

# Headlines

Issue 8 | Winter 2019/2020



Restoring furniture  
and mental health  
in our community

**Jami**

The Mental Health Service for our Community

# Welcome



Increasingly, as I work with groups, organisations and communities, I am heartened by how far we have come in raising awareness and reducing stigma around mental health. The conversation is changing, there is a greater acknowledgement that mental health is everyone's business and communities are becoming empowered to build resilience.

So, what now? As we continue to work together to transform the mental health landscape of our community, Jami is also committed to ensuring we develop accessible services to people with complex needs.

It is widely reported that people who have multiple health and social care needs often fall between the cracks in services, this is a conversation that needs bringing to the forefront. How can we ensure that those who really need support are able to access timely, effective and professional services?

Thanks to your continued support we are able to continue to empower individuals, transform our community and develop services that truly place the person at the centre.

A handwritten signature in black ink.

**Louise Kermodé**  
Head of Services

## About Louise

After qualifying with first class honours and winning The London School of Occupational Therapy prize, Louise joined Jami as an Occupational Therapist followed by Area Manager then Deputy Head of Services, until her recent appointment as Head of Services. She recently completed the JLC's Dangoor Senior Leadership programme and is an invaluable asset to the community, not just Jami. Louise is an avid reader of historical fiction and an expert skier!

# Update

At Rosh Hashanah we introduced you to Sharon an independent, experienced project manager whose life changed suddenly after a horrific accident. The physical pain and subsequent emotional impact had an immediate and long-lasting effect on her life.

Routine actions became a nightmare. Making a phone call, cleaning her flat and participating in conversations became impossible due to debilitating anxiety and panic attacks, which led to her becoming unable to work.

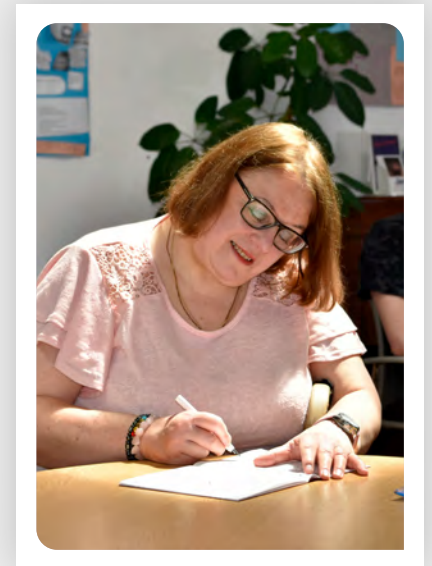
"There's so much I can't remember", said Sharon, "I felt very vulnerable and could switch instantly from being very aggressive to becoming over-emotional".

Sharon has been working with Alyson, one of Jami's Peer Support Workers for over 18 months on rebuilding her confidence and self-esteem. They have also worked together to identify activities Sharon enjoys doing. Sharon joined a creative writing group at Jami's Head Room Café.

Writing in a safe group environment enables people to capture thoughts and feelings that they would be unwilling to share through an open conversation.

Sharon said "the feeling of accomplishment and liberation I've gained through writing have given me the courage to be around people again. I am so grateful for the Jami writing group; it has brought me out of myself and I look forward to it so much."

Thanks to your generous donations, our inspirational Peer Support Workers at Jami have provided support to 358 people like Sharon over the last year. Your ongoing commitment to Jami will enable us to keep helping Sharon and hundreds of others.



# Meet the Chair

In October 2019, Adam Dawson replaced Doug Krikler as Jami's Chair of the Board of Trustees. As a barrister whose career has focused on personal injury and clinical negligence as a result of medical trauma, Adam is well aware of the resulting impact on mental health and wellbeing. He also brings with him significant experience across the political and religious spectrum in the Jewish community.



## Why did you get involved with Jami?

I am a passionate advocate for mental health issues and was very excited to get involved with Jami. The pressure of today's society means that more and more people are struggling with their mental health. It is an illness which can and does affect anyone regardless of age, gender, background or belief. Seeing my own children growing up in a very different way to how I did, with far more social (and media) pressures, motivates me to try and do my bit to help.

## How do you think society's view of mental health has changed over recent years?

It has definitely become less of a taboo topic of conversation, although there is still a long way to go. Whilst schools and workplaces have begun to address mental health issues, a large demographic,

particularly amongst men, still find it difficult to talk about mental health and to seek support. There is a lot to do!

## What does your role in the charity mean to you?

Being Chair of Trustees is a huge responsibility! I am very conscious that I have taken on this role in the charity's 30th year and have inherited a tremendous legacy from those who have given their time, skills and passion to make Jami what it is today. I want to make sure I do all I can to continue that legacy.

## Why is it important that the community has its own mental health charity?

The Jewish community has always been fantastic at supporting itself. The story of Jami, from its creation by dedicated and

caring parents, to where we are today - with over 200 volunteers and 61 members of staff, is proof of how our community values mental health education and support. However, there is still much to do in terms of awareness, and a lack of statutory service provision for mental health means that the strategic and practical need for Jami is significant.

## What are your top priorities in your role as Jami's new Chair?

I would like to ensure core services for the (currently) 1300 people with severe and enduring mental health issues remains a priority; train mental health first aiders for every UK Jewish community; and continue Jami's transforming work through conversation, advocacy and practice to make the entire Jewish community a safe place to live and thrive for people living with mental illness.



**Make a donation in celebration to Jami**

**Are you celebrating 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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# Day in the Jami life

Jami's community hubs across London provide access to a changing monthly programme of activities and group support. Here, Priscilla – Jami's Edgware Hub Coordinator – explains how, for people with severe and enduring mental illness, our hubs offer hope and possibility and help people work towards their personal recovery goals.



My day starts with a cup of tea and a quick check to make sure the hub is tidy. hub volunteers begin to arrive around 10am – we have 14 in total at the Edgware hub – people from the community as well as people that use Jami services who have developed into the role along their recovery journey. Our volunteers are hugely important. They help with shopping, cooking and running group sessions; talking to people receiving professional support and encouraging the more reticent to join in and engage with a group. One lady even comes in with her dog to encourage people to go for a walk – exercise being an essential part of mental wellbeing.

Our monthly programme of daily activities, ranging from Discussion and Sing Along, Art Class, Creative Writing, Lifestyle to Exercise and Wellbeing groups, is developed in consultation with the people that use the hub. Sessions are led by someone from the

hub team, a volunteer, service user or a combination.

The programme celebrates Jewish festivals and Jewish Life. We have regular Shabbat meals on a Friday night – for some people this may be the only time they sit down and eat a hot meal as part of a social evening, or an opportunity to bring friends and family together in a safe space.

Many of our hub users are not involved in the wider Jewish community, partly because of the feeling of not fitting in or because their own mental health problems don't allow for it. Jewish life at the Hub re-establishes a cultural identity that for many people was lost and enables them to feel part of society again and to reconnect with their roots.

I also have a caseload whereby I provide one-to-one and telephone support to



people, alongside the hub team which includes a Peer Support Worker, Social Worker and Occupational Therapist.

One young man started coming to Jami for support after problems associated with a bereavement left him feeling isolated, anxious and vulnerable. We talked through his issues and discovered the underlying causes of his seemingly disproportionate response to his loss. He was unable to interact socially, had put his own safety and that of others at risk and was steadily becoming excluded from mainstream society.

I encouraged him to attend the hub as a way of keeping himself safe and to help him manage his social anxiety. He found that he could best deal with being around others by helping them, either with using a computer or in the kitchen. In turn, this boosted his confidence and self-esteem and eventually he began attending groups and building friendships. The hub is his safe space; somewhere he can be himself and get support to deal with his issues, enabling him to plan for a future he never thought he had.

Our hub users are primarily people with severe and enduring mental health issues. The hub provides a structure, routine and purpose to each day; a place to go for activities and socialising; or simply to have distraction from the pain of overwhelming symptoms.

When there is nowhere else to be, people can come to the hub and find a warm welcome; and get support, encouragement and hope for their recovery journey.



# Social enterprise



## Restoring furniture and mental health

Our newest social enterprise venture launched in November 2019. The Head Room Upcycling shop opened its doors at 12 The Broadway, Mill Hill, selling upcycled items produced in Jami's Borehamwood warehouse and workshop.

The 'pop up' shop includes a range of uniquely restored and re-designed furniture, handmade cushions, greeting cards and artworks, which have been created from items that would otherwise have become landfill then transformed through our upcycling initiative.

For someone recovering from mental illness, developing a daily structure, re-engaging socially and preparing to return to work can be vital. Through our vocational hub in Borehamwood we are able to support these needs, creating opportunities for people to gain insight into what upcycling is, to develop

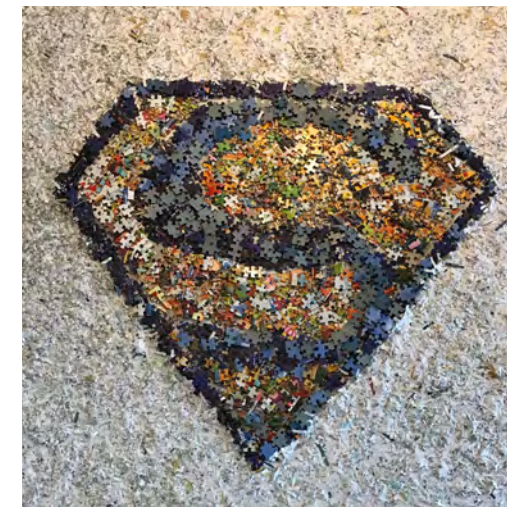


practical new skills and gain new confidence through personal achievement, essential for their continued wellbeing.

The shop, which is open with the support of Jami volunteers, has been enthusiastically received by the local community who have been browsing and shopping, getting crafty with us on Mitzvah Day and learning more about mental health. Having a focal point on the high street - in the heart of our community - raises awareness and helps to remove the stigma of mental illness, encouraging the wider community to talk openly about mental health. Shopping at Head Room also helps to create a vital sustainable income stream for Jami, enabling further investment in projects to support even more people on their journeys to improved mental health.



We look forward to welcoming you to browse, shop and discover how to get involved in our social enterprise Upcycling projects.



## A huge thank you and Mazeltov to all those who have fundraised for Jami

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

Jean Aaron  
Simon Gavzey  
Jonny Olsburgh  
Danny Rosenfelder  
Joe Taylor  
Joan Wides

### Anniversaries

Michael & Annabelle Daiches  
Mavis & Myer Daniels  
Sandra & Richard Harris  
Fiona & Martin Swerdlow

### Kol Nidre Appeal 2019

Elstree & Borehamwood Masorti Synagogue  
Golders Green United Synagogue  
Stevenage Liberal Synagogue  
Woodford Forest United Synagogue

### Challenge & Special Events

**School to Synagogue 8k Walk**  
Sam Mocatta

**Iron Man, Copenhagen**  
Richard Sager

**Campaign and Sponsored Walk**  
Team Reiss from  
the National Citizen Service

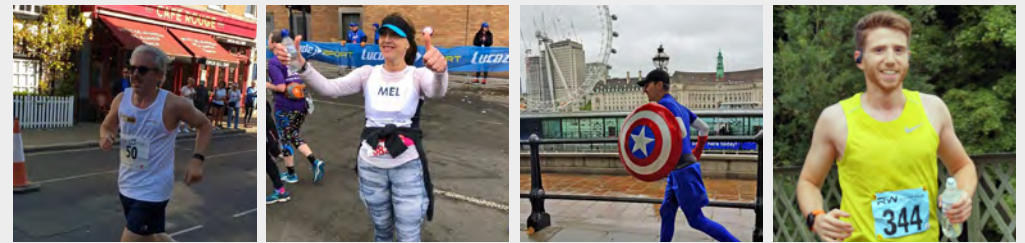
**Walking the Circle Line, Bat Mitzvah Challenge**  
Talia Dawson

**Movember/MoCheshvan Challenge**  
Elkan Adler and Magen Avot

### Tzedakah Projects

Eden Primary School Fete  
Belmont Synagogue Hospitality Fund  
Radlett United Synagogue's chosen charity  
Mosaic Reform Synagogue's chosen charity

We are delighted that Team Jami is growing and on 26th April 2020 Brian Balkin, Ian Davis, Paul Jayson, Charlotte Rigby, Melanie Ross, Dov Seidler, Mark Preston, Alice Victor and Simon Silver will be running 26.2 miles in the London Marathon to raise vital funds for Jami.



### Here's why some of our runners decided to take on this amazing challenge

**Brian Balkin:** Our mental health is very important, just as our physical health is. Jami provides some wonderful services to people within the Jewish community experiencing problems. In my experience, advice and support groups for carers has been especially helpful and I wanted to give something back by raising funds for a most worthy cause close to my heart. I'm training hard and will step up a gear after the new year.

**Melanie Ross:** I am thrilled to be running for this incredible charity which resonates so close to my heart. Running has given me the head space I need to deal with all the stresses and strains of daily life, so I know how important Jami is - just being there is a massive comfort.

**Ian Davis:** Running has become an important part of my life both for my physical health and for my general wellbeing. To be able to run for Jami - a wonderful organisation that is making a difference in such an important way - is a privilege. The 2020 London Marathon will be my 6th marathon. Look out for me - I'll be the man dressed up as Captain America, including the shield!

**Dov Seidler:** I moved to London from Manchester - via the University of Birmingham. This is my first marathon and I have decided to raise money for Jami to help provide these vital services to the Jewish community and break the stigma around mental health.

If you want to support Team Jami on the day or take part in the 2021 marathon, or if you would like to take part in a different challenge event, please get in touch by emailing [muriel.stempel@jamiuk.org](mailto:muriel.stempel@jamiuk.org)

# A lasting impact on mental health

A will is an important way of planning for the needs of your family and loved ones. Once you have considered their needs, many people also leave gifts to charities in their wills, which are known as legacies.

Jami is almost entirely funded by donations and is reliant on the generosity of our supporters. All types of donations, including legacies, positively impact our ability to support as many people as possible with their recovery from mental illness.

Leaving a gift in your will is an incredible statement that will have a lasting impact on people's lives.

Leaving a gift to Jami in your will, whether large or small, can help ensure that support is there for those struggling with mental illness in the future. Jami is making a significant impact on reducing stigma around mental health in our community, empowering communities to support their members and ensuring people can access vital support. Leaving a legacy to Jami will demonstrate that you care for the wellbeing of our wider community now and for the future.

It is possible to write your own will, but it is best to get a solicitor to do it. If you have already made a will but now want to leave a legacy to a charity, you can make an addition or change it without rewriting your current will. This addition is called a codicil and a solicitor can advise how to add this to an existing will.

If you have any questions about remembering Jami in your Will, please contact [liz.jessel@jamiuk.org](mailto:liz.jessel@jamiuk.org) or phone 020 8458 2223.



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## Education

Partnership is a strong theme in our educational work, within Jami and externally with communal organisations. We co-create our comprehensive prospectus to come up with content, new ideas and new ways of raising the mental health literacy of our community.

Our partnerships with education movements and organisations are vital in helping us truly transform the mental health landscape of our community. You can play your part by booking on to one of our courses or popping into a Head Room Café Hot Topic. **To see the whole programme visit [www.jamiuk.org](http://www.jamiuk.org)**

### Adult Mental Health First Aid - two day course

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.

Sundays, 10.30am – 5.30pm  
16th, 23rd February 2020

Martin B. Cohen Centre,  
Edgware

Cost: **£75**

### Youth MHFA Champion - one day course

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.

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

Martin B. Cohen Centre,  
Edgware

Cost: **£50**

# Education

## 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.

**Three week course**  
Tuesdays, 7.30 – 9.00pm  
21st, 28th April 2020  
5th May 2020

Martin B. Cohen Centre,  
Edgware

Cost: £30

## 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: 7.30pm  
Readings: 8.00 – 9.00pm

30th Jan, 12th Mar, 14th May  
18th Jun, 16th Jul 2020

Head Room Café,  
Golders Green

## 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.

CPD by Jami  
Wednesday, 2.00 – 5.00pm  
12th February 2020

Martin B. Cohen Centre,  
Edgware



Situated in the heart of our community, Jami's social enterprise Head Room Café provides informal mental health support whilst raising awareness and understanding of mental health.

## Celebrate at Head Room Café

Our talented team can cater for any event with a fresh, vibrant Middle Eastern-inspired food, drinks and cocktail menu. We provide sharing platters, canapés or a full set menu for 30 - 60 people.

The café's vintage vibe perfectly lends itself to engagement parties, Sheva Brachot, informal meetings, birthday celebrations, celebrity speakers and workshops.

For more information on hiring Head Room Café for your event, call 020 8248 8472 or contact [headroomcafe@jamiuk.org](mailto:headroomcafe@jamiuk.org)



Find us at

89 Golders Green Road  
London NW11 8EN  
[headroomcafe.org](http://headroomcafe.org)

Sunday – Thursday: 08:00 – 18:00  
Friday: 08:00 – 15:00



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# THE MENTAL HEALTH AWARENESS SHABBAT 31 JAN - 1 FEB 2020

Join over 120 shuls, organisations and groups taking part across the UK, and help to raise the profile of mental health and mental illness in the Jewish Community.

**REGISTER TODAY SO YOU AND YOUR COMMUNITY  
CAN GET INVOLVED BY VISITING [JAMIUK.ORG/MHAS](http://JAMIUK.ORG/MHAS)**

THE MENTAL HEALTH  
AWARENESS SHABBAT

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