

# Headlines

Issue 7 | Summer 2019

An abstract painting featuring two profiles of human faces facing each other. The faces are composed of vibrant, swirling colors including red, orange, yellow, green, blue, and purple, creating a sense of movement and depth. The background is dark, making the colorful profiles stand out.

## Painting a positive future

How Jami is raising awareness of  
mental health in our community

**Jami**

The Mental Health Service for our Community

## Welcome



Over the past few weeks I have accompanied several people on 'road trips' around Jami resources. The primary objective of these trips has been to educate and inform about what Jami does, and to meet Jami staff, volunteers and people using our services. The response from our visitors has been incredibly positive, but an unexpected benefit has been for me to hear colleagues speak personally and passionately about their work and this organisation. The experience, energy, passion and commitment of staff is reflected in all they do to support those using our services.

Craftsmen take much pride in their tools and I am similarly proud of the most valuable tools of Jami's trade, the staff who provide such valuable and effective support to our community. Jami **employs 55 mental health professionals**, supporting over **1300 people**. My pride in the work of my colleagues is only surpassed by my gratitude to you, our supporters, who, through your generosity, fund **more than 98%** of our income.

On behalf of everyone using Jami services, thank you for joining us on our journey to Transform the Mental Health Landscape of our community.

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

## Update

Mental illness comes in many forms and affects 25% of us at any one time. At Pesach we shared Matt's experience on how severe anxiety had impacted every area of his life – from friends and family to work. His panic attacks made him nervous in group situations at work and socially, causing him to constantly worry about what people thought of him. His low self-esteem led to him turning down invitations to see friends and refusing to attend Shabbat dinner with family.

Matt told us: "I just didn't want to leave my flat. I kept my front door closed and the world out. Jami helped me to want to open that door again."

Jami staff worked with Matt to assess his overall wellbeing and priorities, engage with his GP and create a practical plan to work towards recovery. He worked with a Jami Occupational Therapist to re-learn self-care – how to wash his clothes and eat regularly – and in time he attended his first group at a Jami Hub. A key milestone for Matt came when he joined a discussion at Jami's Head Room Café, interacting with others in a social setting. This gave him the confidence to regain his independence and he was able to enjoy Seder night with this family.

Since Pesach, things have continued to improve for Matt. Jami's team continued to offer him support to return to work and he has met with his manager to plan a manageable working week.

It is only through your generous support that we can continue to make a difference to people like Matt, whose lives are affected by mental illness.



# Mental Health Awareness Week 2019

The theme for Mental Health Awareness Week 2019 was 'Body Image'. Jami had a full week of activities in and around the Head Room Café in Golders Green to raise awareness.

As part of the programme we encouraged people to answer the question "How do we look after our mind, body and soul?" and to post their response on the board outside the café, alongside the thoughts of others. One lady told us that thinking about it for a minute was a therapeutic exercise in itself. Some people were unsure how they would answer the question but enjoyed reading other people's thoughts.

There was mixed knowledge about Mental Health Awareness Week, but the overall feeling was that it was important to raise awareness of mental health and people were glad Jami marked the occasion. We also encouraged people to take an unfiltered photo with our selfie frame and post it on social media using the hashtag #beyourselfie.

“  
One of the  
most important  
issues facing our  
children today -  
self-harm  
”



Being on the high street in Golders Green gives Jami a unique opportunity to connect with our community. Many of the people we had the privilege to meet during Mental Health Awareness Week spoke about how supportive they have found activities in the café and how easy it is to walk in and join a group or a conversation.

During the week we hosted photographer Jude Wacks and her daughter Ellie as part of the Self-Harm Awareness Project and exhibited her work. Over 25 people came together to explore the topic of self-harm.

Jude commented: "The evening provided the perfect environment for inter-generational discussion on what is one of the most important issues facing our children today - self-harm. It was an opportunity for those affected by self-harm to discuss, debate and explore ways to ensure mental health and self-harm is kept on the agenda within our community and beyond."

As part of the self-harm awareness project, we ran an educational event focused on learning more about the feelings young people have which can lead to self-harm - and understanding some of the complexities involved. Our educator, Mark, facilitated an open discussion group looking at what is self-harm and asked the question, "Why do young people engage in self-harm?" Participants including parents, friends, relatives and members of the community, shared their stories, experiences, thoughts and concerns in a supportive structured session.

Honest and frank views were exchanged and the group explored ideas on how to support those that are impacted by self-harm. For people who resort to this as an extreme 'coping strategy' and who find it so hard to express their emotions, the importance of open non-judgmental communication is key. By opening the debate we hope to lessen the stigma of what is often still a taboo subject.

You can find the changing monthly programme of activities at Head Room Café at [www.headroomcafe.org](http://www.headroomcafe.org)





## Get involved

# A huge thank you and Mazeltov 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)

### Isha Chachmat Lev

Samantha Jacobs  
Juliette Harris

### Birth

Claudia & Benjamin Levine on the birth of their daughter, Eden

### Birthdays

Janet Anish  
Naomi Brown  
Sue Cohen  
Norman Fidler  
Stanley Gerrard  
Gaby Hirsh  
Ivor Lethbridge  
Mrs L Lewis  
Olly Martin  
Gabi Mendelsohn  
Jeanette Nead  
Melanie Olivestone  
Dudley Rogg  
Louis Segal

### Anniversaries

Sally & Stanley Brooks  
Rosalind & Dennis Copeland  
Marilyn Gerrard & David Driver

### Bar Mitzvahs

Richard Marchant 2nd Bar Mitzvah  
David Wine 2nd Bar Mitzvah

### Wedding

Amy & Daniel Dorman (Auf Ruf)  
John & Frances Phillips

### Challenge & Special Events

#### First Give Award Winners

Hasmonean Boys Year 9 - £1000

#### London to Paris Cycle

Richy Gold raised £604

#### Snowdon Triple Challenge

Lisa Berg raised £1857

### Southend Pier Walk

Sybil Schiller

### School Tzedakah

Moriah Jewish Day School  
Naima JPS Year 6  
Wolfson Hillel Primary School

### Virgin Money London Marathon:

Thank you to our marathon runners for raising over £13,000. An amazing achievement for Team Jami:

- Jayne Hantman
- Jamie Hutchinson
- Karolina Kotelesova
- Juliette Morrison
- Daniel Raphael
- James Solomons

### Maccabi Community Fun Run 2019

Thank you to everyone who volunteered and fundraised for Jami at this year's community fun run.

# DON'T LET THE OPPORTUNITY RUN AWAY

Virgin Money London Marathon  
26 April 2020



## Run for Jami in the next London Marathon

Now is the time to join Team Jami and raise funds to help provide vital mental health services for the Jewish Community. Get in touch to secure a place for the 2020 London Marathon.

To find out more call Muriel on 020 8458 2223 or email [muriel.stempel@jamiuk.org](mailto:muriel.stempel@jamiuk.org)



# Day in the Jami life

Physical fitness has a huge impact on our mental wellbeing. Here, Tracy – Jami's Fitness Coordinator – explains how physical activity can support recovery and ensure people can live the lives they want despite their mental ill health.



My first experience at Jami was a chair-based fitness session for a group of people in one of the hubs. Today my work is really varied and takes place in the hubs and Head Room Café, out in the community, one-to-one and as group sessions. I also run staff wellbeing sessions for the Jami team.

Sarah, a lady in her 50's, first came to Jami on a mobility scooter. As a result of her depression and anxiety she had become isolated and lonely, with her confidence at an all-time low. I began working with her one-to-one on her nutrition and mobility and encouraged her to join our walking group. As Sarah began to look after her physical health, her self-esteem and confidence improved and she became more self-sufficient. She no longer uses a scooter and today volunteers at Jami.

My work in the hubs can take the form of exercise-based fitness sessions, pilates, yoga, relaxation and mindfulness, healthy living, nutrition and diet groups.

When Jason came to Jami in his late 30's, he had severe anxiety and wouldn't attend group sessions - he would stand in the corner of the room not making eye contact with anyone. Five years later, he now joins in for a full hour's exercise session, engages with people, is happier,

“Physical exercise has a massive impact on everyone's wellbeing”

more confident and takes pride in his appearance. Jason as a result is able to live a happier, more fulfilled life.

Physical exercise has a massive impact on everyone's wellbeing. Just moving your body can activate hormones, release

stress and help with pain. Our mindful walks (Thursdays at 11am, Golders Hill Park throughout summer) are open to everyone. As well as the physical upside, these walks have the additional benefits of getting fresh air, talking, relaxation and providing social opportunities. It also gives me the chance for a chat and 'check-in' on the mental health of my clients.

As we aim to support even more people in the community, we now have 'Pathway to Pilates' courses for staff and clients and a smoking cessation support group. Working with our volunteer team we have developed a 'fitness

buddy' programme, where volunteers support clients in the community to go to the gym, go swimming or just go out for a walk.

Working closely with Jami's social workers and occupational therapists to support people to recover and maintain their independence, I have seen people of all ages take significant steps to recovery when combining fitness strategies with other therapies. Out in the community or working with my regular groups, seeing people's self-esteem grow as a result of taking care of their physical wellbeing, is incredibly affirming.

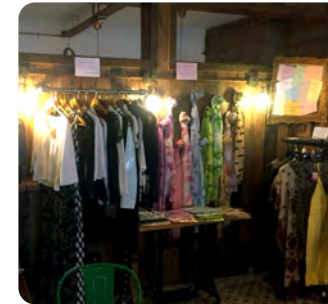


Head Room

## SIP . SHOP . SHARE



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



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 by coming to a weekly drop in session or joining a group from our Wellbeing menu.

Get social with @headroomcafe on   

SUPPORTED BY

A SOCIAL ENTERPRISE FROM

89 Golders Green Road London NW11 8EN Sunday – Thursday: 08:00 – 18:00 Friday: 08:00 – 14:00

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

  
THE MAURICE WOHL  
CHARITABLE FOUNDATION

  
The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

# Volunteering

In June we celebrated national Volunteers' Week. As well as helping others, volunteering has shown to improve the wellbeing of the volunteer too. Volunteering makes you feel good, can help you gain valuable new skills and boost your confidence.

Volunteers are vital to Jami. Across all locations and services, Jami volunteers are doing great things. They bring their individual talents, skills, creativity, enthusiasm and warmth to make a daily difference to people using our services.

**Congratulations on all your achievements and thank you for your magnificent volunteering.**

If you'd like to find out more about volunteering, please email [kelvin.zane@jamiuk.org](mailto:kelvin.zane@jamiuk.org) or call 020 8458 2223.

## Sedarim

Thank you to Henry Fried, Jon Bromberg, Jonathan and Sharon Gilmour, Sue Moore, Louise Feldman, Irene Cohen and Binal Limbani for leading Sedarim at Edgware, Finchley and Gants Hill.



## Social enterprise

Over 30 Jami volunteers make a dynamic contribution to this growing Jami service. They sort and steam iron clothes, sell on eBay, arrange displays, upcycle furniture and interact with customers in the café.

## Hospital visitors

Our devoted and skilled visitors cover hospitals across London and the South East, meeting people when they are at their lowest ebb, providing a vital link to the outside world, offering kindness and hope.

## Receptionists

When people call or visit our hubs, our reception volunteers are the voice and face of Jami, providing a warm welcome to visitors and reassurance to anxious callers.

## In the hub

In all our hubs our many volunteers provide help with lunches and activities as diverse as music appreciation, nature walks and art. They listen and speak to people with so much warmth, and support our busy staff team day in, day out.

## Make a donation in celebration to Jami

Are you due to celebrate a special birthday, anniversary, bar or bat mitzvah or marriage in the family?

Whatever the celebration, please invite your family and friends to donate to Jami to help you celebrate. In turn, you and your loved ones will help to maintain, widen and improve the invaluable mental health support that Jami provide to the Jewish community.

To receive Jami gift cards or an email attachment to send to guests, please call Laura Bahar on 020 8458 2223 or email [laura.bahar@jamiuk.org](mailto:laura.bahar@jamiuk.org) or visit [www.jamiuk.org](http://www.jamiuk.org)



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# Education

Every year the Head Room Education team reflect on the successes and challenges of the previous academic year in preparation for creating a fresh programme commencing in Autumn. Some of our runaway successes have been our work in Head Room Café including the Creative Routes creative writing course, the regular Open Mic events featuring new writers and our wonderful weekly Community Conversations, which makes a big impact on social isolation.

Partnerships enable us to reach further across our community. New for 2019/20 is work with United Synagogue's 'Learn to Lead' programme and our student campus programme with UJS and University Jewish Chaplaincy. We've also teamed up with Liberal Judaism to host a Youth Mental Health First Aid course at their Education Hub.

Our new prospectus is out in September - email [headroom@jamiuk.org](mailto:headroom@jamiuk.org) to get your copy.

## Mental Health First Aid Youth (for Adults)

This internationally recognised training course is the gold standard equipping you to provide a 'first aid response' to young people in distress. There is increased concern around young people's mental health in our community. Come and join our training group as a parent, teacher or youth worker, to learn more about a variety of mental health problems, current treatments and increase your confidence in supporting young people.

Cost: **£50**

**Wednesdays, 6.30 – 9.30pm**  
**30th Oct, 6th Nov 2019**

Education Hub, Montagu Centre,  
Maple Street, W1

**Tuesdays, 6.00 – 9.00pm**  
**17th, 24th March 2020**

Martin B. Cohen Centre, Edgware

## Mental Health First Aid Adult

Come and join our army of mental health first aiders by equipping yourself with the skills you need to make a difference. We are accredited providers of MHFA Adult courses and every year train hundreds of people from the community to be able to assist adults affected by mental health problems.

Our popular Sunday course will take place in February 2020.

## 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.

We take short breaks during academic holiday times so check our social media to stay in touch.



Weekly sessions on  
Thursdays at 6.30pm

Head Room Café, Golders Green

## Anxiety and Panic

Most of us have our own experiences with anxiety and panic, particularly when our stress levels get out of hand. Perhaps you support a friend or relative who has panic attacks? What is the difference between having a panic attack and a panic disorder? We will discuss how anxiety can manifest and how we can support ourselves and others in the face of these conditions.

CPD by Jami

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

Martin B. Cohen  
Centre, Edgware  
Cost: **£25**

## New for 2019/20

Talking about...  
Hot topics at Head Room Café

Join a Jami educator during an evening to discuss one of the 'hot topics' affecting the community's mental health and wellbeing. Topics will include:-

Talking about...  
change and transition in family life

Talking about...  
suicide; a difficult topic discussed in a safe space – come and explore social attitudes and support those affected

Talking about...  
supporting someone going through an eating disorder – be they a friend or family member

Dates to be released in the new prospectus.

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

# Social Enterprise at Jami

Did you know we have a dedicated shop on eBay selling designer, vintage and collectable items? It's an easy way for you to help us raise funds to support people living with mental illness.

At our warehouse in Borehamwood, our team of staff and volunteers work hard to collect, sort, photograph and list on eBay, then pack and dispatch the donated goods.

As well as raising vital funds for Jami, our social enterprise initiatives enable people living with mental illness to spend time in a working environment, learn new vocational skills and build social confidence within a supportive workplace. We are always grateful to receive quality donations.

*We welcome volunteers to help with eBay, if you have time to spare and would like to lend a hand, please email [kelvin.zane@jamiuk.org](mailto:kelvin.zane@jamiuk.org)*

## Items needed

- Designer and vintage clothing, shoes, handbags and accessories
- Jewellery
- Good quality glassware, china and cutlery
- Silverware
- Judaica
- Quality furniture
- Stereo systems, speakers and vinyls

## To donate items

### Drop off

Borehamwood Warehouse, Unit 1,  
Borehamwood Enterprise Centre,  
Theobald Street, WD6 4RQ\*

Head Room Café, 89 Golders Green Road,  
NW11 8EN\*

### Local collection

Call 07561 587 173 to arrange pick up

\*see website for opening times:  
[jamiuk.org/head-room-social-enterprise/](http://jamiuk.org/head-room-social-enterprise/)

