

# Headlines

Issue 6 | Spring 2019

*Bringing light to  
mental health*

**Jami**

The Mental Health Service for our Community

## Welcome



Even in 2019, mental health stigma and discrimination are obstacles preventing many people from seeking help and engaging with services. This is thankfully becoming less of an issue, particularly for younger people, but consequently referrals to Jami have increased.

Last year Jami's **52 mental health professionals** working from **6 hubs** provided **24,805 separate provisions** of service to **1,263 people**. Of these individuals, **361 were new referrals**.

Our ability to meet the ever-increasing demands on our services is entirely dependent on our voluntary income. More than 98% of our £2m+ income last year was voluntary, and we are totally reliant on the generosity of donors to fund existing services and to build additional capacity to meet demand.

Jami's vision is a Jewish community which accepts, acknowledges and understands mental illness. A community which is resilient and has the capacity and capability to be healthy. Progress in achieving this vision will help to reduce the number of people requiring Jami services, but will require even more investment in education and awareness. We all need to commit to increasing our knowledge and understanding and, with your help, we can transform the mental health landscape of our community.

**Laurie Rackind,**  
**Chief Executive**

## Update

### Rosh Hashanah Appeal 2018

Jami understands that everyone's experience of mental illness is different. We support people across the community, rather than just labelling them with a diagnosis. Last Rosh Hashanah, our appeal focussed on people who have benefitted in different ways from Jami's support.

Mark lives with severe anxiety making it difficult for him to communicate or focus on simple tasks. Thanks to the generosity of supporters like you at Rosh Hashanah, Jami helped Mark to build his confidence through voluntary work in our warehouse where he learned new skills. He gained enough confidence to get back into paid employment.

Due to the symptoms of Bipolar Affective Disorder, Sara was often unable to manage day to day responsibilities. A Jami Occupational Therapist worked with her to develop a meaningful weekly structure to enable her to budget her finances and look after herself at home. She also attends weekly groups at one of Jami's hubs.

More people than ever are asking us for help every day. We're hugely grateful for your incredible support at festival times and all year round.

We are also grateful to the congregations from the following synagogues who chose to support Jami in their High Holy Day appeals:

Edgware and Hendon Reform Synagogue  
Hampstead Synagogue  
Mill Hill United Synagogue  
Mosaic Reform Synagogue  
Northwood United Synagogue  
St Albans United Synagogue  
Woodford Forest United Synagogue



# Day in the Jami life

## Peer Support Worker

Jami's social workers and occupational therapists support people to recover and maintain their independence. Jami's Peer Support Workers use their own lived experience of mental ill health to reinforce this message, offering hope and social inclusion. Here, Simone – a Peer Support Worker at Jami – explains how, with the right support, it is possible for people to live the lives they want despite their mental ill health.



I work in Jami's Edgware hub as part of a multi-skilled team consisting of myself, a social worker, an occupational therapist and the centre coordinator. What makes my role unique is that I can draw upon my own lived experience to help others going through similar experiences.

My interest in mental health stemmed from my own battle with depression. Through a combination of medication, CBT and a supportive unit, I was able to successfully work towards managing my symptoms and gaining back control over my life. I learned to build my emotional resilience and have regained a meaningful life.

I often draw upon the tools and strategies I used as part of my recovery journey and implement these in my work. Most of the people I work with need help around forming a mental toolbox of coping and day-to-day management strategies,

to use in times of need and feel more in control of their symptoms. I'll tend to propose a number of different techniques that worked for me, like breathing exercises, muscle relaxation and using 'the 5 senses', however I also work with my clients to explore a whole range of strategies to find the ones which suit them best.

**“I often draw upon the tools and strategies I used as part of my recovery journey”**

When I begin working with someone we spend time assessing their needs and together we set individual goals. For some people this can include redeveloping a social network, improving their self-esteem and body image, or gaining more independence in their life. Sometimes appointments are booked just to provide someone emotional support, then I offer a non-judgemental and compassionate listening ear and can discuss the options available to help them. My day can consist of up to three appointments, either at Jami's Edgware hub or in the community. When I am not working with people one-to-one I help run groups in the hub, including baking and drama.

One of my clients is a young man who has struggled with anxiety and came to Jami for help with social aspects and wanting to become more independent. He had not been on public transport in years as he felt anxious about potential situations beyond his control that can happen on a bus or tube. Together we developed a set of coping strategies, so he had the right tools to be able to manage his feelings of anxiety when on public transport. We devised a public transport crisis plan – a set of rules he could follow in unexpected or stressful situations, such as a station being closed or getting on

the wrong bus; and I used graded exposure, a behavioural method that gradually exposed him to his anxiety provoking situations in a way that allowed him to control his fear at each step. Now he can use the bus on his own and is making great progress with the Tube.

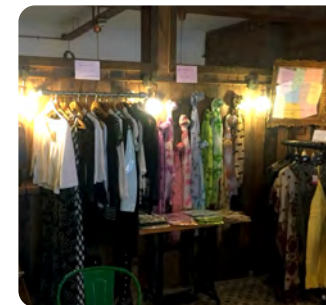
My role as a Peer Support Worker is to work with people, not for them, supporting them during their recovery journey. The rapport and trust I have built with the people I work with, and the change I have seen in many, has really proven how effective peer support work can be.

Head Room

## SIP . SHOP . SHARE



Sip your coffee or luxury hot chocolate at your leisure before ordering from our fresh, seasonal menu of fantastic food.



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THE MAURICE WOHL  
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The Mental Health Service for our Community

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# Volunteering

## Volunteers play a crucial role at Jami

Over the past two years we have benefitted from over 200 people getting involved throughout the organisation.

Jami volunteers provide essential support in our hubs and services centres; at the Head Room Café; through hospital visiting and befriending; providing financial or benefits advice; fundraising trust research; and through hospitality for Jewish festivals and beyond.

Increasingly our volunteers are developing their creative side within Jami's Social Enterprise outlets: upcycling at the Warehouse; reconditioning second hand bikes resold through Head Room Bikes; and helping to raise vital funds through selling donated goods on eBay and the cafe boutique.

The Jami Ambassador Programme has introduced us to incredible advocates who provide an essential link to their synagogue and youth group communities, raising awareness of what we do and helping us in our goal of 'transforming the landscape' of mental health.

We are excited at the continued growth in number of younger Jami volunteers. Teenagers in years 12 and 13 and undergraduates from different universities have spent time in our hubs as part of an expanded work experience programme. The National Citizenship Service summer programme provided eight participants to run a highly successful fun day for people at our Edgware Hub. We are also due to welcome more young volunteers from the "Light Up a Life" charity and through the JLGB Evolve programme which links Year 12 students with charities.

Jami's Redbridge and Hackney hubs have been enhanced by new dedicated volunteers supporting people using Jami services, in physical fitness, leading discussions and joining in hub activities to make people feel welcome and involved.

Thank you to our wonderful volunteers!

To find out more about volunteering at Jami, please email [Kelvin.zane@jamiuk.org](mailto:Kelvin.zane@jamiuk.org) or call 020 8458 2223.



# Occupational Therapy

## Jami at industry leading conferences

In the summer Jami was invited to present two pieces of work at the Royal College of Occupational Therapists annual conference in Belfast, demonstrating how our innovative approach is leading the way in supporting recovery from mental ill health.

The first explained how we have developed the Head Room Café in Golders Green as an easy and destigmatising way of accessing information and support around mental health. Providing a friendly place to re-engage socially, as well as an opportunity to stimulate conversation in publicly accessible locations, was much admired and well received by the conference delegates.

The second presentation showed how providing – and doing – low-key activities with a mental health awareness theme can get people talking about their own mental health, in a more successful way than just asking people if they wanted to talk about their mental health and wellbeing. The team showcased the craft-based work they did during mental health awareness week.

It is hoped that through sharing our work it will inspire our peers to create projects that engage a range of people, and improve awareness, health and wellbeing within the community and beyond.

Jami's occupational therapists provide practical support to help increase people's independence and satisfaction in all aspects of life. This can include help to improve self-care following ill health by teaching them to cook for themselves; learn budgeting skills; learning new skills, applying for jobs and staying in employment; or advice on how much assistance someone may need to live independently in the long-term.



### Young Jami

The new Young Jami Committee held their first event in Shoreditch in November, attracting over 150 young professionals.

Guests were welcomed by committee Chair Gabi Mendelsohn with drinks and sushi, then they heard from Luciana Berger MP, Labour's expert and campaigner on mental health, about how "we need to shift the emphasis from dealing with crises, to prevention of mental ill health and promotion of good mental health.

This would mean faster access to talking therapy, more support from employers, and a more open attitude towards mental illness in society and the Jewish community."

The event, called 'Lights On', was themed around the committee's mission to shine a light on mental health, a subject often left in the dark. Guests left with a better understanding of mental health and a strong commitment to helping Young Jami raise awareness and vital funds that will help transform the landscape of mental health.

“

We are an eclectic bunch of 21 to 31 year-olds, all passionate about raising awareness.

”



Bringing light to mental health

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Bringing light to mental health

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### Meet the Chair



We were thrilled to sit down for coffee and a chat at the Head Room Café with 21 year old Gabi Mendelsohn, chair of Young Jami. A recent graduate from Leeds University with an impressive position at Deloitte in the bag, she has embarked on a year at a tech start up before joining the corporate world.

What led you and the committee to “get involved” with Jami?

I became aware of Jami in my 2nd year at university. I co-chaired the Leeds JSoc Ball and tragically at that time someone we knew died by suicide. The reality is everyone on the Committee knows someone struggling with mental ill health in some form, but we are fortunate that our generation is able to talk about it more than our parents or grandparents were.

Where do you feel the biggest pressures lie for you and your contemporaries?

It has to be the 24/7 world we live in now. Socially and professionally we are always ‘on’ and I think we haven’t yet learnt the best strategies for coping with this fast-paced culture. It is also the generation defined by ‘likes’ on social media, which sadly can determine self-worth for some. I believe we need more ‘mindfulness’ and to ‘switch off’.

A big issue is university life where a lack of resources means the mental health support services offered and available to students are falling short big time. Hopefully Jami can pick up on this and reach out at this very crucial period for young people.

Is it cooler to talk about mental health now famous faces are opening up about their struggles?

When Lady Gaga, the Kardashians, Prince Harry and others open up, it definitely gets rid of the illusion of perfection and enables a dialogue to start. It’s refreshing that role models are triggering a continual discussion about mental health – it helps reduce the stigma felt by many and proves we all have significant chinks in our armour.

How can other young Jewish people become engaged with mental health issues and spread the word that help and support is out there?

Firstly by attending our Young Jami events! Also embracing and taking the best from our Community. For me, Shabbat with my family keeps me grounded... it’s so important to ‘pause and share’. Talk to each other and definitely some mindfulness every day!

For all the latest Young Jami news and events visit [www.jamiuk.org/young-jami](http://www.jamiuk.org/young-jami) and follow us:

 @youngjami

 @youngjamiuk

## Head Room courses

Jami's Head Room events and courses are making a big impact on our community. This academic year has a strong theme of partnership as we reach across the Jewish spectrum in synagogues and youth movements with Mental Health First Aid.

### 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.



*four week course*

**Wednesdays, 6.00 – 7.30pm**  
**20th, 27th March 2019**  
**3rd, 10th April 2019**

Head Room Café, Golders Green

### 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 **£20** for 5 weeks.



*five week course*

**Wednesdays, 7.00 – 8.30pm**  
**8th, 15th, 22nd, 29th May 2019**  
**5th June 2019**

Head Room Café, Golders Green

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

### 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. 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



**26 Jun 2019**  
**Wednesday**  
**2.00 – 5.00pm**

Martin  
 B. Cohen  
 Centre,  
 Edgware

### 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

### 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.

*CPD by Jami*

**10 Apr 2019**  
**Wednesday**  
**2.00 – 5.00pm**

Martin  
 B. Cohen  
 Centre,  
 Edgware

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

To see the whole programme visit [www.jamiuk.org](http://www.jamiuk.org)

## A huge thank you and Mazal Tov to all those who have fundraised for Jami in honour of their celebrations

If you would like friends and family to donate to Jami on your behalf for a Simcha or occasion, please call Jami on 020 8458 2223 or email [laura.bahar@jamiuk.org](mailto:laura.bahar@jamiuk.org)

### Birthdays

Sherilyn Bennett  
Louis Bronzite  
Leila Dein  
Shelley Deutsch  
Howard Diamond  
Anne Finer  
Jenny Goldstone  
Howard Greenfield  
Sylvia Harwood  
Julian Isaacs  
Susie Leigh  
Michele Lobl  
Anthony Olivestone  
Gerald Phillips  
Keith Preston  
Norman Primost  
Nita Rosen  
Marian Scott  
Rene Simeon  
Juliette Sonabend  
Linda Weinstein  
Ruth Zucker

### Anniversaries

Alison & Avi Goldberg  
Jacqui & Laurie Margolis  
Jonathan & Natasha Martin  
Natasha & Michael Rosen  
Patricia & Victor Spencer  
Gill & John Whitbread

### Bar & Bat Mitzvahs

Joel Brick Barmitzvah  
Anne Levin Batmitzvah  
Myer Daniels 2nd Barmitzvah  
Stuart Winton 2nd Barmitzvah

### Wedding

Natasha Gottlieb  
& Simon Abrahams

### Retirement

Laurie Olins

### Challenge & Special Events

#### Brighton Marathon:

Andrew Cohen

#### Manchester Marathon:

Michael Leviten

#### Virgin Money London Marathon:

Michele Lobl, Jonny Lethbridge,  
Mark Swatman

#### Hackney Half Marathon 2018:

Michael Brockman

#### Royal Parks Half Marathon:

Perry Meyer, Simone Saidel

#### It's always sunny in Philadelphia charity TV Marathon:

Joel Stokes

#### Tough Mudder:

Aden Irwin

#### Sutton & Kingston Question Time event – raised £550

#### Sybil Schiller's Southend Pier

Walk – raised over £2,000

#### Yavneh College chosen charity of

the year – raised £3,894

### Maccabi Community Fun Run 2018

Marc, Beata, Lyn & Briana Brenner, Karen Davis, Ruth Dubow, Debbie Fox, Laura, Libby, Vitek, Mika, Jude & Raya Frenkel, Esther, Jonathan, Joseph & Zachary Galloway, Connie, Harry, Eli, Talya, Eitan, Gidon Ganz, Ben, Lisa, Sasha & Charlie Gold, Rob Harris, Ruby Haruni, Mia & Danielle Kent, Michael Kingsley, Soli Lazarus, Charlie Leffman, Ben Leigh, Michele Lobl, Shooky Marmot, Rivka Mennesson, Zach Michaels, Richard Miron, Sammi-Jo Myers, Alison & Michael Nagli, Laurie & Max Rackind, Isaac Reuben, Charlotte Rigby, Richard Sarsby, Sarah Shemtob, Gavin Sherman, Aaron Sherman, Sue Simberg

### Sponsor

# Team Jami



Jami is delighted to have 10 runners taking part in this year's Virgin London Marathon on 28 April 2019.

To sponsor them visit our website: [jamiuk.org/donate](http://jamiuk.org/donate) or to register your interest to run in 2020, email [muriel.stempel@jamiuk.org](mailto:muriel.stempel@jamiuk.org)



## Run for us at the Maccabi Community Fun Run

23rd June 2019

Jami would love you to run for us. If you'd like to get involved, please contact Laura Bahar at [laura.bahar@jamiuk.org](mailto:laura.bahar@jamiuk.org)



## Head On 2019: Review



In January we held our 3rd successful Head On, Mental Health Awareness Shabbat, with over 120 communities and organisations taking part.

The Shabbat has become a firm fixture in the communal calendar with many participants using it as a focal point to highlight the ways they can offer support and enhance emotional wellbeing in their communities all year round. This year, shuls, schools, youth groups and individuals across all denominations throughout the UK ran a wide variety of activities during Shabbat and in the weeks surrounding it.

Many synagogues held discussion groups led by mental health professionals, while schools and communal organisations led their own events. Clore Tikva Primary School ran special assemblies introducing the Mental Health Awareness Shabbat to their pupils and used the goal setting worksheets in our Head On Resource Pack to lead activities.

Following the Shabbat, Shenley's Rabbi Garber told us "the subject of good mental health and mental health awareness and support is so important and impacts all of us. Thank you for setting up and running this initiative". Rabbi Monique Mayer of Bristol & West Progressive Jewish Congregation shared with us "several people came up to me after my mental health related sermon and shared how they have struggled with depression or other mental health issues. People also shared on our synagogue

Facebook group how meaningful and important it was for them to be able to open the conversation".

As a result of the Mental Health Awareness Shabbat, many shuls now run social activities including singing groups, yoga sessions and games groups to reach out to members who might be isolated or lonely.

To mark the Shabbat we also held a panel discussion 'Tackling Mental Illness HEAD ON' at JW3 which focused on discussing key life transitions and the impact these have on mental health.



You can download resources and find more information at [www.headonuk.org](http://www.headonuk.org)