

Jami

The Mental Health Service for our Community

2018 ANNUAL DINNER

THURSDAY 1 NOVEMBER

— **Kindly sponsored by The Exilarch's Foundation** —

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WELCOME MESSAGE FROM
THE CHAIRMAN

Dear Friends

I am delighted to welcome you to Jami's Annual Dinner.

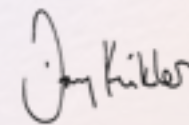
Since we last met, we have seen awareness of the importance of mental health in our community continue to grow through both tragic loss and positive steps.

We have been heartened and encouraged by hugely positive developments. Over a hundred communities in the UK took part in The Mental Health Awareness Shabbat this year. We have also been delighted to work with the Jewish Leadership Council (JLC) in bringing together organisations from across the community to strengthen our collective capacity to support young people's wellbeing in our schools.

Good mental health enables us to build healthy relationships at home, school or work, wherever we need to feel accepted, included and safe. With good mental health we are able to cope with life, bouncing back from the difficulties and problems that come our way. We are so fortunate to have Jami to offer practical and emotional support to those experiencing mental ill health and to their loved ones when needed.

Your generous support enables us to meet the growing demand for our services. Thank you.

Yours ever



DOUG KRIKLER
Chairman



"WE ARE SO FORTUNATE
TO HAVE JAMI TO
OFFER PRACTICAL AND
EMOTIONAL SUPPORT TO
THOSE EXPERIENCING
MENTAL ILL HEALTH"

WELCOME MESSAGE FROM
THE CHIEF EXECUTIVE

Dear Friends

We are so pleased to see you tonight. Thank you for acknowledging the importance of mental health and Jami's services.

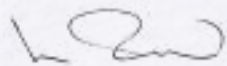
Mental health stigma and discrimination are obstacles preventing many people from seeking help and engaging with services. However, thankfully, this is becoming less of an issue, particularly for younger people and so referrals to Jami increase.

Last year, Jami's 52 mental health professionals working from 6 hubs provided 24,805 separate provisions of service to 1,213 people. Of these individuals, 361 were new referrals and our ability to meet the ever-increasing demands on our services is entirely dependent on our voluntary income. More than 99% of our £2m+ income last year was voluntary, and we are totally reliant on your generosity to fund existing services and to build additional capacity to meet demand.

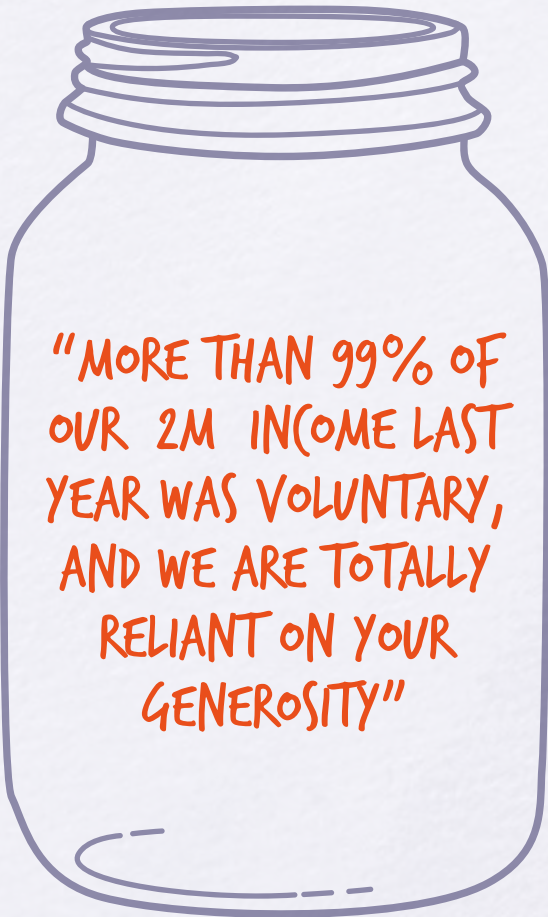
Jami's vision is a Jewish community which accepts, acknowledges and understands mental illness. A community which is resilient and has the capacity and capability to be healthy. With your help, we can transform the mental health landscape of our community.

Please enjoy your evening and thank you so much for your support.

Best wishes



LAURIE RACKIND
Chief Executive



WISHING JAMI MUCH SUCCESS
WITH ITS IMPORTANT WORK

THE EXILARCH'S FOUNDATION

BROCHURE SPONSORS

A MESSAGE FROM THE CHIEF RABBI

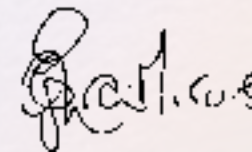
I am delighted to extend my very best wishes to everyone who has contributed to the very important work carried out by Jami across the Jewish community.

In the book of Proverbs, King Solomon conveys the important message that if there is anxiety in the heart of a person, they should articulate it and 'a good word in response will turn their anxiety to joy'. Here, Solomon, in his peerless wisdom, is teaching us the importance of dealing with personal anguish by relying on the support of those around us.

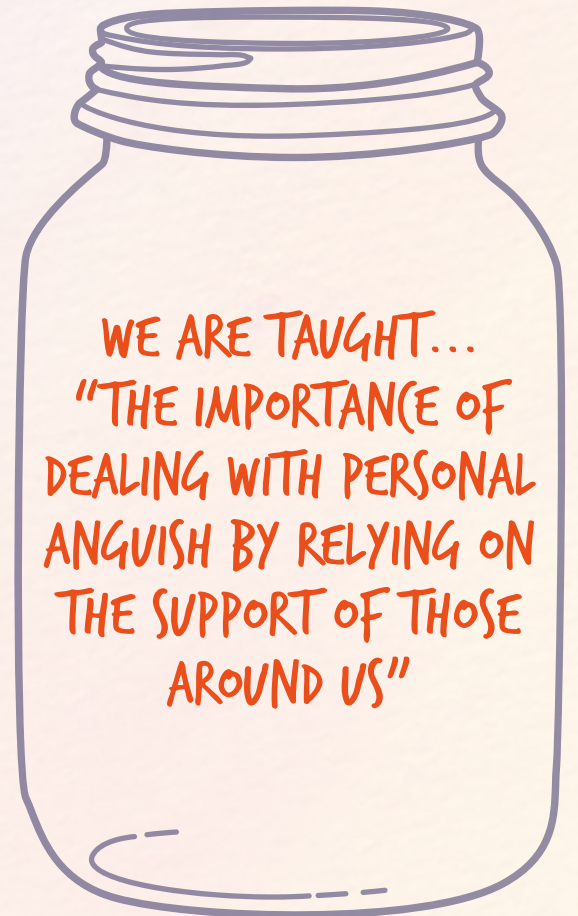
For nearly thirty years Jami has been providing a vehicle for members of the Jewish community to do precisely that. The remarkable breadth of your work from employment and befriending services to hospital visitation and recovery support are such a valuable resource for numerous people who rely upon you. Your social enterprise, Head Room Café, is an example of how your creative approach to mental health services is benefitting so many.

May you continue to go from strength to strength in all of your endeavours.

With every blessing,



CHIEF RABBI
EPHRAIM MIRVIS





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A MESSAGE FROM REFORM JUDAISM

“Kol yisrael aravim zeh bazeh” - all of Israel are responsible each for the other. The Talmud teaches us that we are interconnected and have a commitment for each other: to prevent each other from coming into any harm.

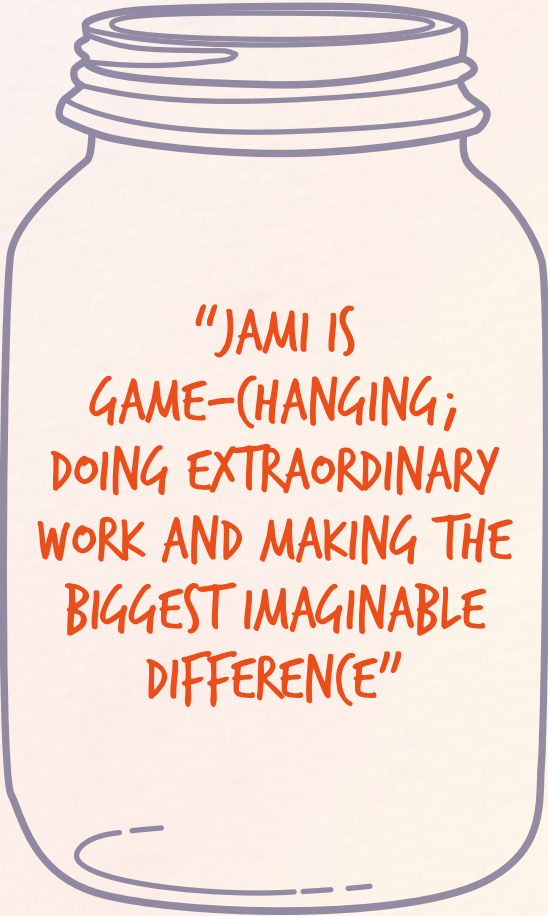
Safeguarding the mental health of every member of our community today is a vital component of this commitment.

Mental health has become one of our most pressing concerns - we need all the resources we can get to help every person who needs help.

In our community, Jami is game-changing; doing extraordinary work and making the biggest imaginable difference. As someone who has personally required support like this before, I know the magnitude of the difference Jami's work can make. We have an obligation to each other; supporting Jami is a huge step to fulfilling that obligation.

RABBI LAURA JANNER-KLAUSNER

Senior Rabbi to
Reform Judaism



ANNUAL DINNER 2018



A MESSAGE FROM MASORTI JUDAISM

Mental illness is more prevalent than many of us wish to think.

Few of us go through life without experiencing frightening moods of depression and bewilderment. Many have to cope with prolonged mental anguish, in themselves, in members of their family or among close friends whom they are often unsure how to help.

On behalf of Masorti Judaism, I want to express gratitude to Jami for offering professional insight and sustained support to individuals and families who might otherwise be alone in their suffering, and for providing communities with skilled training in how to be more aware of mental distress and include more fully those who sometimes experience it.

A handwritten signature in black ink, reading "Jonathan Wittenberg".

JONATHAN WITTENBERG
Senior Rabbi to Masorti Judaism



"FEW OF US GO
THROUGH LIFE
WITHOUT EXPERIENCING
FRIGHTENING MOODS
OF DEPRESSION AND
BEWILDERMENT"

A MESSAGE FROM
LIBERAL JUDAISM

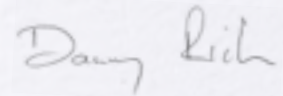
On behalf of the Board of National Officers, the Conference of Liberal Rabbis and Cantors and the constituent communities of Liberal Judaism, I am delighted to support the Jami Annual Dinner and celebrate their wonderful work.

Many of our communities and the individuals within them have benefitted from Jami's support and services, especially through its training of our clergy, staff and volunteers.

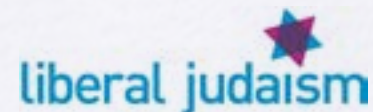
Our Jewish texts and liturgy are rife with references to our wellbeing - spiritually, mentally and physically. As the traditional prayer for healing indicates, Judaism understands that these different facets of our wellbeing are intimately related. Our religion demands that those with mental health needs are treated with the same dignity and respect as one would treat somebody who is perceived to be well or suffering from a physical ailment.

With 1 in 4 adults experiencing mental health problems each year, a statistic that is no doubt reflected in the Jewish community, Jami continues to be a vital force in advancing our conversations and actions around mental wellbeing.

Wishing Jami continued success,



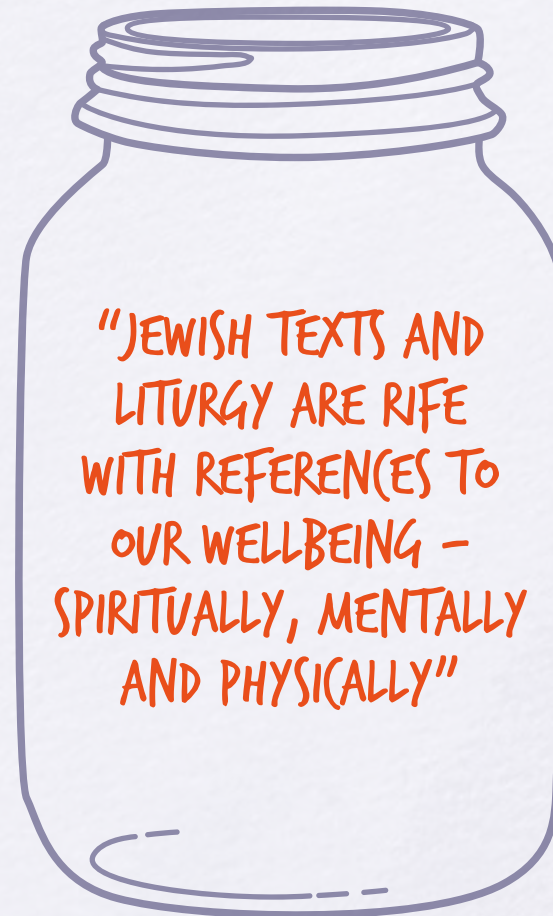
RABBI DANNY RICH
Senior Rabbi to Liberal Judaism



liberal judaism

Jami

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ANONYMOUS

WITH BEST WISHES

LEANNE & WINSTON NEWMAN

OUR GUEST SPEAKER THIS EVENING

LORD DENNIS STEVENSON CBE

Lord Dennis Stevenson CBE has spent half of his life as a serial entrepreneur investing in start-ups (well over 50 so far, only one went bust in the dot com boom losing only his money, about 10 have been very successful, the rest middling). He has also chaired large companies (Pearson plc, GPA plc and HBOS plc).

The other half of his life was spent either working for the Government or in the not for profit area. He was Chairman of the Trustees of the Tate Gallery in the 90s for 10 years during which time Tate Modern was built. For 15 years he was Chairman of Aldeburgh Music Ltd, the major centre of contemporary classical music. Dennis was Special Adviser to Tony Blair on the application of ICT in education and produced a report on the subject which was implemented in its entirety. He was the first Chairman of the House of Lords Appointments Commission.

Seven years ago he set up MQ: Transforming Mental Health, the world's leading mental health research foundation and Inter Mediate - a body concerned with conflict resolution (a key player in the peace negotiations in Columbia and a number of the other trouble spots in the world). More recently, and together with Paul Farmer, the CEO of Mind, he produced a report at the behest of the current Prime Minister, "Thriving at Work" on how to improve mental health at work.



5 QUESTIONS FOR LORD DENNIS STEVENSON CBE

Q: Top of your bucket list?

A: For my wife and I to have as good relations with our grandchildren as we do with our children.

Q: Dream dinner party guests?

A: Virtually no one! I like having dinner with my family and closest friends. Before he died, Nelson Mandela.

Q: Your life philosophy in a sentence?

A: In achieving anything, one must imagine bashing against a brick wall secure in the knowledge that a brick will eventually fall off!

Q: Who do you most admire?

A: Nelson Mandela.

Q: On a day off you will find me...

A: Messing around with any members of my family who will have me!

ELLIS & CO GOLDERS GREEN

WISH THIS EVENT EVERY SUCCESS



Anonymous

Helen & Nicky Naftalin are sending
all good wishes to Jami

Wishing Jami all strength in their essential work.
Best wishes
Ruth and Nick Green

Anonymous

Over 40% of our referrals come from carers seeking support with the turmoil resulting from looking after someone with a mental illness.

Last year, Jami delivered **1,502 interactions** with Carers.

Jami



ANONYMOUS

Moreland Estate Agents in Golders Green are delighted to be working with Jami and wish everyone a wonderful and successful evening.

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Maccabi GB is proud to support Jami
for an **active and healthy** Jewish Community



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JAMI AT A GLANCE



Head Room Café, Golders Green



Head Room Bikes and Shop, Social Enterprise, Borehamwood



Martin B Cohen Centre for Wellbeing, Edgware Hub



Mitkadem Centre, Ilford Hub



Elliott Simmons Centre for Wellbeing, Leila's House, Finchley Hub

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ANONYMOUS

Jami provides services to around **1300 people** each year to support their ongoing mental health issues.

Through events, education and outreach, Jami is reaching thousands more.

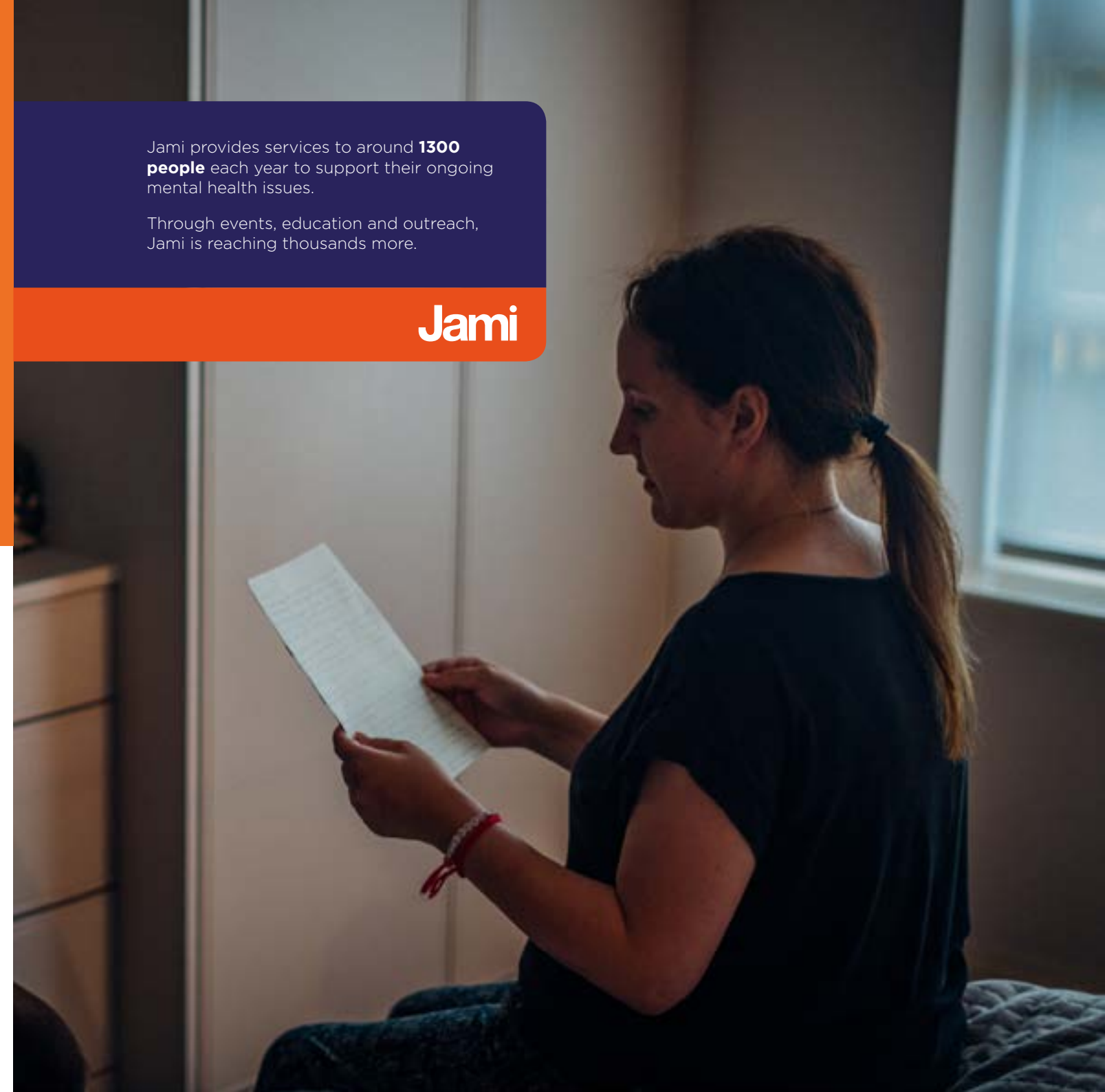
Jami

Anonymous

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JAMI - WHAT WE DO

Jami is the specialist provider of mental health services to people in our community.

FOUR COMMUNITY HUBS

Monthly programmes of activities
Group support
Individual support
Relief from social isolation
Hot lunch



INDEPENDENT LIVING

Relearn key skills following poor mental health
(such as washing and cleaning, cooking and budgeting)
Tenancy maintenance support and advice
if needed



BEFRIENDING PROGRAMME

Pairs individuals with trained volunteers
Help towards
re-discovering old hobbies
Connecting with local communities

EMPLOYMENT AND VOCATIONAL SUPPORT

Skills assessments
Supported job searches
Advice on career change
Training and Volunteering

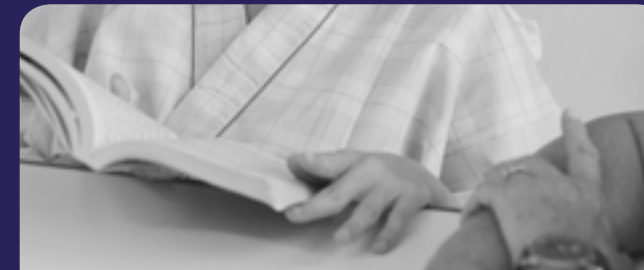
HEAD ROOM EDUCATION

Raise awareness of Mental Health
in the Community
Courses, Workshops and Seminars
throughout the year
Special programmes in schools, synagogues
and the local community
Mental Health First Aid courses



JAMI'S SOCIAL ENTERPRISE

Head Room Café and boutique,
Head Room Bikes
eBay store
Enterprise Hub in Borehamwood
Opportunities to learn new skills and regain
confidence in a working environment



PHYSICAL FITNESS

Sessions on stress management, diet,
physical health and wellbeing
Exercise classes

HOSPITAL VISITING

Highly trained volunteers
Connection to the Jewish community

CARER SUPPORT

One to one support - Group support
Coping strategies

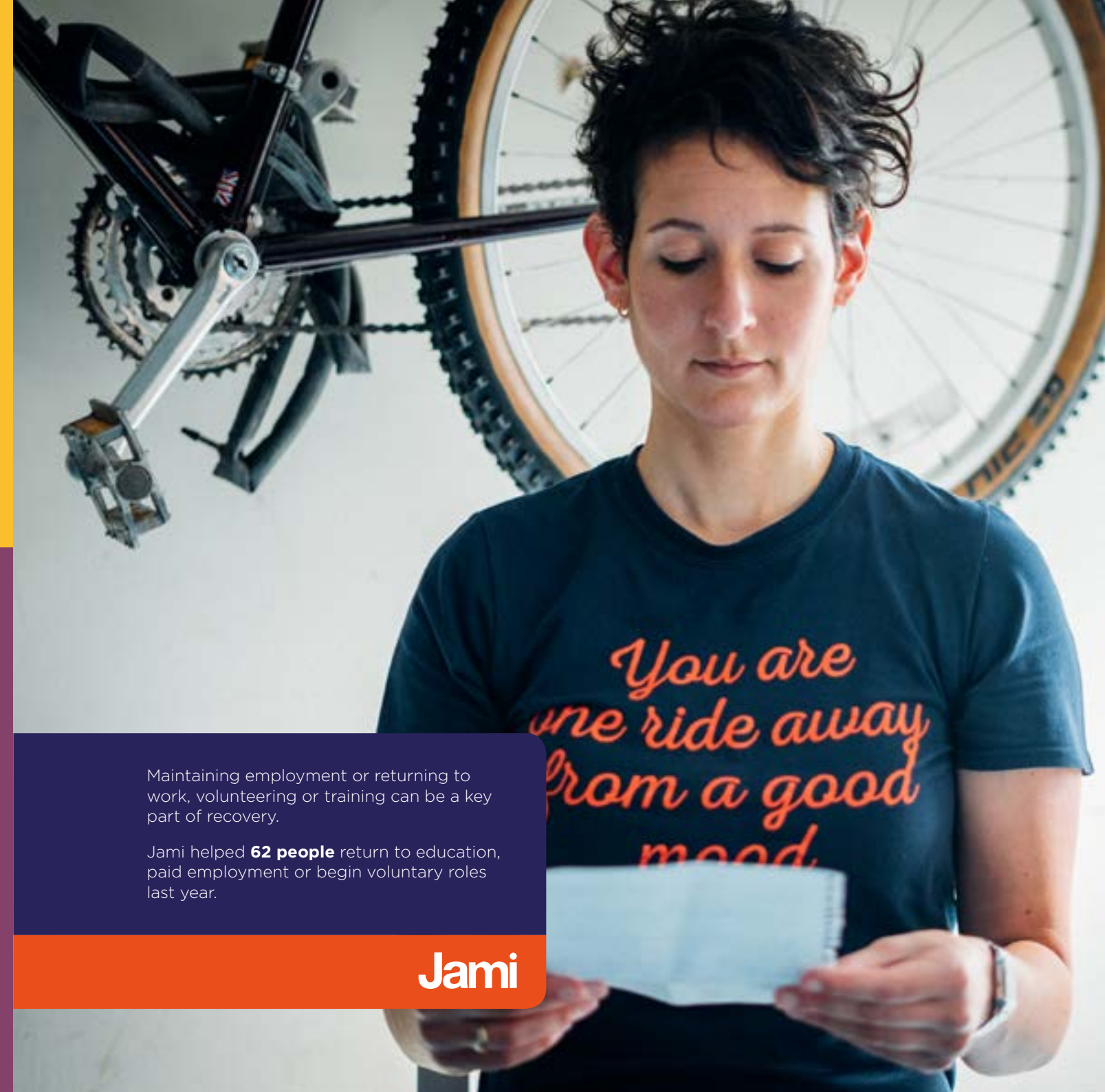
ANONYMOUS

PAMELA AND JULIAN KEMBLE WISH THIS
FUNCTION EVERY SUCCESS

Maintaining employment or returning to work, volunteering or training can be a key part of recovery.

Jami helped **62 people** return to education, paid employment or begin voluntary roles last year.

Jami



VOLUNTEERING

The Jami volunteering team now has over 180 valued volunteers – an impressive 100% increase since 2016. Volunteers at Jami play a crucial role in all areas and provide many hours of support in all localities and services. For the first time, in conjunction with JVN and Kisharon, special training courses were arranged to help Jami staff make the most of our volunteers and to develop their skills and knowledge.

"EXTREMELY WELL FACILITATED, WELL PLANNED... FANTASTIC TRAINING...BRILLIANT!"

JAMI VOLUNTEER COURSE FEEDBACK

For the first time this year we introduced additional training courses specifically for volunteers, as suggested by Jami volunteers. In addition to the Mental Health First Aid course, sessions were offered on emotional resilience, facilitating groups and dealing with vulnerable people. All the courses were welcomed and received good feedback.

Jami volunteers continue to benefit from annual reviews and about ninety of these have now taken place. This initiative gives volunteers time with their supervisor and/or the Volunteer Coordinator to reflect on the past year in terms of successes and any issues as well as to focus on how Jami can help with training or organisationally.

Two social events for volunteers have taken place during the year. The first was the Annual Dinner Buffet and Celebration held at Jami's Edgware hub. Certificates were presented to volunteers who had

been nominated across services by members of staff. Ralph Levy's 90th birthday was celebrated as was the fact that he still volunteers for Jami!

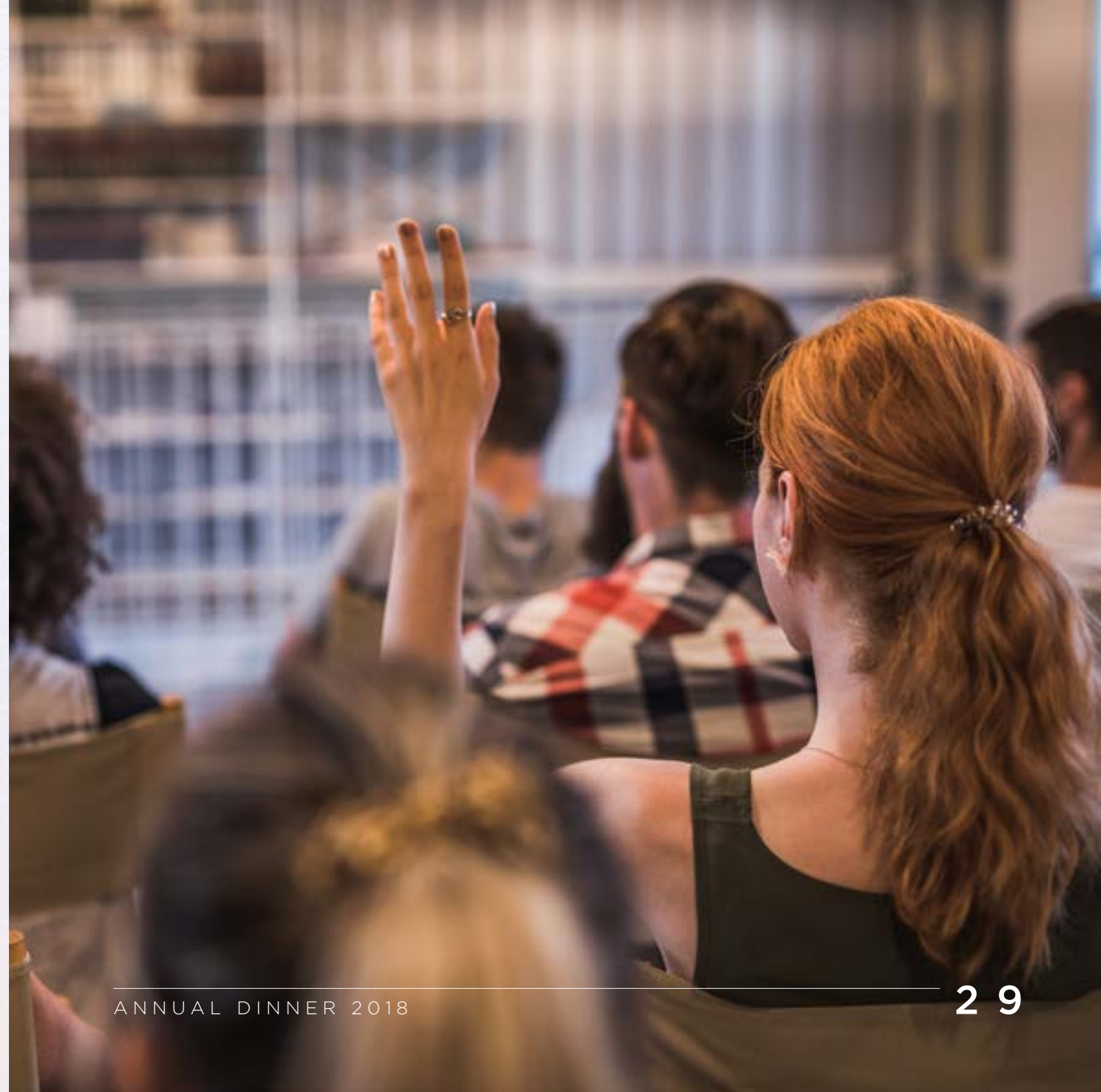
The second event was the Volunteer Voices' Tea at Jami's Finchley hub. This was a chance for volunteers to put questions to Jami's Chief Executive, Laurie Rackind and Head of Services, Tanya Harris who also presented forthcoming Jami developments prompting several questions and a lively discussion to repeating it again soon.

"100% OF THE VOLUNTEERS WHO RESPONDED SAID THEY WERE HAPPY VOLUNTEERING FOR JAMI!"

RESULT: JVN KITEMARK SCHEME SURVEY

Always keen to encourage the volunteers of the future, Jami has been involved for the first time in the National Citizenship Service and welcomed a group of Barnet young people to the Edgware hub. Undergraduates came from Birmingham, UEA, Newcastle and pupils from Hendon, JFS, JCoSS, Hasmorean, Mill Hill and King David in Manchester. Highlights included a rare experience for the students visiting two secure units alongside Jami staff. Everyone involved felt they had gained insight from the Jami work experience and we look forward to repeating it again soon.

A big thank you to all our volunteers!



WISHES THIS FUNCTION
EVERY SUCCESS

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Anonymous

Alison & Henry Grunwald

Anonymous

With very best wishes for a successful event. In
admiration of all the challenging and worthwhile
work undertaken by Jami.
Richard and Elaine, Singapore

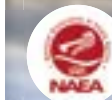
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***Congratulating Jami on its dedication
and service to our community!
Wishing you continued success***



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OUR HIGHLIGHTS 2017/18

JCOSS PILOT SCHEME

Jami launched its Wellbeing Pilot Scheme in JCoSS in October 2017 placing a Wellbeing Facilitator in the school who ran sessions for students enabling them to learn about mental health, how to support their own well-being and integrate strategies to look after themselves.

WELLBEING MENU

In 2017 the Head Room Café in Golders Green launched its wellbeing menu alongside its food menu, offering regular weekly sessions and various events and workshops throughout the year.



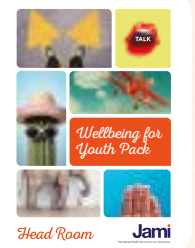
JONNY BENJAMIN'S BOOK LAUNCH

On Wednesday 2nd May, Jami was privileged to host an exclusive evening with Mental Health Campaigner and Jami Ambassador Jonny Benjamin MBE, ahead of the launch of his new book "The Stranger on the Bridge".



HEAD ROOM EDUCATION - YOUTH PACK

On October 4th at the annual Reshet gathering, Jami launched its Wellbeing for Youth Pack. The pack was designed to develop an understanding of how a range of factors can contribute to young people's wellbeing on camp and in a youth work setting.



2017

ANNUAL DINNER 2017

The theme of Jami's Annual Dinner on 30th November was 'Transforming the Landscape' of mental health. The guest speaker for the evening was Alastair Campbell who spoke of his own experience with having a mental illness.



VIRGIN MONEY LONDON MARATHON

On 22nd April, Team Jami, made up of Michele, Jonny and Mark ran 26.2 miles through the streets of London in 23-degree heat and raised an incredible £27,000.



MENTAL HEALTH AWARENESS SHABBAT

On 19th and 20th January 2018, Jami's Mental Health Awareness Shabbat saw over 100 different communities, student and youth groups offer training on mental health matters. Head On deliberately takes place the week of Parashat Bo, which tells of the Plague of Darkness - a suitable launch pad for discussions on the nature of mental health.



ONE BARNET, MANY VOICES

On 24th April Jami brought together a group of young people from across Barnet to create a show which explored what it means to be a young person in 2018. Jami co-ordinated the project with Harts Theatre Company and worked with Mill Hill East Church as a project partner. The project was funded by a grant from The Young Barnet Foundation Space2Grow CYP Fund in collaboration with NHS Barnet CCG.

LAUNCH OF HEAD ROOM BIKES & THE JAMI WAREHOUSE

Sunday 29th July saw the launch of the Jami Warehouse and Head Room Bikes in Borehamwood.



ANNUAL VOLUNTEERS' TEA PARTY

Jami's annual volunteer tea party was held at Jami's Finchley Hub on Sunday 17th June. Jami's wonderful volunteers had the chance to ask Jami's CEO, Laurie Rackind, and Head of Services, Tanya Harris, questions about Jami's future plans.



2018



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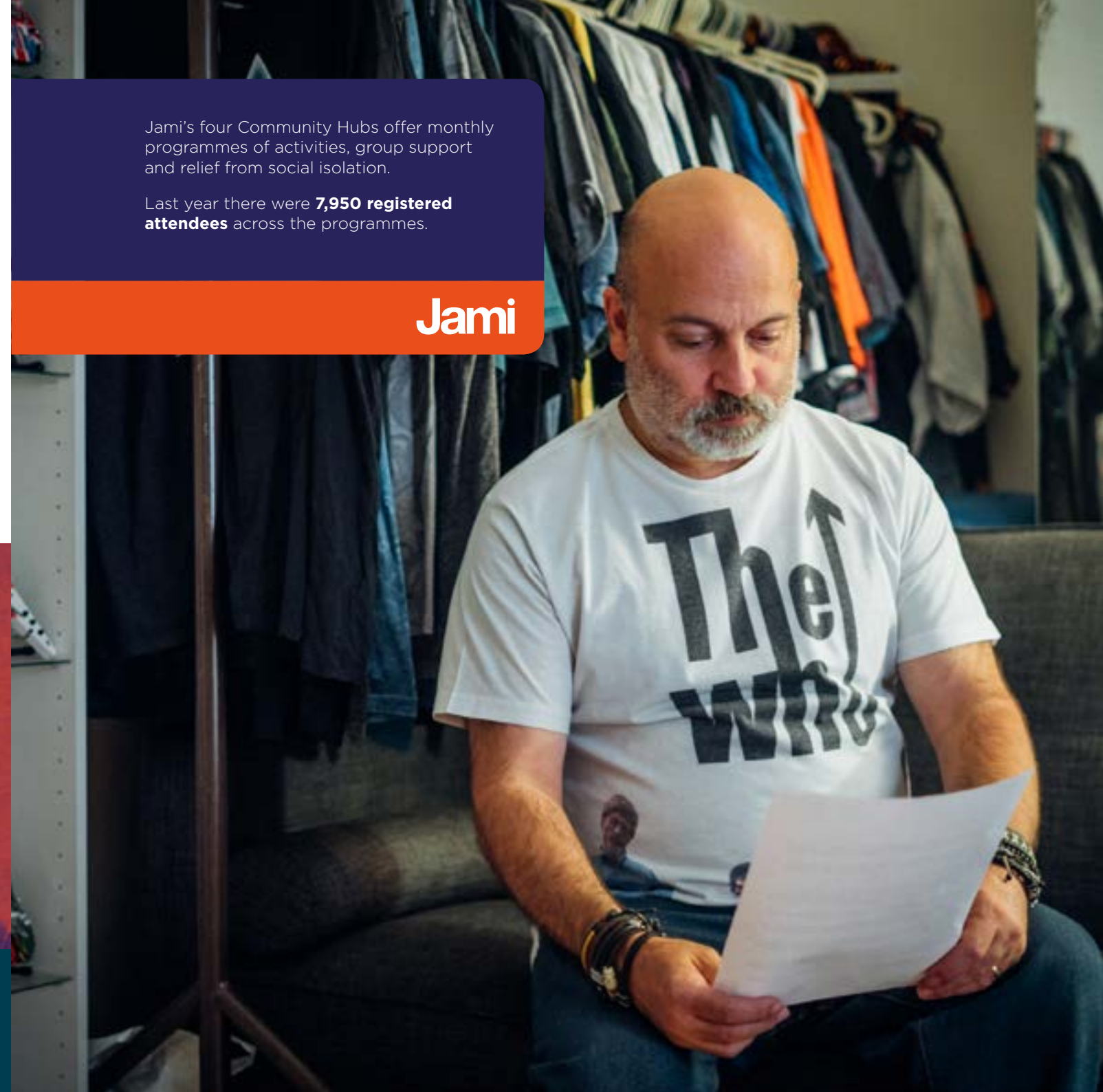
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Jami's four Community Hubs offer monthly programmes of activities, group support and relief from social isolation.

Last year there were **7,950 registered attendees** across the programmes.

Jami





HEAD ROOM CAFÉ

Head Room Café’s monthly wellbeing menu of events and groups brings the subject of mental health out of an institutional context and into the heart of local communities. It provides a space to learn and take part in conversations about mental health and wellbeing and what we can do about it - personally, with our family, friends and as a community.

The wellbeing menu sits side by side with the food and drinks menu, along with the regular weekly sessions, there are various events and workshops throughout the year.

At the Mini Festival of Me we created a welcoming environment for people to think about and practice self-care through a creative workshop and talking with our ‘Wellbeing Experts’. Over 50 people attended this event.

For Mental Health Awareness Week 2018, we asked the community “How can we improve our mental health?”. Over 100 people wrote notes on the ideas and inspiration board. We reached over 2500 people on social media and over 450 engaged with the Facebook posts.



Workshops have brought together members of the public to explore these issues in depth, such as; “How can we increase our capacity to listen and be listened to?”, “Breaking the Taboo: How to talk openly about suicide” and “Illuminating Darkness”.

The regular weekly sessions are growing, numbers of participants engaging in wellbeing sessions and events at the café have increased by 83% in 2018 compared to 2017. The Open Mic evenings and Community Conversations have worked well to engage the wider community.

The start of ‘Winter Nights’ will see a programme of wellbeing and community engagement over the winter months.



HEAD ROOM @ JCOSS

HELPING STUDENTS LOOK AFTER THEIR MENTAL HEALTH

Statistics show that 1 in 10 children in every class-room will unfortunately have a diagnosable mental health condition. 50% of these are established by age 14 and 75% by age 24. With this in mind, Jami has spent the last academic year working in collaboration with JCoSS, one of the community's leading secondary schools, to offer students opportunities to talk about their own mental health and the challenges they face.

Jami appointed an experienced Wellbeing Facilitator, Sarah Manuel to work in the school 3 days a week to pilot Head Room@JCoSS. Sarah ran sessions promoting emotional wellbeing and addressed students' immediate concerns such as anxiety and stress around pending exams. She used a variety of methods to engage students, from informal lunch time drop ins to supporting the PSHE curriculum in class, helping students build emotional resilience.

The Head Room@JCoSS project started just ahead of the Government's Green Paper ('Transforming children and young people's mental health provision -December 2017') which places schools at the core of wellbeing provision.

Through this project, we have seen firsthand how vital it is to engage everyone including teachers and parents, in conversations about emotional wellbeing.

Jami is proud to report its significant success raising crucial awareness regarding mental health across the entire JCoSS network.

1 in 10

(CHILDREN IN EVERY CLASS ROOM WILL HAVE
A DIAGNOSABLE MENTAL HEALTH CONDITION)

50%

OF MENTAL HEALTH CONDITIONS
ARE ESTABLISHED BY AGE 14

75%

OF MENTAL HEALTH CONDITIONS
ARE ESTABLISHED BY AGE 24

Jami

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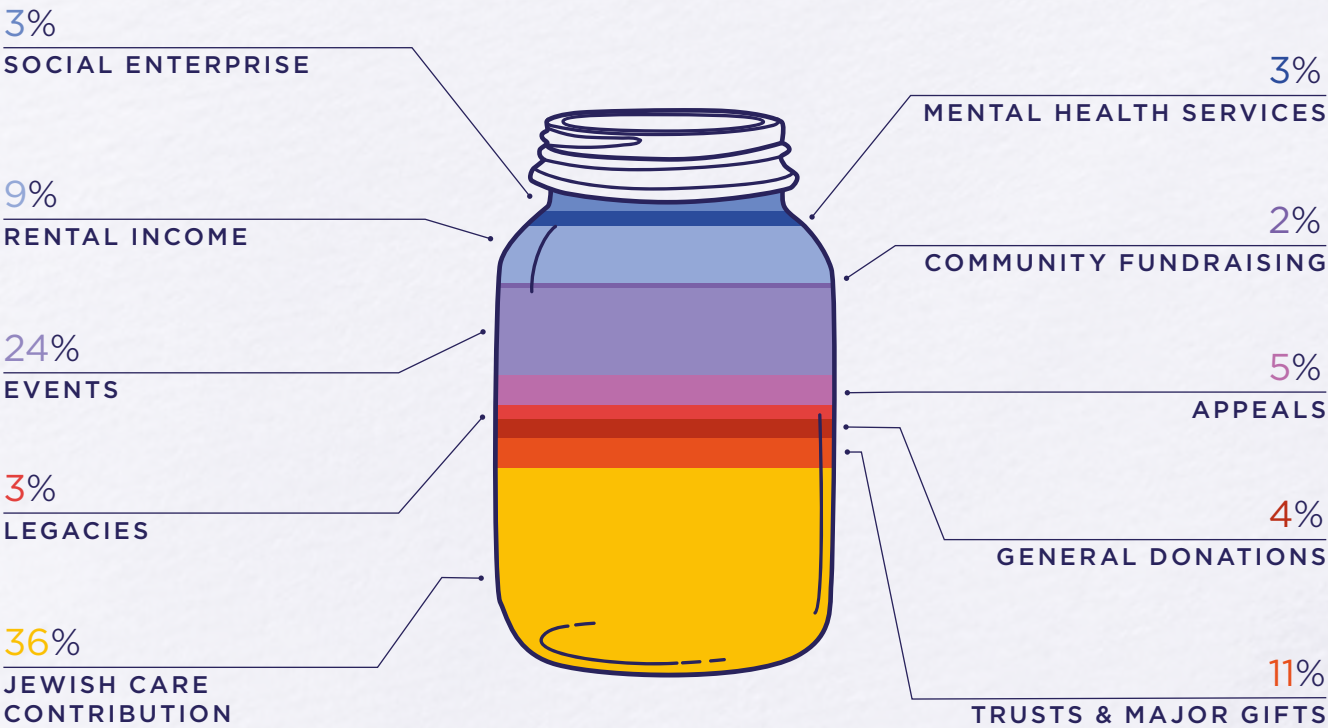


Jami builds awareness, increases understanding and aims to **put an end to stigma and discrimination.**

679 teenagers received Mental Health Awareness, stress management and transition seminars in schools, shuls and youth groups last year.

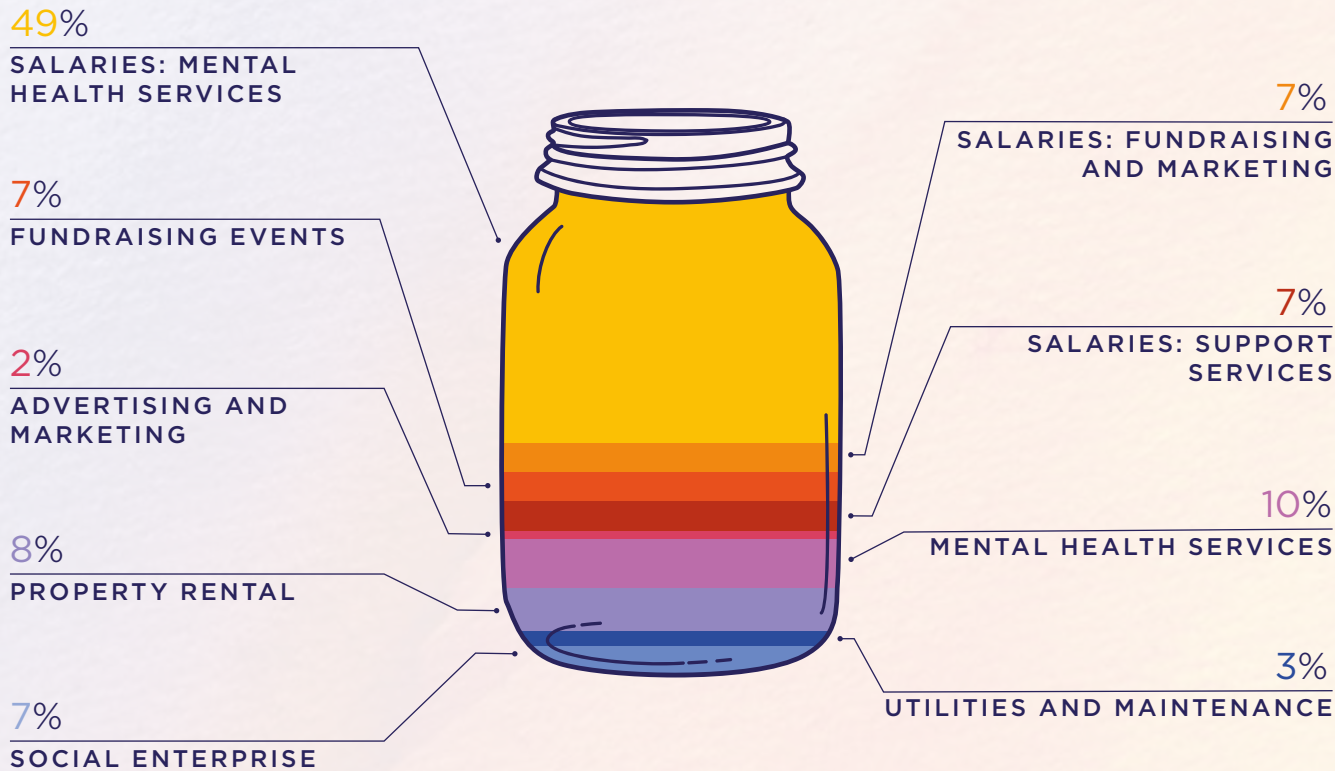
Jami

OUR FUNDS 2017/18



TOTAL INCOME: £2,343,877

*This chart displays unaudited data
**Capital income is not included in the breakdown above.



TOTAL EXPENDITURE: £2,199,463

*This chart displays unaudited data

Wigmore Associates Wealth Management

are pleased to support

Jami,

and wish the Jami Annual Dinner every success



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**The Directors of Cyril Leonard
send their best wishes and support to Jami
and wish all a successful evening**



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ANONYMOUS

SWITCH ON!

ILLUMINATING THE LANDSCAPE



We were thrilled to sit down for coffee and chat at the Head Room Café with 21 year old, Gabi Mendelsohn, chair of Jami's newest initiative the 'Young' committee. A recent graduate from Leeds Uni with an impressive position at

Deloitte in the bag, she is about to embark on a year at a tech start up before joining the corporate world.

What does the term 'mental health' mean to you as a young person?

I think it means the same at any age. I feel fortunate to be a young person when it comes to mental health because I think our generation is allowed to talk about it more than our parents or grandparents were and there are pioneering changes afoot. A lot of companies are breaking new ground allowing employees to bring their "whole self" to the work place with collaborative programmes in place and mentor/buddy systems.

What lead you and the committee to "get involved" with Jami?

I became aware of Jami in my 2nd year of university. I co-chaired the Leeds Jsoc Ball and tragically at that time someone we all knew died by suicide. The reality is everyone on the Committee knows someone struggling with mental health challenges in some shape or form. We are an eclectic bunch aged 21-31 years but all passionate about raising awareness and giving back to the Community.

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 the fast-paced culture. It is also the generation defined by 'likes' 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.

"WE ARE AN ECLECTIC BUNCH AGED 21-31 YEARS BUT ALL PASSIONATE ABOUT RAISING AWARENESS AND GIVING BACK TO THE COMMUNITY"

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 a dialogue starts. I think 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.

Boys v. Girls - is it harder for the guys?

I have come to understand that the hardest step for anyone is the first 'wave of the flag' to friends or

family to say, 'I'm overwhelmed'. In terms of boys v. girls, I think it's definitely harder for boys to be seen as emotional, but there are a number of campaigns I've seen trying to encourage boys to talk and share. A recent one going around Facebook for boys is called 'ItsOKnottobeOK' and I'm optimistic that this will help alongside Jami's efforts.

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! We have our launch night on November 22nd at a Shoreditch venue with tickets selling out fast. It's sure to get everyone talking from partygoers to professionals.

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'. Talking to each other and definitely some mindfulness every day!

Lights On
Thursday 22 November

Watch this space and be sure to follow us on FB @youngjami and Instagram @youngjamiuk for all the latest Young Jami events



GABI'S 'BIG FIVE'

I am most proud of...

Being part of the first Young Jami Committee

My dream job is...

Chief of Staff of the White House
(not for the current administration)

Happiness is...

Family

The song that gets me dancing...

Uptown Funk

My guilty pleasure...

Doughnuts

Mental Health First Aid Adults



one 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. 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.

Sundays, 10.30am – 5.30pm

27 Jan 2019 | **3 Feb 2019**

Rambam Sephardi Synagogue,
Elstree and Borehamwood

For more information on costings
please get in contact.

Head Room
Courses, seminars & events

Visit www.jamiuk.org | Telephone 020 8458 2223 | Email info@jamiuk.org
📍 @JamiPeople | 📞 JAMIMentalHealth

Jami

The Mental Health Service for our Community

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JEAN AND MARTIN AARON WISH
JAMI CONTINUAL SUCCESS IN THE
PROVISION OF ITS ESSENTIAL
MENTAL HEALTH SERVICES TO THE
JEWISH COMMUNITY

health Save the date
mindfulness positivity + talk to friends
community mind & body



11 & 12
JANUARY
2019

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

REGISTER TODAY SO YOU
AND YOUR COMMUNITY CAN
GET INVOLVED.

TO REGISTER YOUR INTEREST
OR TO FIND OUT MORE PLEASE
VISIT [HEADONUK.ORG](https://headonuk.org)

BROUGHT TO YOU BY

Jami

The Mental Health Service for our Community

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WE ARE DELIGHTED TO SUPPORT JAMI

HAVE A GREAT EVENING.

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SHAW

WISHING THIS EVENT
EVERY SUCCESS
GILLIAN AND DENNIS LEVINE

WITH BEST WISHES,
ANONYMOUS

WITH BEST WISHES TO ALL INVOLVED
AT JAMI FOR CONTINUED SUCCESS IN THEIR
WONDERFUL WORK.

PHILIP AND LORRAINE WEINSTEIN



SOCIAL ENTERPRISE

JAMI'S BOREHAMWOOD WAREHOUSE

Social Enterprises are businesses that change the world for the better! Here at Jami we are undergoing an exciting period of transformation and growth in this area, supporting an increased number of volunteers living with mental illness.

We have a clear mission:

- To provide volunteers social, vocational and career supporting opportunities through an ambitious and broad range of commercial initiatives
- To create a longer-term sustainable income stream for Jami, assisting in the provision of the services we offer and enabling us to reinvest in further projects
- To engage with the wider community in pioneering and inclusive ways

Q: So how is Jami putting Social Enterprise into action?

A: Come visit our revamped Borehamwood Warehouse and see for yourself...

We are the grateful recipients of hundreds of donated items, and the warehouse is where we SORT, we ASSESS, we VALUE, we SELL and we get CREATIVE!

Here you will find:

- **The Jami Warehouse Shop** – a walk-in vintage bargain hunters paradise!
- **eBay facility** – we photograph, we list online, we sell and we dispatch

• **Upcycling creative studio** – newly launched and producing greetings cards, cake stands, colourful chairs and other funky furniture – arty stuff for all to enjoy

• **Head Room Bikes** – our dedicated retail space selling reconditioned second-hand bikes, with a long-term view of training people in bike maintenance skills

The incredible hard work of the dedicated warehouse staff and valued volunteers has seen the space redecorated, reorganised and reinvented for future growth.

As Head of Social Enterprise, Warren says:

“We are training, nurturing and enabling people with challenging mental health issues of varying degrees, to find purpose within a working commercial environment that helps, not hinders recovery. We support people on their journeys to recovery and breakdown the myths and stigmas that exist, by fostering a true sense of purpose and productivity – it’s all about building confidence and opportunity.”

We look forward to your visit:

**Unit 1, Borehamwood Enterprise Centre,
Borehamwood WD6 4RQ**

**Opening times:
Monday to Friday 9AM - 4PM**

Uptown Events are proud to have been involved
in the production for the Jami Dinner 2018

020 8358 7320
info@uptownevents.co.uk

uptown**events**

WITH COMPLIMENTS.
MARGARET & PINCHAS ROTHEN

DELIGHTED TO SUPPORT
SUCH A WORTHWHILE CAUSE

Become a Jami
Ambassador



Help us in our steps towards
'transforming the landscape'
of mental health

**Join us and be an advocate of Jami
and a vital link for your synagogue
or youth group.**

Are you proactive, enthusiastic and looking for an
exciting challenge?

Do you have a good understanding of your
synagogue and community?

Would you like to help your community become
more aware of mental health?

Jami work with a variety of communities across
the UK, and need your help to engage others and
to spread the word further.

No previous training or experience necessary.

**Please visit www.jamiuk.org to view the role
description and to apply.**

**For any further information, please contact
Laura Bahar on 020 8458 2223
or email laura.bahar@jamiuk.org**

Jami

The Mental Health Service for our Community

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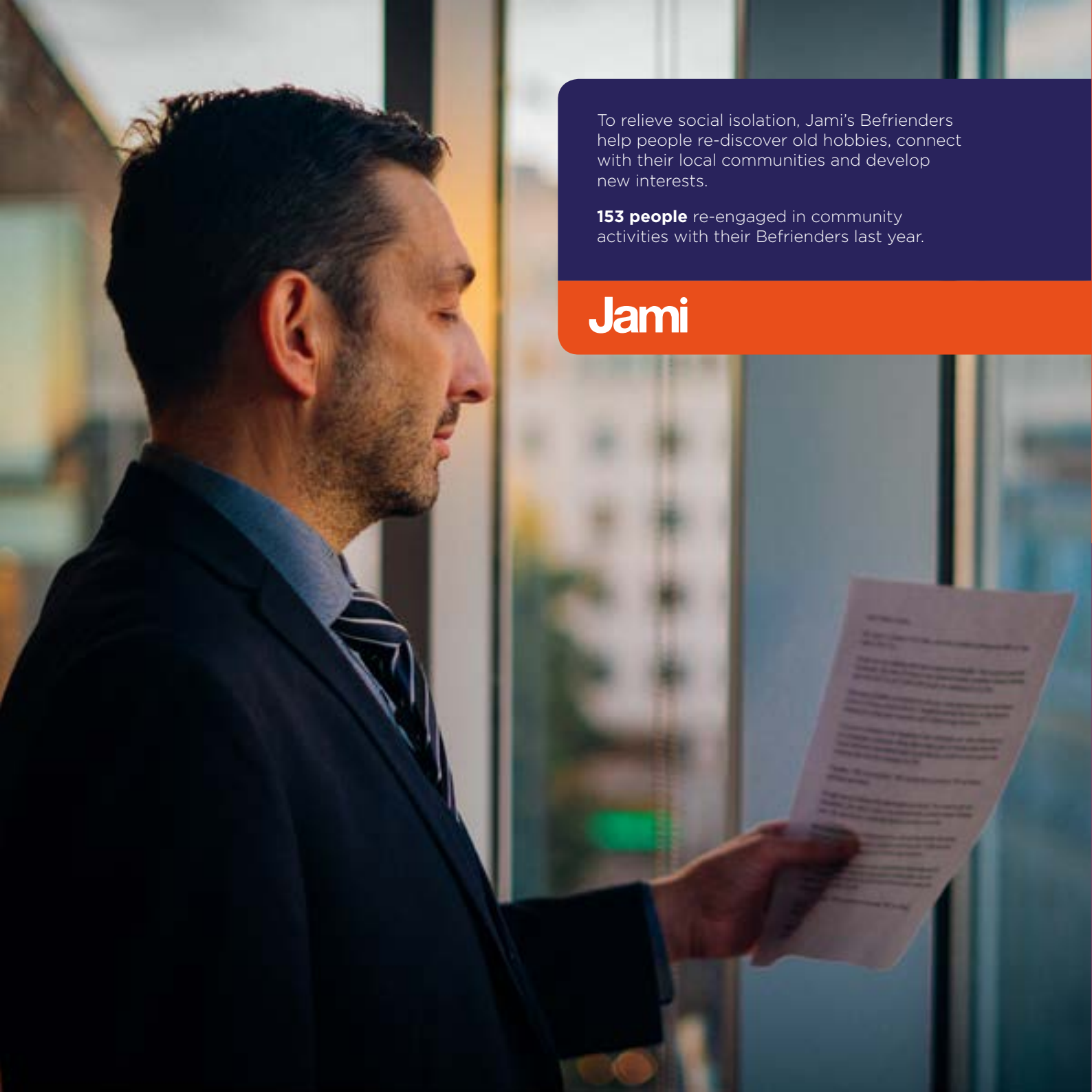
HEAD ROOM EDUCATION

COMING UP THIS YEAR

	Who it's for	Details	Location
Open Mic	Anyone	Open Mic Night for readers of prose and poetry	24th Jan '19 • 14th Mar '19 16th May '19 • 4th July '19
Community Conversation	Anyone	Based on the French model of the Café Debat the group vote on the topic to discuss that evening	Every Thursday night during term time
Mindfulness and Milkshakes	Aged 14 - 18	Take part in some taster mindfulness and wellbeing activities with a Head Room milkshake included!	16th Dec '18 • 27th Jan '19, 17th Mar '19 • 5th May '19 16th Jun '19 • 28th Jul '19
Think Tank	Anyone	Join the conversation on current legislation and policy impacting mental health services	6th Nov '18 • 4th Dec '18 8th Jan '19 • 5th Feb '19 5th Mar '19 • 9th Apr '19 7th May '19 • 4th Jun '19 2nd Jul '19
Get Together	Aged 18 - 32	Do you have a passion for mental wellbeing and social activism? Join the conversation on issues impacting young people today.	20th Nov '18 • 18th Dec '18 22nd Jan '19 • 19th Feb '19 19th Mar '19 • 30th Apr '19 21st May '19 • 18th Jun '19 16th Jul '19
Creative Routes	Anyone	Join our group of writer's to share your work and receive thoughtful feedback on our course led by a published poet.	20th and 27th March 2019 3rd and 10th April 2019
What happens if someone is detained under the Mental Health Act 1983?	Anyone	Join Debra Shaw, lawyer and legislation expert, to explore a patient's rights when detained in hospital or treated under section.	6th December 2018
Self-Harm in Young People	Anyone	Why do young people self-harm? What are some of the do's and don'ts around supporting someone who discloses self-harm?	10th April 2019
Mental Health Masterclass for Volunteers	Volunteers	Explore conditions including Bipolar, Borderline Personality Disorder and Psychosis and how mental illness impacts on people's lives	22nd November 2018

	Who it's for	Details	Location
Caring for an Adult Partner with Mental Illness	Carers	Join us to get support and give support to others when caring for a partner with mental illness	19th Mar 2019
Youth Mental Health First Aid	Aged 16 - 18	On this accredited internationally recognised course learn how a 'first aid response' to support your peers and gain confidence to signpost for further help.	2nd, 9th December '18
Youth Mental Health First Aid for Adults	Anyone	On this accredited internationally recognised course learn a 'first aid response' to support adolescents in distress whether in the role of parent, teacher or youth worker.	8th, 15th January '19
Adult Mental Health First Aid	Anyone	On this accredited internationally recognised course learn a 'first aid response' to help those in distress.	6th, 13th, 20th and 27th November 2018
Emotional Resilience in Health and Social Care	Health and Social Care Professionals and Volunteers	How can we build our emotional resilience to handle the stressful and demanding nature of health and social care?	26th June 2019
Stress and Me	Anyone	Learn to recognise our triggers and learned behaviour for coping with stress alongside developing a more manageable relation with the stress in our lives.	7th, 14th and 21st May '19
Self Help for our Holistic Health	Anyone	Self-care although essential can be low on our priority list. Join us to explore principles of self-help and practice from multiple cultural viewpoints.	6th, 13th, 20th Nov '18
LGBT	Anyone	Explore how we as LGBT Jews with lived experience of mental health issues can support our mental health and wellbeing	8th, 15th, 22nd, 29th May and 5th June 2019

For further information on all our groups and courses download our prospectus from www.jamiuk.org/get-involved

A man in a dark suit and striped tie is shown in profile, looking out of a large window. He is holding a white document with text on it. The background outside the window is slightly blurred, showing some greenery and buildings.

To relieve social isolation, Jami's Befrienders help people re-discover old hobbies, connect with their local communities and develop new interests.

153 people re-engaged in community activities with their Befrienders last year.

Jami

WISHING THIS FUNCTION EVERY SUCCESS.

LARAIN & FRANK HARRIS

THE DEITSCH FAMILY

IVOR & SANDIE,

SEBASTIAN, VANESSA, ALEXANDER & LEOPATRA,
LANCELOT, JANIS, KANE, ZACHARIAH, ELIJAH & ASHER

WISH JAMI CONTINUING SUCCESS IN THEIR ENDEAVOURS



ACKNOWLEDGEMENTS

The generosity of our supporters is vital to the organisation’s success. Jami would like to thank all the individuals, trusts and foundations whose generous support enables us to deliver our vital services to so many.

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We would also like to thank those Patrons who wish to remain anonymous.

A huge thank you to Jennye Seres for her relentless work on securing advertising for the brochure and to Emma Hart for helping us shape the content.

Thank you also to everyone who has helped make this event happen

Chiko Photography	Mattr	Uptown Events
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Jami

**SAVE THE DATE
27 MARCH 2019**

A LUNCH FOR JAMI

GUEST SPEAKER: JONNY BENJAMIN MBE,
MENTAL HEALTH CAMPAIGNER AND AUTHOR

THERE WILL BE AN APPEAL.

FOR MORE INFORMATION OR TO BOOK YOUR TICKET, PLEASE CONTACT MURIEL STEMPEL
AT MURIEL.STEMPEL@JAMIUK.ORG

JAMIUK.ORG

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