

LABELS ARE FOR JARS.  
NOT PEOPLE.



Courses, seminars & events  
September 2019 – July 2020

By offering Head Room courses, seminars and events, Jami provides mental health education to support individuals and empower the Jewish Community.

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## About Jami

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Jami is the Jewish community's mental health service and for 30 years has been providing practical and emotional support for the mental health needs of the community, delivering services that enable independence and build resilience, through community hubs and outreach, education and training and bespoke recovery support plans.

Statistics show that in any one year 25% of us experience a diagnosable mental health problem. Jami supports anyone affected by a mental health problem, those with mental illness and their family and friends, enabling people to lead meaningful lives despite severe mental ill health.

Jami's transformative work in the wider community is building awareness and increasing understanding of mental health and aims to put an end to stigma and discrimination.

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## About Head Room Education

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The Head Room Education team provides learning and engagement for adults and young people across the Jewish community, reaching out and inspiring people like you.

We work with organisations and individuals facilitating seminars, training and discussion groups to educate the whole community about mental health and wellbeing.



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## For you, your family and your community

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In this year's Head Room Education prospectus there are a myriad of course and café-based events, which we hope will appeal to our vibrant and diverse community.

New for 2019/20 is a focus on student wellbeing. We know that whilst new challenges may be exciting, many students will find that the transition from school to further education may not be a smooth one. We are offering Mental Health First Aid Higher Education alongside our other Mental Health First Aid courses. We are also hosting an event for students at Head Room Café.

Another new development is our partnership with UJS and University Jewish Chaplaincy to deliver a pilot educational programme to three Jewish student communities in Birmingham, Bristol and Leeds. In addition to this, we are delighted to hear from students on other university campuses who would like to get involved.

We hope you will commit to learning with us in the coming year.

Find out more about our learning opportunities at [www.jamiuk.org](http://www.jamiuk.org) and follow us on [@JamiPeople](#) | [JAMIMentalHealth](#)

# Our community partners

Jami works with a range of community partners to embed our education work in the community and empower communities to support the mental health of their constituents. We encourage 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.



BBYO



Belmont United Synagogue



Borehamwood and Elstree United Synagogue



Bristol and West Progressive Jewish Congregation



Brondesbury Park United Synagogue



Bushey United Synagogue



Edgware and Hendon Reform Synagogue



Edgware Masorti Synagogue



Edgware United Synagogue



Elstree and Borehamwood Masorti Community



Finchley Reform Synagogue



FZY



Habonim



Hasmonean High School



JCoSS

# 2019-2020



Jewish Care



JFS



Keshet UK



Liberal Judaism Education Hub



Mill Hill United Synagogue



Noam



Northwood and Pinner Liberal Synagogue



Progressive Jewish Students



Radlett United Synagogue



Rambam Sephardi Elstree and Borehamwood



RSY-Netzer



Shenley United Synagogue



St Albans Masorti Synagogue



Tribe



University Jewish Chaplaincy



UJIA



Union of Jewish Students



United Synagogue Jewish Visiting



Woodford Forest United Synagogue



World Union of Jewish Students



Yavneh College

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 Head Room Café. Find the right group for you on a weekly or monthly basis and join us for conversation and a cuppa. New for this year, our Hot Topics at Head Room. Everyone is welcome.

## Carers

The Carers and Family Support service offers regular support groups to learn more about how to support those you care for and meet like-minded people who understand what you're going through. We welcome carers to our events.

## All Learners

Join us for a Head Room in the Hub session exploring a range of topics and skills, or for a Mental Health First Aid course to gain confidence and knowledge supporting those in distress.

## Young People

Come and join us on a Youth Mental Health First Aid Course, our monthly Get Together discussions for people aged 18-32, or contact us to host a Mindfulness and Milkshake group for people aged 14-18.

## Volunteers

Wherever you volunteer, join us to learn new skills, empower your volunteering and consider your own mental health when giving to others; including training as a Mental Health First Aider.

## Schools & Youth Groups

Our Head Room Education team offer an exciting range of workshops. Skill up young people in your school as peer listeners through our tried and tested peer listener programme; or offer the free Mindfulness and Milkshakes roadshow for groups of young people in the community - milkshakes included.

## Teachers & Educators

Specifically developed training courses for teachers and educators working with young people. Learn about mental and emotional health in young people – including Mental Health First Aid courses.

## Working in Mental Health

Continuous Professional Development (CPD) seminars for people who work or volunteer in mental health. Whether it's Suicide First Aid; Panic and Anxiety; or to learn more about Jami and IROC (Individual Recovery Outcome Measure).



### Information on Booking Your Course

Our courses have limited availability, please book early to ensure your place. There is a booking form at the back of this prospectus or you can book online at [www.jamiuk.org/head-room-courses](http://www.jamiuk.org/head-room-courses). If you have questions about any of our courses or would like to book a bespoke event for your community, email [headroom@jamiuk.org](mailto:headroom@jamiuk.org)

# Mental Health Awareness Shabbat

Jami offer educational opportunities throughout the year across the Jewish community.

There are a variety of mental health awareness courses and workshops, facilitated by Jami, that can be booked for your community.

Head Room education team are able to provide and advise on interactive and educational workshops to mark The Mental Health Awareness Shabbat taking place on 31st January & 1st February 2020.

The following is a list of suggested programmes suited to community settings. If there are other courses in this prospectus you would like to offer in your community, please contact us at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call Emma on 020 8458 2223 to discuss further.

If you would like to receive a resource pack for the Mental Health Awareness Shabbat, please contact us.

## Self Harm in Young People

According to NHS Digital, 1 in 4 11–16 year-olds with a disorder have self-harmed or attempted suicide. 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 this exposes for youth workers, volunteers and school staff.

THE MENTAL HEALTH  
AWARENESS SHABBAT



## Mental Health in the Jewish Community



THE MENTAL HEALTH  
AWARENESS SHABBAT

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

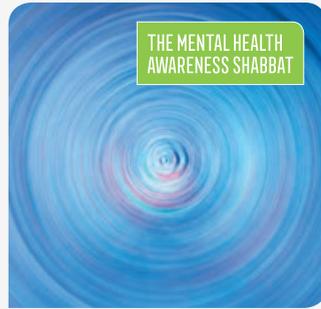
Families face more pressure than ever. Gain more insight and confidence into how to build resilience in our children and young people. Recognise when we need to ask for help and learn how to manage those transitions from childhood to adolescence.

THE MENTAL HEALTH  
AWARENESS SHABBAT



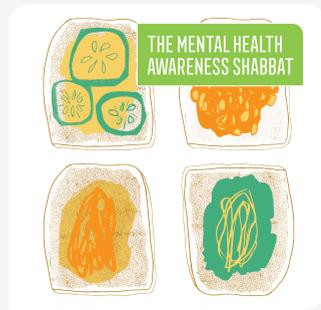
## The Ripple Effect: The Impact of Suicide

Suicide creates a huge impact on the family of the person who has died, as well as friends, colleagues and all the other people who had a relationship with the person. This phenomenon is called “the ripple effect” and has a profound effect on our community life, be that synagogue, school or organisation. During this session we look at the impact of suicide and what we can do to build hope and education around this sensitive area of communal life.



## The “Sandwich Generation”

Meet the sandwich generation – the ones stuck in the middle caring for children and elderly parents. This invisible, unpaid work can take a huge toll on our wellbeing and overall quality of life. What’s it like to be part of the sandwich generation and what help is out there to support your wellbeing so you can support others?

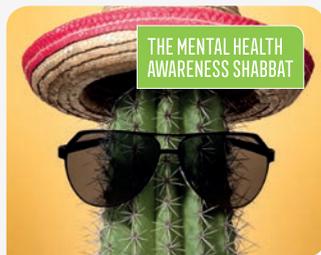


## For Young People

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

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 can impact on our mental health, we can work together to manage the pressures and expectations of today’s world.



## Mindfulness and Milkshakes

If you’re aged 14-18 and would like to take part in some mindful and creative activities that will boost your wellbeing, come and join us. Milkshakes included.



## 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.

The two-day courses can be run over two full days or four evenings, or the one-day courses over one full day or two evenings.

We also run the one-day programme for Higher Education.

### MHFA Youth



We are accredited providers of Youth Mental Health First Aid. 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.

These courses require a minimum of eight and a maximum of sixteen participants.

Please be aware there is a **cost** for this course.

*All Learners*

Mental Health First Aid

We are running both Mental Health First Aid (MHFA) for Adults during the day and Youth as evening courses in 2019/2020.

Many of us train to be a first aider so that in the event of a physical emergency we know how to respond. Join a Mental Health First Aid course to learn how to support a person in distress.

## Mental Health First Aid



### Adult MHFA

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. 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 in use and increase your confidence in supporting others.

*two day course*

Sundays, 10.30am – 5.30pm

**16,23 Feb 2020**

Martin B. Cohen Centre, Edgware

Cost: **£75**

For more information on costings please get in contact.

### Youth MHFA Champion

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. 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.

*one day course*

Tuesdays, 6.00 – 9.00pm

**17,24 Mar 2020**

Martin B. Cohen Centre, Edgware

Wednesdays, 6.30 – 9.30pm

**30 Oct 2019 | 6 Nov 2019**

Education Hub, Montagu Centre, Maple Street, Central London

Cost: **£50**

## Youth MHFA Champion for 6th Formers

This one-day training course enables you to become a Mental Health Champion and offer a 'first aid response' to your peers. Come and increase your confidence in having an everyday conversation with your friends about mental health, offer initial non-judgemental listening and know where to signpost for further support.

Cost: **free** as it has been sponsored by anonymous private donors.

*one day course*

**6 Oct 2019**  
Sunday  
10.00am – 5.30pm

Martin  
B. Cohen  
Centre,  
Edgware

**3 Nov 2019**  
Sunday  
10.00am – 5.30pm

Loughton  
Community  
Centre,  
Loughton

## Youth MHFA Half Day (Lite)

Join us for an introductory half day course, to raise awareness of young people's mental health.

Cost: **£15**

*half day course*

**11 Sep 2019**  
Wednesday  
7.00 – 10.00pm

Woodford  
Forest United  
Synagogue,  
Woodford

# All Learners

## Evening Learning

## Finding Your Voice



For some of us finding our voice can be a challenge. We may feel like we need to regain independence by advocating or speaking up for ourselves. Join us for this practical and supportive session to share tips and tricks for finding your voice and speaking up!

Cost: The course is **free** for anyone who has used any of Jami's support services in the last 12 months or **£10**.

**9 Dec 2019**  
Monday  
7.30 – 9.00pm

Martin  
B. Cohen  
Centre,  
Edgware

## Creative Routes



Join us at Head Room Café for our multi week writers course. Are you a writer of prose or poetry? Do you want to further develop your literary talents and skills? We welcome writers at any stage. This course will include a session on editing as well as provide time for writing exercises and sharing work.

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

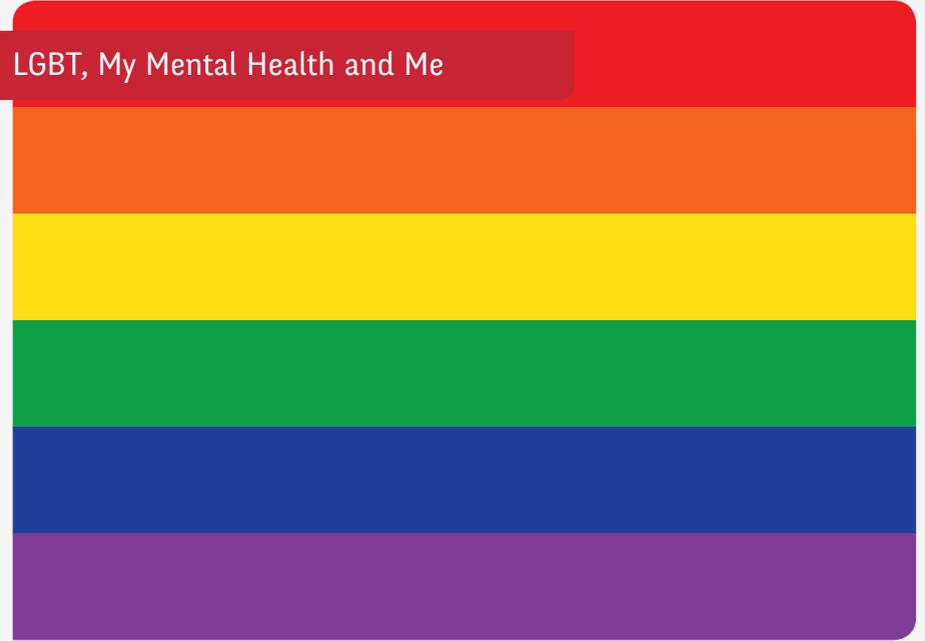
*four week course*

Tuesdays, 6.00 – 7.30pm

**17,24,** | **7 Apr**  
**31 Mar** | **2020**

Head Room Café, Golders Green

## LGBT, My Mental Health and Me



We know that people 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 with lived experience of mental health issues. Explore how we as LGBT Jews can support our mental health and wellbeing.

Cost: The course is **free** for anyone who has used any of Jami's support services in the last twelve months or **£20** for 5 weeks.

*five week course*

Wednesdays, 7.00 – 8.30pm

**3,10,** | **1 Jul**  
**17,24** | **2020**  
**Jun 2020**

Head Room Café, Golders Green

This course is run in partnership with **Keshet UK**

# All Learners

Head Room in the Hub

## Maximising Sleep



Sleep can feel like one of life's most elusive qualities. We know that a good night's sleep is important for both our physical and mental health. It can lower our stress level, improve our moods, help maintain our weight and improve our heart health. Join us to share and discuss our own best practice tips for catching those all-important Zzzzz's.

### Head Room in the Hub

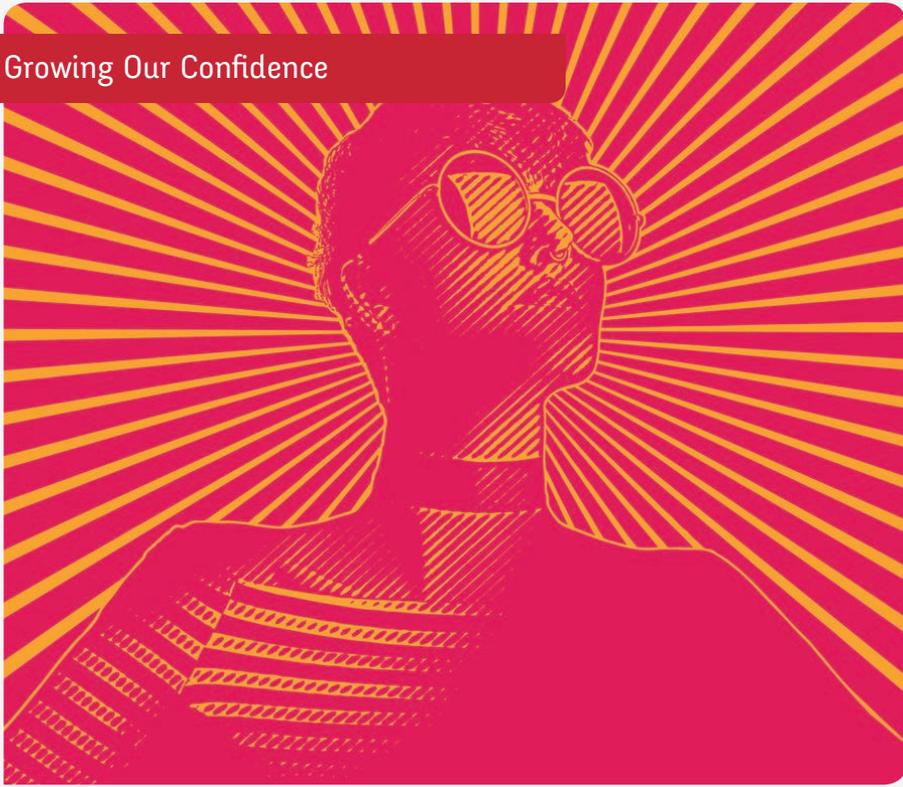
**3 Sep 2019**  
Tuesday  
2.00 – 3.30pm

Leila's  
House,  
North  
Finchley

**16 Jul 2020**  
Thursday  
2.00 – 3.30pm

Hackney  
Hub,  
Stoke  
Newington

## Growing Our Confidence



Our confidence and self-esteem are often in a state a flux. Some days, weeks or months they may be better than others. It's part of the human experience and can colour any element of our lives. Join us to think about what might impact our confidence levels and what we can do to grow our confidence and self-esteem.

### *Head Room in the Hub*

**29 Oct 2019**  
Tuesday  
11.30am – 1.00pm | Martin  
B. Cohen  
Centre,  
Edgware

**1 Jul 2020**  
Wednesday  
2.15 – 3.45pm | Mitkadem,  
Gants Hill

## Maintaining Motivation



A little bit of motivation can be a powerful thing. When we're motivated, we may feel a burst of energy which inspires us to get out of bed or get through our to-do list. It's vital for us to have motivation so we can complete our goals or meet deadlines. Join us to think about what motivates us and how we can find that little bit of motivation many of us need.

### *Head Room in the Hub*

**5 Nov 2019**  
Tuesday  
2.00 – 3.30pm | Leila's  
House,  
North  
Finchley

**18 Jun 2020**  
Thursday  
2.00 – 3.30pm | Hackney  
Hub,  
Stoke  
Newington

## Coping with Stress



Stress accompanies us throughout our lives, even the most relaxed of us experiences periods of stress. We know that stress can motivate us if we manage it well. Whilst we can't erase all stress from our lives, we can learn to cope better. Join us to learn more about stress and hear from each other about the best ways to cope.

### *Head Room in the Hub*

**23 Dec 2019**  
Monday  
11.30am – 1.00pm | Martin  
B. Cohen  
Centre,  
Edgware

**5 Feb 2020**  
Wednesday  
2.15 – 3.45pm | Mitkadem,  
Gants Hill

## Managing Doubt

For some of us doubt may feel like a constant companion interrupting our daily routine. For other people it is an intrusive feeling often at the most inopportune moment. We all doubt ourselves from time to time. Doubt can make us take stock and think something through, but it might also cause us to lose confidence in our abilities. Join us to explore the various impacts self-doubt can have, when it happens and how we can manage it better.

### Head Room in the Hub

**7 Jan 2020**  
Tuesday  
2.00 – 3.30pm

Leila's  
House,  
North  
Finchley

**23 Apr 2020**  
Thursday  
2.00 – 3.30pm

Hackney  
Hub,  
Stoke  
Newington

## Accepting Ourselves

For many of us self-acceptance is a journey of a lifetime. As we grow and mature, our feelings towards ourselves grow too. Sometimes self-acceptance is a journey of change, for other people it is meeting ourselves where we already are. However you want to accept yourself, join us to think about where we are now and what we can put in place to boost our sense of self.

### Head Room in the Hub

**25 Feb 2020**  
Tuesday  
11.30am – 1.00pm

Martin  
B. Cohen  
Centre,  
Edgware

**6 May 2020**  
Wednesday  
2.15 – 3.45pm

Mitkadem,  
Gants Hill

## Learning from Each Other

When we wish to learn a skill or topic often our default reaction is to look online or turn to books. Sometimes we forget that those around us are a resource for learning too. Join us to think about what we would like to learn and who we could learn it from.

### Head Room in the Hub

**3 Mar 2020**  
Tuesday  
2.00 – 3.30pm

Leila's  
House,  
North  
Finchley

**16 Jan 2020**  
Thursday  
2.00 – 3.30pm

Hackney  
Hub,  
Stoke  
Newington

## Goal Setting and Time Management

Setting goals and being able to manage our time effectively can boost our confidence and allow for time to relax and take a step back. These concepts can be key skills to help us organise and manage, but we often find them hard to do. Join us to think about how we can use goal setting and time management in our daily lives.

### Head Room in the Hub

**28 Apr 2020**  
Tuesday  
11.30am – 1.00pm

Martin  
B. Cohen  
Centre,  
Edgware

**4 Dec 2019**  
Wednesday  
2.15 – 3.45pm

Mitkadem,  
Gants Hill



## Increasing Independence

Independence is something many of us hope for. We may look at those around us and wish we were as independent as they appear to be. Independence will, however, mean different things to different people. To increase independence, we need to think about what it means to us, what we wish to achieve by being independent and how we can increase it. Join us to find out more.

### Head Room in the Hub

**5 May 2020**  
Tuesday  
2.00 – 3.30pm  
Leila's House,  
North Finchley

**21 Nov 2019**  
Thursday  
2.00 – 3.30pm  
Hackney Hub,  
Stoke Newington



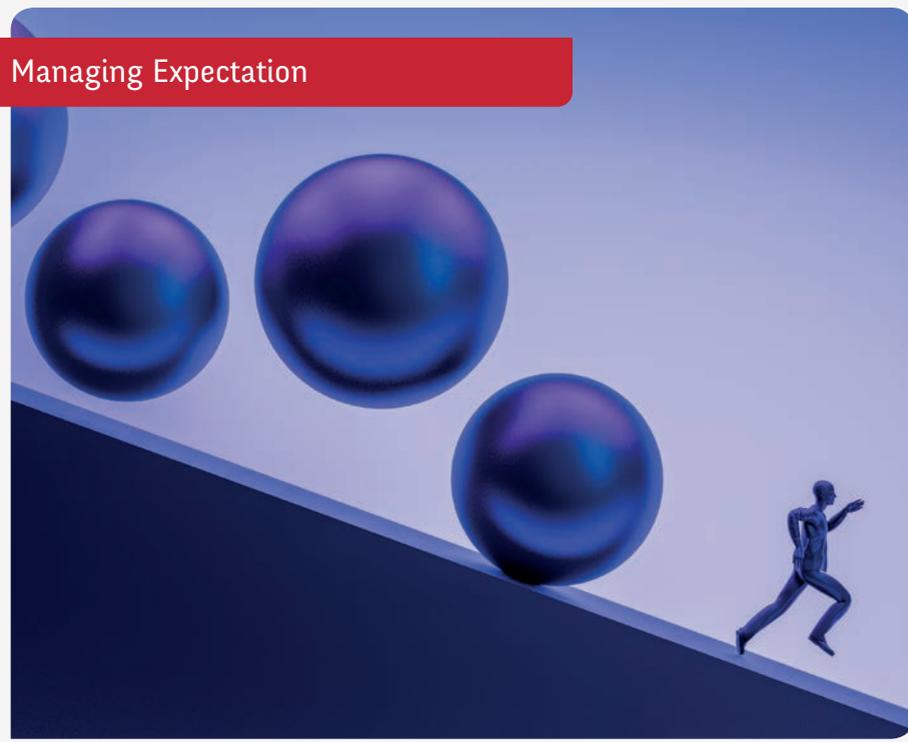
## Practical Problem-Solving

Being able to problem-solve effectively can prevent us wasting time deciding what we want to do or stop us getting into a cycle of over-thinking. For some of us, problem-solving may mean the easiest option, the quickest option or the least stressful option. Join us to think about how to problem-solve and what we can do to improve. We all problem-solve on a more frequent basis than we realise, so come and hear from each other and pick up top tips.

### Head Room in the Hub

**30 Jun 2020**  
Tuesday  
11.30am – 1.00pm  
Martin B. Cohen Centre,  
Edgware

**2 Oct 2019**  
Wednesday  
2.15 – 3.45pm  
Mitkadem,  
Gants Hill



## Managing Expectation

Expectation can loom large in our lives. Sometimes it's the expectation we put on ourselves. Sometimes the expectations we feel from others can become an oppressive burden. We all live our lives according to a set of expectations. Join us to think about which expectations we'd like to pursue and which we could let go.

### Head Room in the Hub

**7 Jul 2020**  
Tuesday  
2.00 – 3.30pm  
Leila's House,  
North Finchley

**19 Sep 2019**  
Thursday  
2.00 – 3.30pm  
Hackney Hub,  
Stoke Newington

# All Learners

## Mind and Body Courses

Our mental wellbeing is dependent on many factors in our lives. Managing our stress is a huge part of the wellbeing jigsaw puzzle. Our courses for 2019/20 will enable you to access more tools for your wellbeing toolbox, such as relaxation and breathing techniques and a heightened awareness of the relationship between your mind and body.

### Stress and Me, Managing Better, Feeling Less Anxious

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 3-week stress management course will enable you to understand and recognise triggers and 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 enjoy life more and create our action plan for a less stressful life.

*"The course really made me think and evaluate my stress and my stressors" - Linda*



three week course

Tuesdays, 7.30 – 9.00pm

**21,28** Apr 2020

**5** May 2020

Martin B. Cohen Centre, Edgware

Cost: **£30**

### NEW FOR 2019/20 Stress Masterclass



For past learners of Head Room Mind and Body programmes.

We invite any learner who has attended one of our Mind and Body classes during the past three years to join us. Together we will look at how we are managing our stress and what we have learned that we can share with each other.

**7** Jul 2020  
Tuesday  
7.00 – 9.00pm

Martin  
B. Cohen  
Centre,  
Edgware

Cost: **£10**

# Café Culture

Watch Out for Pop Up Learning Events at the Head Room Café.

Don't want to book? You can drop in for a Community Conversation or Open Mic night at our Head Room Café in Golders Green.

We run a variety of discussion groups and events happening at Head Room Café. Find the right group for you on a weekly or monthly basis and join us for conversation and a cuppa. New for this year, Hot Topics at Head Room. Everyone is welcome.

## #UseYourWords

Join Jami and representatives from World Union of Jewish Students (WUJS) on World Mental Health Day. Does language offer us possibilities to talk about our mental health and wellbeing? Can it also be a barrier? How are we, as students, really feeling?

This event is for current students and recent graduates.

*Student event*

**10 Oct 2019**  
Thursday  
8.30 – 10.30pm

Head  
Room Café,  
Golders  
Green

## Writers' Open Mic Night

Do you fancy yourself as a budding writer or poet or do you prefer to be in the audience? Join us at Head Room Café for our writers' open mic night. Sit back, relax, have a drink and a bite to eat whilst our writers and performers share some of their own work.

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

*free drop-in session*

Thursdays, Doors Open: 7.30  
Readings: 8.00 – 9.00pm

<b>24 Oct 2019</b>	<b>12 Dec 2019</b>
<b>30 Jan 2020</b>	<b>12 Mar 2020</b>
<b>14 May 2020</b>	<b>18 Jun 2020</b>
<b>16 Jul 2020</b>	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 or interested in meeting like-minded people. Join us at Head Room Café for conversation and a cuppa.

*free drop-in session*

Tuesdays, 6.30 – 7.30pm

24 Sep 2019 | 29 Oct 2019 | 19 Nov 2019

17 Dec 2019 | 21 Jan 2020 | 18 Feb 2020

21 Apr 2020 | 19 May 2020 | 23 Jun 2020

21 Jul 2020 | Head Room Café,  
Golders Green

## 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.



*free drop-in session*

Weekly sessions on  
Thursdays at 6.30pm

Head Room Café, Golders Green

## Creative Routes



Join Jami at Head Room Café for our multi-week writer's course. Are you a writer of prose or poetry? Do you want to further develop your literary talents and skills? We welcome writers at any stage. This course will include a session on editing as well as provide time for writing exercises and sharing of work.

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.

*four week course*

Tuesdays, 6.00 – 7.30pm

17, 24, 31 Mar 2020 | 7 Apr 2020

Head Room Café, Golders Green

## Hot Topics at Head Room

Join a Jami educator to discuss one of the 'hot topics' affecting the community's mental health and wellbeing.

### 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?

10 Sep 2019  
Tuesday  
6.30 – 8.30pm

Head  
Room Café,  
Golders  
Green

## Living with Loss



Many of us will have experienced some form of loss. Losses can take many forms and have a profound impact. Join us to share your thoughts on how to live with loss and what we can do to manage this in our lives.

**26 Nov 2019**  
Tuesday  
7.00 – 8.00pm

Head  
Room Café,  
Golders  
Green

## Change and Transition in Family Life



Periods of change and transition can heighten the already present stresses and pressures on our family unit. Join us to think about what the changes and transitions are and how we can work together to manage better.

**3 Dec 2019**  
Tuesday  
7.00 – 8.00pm

Head  
Room Café,  
Golders  
Green

## Midlife Crisis



Midlife is meant to be a time when we can relax a bit and enjoy our achievements but many of us are more stretched than ever between familial loyalties, demanding jobs and a sense of 'if not now, when?'

**14 Jan 2020**  
Tuesday  
7.00 – 8.00pm

Head  
Room Café,  
Golders  
Green

Come and share ideas for making the most of this time and reach out to get some support.

## Sexism



In a society of #MeToo and the Everyday Sexism Project, we are more aware of the magnitude of sexism than ever before. Join us to share thoughts about sexism and the impact you feel on your overall wellbeing.

**3 Mar 2020**  
Tuesday  
7.00 – 8.00pm

Head  
Room Café,  
Golders  
Green

## Gender and Sexuality

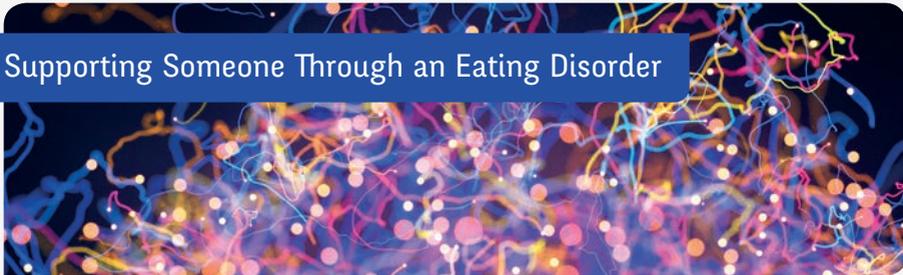


Gender and sexuality are being spoken about more than ever. However we identify, gender and sexuality can have an impact on our identity, our sense of self and our mental health. Join us to get involved in the conversation.

**26 May 2020**  
Tuesday  
7.00 – 8.00pm

Head  
Room Café,  
Golders  
Green

## Supporting Someone Through an Eating Disorder



Eating Disorders are complex conditions requiring professional help and support to empower the person directly affected into recovery. Like any mental health problem, an eating disorder also has an impact on the whole family unit or on the people who live with or care for someone with an eating disorder. This is a space for people who are supporting a friend, family member or partner through a recovery journey, to come and network and share thoughts and ideas. People who are in recovery from an eating disorder are also very welcome to join us to share what helped them through their journey.

**30 Jun 2020**  
Tuesday  
7.00 – 8.00pm

Head  
Room Café,  
Golders  
Green



Head Room Café in Golders Green is a fuelling-stop for both the body and mind. Situated in the heart of our community, the social enterprise brings awareness and access to mental health support, helping to remove the stigma of mental illness and encourage the wider community to talk openly about mental health.

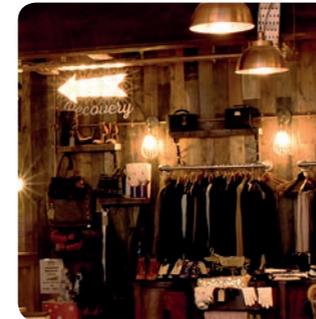
Here you will find a monthly programme of events and groups that support personal and communal wellbeing; a fresh, vibrant, middle Eastern-inspired food and drinks menu; a relaxing space to take time out or to really talk about the important things with friends.

We are always happy to talk to other organisations who are keen to collaborate and get involved. Drop us a line at [headroomcafe@jamiuk.org](mailto:headroomcafe@jamiuk.org)

# SIP . SHOP . SHARE



Sip your coffee or try our enticing menu with a choice of snacks, delicious mains and desserts.



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



Share how you are feeling, your thoughts and opinions, by coming to a weekly drop in session.

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  [headroomcafe.org](http://headroomcafe.org)

SUPPORTED BY

A SOCIAL ENTERPRISE FROM



## Weekly groups



Our weekly programme is subject to change.

Please follow us on social media for up to date information about what's on

@JamiPeople JAMIMentalHealth

### Mondays: Kind Co-Working: 3.00-6.00pm

Would you benefit from working in a shared space? Drop by our table with any projects you are working on - an essay, a job application, your freelance work, your memoirs or your drawing. Optional check in, support and short activities to boost your focus and spirits with Sarit Gafan.

### Tuesdays: CommuniTea: 3.00-4.30pm

Come by for a cuppa and an informal conversation to find out more about Head Room Café and how you can get involved. A great chance to meet new people and help build our community.

### Wednesdays: Heads Up Drop In: 4.00-5.00pm

Have a chat with our Heads Up Worker to find out more about the café, mental health and local resources.

### Thursdays: Art Therapy Café: 3.00-4.30pm

Ball of Chalk and Head Room Café are bringing creative therapy to the high street. Draw, paint, sculpt or collage your feelings, with support from trained art therapists who will guide you through the process.

### Thursdays: Community Conversations: 6.30-7.30pm

Join our lively discussion group, inspired by the French café-débat. The group decides what to discuss, facilitated by a member of the Head Room team.

## Monthly Events



Time for Carers First Wednesday of the month 2.30 – 4.00pm	Take some time for yourself and meet other mental health carers, facilitated by Naomi, Jami's Carer and Family Support Coordinator.
Games Night Second Wednesday of the month 6.00 – 8.00pm	Come by for a friendly game and meet some new people – we have a range of board games and card games or bring your own to suggest to the group.
Get Together (ages 18 - 32) Second last Tuesday of the month 6.30 – 7.30pm	Be part of the dialogue on issues impacting young people in today's society.
Parent & Baby Group Last Tuesday of the month 11:00 – 12:00am	Self care group for parents with babies, hosted by a breastfeeding peer supporter. Come and share parenting experiences, challenges and successes and nourish yourself with coffee & cake!
Shared Reading Last Tuesday of the month 4.30 - 5.30pm	Join us to share some great short stories and poems - read out loud, discuss the text or just enjoy listening. For more info see <a href="http://www.thereader.org.uk">www.thereader.org.uk</a>
Death Café Last Tuesday of the month 6.30 – 8.30pm	Join us to discuss death and dying in an open and respectful environment. For more info, visit <a href="http://www.deathcafe.org">www.deathcafe.org</a> . Limited spaces – please sign up by emailing <a href="mailto:headroomcafe@jamiuk.org">headroomcafe@jamiuk.org</a>
Writing Group Last Wednesday of the month 3.00 – 4.00pm	Come and explore your creativity through writing poetry or prose with Alyson. No experience necessary.
Music Jam Last Wednesday of the month 8.00 – 10.00pm	Join us for a fun and informal evening of music, singing and expression. Use an instrument and/or your voice. All levels welcome, no experience necessary (bring your instrument if you have one).
Holistic Self Care Last Thursday of the month 3.00 – 4.30pm	Join Tracy, Jami's fitness coordinator, in an interactive session to explore what self care means to you.

# Volunteers

“

*Very relevant to the volunteering role and well put together - good information*”

Anne, Volunteer

## Adult MHFA



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. 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.

Cost: The course is **£25** for current Jami volunteers or **£75** for others

*two day course*

**23 Sep 2019**  
Monday  
9.30am – 4.30pm

**24 Sep 2019**  
Tuesday  
9.30am – 4.30pm

Martin B. Cohen Centre,  
Edgware

## Group Dynamics and Facilitation



Groups don't always run as we might expect them to. People don't all learn in the same ways either. So how do you facilitate a successful group whilst ensuring everyone can contribute as they want? If you ask yourself these questions then join us to discuss key ideas and theories for group dynamics and facilitation with our two experienced facilitators. Take away more knowledge, understanding and experience of best practice for facilitating different kinds of groups.

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

### half day seminar

**7 Nov 2019**  
Thursday  
2.00 – 5.00pm

Hackney  
Hub,  
Stoke  
Newington

**26 Mar 2020**  
Thursday  
2.00 – 5.00pm

Martin  
B. Cohen  
Centre,  
Edgware

“ Content delivery and participation were all excellent. Would like another session ”

## Working with Vulnerable People



Feel that your communication skills are not up to scratch sometimes? Want to volunteer for a local charity but worried you'll feel out of your depth?

All of us can be 'difficult'. We might behave aggressively, defensively or rudely if we feel marginalised, misunderstood or ridiculed in some way. If we work with people who often find themselves on the margins of society, we might encounter their frustration, anger or plain desperation. We need skills and understanding to be helpful to vulnerable people. Join our two experienced trainers to learn about how to be really useful to people who need support at difficult points in their lives.

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

### half day seminar

**11 Jun 2020**  
Thursday  
11.15am – 2.30pm

Martin  
B. Cohen  
Centre,  
Edgware

Continuing Professional Development

*Working in Mental Health  
Carers  
Volunteers*

Continuing Professional Development one day or half day training sessions for people wishing to further develop their knowledge around mental health.

Suicide First Aid



SFA  
Suicide First Aid

This course gives participants the knowledge and tools to understand suicide. Learn some basic skills that can help someone stay safe from their thoughts and stay alive. If participants wish to become accredited through City and Guilds (6 NQF credits at level 4) they have the option of completing a unit-assessed assignment which will cost a further £85 in addition to the fee below.

Cost: **£50**

CPD by Jami

**5 Sep 2019**  
Thursday  
9.30am – 4.30pm

Martin  
B. Cohen  
Centre,  
Edgware

The Ripple Effect: The Impact of Suicide

Suicide creates a huge impact on the family of the person who has died, as well as friends, colleagues and all the other people who had a relationship with the person. This phenomenon is called “the ripple effect” and has a profound effect on our community life, be that synagogue, school or organisation. During this session we look at the impact of suicide and what we can do to build hope and education around this sensitive area of communal life.

Cost: **£25**

CPD by Jami

**12 Nov 2019**  
Tuesday  
7.00 – 9.00pm

Martin  
B. Cohen  
Centre,  
Edgware

## Jami and I.ROC (Individual Recovery Outcome Measure)



In Health and Social Care, we are continuously being challenged to report meaningful outcomes and evidence our effectiveness.

Jami have been on a journey to embed person centred and meaningful outcomes to measure our impact. Some of the benefits of a recovery focussed self-assessment tool have included empowering people to drive their own recovery and reflect on progress.

Join us to explore the tools and methods we have used, the challenges of embracing outcome measures and explore how to develop creative solutions to assess impact in your organisations.

Cost: **£25**

*CPD by Jami*

**30** Jan 2020  
Thursday  
10.00am – 12.30pm

Martin  
B. Cohen  
Centre,  
Edgware

## Anxiety and Panic Disorder



Most of us have our own experiences with anxiety, particularly when our stress levels rise. Perhaps you support a friend or relative who has panic attacks? What is the difference between having a panic attack and a panic disorder? Join us to discuss anxiety and panic disorders including what is the difference between the anxiety many of us feel and an anxiety disorder.

Cost: **£25**

*CPD by Jami*

**12** Feb 2020  
Wednesday  
2.00 – 5.00pm

Martin  
B. Cohen  
Centre,  
Edgware

# Young People

## 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 or interested in meeting like-minded people. Join us at 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.

*free drop-in session*

Tuesdays, 6.30 – 7.30pm

24 Sep 2019 | 29 Oct 2019 | 19 Nov 2019

17 Dec 2019 | 21 Jan 2020 | 18 Feb 2020

21 Apr 2020 | 19 May 2020 | 23 Jun 2020

21 Jul 2020 | Head Room Café,  
Golders Green



# Mindfulness & Milkshakes

Mindful and creative activities alongside discussion about looking after our mental health.

A 90-minute session for people aged 14-18.

To request a session at your venue or for more information, contact Emma at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call 020 8458 2223.

Please be aware milkshakes will be made with kosher ingredients but will be unsupervised.

## Youth MHFA Champion for 6th Formers



This one-day training course enables you to become a Mental Health Champion and offer a 'first aid response' to your peers. Come and increase your confidence in having an everyday conversation with your friends about mental health, offer initial non-judgemental listening and know where to signpost for further support.

If you would like to host your own course for young people aged 16- 18 years old, please contact Emma at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call 020 8458 2223.

Cost: The course is **free** thanks to the generosity of an anonymous donor.

### one day seminar

**6 Oct 2019**  
Sunday  
10.00am – 5.30pm

Martin  
B. Cohen  
Centre,  
Edgware

**3 Nov 2019**  
Sunday  
10.00am – 5.30pm

Loughton  
Community  
Centre,  
Loughton

# Schools and Youth Groups

Our Head Room Education team offer a range of educational opportunities around mental health, to be run at your venue for your young people.

*“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](mailto:headroom@jamiuk.org) or call 020 8458 2223.

## Peer to Peer Training

### Peer Listener 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 train 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, when they can provide support and when they may need to pass it on to a member of staff.

We recommend this opportunity for years 10 - 13

*“ The 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 ”*

### 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, created presentations and developed their understanding of mental health.

We recommend this opportunity for years 9 - 11

## Facilitated Sessions

### Introduction to Mental Health Awareness



This interactive workshop provides 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 session 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



An interactive workshop to show students how to manage their stress and maintain motivation.

Academic pressure combined with family and social pressures are hard for young people to manage. As we know, students are 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.

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 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 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

# Training for Educators

Many of us train to be a first aider so that in the event of a physical emergency we know how to respond. Join a Mental Health First Aid course to learn how to support a person in distress.

We provide:

- Youth Mental Health First Aid (one-day and two-day courses)
- Mental Health First Aid Higher Education
- Adult Mental Health First Aid (one-day and two-day courses)

To commission a Mental Health First Aid training course, please contact Emma at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call 020 8458 2223.

## Adult MHFA



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.

## Youth MHFA



We are accredited providers of Youth Mental Health First Aid. 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.

# Training for Youth Workers

We have created a Youth Wellbeing Pack for Jewish youth movements. The pack came about through conversations with various youth movements who felt that further guidance and key messaging would be helpful to their youth leaders. To guide the content of the pack we have consulted with representatives from the Jewish youth movements.

## Youth Wellbeing Training



Join us for an introduction to the key concepts included in the 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](mailto:headroom@jamiuk.org) or call 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, Northern Line

Elliott Simmons Centre  
Leila's House, 55 Christchurch Avenue  
Finchley, London N12 0DG

By bus: 82, 125, 221 and 460  
By train:  Finchley Central  
or West Finchley, Northern Line

Head Room Café  
89 Golders Green Road  
Golders Green, London NW11 8EN

By bus: 83, 183, 210, 240, N5, H2 and H3  
By train:  Golders Green, Northern Line

Borehamwood and Elstree United  
Synagogue

47 Croxdale Road  
Borehamwood WD6 4QF

By bus: 107, 292, 306, 357 and 823  
By train:  Elstree and Borehamwood  
Station, Thameslink

### Central London

The Montagu Centre  
21 Maple Street  
Fitzrovia, London W1T 4BE

By bus: 14, 24, 29, 73, 134 and 390  
By train:  Goodge Street, Northern  
Line, Warren Street, Northern Line and  
Victoria Line, Great Portland Street,  
Circle, Hammersmith and City and  
Metropolitan Lines

## Our Venues

### East London

Redbridge Jewish Community Centre  
Sinclair House, Woodford Bridge  
Ilford IG4 5LN  
By bus: 123, 179, 366 and 679  
By train:  Gants Hill or Redbridge,  
Central Line

Woodford Forest United Synagogue  
20 Churchfields, London E18 2QZ

By bus: 179 and N55  
By train:  South Woodford,  
Central Line

Mitkadem  
39 Clarence Ave  
Ilford IG2 6JH

By bus: 123, 128, 150, 179, 296, 396,  
667 and 679  
By train:  Gants Hill, Central Line

Hackney Hub  
153-155 Stoke Newington Road  
(gated entrance next to 141)  
Stoke Newington  
London N16 8BP

By bus: 243, 67, 76 and 276  
By train:  Manor House, Piccadilly  
Line or Finsbury Park, Victoria and  
Piccadilly Lines

Loughton Community Centre  
102 Borders Lane  
Loughton IG10 1TE

By bus: 397, 418 and 66  
By train:  Loughton or Debden  
Underground Station, Central Line

# 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 at**

**[www.jamiuk.org/head-room-courses](http://www.jamiuk.org/head-room-courses)**

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 **Head Room Education at Martin B. Cohen Centre** or email us at **[headroom@jamiuk.org](mailto:headroom@jamiuk.org)**.

When we have processed your form, we will email you a booking confirmation.

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](mailto: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:
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## 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:
Postcode:		Email:

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](http://www.jamiuk.org/privacy)**

## Fees

For general course fees, please see page 63. 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** ● If you require an invoice, please supply name of person to be invoiced and their contact details here:  
Is your organisation paying for you? ● **Yes / No** ●  
Do you require an invoice? ● **Yes / No** ●

For more information about concessions available, please contact us.

## Payment details\*\*

Course cost: Payment by:  Visa  Mastercard  Amex  Cheque enclosed\*\*

Card no:             3/4 digit security no.

Start date:   /   Expiry date:   /   Name on card:

\*\* 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
- Volunteering for Jami
- News and updates on Jami's work
- Fundraising for Jami

Signature

Date

Please return to:

Jami Head Room, Martin B Cohen Centre for Wellbeing, Gould Way, Deansbrook Road, Edware HA8 9GL  
Email: [headroom@jamiuk.org](mailto:headroom@jamiuk.org) | Telephone: 020 8458 2223

# Course information & fees

## Head Room in the Hub

Daytime 90-minute courses run by two facilitators to help build skills. 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 past 12 months.

## Schools, Youth and Teacher Training

Get in touch to find out how Jami can support your school curriculum, youth resource or staff training. We currently run stress management and peer training for students and attachment training and mental health awareness training for school staff.

Contact Emma by phone on 020 8458 2223 or email [headroom@jamiuk.org](mailto:headroom@jamiuk.org)

## Mental Health First Aid Courses

We are running both Mental Health First Aid (MHFA) for Adults during the day and Youth as evening courses in 2019/2020.

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?

Please see each listing as course prices vary.

## 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.

## CPD by Jami

Continuing Professional Development seminars for those who work, volunteer and want to learn about specific areas of mental health such as Suicide First Aid, IROC and Anxiety and Panic Disorders.

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 past 12 months.

For individuals not using Jami services please see each listing as course prices vary.



# Head Room

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Jami encourages everyone to be in touch with their own mental health, improve understanding and challenge stigma.

The Head Room Education team provide a programme of workshops, seminars and other learning opportunities to schools, synagogues and organisations, to increase peoples' mental health literacy.

Visit [jamiuk.org](http://jamiuk.org) | Telephone 020 8458 2223 | Email [headroom@jamiuk.org](mailto:headroom@jamiuk.org)  
📍 @JamiPeople | 🌐 JAMIMentalHealth

**Jami**

The Mental Health Service for our Community