigate this new area? What are the pitfalls we need to watch out for and how can we organise ourselves, manage our wellbeing and be a part of the adult world on our terms?

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.
There isn’t just one way of being an adult but it can sometimes feel like it comes with a series of expectations of what we should be doing and what we should have achieved so far. For many of us adulthood may feel like an almost impossible journey with numerous obstacles on our path. Join us to explore what being an adult means to you and how you can define and achieve adulthood on your own terms.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.

“Haven’t you got it sorted yet?” Life Choices & Independence in Adulthood

There isn’t just one way of being an adult but it can sometimes feel like it comes with a series of expectations of what we should be doing and what we should have achieved so far. For many of us adulthood may feel like an almost impossible journey with numerous obstacles on our path. Join us to explore what being an adult means to you and how you can define and achieve adulthood on your own terms.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.

Creative Routes

Join Jami at the Head Room Café for our new multi week writer’s course. Hosted by a published poet come and meet likeminded people brought together by their passion for writing. Are you a writer of prose or poetry? Would you like to share your work and receive thoughtful feedback? Do you need some motivation to jumpstart your literary talents and skills? If so, this group is perfect for you!

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £15 for 4 weeks.

LGBT, My Mental Health and Me

We know that those belonging to minority communities which face discrimination are at a higher risk of experiencing poor mental health; the LGBT community are no exception. Come and join us for a multi week course for those of us identifying as LGBT alongside lived experience of mental health issues to explore how we as LGBT Jews can support our mental health and wellbeing.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £15 for 4 weeks.

Redbridge & East London

Self Help for our Holistic Health

Self-care although essential to maintain our mental health is often very low on our list of priorities. Is that because our Western culture does not value our wellbeing as much as more outwardly focused aspects of life? We will look at the principles of self-help strategies and the theory behind the practices. Come with us on our tour of Jewish philosophical thought, ideas from Eastern Asia, India and a peek at holistic health from these different cultural viewpoints.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.
“Our animal counterparts have quite a few lessons to offer (the value of napping, for one). Humans are fundamentally social animals, and in learning to coexist more peacefully, the animal kingdom could teach us a thing or two.” (Carolyn Gregoire, The Huffington Post 2017)

There’s a well-established idea that having pets can enhance your mood and improve your wellbeing. But could we learn more from the animal kingdom in terms of self-care, living together, helping each other and showing empathy and compassion to one another?

In studying and understanding animal behaviour could we also understand ourselves better too?

Join us in this thought provoking and engaging insight into our animal cousins and more importantly into ourselves as well.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.

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Peace of mind is a state of mental and emotional calmness, with no worries, fears or stress. In this state, the mind is quiet, and you experience a sense of happiness and freedom. Such peaceful moments may feel rare.

So, is peace of mind an achievable goal? Can we learn how to be content? How can we focus on the here and now and recapture that state of mind when we feel in balance and true to ourselves?

How can we feel comfortable with being ‘good enough’, when the default position for society seems to be the pursuit of perfection?

These and other questions will be explored in this absorbing self-development course to assist you on your journey to enhance your wellbeing.

Cost: The courses are free for anyone who has used any of Jami’s support services in the last twelve months or £20 for 5 weeks.
Head Room in the Hub

Head Room in the Hub is a programme of short sessions exploring different themes using a variety of activities and discussion. The sessions aim to provide practical tools to those attending the Jami Hubs.

Alone but Not Lonely

Loneliness can be an all too familiar experience for many of us. It can make us feel isolated and decrease our motivation to socialise or to push outside our comfort zone. But it doesn’t have to be this way. Many people enjoy time on their own and use it to boost their wellbeing. Join us to think about what loneliness is, how we can combat it and explore the idea of being alone on our own terms.

Increasing Assertiveness

When we’ve experienced tough times being heard by those around us can be an extra challenge. We may feel disempowered to have our say if people have been making decisions for us. In this short session we will be exploring how we can express ourselves and say what we mean. How can we make sure what we have to say is heard and respected and gain empowerment in our lives?

Maintaining Motivation

Motivation is the drive we have to achieve or do something. It is integral to setting goals and fulling them. We need it to achieve what we want from life but it can feel like an elusive quality that is permanently just out of reach. Join us to identify when we struggle to be motivated, the obstacles to being motivated and what can help us boost our motivation.

Effective Communication

Communication is an important skill which we need to share our needs, thoughts and feelings with those around us. It’s our main tool for interacting with the world and it can be frustrating when this pathway breaks down. How do we navigate difficult social interactions and make sure our thoughts are heard with respect even when there is disagreement? Join us to explore what makes communication effective and how we can use this all-important tool in our lives.

Making Decisions

Being unable to make a decision can make us feel like we are stuck between a rock and a hard place. Sometimes multiple decisions seem like the ‘right’ thing or we may find that we do not feel comfortable with any of the options on offer. In this short session we will think about what prevents us making decisions, how we make decisions and what process works for us whether ‘going with our gut’ or using reasoning and logic to determine the best outcome.
Our mental wellbeing is dependent on many factors in our lives. Managing our stress is a huge part of the wellbeing jigsaw puzzle.

“learned I can be compassionate to myself and not feel guilty about that. Thank you.”

Michelle

Stressed? Overwhelmed by work or family life?

So many of us are attempting to juggle multiple commitments, no wonder we feel constantly stressed and pushed to our limit.

Our new 3 week stress management course will enable us to understand and recognise our triggers and our learned behaviour for coping with stress. Learners will find a new and more manageable relationship with stress. We will also help you to explore how we can use ‘mindful’ moments and activities to help us enjoy our lives more and create our action plan for a less stressed out life.

“It was easy to talk with a very open group with good advice and practical exercises”

Cost: £30

Stress and Me, Managing Better, Feeling Less Anxious

Martin B. Cohen Centre, Edgware

7, 14, 21
May 2019

Tuesdays, 7:30 – 9:00pm
A series of four interactive discussions at Woodford Forest United Synagogue including supper.

These events are sponsored by Woodford Forest Synagogue. Any donations are gratefully received.

‘It really boils down to this. Whatever affects one destiny, affects all indirectly’ (Martin Luther King)

People need to live amongst their fellow man; humans are social animals linked by mutual responsibility. In the society we live in, ‘I’ and the notion of self can take up a lot of space. How do we balance the priorities or our self and others to build safe and trusting relationships? How can we use these connections to develop into more resilient, happier and healthier people?

Join us to explore how you and your community can develop these connections and use them to help break down social isolation.
Mental Health & Jewish Family

Families are facing more pressures and strains than ever. Life can feel extremely hectic and it can be increasingly difficult to find time to spend together. Families all look and feel different and may be made up of multiple members of the extended family. There is no ‘normal’ family life, each family will have its’ own strengths and ways of managing family dynamics.

We know family has a high value in Jewish life. Can this boost our ability to maximize the benefits of family life and help us work together to boost our family resilience? Are there other textual sources or aspects of Jewish life which can help us boost our wellbeing? Join us to start this conversation and open up the debate we are all part of.

Wellbeing Evening

A one off event including:

- Healthy supper with nutritional information
- Community conversations around the tables
- Yoga / relaxation / meditation session

Join us for our Wellbeing Event where we will help you get to know how you can enhance your health and happiness in a holistic, interactive way. How can we improve our current strategies for managing a healthier lifestyle and build capacity to cope with life’s demands? Try some gentle relaxation exercises, share your views, opinions and experiences and join us for a nutritional and healthy communal supper. Everyone welcome and no previous knowledge required - lets learn from each other...
Do you have opinions about current legislation impacting on people with mental illness?

Do you want to be more informed about the direction of travel of the NHS and Mental Health services? If so, our Think Tank could be for you.

If you enjoy contributing to discussions and are happy to hear the opinions of others, could you contribute to our new group?

Think Tank

Head Room Café, Golders Green

Tuesdays, 6.30 – 8.00pm

9 Oct 2018 | 6 Nov 2018 | 4 Dec 2018
8 Jan 2019 | 5 Feb 2019 | 5 Mar 2019
9 Apr 2019 | 7 May 2019 | 4 Jun 2019
2 Jul 2019 | Head Room Café, Golders Green

Do you fancy yourself as a budding writer or poet or do you prefer to be in the audience? Come and join us at the Head Room Café for our Writers’ Open Mic Night. Sit back, relax and have a drink whilst our writers and performers share with you some of their own work.

Interested in reading your work? Please drop us a line at headroom@jamiuk.org to join our list for the night.

Writers’ Open Mic Night

Thursdays, Doors Open: 8.30
Readings: 9.00 – 10.00pm

11 Oct 2018 | 24 Jan 2019
14 Mar 2019 | 16 May 2019
4 Jul 2019 | Head Room Café, Golders Green
**Get Together**

Do you have a passion for mental wellbeing and social activism? Are you interested in hearing the opinions of others?

Our Get Together is perfect for anyone aged 18 – 32 looking to be part of the conversation on issues impacting young people in today’s society and interested in meeting like-minded people.

Join us at our Head Room Café for conversation and a cuppa.

Tuesdays, 6.30 — 8.00pm

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Head Room Café, Golders Green

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**Community Conversations**

This Jami event is inspired by the French café-debat. Thierry Bonfanti, the French psychologist and thinker, created the café-debat (coffeehouse debate) in the 90’s. Bonfanti and his colleagues Michel Lobrot and Nicole Habrias developed these as a way of bringing people together to have interesting conversations.

The group decides what to discuss facilitated by members of the Jami team.

Weekly sessions on Thursdays at 6.30pm

Head Room Café, Golders Green

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**Creative Routes**

Join Jami at the Head Room Café for our new multi-week writer’s course. Hosted by a published poet come and meet likeminded people brought together by their passion for writing. Are you a writer of prose or poetry? Would you like to share your work and receive thoughtful feedback? Do you need some motivation to jumpstart your literary talents and skills? If so, this group is perfect for you!

This will be a safe space to explore society’s attitudes to suicide. What are our reactions? How can we approach this subject and support those affected by it?

Cost: The courses are **free** for anyone who has used any of Jami’s support services in the last twelve months or £15 for 4 weeks.

Wednesday, 6.00 – 7.30pm

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Head Room Café, Golders Green

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**Mindfulness and Milkshakes**

If you’re aged 14-18 and would like to take part in some taster mindfulness and wellbeing activities to help you develop better tools to manage your stress come and join us.

Head Room Café milkshakes included!

Cost: £5 per week

Sundays, 7.30 – 9.00pm

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Head Room Café, Golders Green

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**Breaking the Taboo: How to Talk Openly about Suicide**

This will be a safe space to explore society’s attitudes to suicide. What are our reactions? How can we approach this subject and support those affected by it?

13 Nov 2018 Tuesday

Head Room Café, Golders Green
Our mental health masterclass will explore conditions including Bipolar, Borderline Personality Disorder and Psychosis. This course will be an opportunity to explore in depth how mental illness impacts on people’s lives and how we can channel our compassion to be useful.

Cost: The course is free for current Jami volunteers or £20 per person, you will be asked where you volunteer when booking.

Anne, Volunteer
This course is for those of us working in health and social care either as a member of staff or a volunteer. Working in health and social care can be stressful and demanding. How can you learn to handle the ups and downs better? Being emotionally resilient is about cultivating the inner strength to cope when challenges seem almost overwhelming.

Our innovative session will help you:

• become more confident about your ability to respond
• feed you emotions intelligently so that you can take more self-control
• seek out the opportunity in a problematic situation and encourage you to invest in your wellbeing to boost your health and resilience

It's not about what is happening to you – it’s about how you react that really counts

Cost: The course is free for current Jami volunteers or £25 for self-paying individuals and voluntary sector staff and £35 for statutory sector staff e.g. NHS or local government
Suicide creates a huge impact on the family of the person who has died but also a big impact on friends, colleagues and all the other people who had a relationship with the person.

This phenomena is called “the ripple effect” and has a profound impact on our community life be that synagogue, school or organisation.

During this session we look at impact and what we can do to build hope and education around this sensitive area of communal life.

Cost: £25 for self-paying individuals and voluntary sector staff and £35 for statutory sector staff e.g. NHS or local government.
What happens if someone is detained under the Mental Health Act 1983?

Many people who receive inpatient treatment on psychiatric wards have agreed to go into hospital as informal (voluntary) patients. However, roughly half are in hospital as formal patients without their agreement. This is because they have been detained under the Mental Health Act (often called being ‘sectioned’). When someone is detained as a formal patient they can lose certain rights, including the right to leave hospital freely, so if you are supporting or are working with someone in this situation it’s really important to know their rights.

Join Debra Shaw, lawyer and legislation expert for a session which will explore a patient’s rights when detained in hospital or when being treated in the community whilst under section, their right of appeal, confidentiality, their right to representation and the associated ramification of people being admitted to hospital under the Act.

Cost: £25 for self-paying individuals and voluntary sector staff and £35 for statutory sector staff e.g. NHS or local government

Self Harm in Young People

According to a study by Young Minds, 1 in 12 young people and children are thought to self-harm. CAMHS (Child and Adolescent Mental Health Services) have seen a huge spike in referrals for self-harm in the last few years with no sign of change. This seminar sets out to explore the current rise in self harm and how it is related to young people’s mental health. Why do young people self-harm? We will look at the practicalities of the “do’s and don’ts” around supporting someone who discloses self-harm and the challenges for youth workers, volunteers and school staff relating to self-harm issues.

Cost: £25 for self-paying individuals and voluntary sector staff and £35 for statutory sector staff e.g. NHS or local government

“I really appreciated the emphasis on applicable skills/tools when working with young people”

Emotional Resilience in Health and Social Care

This course is for those of us working in health and social care either as a member of staff or a volunteer. Working in health and social care can be stressful and demanding. How can you learn to handle the ups and downs better? Being emotionally resilient is about cultivating the inner strength to cope when challenges seem almost overwhelming.

Our innovative session will help you:

- become more confident about your ability to respond
- feed you emotions intelligently so that you can take more self-control
- seek out the opportunity in a problematic situation and encourage you to invest in your wellbeing to boost your health and resilience

It’s not about what is happening to you – it’s about how you react that really counts

Cost: The course is free for current Jami volunteers or £25 for self-paying individuals and voluntary sector staff and £35 for statutory sector staff e.g. NHS or local government
You may have been in your relationship for many years with your partner or perhaps you are in a newer relationship and your partner has had a recent diagnosis. Come to this event to get support and give support to others. New networks and friendships are often formed at our carer conversations and we hope if these sentiments resonate for you that you might join us.

It’s great if you can let us know to expect you so we can sort out our catering requirements however, please also feel free to turn up.

Cost: £5 including light refreshments. No prior booking needed

Caring for an Adult Partner with Mental Illness

19 Mar 2019
Tuesday
5.00 – 7.00pm

Martin B. Cohen Centre, Edgware

Meeting other carers showed that there is a unique aspect to caring for someone with mental health problems. It was nice to meet others who understand.

Michael, Carer
Do you have a passion for mental wellbeing and social activism? Are you interested in hearing the opinions of others? Our Get Together is perfect for anyone aged 18 – 32 looking to be part of the conversation on issues impacting young people in today’s society and interested in meeting like-minded people. Join us at our Head Room Café for conversation and a cuppa.

**Who’s it for?** Anyone aged 18-32 interested in mental health and other topics, whether you identify with lived experience of mental illness or are simply interested in the topics under discussion.

**Get Together**

Tuesdays, 6.30 – 8.00pm

- 23 Oct 2018
- 22 Jan 2019
- 30 Apr 2019
- 16 Jul 2019

- 20 Nov 2018
- 19 Feb 2019
- 21 May 2019
- 18 Jun 2019

- 18 Dec 2018
- 19 Mar 2019
- 18 Jun 2019

**Head Room Café, Golders Green**
Mindfulness and Milkshakes

If you’re aged 14-18 and would like to take part in some taster mindfulness and wellbeing activities to help you develop better tools to manage your stress come and join us.

Head Room Café milkshakes included!

Cost: £5 per week

Youth MHFA (16 – 18 year olds)

We are accredited providers of Youth Mental Health First Aid. This internationally recognised training course is the gold standard equipping you to provide a ‘first aid response’ to your peers. Some of us may be concerned about our friends and wish to know more about how we can provide them with support. Come and join us to learn more about a variety of mental health problems, and increase your confidence in knowing where to signpost your peers for further support.

To apply for a place please get in touch for a short application form.
Peer to Peer Training

Peer Listening Training

Schools are increasingly discovering the benefits of peer listening programmes both for the recipients and the listeners themselves. These programmes provide young students in your school with someone to talk to and skill-up your peer listeners to listen non-judgementally and consider the most effective ways to communicate. Over two training sessions the students will explore what challenges students may bring and when they can provide support to students and when they may need to pass it on to a member of staff.

We recommend this opportunity for years 10 - 13

“\nThe students responded really well to the training. It gave them confidence, made them think and reflect and prepared them well... it was well facilitated and structured."

Schools and Youth Groups

“This was the most useful, relevant and important session we’ve had”

For more information or to request a training course for your organisation please contact Emma at headroom@jamiuk.org or call 0208 458 2223

Do you want to be a Mental Health Awareness Raiser?

From our experience of working in schools and with young people we’ve seen the value of peer to peer learning. If you want to create a more compassionate student body, why not invite Jami to train a group of students in mental health awareness and give them the skills to create and co-facilitate their own Mental Health Awareness sessions to the younger year groups. Previous students involved in this programme increased their confidence in public speaking and facilitation skills, creating presentations and their understanding of mental health.

We recommend this opportunity for years 9 - 11
Facilitated Sessions

Introduction to Mental Health Awareness

This interactive workshop takes an overview of mental health as an issue that affects us all. During the session students will learn about mental health and explore ways to enhance their own mental wellbeing. The second half of the session explores the issues of stigma and discrimination within the mental health arena and helps students form their own opinions and participate in dialogue.

We recommend this workshop for years 6 - 9

“

The session was super interesting...it was really fun and interactive. It was really meaningful and made me think

“

Really helped expand my knowledge on mental health and the stigma surrounding it

Stress Management

Combine academic pressure with family and social pressures and it’s no wonder our young people are finding it hard to manage. All kinds of stress continue to be the metaphorical ‘monster under the bed’ for many of us. Whether you are a student, a parent or a teacher, exams loom larger than life. As publicised widely by the media, we are putting our students under more academic pressure than ever before. It is unsurprising that the ChildLine National Exam Stress Survey revealed that 96% of 1300 students felt anxious about exams and revision. Let Jami run this interactive workshop to show your students how to manage their stress and maintain motivation.

We recommend this session for any year group

“It was very interesting and now I understand why I get stressed...and how to prevent stress”

Transition Workshop:
Mental Health at University/after 6th Form

The shift from secondary school to university can be a challenging time for our young people. The stress of personal, domestic and educational changes can leave many new students feeling uncertain or anxious about this big life step. Jami’s interactive session can help your Sixth Form students identify their concerns, manage this transition and recognise the new opportunities university life offers.

We recommend this session for sixth form students
Teachers and Educators

“Helped me relate to pupils I have and think about my own practice”

To commission a Youth Mental Health First Aid training course for your staff please contact Emma on 0208 458 2223 or email headroom@jamiuk.org

Understanding Attachment Theory in the School Environment

Come together to explore the principles of Attachment Theory (the key concept in understanding how children form relationships and develop their self-esteem) and consider examples of how this relates to children’s behaviours. This session will give you some simple practical tools to help support or manage these behaviours.

Our trainer is very experienced in training on this subject and has run this workshop all over London in the past few years for Jami as well as another children’s charity.

We recommend this workshop for primary school staff

The Snapchat Generation: Adolescent Thinking and Behaviour Unpacked

We know that the adolescent brain is undergoing major changes when young people hit their teenager years and this has a huge impact on their behaviour. Join us to gain useful and practical tools for supporting young people’s emotions and have an impact on their behaviour.

We recommend this workshop for secondary school staff
The most current statistics tell us that 10% of those aged 5-16 have a clinically diagnosable mental health problem (Children’s Society, 2008); that’s three students in every classroom. Join Jami to discuss what’s going on in your student’s lives. How might adolescence impact behaviour, what role does mental health play and what can we do and where can we signpost our students for further support.

We recommend this workshop for secondary school staff.

Training for Youth Workers

Youth Wellbeing Training

Join us for an introduction to the key concepts included in our new youth wellbeing pack. During the training we will explore the interplay between mental health and wellbeing in a Jewish youth setting with a focus on the camp environment. We will also consider how we can boost the wellbeing of both our chanachim and madrachim alongside best practice tips and suggestions for age-appropriate activities to raise awareness and combat stigma.

To access the youth pack or to request training please contact Emma at headroom@jamiuk.org or call 0208 458 2223.

Course information & fees

Self Development Courses

Daytime 5 week courses run by two facilitators to help build skills and boost wellbeing. These courses are run in both East and North West London.

Is there a charge for these?

The courses are free for volunteers and/or anyone who has used any of Jami’s support services in the last twelve months or is £20 for 5 weeks.

Outreach Programme

Evening events to open up important topics in mental health.

Meet like-minded learners and take away new insights and perspectives.

Mental Health First Aid Courses

We are running both Mental Health First Aid (MHFA) for Adults and Youths as evening courses in 2018/2019.

These accredited training courses equip you with the ‘first aid response’ skills and confidence to help someone in distress.

Is there a charge for these?

The courses are free for volunteers and/or anyone who has used any of Jami’s support services in the last twelve months. Individuals not using Jami services please see each listing as course prices vary.

CPD by Jami

CPD seminars for those who work, volunteer and want to learn about specific areas of mental health such as Suicide, Self Harm or the Mental Health Act.

Is there a charge for these?

The courses are free for volunteers and/or anyone who has used any of Jami’s support services in the last twelve months.

Mind and Body Courses

Evening courses designed to support your wellbeing facilitated by healthcare and wellbeing professionals.

Is there a charge for these?

Everyone pays a course fee (see each listing as prices vary). Concessions get 30% off full price.

Contact Emma by phone on 020 8458 2223 or email headroom@jamiuk.org
Booking information

Course etiquette

We welcome many people on our courses and provide supportive learning environments. So that we can provide high quality courses we need to ensure everyone abides by the Jami Head Room course etiquette. We keep it nice and simple so everyone is clear. By booking on our courses you have signed up to our 5 star learning contract:

- Respect each other as individuals
- Listen to each other without interruption
- Help us to ensure we all learn in a safe, non-discriminatory environment
- Arrive on time and abide by course boundaries set by the facilitators
- Take responsibility for your learning by letting us know anything relevant that will help you get the most from our courses

How to book

To book for one of our courses simply complete the booking form on the next page or book online.

Make sure to fill in the booking form carefully so we can enrol you for the correct course. All information in terms of dates, venues, timings and cost for each course can be found with the full course information. Once you have completed the form either post it to the Head Room Education Team at the Martin B. Cohen Centre or email us at headroom@jamiuk.org.

When we have processed your form we will contact you with a booking confirmation via email.

If you have any questions about specific events or courses or the booking process please feel free to contact us either at headroom@jamiuk.org or call Emma on 020 8458 2223.

Booking form

This form is not a referral form for our support services. If you need to access Jami’s mental health support or carers services please call our Duty Team on 020 8458 2223

Course / Seminar name: | Start date: | Course location:

Personal information

Your privacy is important to us and we need your consent in order to communicate with you. Please select all the ways we can contact you:

- [ ] Post
- [ ] Email
- [ ] Phone
- [ ] SMS

Title: [ ] Forenames: [ ] Surname:

Address: [ ] Phone number: [ ] Email:

Postcode: [ ]

By providing this information I confirm that I am consenting to Jami holding and processing my personal data to keep me informed about Jami’s services, courses, events and fundraising. Where you do not grant consent we will not be able to use your personal data (so for example we may not be able to let you know about forthcoming services and events); except in certain limited situations, such as where required to do so by law or to protect members of the public from serious harm. You can find out more about how we use your data and how to withdraw your consent from our privacy notice at www.jamiuk.org/privacy

Fees

For general course fees, please see page 52. For all other courses, see the full course descriptions within the prospectus.

If a fee applies to you, please complete the information below:

- Are you a self-paying individual? [ ] Yes / No
- Is your organisation paying for you? [ ] Yes / No
- Do you require an invoice? [ ] Yes / No

If you require an invoice, please supply name of person to be invoiced and their contact details here:

For more information about concessions available, please contact us.
Payment details**

Course cost: 
Payment by: [ ] Visa  [ ] Mastercard  [ ] Amex  [ ] Cheque enclosed**

Card no: [ ] [ ] [ ] [ ] Expiry date: [ ] [ ] [ ] Name on card: 

Start date: [ ] [ ] [ ] Expiry date: [ ] [ ] [ ] 3/4 digit security no. [ ] [ ] [ ]

** If paying on the day please bring your payment to the course by cash or cheque when you attend. Cheques should be made payable to Jami. Receipts can be obtained at payment.

Signature  
Date

Your feedback

How did you hear about Jami?

[ ] Word of mouth  [ ] Leaflet  [ ] Email  [ ] Social media  
[ ] A Professional encouraged me to come along  
[ ] Recommendation  [ ] Other (please specify): ________________________________

Is there anything else you would like us to know about you?

What areas of Jami are you particularly interested in? (please tick all that apply to you)

[ ] Jami education events  [ ] News and updates on Jami’s work  
[ ] Volunteering for Jami  [ ] Fundraising for Jami

Signature  
Date

Please return to:
Jami Head Room, Martin B Cohen Centre for Wellbeing, Gould Way, Deansbrook Road, Edgware HA8 9GL
Email: headroom@jamiuk.org  |  Telephone: 020 8458 2223

Our Venues

North West London

Martin B. Cohen Centre
Gould Way, Deansbrook Road
Edgware HA8 9GL (SAT NAV: HA8 9BG)
By bus: 303, 628, 642, 142 and 288
By train: Edgware Underground Station, Northern Line

Elliott Simmons Centre
Leila’s House, 55 Christchurch Avenue
Finchley, London N12 0DG
By bus: 83, 125 and 460
By train: Finchley Central Underground Station, Jubilee Line

East London

Redbridge Jewish Community Centre
Sinclair House, Woodford Bridge
Ilford IG4 5LN
By bus: 123, 179 and 366
By train: Gants Hill or Redbridge Underground Station, Central Line

Woodford Forest United Synagogue
20 Churchfields, London E18 2QZ
By bus: 179 and N55
By train: South Woodford Underground Station, Central Line

Head Room Café
89 Golders Green Road
Golders Green, London NW11 8EN
By bus: 83, 183, 210, 240, H2 and H3
By train: Golders Green Underground Station, Northern Line
SIP. SHOP. SHARE

Find us at
89 Golders Green Road
London NW11 8EN
Sunday – Thursday: 08:00 – 18:00
Friday: 08:00 – 17:00

Head Room Cafe on 363
headroomcafe.org

Sip your coffee or try our enticing new evening menu with a choice of sharing platters, delicious mains and desserts.

Shop from our ever-changing range of unique vintage and designer goods. You can drop off your donated items at the shop too.

Share how you are feeling today with one of our Heads Up workers. Pop in for a free chat or come to a weekly drop in session.

Join over 100 shuls, organisations and groups taking part across the UK, and help to raise the profile of mental health and mental illness in the Jewish Community.

REGISTER TODAY SO YOU AND YOUR COMMUNITY CAN GET INVOLVED.

SIP. SHOP. SHARE

To register your interest or to find out more please visit HEADONUK.ORG

Register your interest early and give your community the space to get involved.

Find us at
Unit 1, Borehamwood Enterprise Centre, Borehamwood WD6 4RQ

Sunday – Thursday: 08:00 – 18:00
Friday: 08:00 – 17:00

Great value second hand reconditioned bikes and cycling accessories

Prices start from £20 for kids bikes and £60 for adult bikes.

11 & 12 January 2019

Brought to you by
Jami

The Mental Health Service for our Community


Prices start from £20 for kids bikes and £60 for adult bikes.
Head Room

Jami’s Head Room programme is reaching out to the Jewish community. Jami is encouraging everyone to be in touch with their own mental health, improve understanding and challenge stigma.

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