

WELCOME TO THE

Jami Dinner 2020

Jami

Supporting Individuals
Empowering our Community

Brochure kindly sponsored by The Exilarch's Foundation

Jami registered charity no. 1003345. A company limited by guarantee no. 2618170

JEFFREY and EDWARD AZOUZ
OF
A R & V GROUP
ARE PROUD TO BE ASSOCIATED
WITH THIS WORTHY CAUSE

AR&V Group

133 Hammersmith Road, London W14 0QL

Telephone: 020 7603 7495 Fax: 020 7603 8259

A WELCOME MESSAGE FROM

The Chairman



Dear Friends,

I am delighted to welcome you to Jami's Annual Dinner. Jami has been on an incredible journey during the last 30 years and, as I step into the role of Chair, I am conscious that I inherit a tremendous legacy from our founders and the many people who have dedicated so much time to ensuring Jami's growth and success.

Mental Health awareness continues to grow nationally, as well as within our own community and next week we will see over 120 communities taking part in the Mental Health Awareness Shabbat. Our mental health first aid course means that more and more communal organisations and communities now have trained 'first aiders' who can help support and signpost those who need help.

Our student programme has been a great success and we hope to roll it out across more campuses later this year. We continue to look at new and innovative ways to support the wellbeing of the community through our café programme, six hubs, upcycling warehouse and shop and the many varied interactions our professional team are involved in every day.

As demand for services rises and there is more and more pressure on our budgets, we must continue to develop dynamic partnerships and collaborations with colleague organisations to ensure that the wellbeing of the community is supported and maintained.

Jami has boldly set as a key objective, to transform the landscape of mental health. Transformation cannot however be done in a vacuum; it has to be a team effort. I am consistently astounded by the skill and dedication of our professional team (now numbering in excess of 60), of our more than 200 volunteers and of all those who in their own way support the work that we do.

Thank you for coming tonight and being a part of supporting Jami. Without you, we would not be able to meet the growing demand for our vital services.

I hope you have a very enjoyable evening and I look forward to meeting you.

ADAM DAWSON
Chairman

Wishing Jami Success with
its important work.

The Exilarch's Foundation

Brochure sponsor

A WELCOME MESSAGE FROM

The Chief Executive



Dear Friends,

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

Last year, Jami's 52 professionals and 214 volunteers provided 27,603 separate provisions of service to 1,279 people, working from six hubs. These figures do not include the many thousands more people who benefitted from our education and café programmes.

At last year's Dinner, our speaker, Lord Dennis Stevenson, who has been instrumental in the development of UK Mental Health policy and strategy, stated that he had not seen a voluntary funded organisation operating at anything like Jami's level. However, as we work to make our services more engaging and accessible and continue our effort to reduce stigma around mental health, referrals to Jami increase and consequently last year we received 322 new referrals.

Our ability to meet the ever-increasing demands on our services is entirely dependent on voluntary income. 99% of the £3million we need to raise this year is voluntary. We are totally reliant on your generosity to fund our vital services and to build additional capacity to meet demand.

With your help, we can continue our work to support individuals and 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



A WELCOME MESSAGE FROM

Martin Aaron, Hon. President



I am absolutely delighted to welcome you all to Jami's 30th Anniversary Dinner. I extend a special welcome to The Rt Hon. Sir Brian Leveson, our Guest of Honour this evening.

Jami is a relatively young organisation among Jewish charities, but one which has achieved so much in its first 30 years.

As its Founder Chairman I remember how difficult it was to get mental illness recognised as a serious health condition which devastatingly affected so many people, young and old throughout society.

The Jewish Community at that time was also in denial. With my colleague founder members we battled to achieve recognition of the mental illness in our own families as well as those suffering silently in others. Even with one in four people suffering with some form of mental ill health, the stigma and discrimination was so prevalent at the time, and to a lesser degree still remains so today. Thanks are due to Princes William and Harry and other celebrities for helping to promote the importance to recognise mental illness.

Jami has accomplished so much in mental health care, education and training. It has spread its wings and influence throughout the Community, by developing care centres and innovative and exciting programmes to meet the ever increasing needs.

Thanks are due to Jami's Chief Executive Laurie Rackind, current and past chairmen and trustees and all the staff members who have contributed greatly to Jami's success. Last, but not least, to you our guests for your understanding and generosity.

MARTIN AARON
Honourary President

A MESSAGE FROM

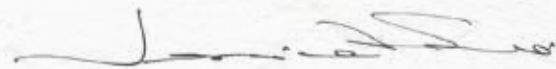
Buckingham Palace

Dear Dr Aaron,

The Queen has asked me to thank you for your letter telling Her Majesty about Jami, the charity you founded to offer mental health support to the Jewish community, which will be celebrating its thirtieth anniversary in January next year.

It was most thoughtful of you to write as you did, and I would like to send you and your colleagues my good wishes for continued success in the future.

Yours sincerely,



MISS JENNIE VINE, MVO
Deputy Correspondence Coordinator



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 30 years Jami has had an enormous impact supporting the mental health of the Jewish community. The remarkable breadth of your work; from recovery support and befriending services to educational programmes and carer support, are such a valuable resource for numerous people who rely upon you. Your social enterprise, vocational rehabilitation, upcycling programme and Head Room Café are examples of how your creative approach to mental health services is benefitting so many people in our community.

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

With every blessing,



CHIEF RABBI EPHRAIM MIRVIS

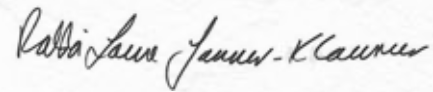
A MESSAGE FROM

Reform Judaism

We learn in the Talmud that in order to live a full life and a full Jewish life, we must live in a community where ten things, including law, tzedakah, prayer, education and medicine, are provided. Biblical Rabbis understood that taking care of our physical health played a vital role in any Jewish society.

In 2019, our understanding of health and wellbeing has evolved so we recognise the equal importance of mental health alongside physical health. By providing such important care and support to so many of us, Jami helps to fulfil a role which is fundamental to the life of our community.

Jami is life-changing. Having suffered mental ill-health at various points in my life, I know just how important Jami's care and support can be. Without their extraordinary work, many in our community would be unable to get the help they need. I hope you will join me tonight in supporting Jami, so that this organisation can continue to provide such a vital service.



RABBI LAURA JANNER-KLAUSNER
Senior Rabbi to Reform Judaism



A MESSAGE FROM

Masorti Judaism

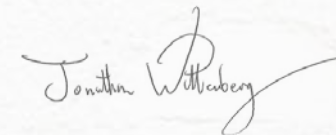
I am writing out of deep appreciation for the work of Jami.

More and more of us, especially young people, experience mental anguish in a challenging world where it is hard to find meaning, purpose and a sense of belonging.

In these difficult times, when financial constraints and lack of resources place statutory provisions under severe pressure, Jami has kept its doors open, developed its services and helped guide communities and train leaders to respond with deeper sensitivity to mental suffering.

There is little lonelier or more frightening than the darkness of the mind and the bleakness of the heart overwhelmed with pain and despair. It can feel as if there is no way back, no hint of light from anywhere. Jami works to provide skilled understanding, offer thoughtful companionship and compassion and bring the solidarity of community to such isolating anguish.

Jami exemplifies values and offers services which all of us, every part of our community and society, need. On behalf of Masorti Judaism I want to express our gratitude.



JONATHAN WITTENBERG
Senior Rabbi to Masorti Judaism



A MESSAGE FROM

Liberal Judaism


On behalf of the Board of National Officers, the Conference of Liberal Rabbis and Cantors and the constituent congregations of Liberal Judaism, I am delighted to support the Jami Annual Dinner and celebrate the wonderful work that you are doing.

Many individuals in our communities will have benefitted from Jami's support and the services you offer, and the training provided to our clergy, staff and volunteers has been once again greatly received.

The traditional Jewish prayer for healing tells us that our spiritual, physical, and mental wellbeing are intimately entwined, and therefore we can see clearly that our religious tradition demands that mental health needs are addressed in the same manner as physical health needs.

A growing number of people are experiencing mental health problems on an annual basis and it is because of this that Jami continues to be a vital and needed force for change in our community.

With wishes for continued success,



RABBI DANNY RICH
Senior Rabbi & Chief Executive



Jami

JAMIUK.ORG

A MESSAGE FROM THE

Sephardi Community

Jami has a vast vision - a Jewish community which accepts, acknowledges and understands mental illness; a community that recognises mental health problems, helps those who are suffering and accepts them as easily and readily as they would someone who has a physical condition.

To deliver this vision Jami works with individuals, communities and organisations on a multitude of levels – most significantly, by improving early intervention and promoting wellbeing to help prevent mental illness. They offer wide ranging services through 52 mental health professionals, 4 community hubs, innovative peer-led services, education and training courses, employment and vocational support teams and bespoke recovery support plans, among others.

It is essential that Jami has the resources necessary in order to continue helping people, as they have since their inception 30 years ago. With their invaluable help people can cope with their challenges and live meaningful lives despite mental illness. May they and all their staff, volunteers and clients go from strength to strength.

With blessings and warm wishes,



RABBI JOSEPH DWECK



13

THE JAMI DINNER 2020

A tribute to the founding families by Jennye Seres

Jami was founded over 30 years ago out of a desperate concern of parents and carers for the future of their sons and daughters who were suffering from severe and chronic mental illness.



In August 1989 Jean and Martin Aaron met up with Marilyn and Alan Lazarus, all keen to improve mental health services. Jami was founded (becoming a registered charity in 1991) at an inaugural meeting in Jean and Martin's living room. These two families have continued over 30 years to be the inspirational driving force behind Jami, guiding it from a fledgling charity to the leading mental health service for our community that it is today.

Martin was elected Chair of the first Jami council, which was made up of a small group of likeminded parents. Jami only exists today

because the Aaron and Lazarus duo would not take 'no' for an answer. They believed fervently in their project and, under their leadership, the first resource centre, Jami House, came into being. It was open five days a week and opened throughout the year celebrating all Jewish festivals. The monthly Friday evening service and meal were always very well attended and enjoyed by all. It offered a hot meal and comprehensive facilities and activities to help members' recovery.

Alan and Martin were instrumental in raising the £1.7 million needed to build Jack Gardner House, a residential home which opened in 2002 providing state of the art housing to 15 people with mental illnesses. From the start



Alan and Martin devoted enormous time to the charity while both continuing with their successful day to day careers.

The Jami shop was opened in 1993 and once again these two families were the driving force behind the project. The overall success of the shop was largely due to the hard work and effort of Marilyn. Her tireless work for Jami was publicly recognised when she was made an MBE for her services to Jami.

Martin retired as founder chairman in 2001. He campaigned tirelessly to raise mental health awareness at a time when much of society was ignorant, and sometimes hostile, to those with mental health problems. He remains honorary life president of Jami and continues to raise public awareness of Jami, for example when speaking recently at the Royal College of Psychiatrists with Jami's recovery Education Manager. Showing no sign of slowing down, Martin has been active on the dinner brochure committee for tonight's event and his and Jean's home is always open to those with a problem to come and talk.



Alan has been involved with nearly all aspects of Jami over the years. He has served as a trustee and honorary secretary since inception and was honorary solicitor until he retired

from practice in 2000. He was chairman of the Residential Homes committee and wrote the successful lottery grant submission for the Jack Gardner House project. Until recently he was involved in quality assurance for Jami, demonstrating his on-going vision that Jami



should work to the highest standards. He has always been ready to step in and provide everyone benefitting from Jami's services, with support or advice when needed. Alan could regularly be found checking with Jami staff to make sure that people who may not attend Jami's programmes regularly were still getting help from Jami. Alan has worked quietly, using his professional negotiating skills and acute attention to detail. His leadership skills have inspired so many others to work with him to achieve his ambitious goals.

We are indebted to these two wonderful families without whom Jami would not exist today and have planted two fruit trees in their honour in the garden at the Finchley Hub.

Our new Chair

In October last year, Adam Dawson replaced Doug Krikler as Jami's new Chair of the Board of Trustees. Adam's career as a barrister has been focused on personal injury and clinical negligence as a result of medical trauma and subsequent impact of rehabilitation 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!

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

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 we value 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 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.

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 with mental health illnesses.

How are you finding the new board of trustees?

We have been extremely blessed with a tremendous influx of new trustees to complement the breadth of knowledge and expertise of some of the more longstanding trustees. I am incredibly inspired by all of their commitment and know that together we will achieve great things.

You can email Adam at:
adam.dawson@jamiuk.org





OUR SPEAKER

The Rt Hon. Sir Brian Leveson



Sir Brian Leveson is best known publicly for chairing the inquiry into the culture, practices and ethics of the press, published in November 2012. Hailed as a 'legal giant' by fellow judges, he was one of the most senior criminal judges in England and Wales until he retired as President of the Queen's Bench Division and Head of Criminal Justice last year.

Born in Liverpool, Sir Brian went from school to Merton College, Oxford, where he is now an honorary fellow. He was called to the Bar by Middle Temple in 1970, appointed Queen's Counsel in 1986 and was a Recorder and a Deputy High Court Judge. He was appointed a Judge of the High Court, Queen's Bench Division, in 2000 and served as a Presiding Judge of the Northern Circuit. In 2005 he was appointed to the new position of Deputy Senior Presiding Judge and in 2006, following his appointment as a Lord Justice of Appeal, he became Senior Presiding Judge for England and Wales. In 2009 he was appointed Chairman of the Sentencing Council. He is the Chancellor of Liverpool John Moores University and has received an honorary LL.D. from the University of Liverpool.

Sir Brian's practice at the Bar was predominantly in Crime, memorably prosecuting at the trial of Rosemary West. Since becoming a judge there is almost no topic on which he has not given judgement, and this body of judgements provide the basis for much of what happens in criminal courts today.

In October 2019 Sir Brian was appointed as the Investigatory Powers Commissioner, leading the office responsible for the oversight and authorisation of the use of investigatory powers by intelligence agencies, police forces and other public authorities.

Jami at a glance



Jami provided services to **1,279** people last year to support their ongoing mental health issues


Delivered
27,603
separate provisions of services


1,486
interactions with carers

Operates programmes from

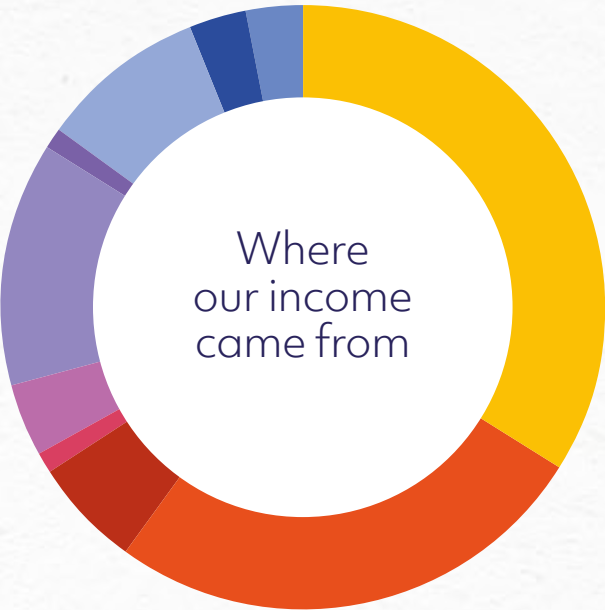
4 Community Hubs
2 Enterprise Hubs


Team of
52 professionals **214** volunteers

Provides best in class peer-led services

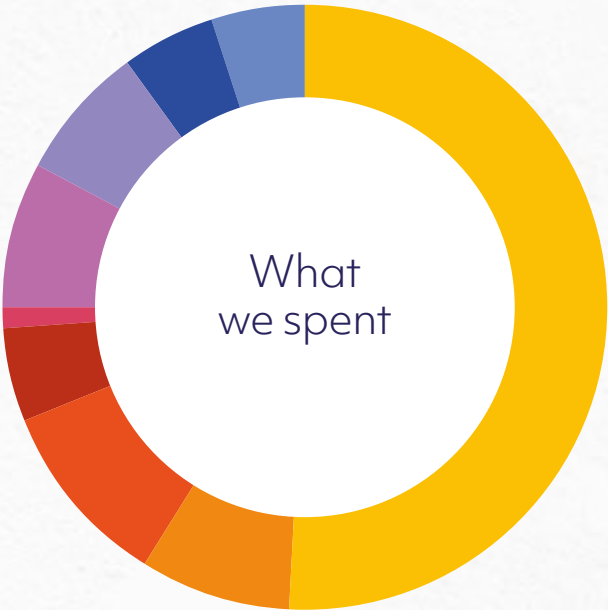
Figures based on financial year April 2018 to March 2019

Our funds 2018/19



34%	Jewish Care Contribution (including Donated Services) ¹
26%	Trusts & Major Gifts
6%	General Donations
1%	Legacies
4%	Appeals
13%	Events
1%	Community Fundraising
9%	Rental Income
3%	Mental Health Services
3%	Social Enterprise

Total income: £2,341,821



51%	Salaries: Mental Health Services
8%	Salaries: Fundraising / Marketing
10%	Fundraising Events
5%	Salaries: Support Services
1%	Advertising and Marketing
8%	Mental Health Services
7%	Property Rental
5%	Utilities and Maintenance
5%	Social Enterprise

Total expenditure: £2,465,425

1. The Jewish Care contribution represents the amount defined in the Association Agreement of 2013 between Jami and Jewish Care which resulted in a consolidated single mental health resource for the community. This chart displays audited data. Capital income is not included in the breakdown above. For the period under review, £176,500 was received and has been allocated towards the capital building projects

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

Vocational Support:

- Skills assessments
- Advice on career change
- Training
- 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
- Upcycling pop up shop
- eBay store
- Enterprise Hub in Borehamwood
- Opportunities to learn new skills and regain confidence in a working environment

Befriending programme:

- Pairs individuals with trained volunteers
- Help towards re-discovering old hobbies
- Relief from social isolation
- Connecting with local communities

Independent Living:

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

Physical Fitness:

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

Carer and family support:

- One to one support
- Practical and Benefits advice
- Group support
- Coping and self care strategies

Hospital Visiting:

- Highly trained volunteers
- Connection to the Jewish community



Our highlights of 2019

Annual Dinner 2018

1 November - 300 guests attended the annual dinner at One Marylebone, raising £350,000. Lord Stevenson CBE shared his personal insight about living with clinical depression.



Virgin Money London Marathon

28 April - Team Jami raised £13,500.



Launch of the Campus Programme

Jami, UJS and University Jewish Chaplaincy launched a pilot project in September 2019. Student Wellbeing Reps in Birmingham, Bristol and Leeds have been appointed and trained to support student wellbeing through education and awareness on campus; provide guidance on local student services; and promote positive mental health and emotional wellbeing.



Volunteers' Celebration Evening

12 November - we celebrated our Volunteers at our Edgware Hub with awards given out by our Chair, Adam Dawson.



2019

Jami Lunch

27 March - a lunch for Jami attended by 110 guests raised over £65,000 towards the Campus Programme.



Mental Health Awareness Shabbat

11 & 12 January 2019 - 120 different communities, student and youth groups marked Jami's MHAS, talking about Mental Health. This event deliberately takes place the week of Parashat Bo, which tells of the Plague of Darkness - a suitable launch pad for conversations on mental health.



Business Breakfast

24 May - Guests raised over £10,000 for our mental health charity, while listening to former British Ambassador to Israel, Matthew Gould CMG MBE at a Breakfast sponsored by Investec.



Head Room Upcycling Pop Up

The Mill Hill Pop Up opened its doors in November 2019. It sells unique restored and redesigned furniture, created by volunteers at our Upcycling workshop in Borehamwood.



Young Jami: An evening with Jonny Benjamin

14 November - Jonny Benjamin MBE addressed a sell-out event of 60 young professionals. Jonny talked about his own recovery and how services - like those provided by Jami, are crucial for enabling people to live a meaningful life, despite mental ill health.



2020



HEAD ROOM CAFÉ

Serving great coffee and companionship

Head Room Café has now been open for three years and for just over a year it has been operated solely by our social enterprise team.

This one stop social enterprise encourages customers to sip, shop and share with the community's mental health charity.

The monthly wellbeing menu of events and groups brings the subject of mental health out of an institutional context and into the heart of the local community. Devised by Daniel, a trained Peer Support Worker and Café Co-ordinator, the activities provide an opportunity 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.

"Amazing food, service and atmosphere"

This informal, open approach to mental health, coupled with the determination to banish stigma from the community has contributed to making this social initiative such a success.

Aiming to nourish mind and soul, the regular programme and special events arranged by Daniel and his colleagues include bitesize mindfulness sessions, weekly Community Conversations and an informal drop in called 'CommuniTea' – a chance to have a cuppa, meet new people and help build the Head Room

"Outstanding location and great atmosphere"

community. Workshops have brought together members of the public to explore 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".

People use the sessions to find out more about the café and Jami as well as to contribute ideas for what they want to see on the programme.

"We get great feedback from these," comments Daniel. "In particular, people are saying it's great to have a welcoming Jewish space that really gets what's going on for them."

"People think mental illness only affects a few, but in fact it's a spectrum we're all on. It's not us or them, it's something we all need to be



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



Find us at

89 Golders Green Road
London NW11 8EN
headroomcafe.org



SUPPORTED BY



THE MAURICE WOHL
CHARITABLE FOUNDATION

A SOCIAL ENTERPRISE FROM



The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

thinking about." He adds: "We get a diverse crowd of people coming, those comfortable to tell us about their own struggles with their mental health, those who are interested in the subject, Jews and non-Jews alike."

"The Shakshuka is the best in the area"

Other mental health cafés exist as monthly pop ups or pre-bookable private groups, but few operate the 'open door' policy of a café for all in the heart of the community. This unique approach resulted in the Head Room Café being featured in two academic presentations at the Royal College of Occupational Therapists annual conference.

The café was open throughout the winter bank holiday dates with board games, arts & crafts and books to read available on 25 December ensuring people had an option to feel part of a community gathering. Daniel and the team hope this out of hours provision will continue to build an inclusive community around the café, in which everyone can benefit and contribute.

To see the latest wellbeing and food menu at Head Room Café please visit:
www.headroomcafe.org



A new vocation for Jami

Jami Social Enterprise offers a broad range of commercial initiatives for people to make a meaningful and valuable contribution to the local and wider community. By providing a vocational and career-supporting programme, we support people in developing a daily structure, re-engaging socially and returning to a working environment – vital steps for someone recovering from mental illness.

Engaging in the initiatives also helps create a crucial, sustainable income stream for Jami, enabling further investments in projects to support even more people on their journeys to improved mental health.

Jami's most recent social enterprise development is an innovative upcycling initiative. The project takes unwanted items that could otherwise become landfill and transforms them into desirable furniture and decorative items. Through this venture, we are actively helping the environment and reducing waste.

Our experienced Upcycling Coordinator, Ashley, works alongside volunteers at our workshop in Borehamwood. All volunteers are actively involved in all elements of the creative process, developing practical new skills from woodworking to upholstery, enabling people recovering from mental illness to gain new confidence through personal achievement, essential for their continued wellbeing.

The fantastic items created by the volunteers are showcased and sold at our Mill Hill Pop Up shop called 'Head Room'. Further volunteering opportunities are available there to gain retail experience in the shop where items are sold. All income from this initiative is put back into Jami, helping to ensure we can support more people and contributing to the sustainability of our social enterprise.



Jami's vocational support team comprised of Occupational Therapy and Peer Support specialists are now located in Borehamwood, which enables the team to directly supervise people within this vocational rehabilitation setting. This ensures that volunteers and service users are supported in developing their practical and creative skills to enhance the projects that are being delivered through the Social Enterprise. It also ensures the correct referral pathways are followed and people are appropriately supported in their placement.

TRANSFORMING THE LANDSCAPE IN ACTION

Jami strongly believe that people living with mental illness should be able to benefit from return to work/volunteering organisations the same way as anyone else within the community. As a result, Jami is supporting organisations across the community, including Work Avenue and Resource, to build the confidence and knowledge to work with people who have mental health issues. When people engaged with Jami's Vocational programme are 'work ready', we signpost to our colleagues at Work Avenue and Resource who have been trained by Jami in mental health awareness. They facilitate the job search and focus on the recruitment process itself, as well as providing training workshops and seminars to all clients. The three organisations are working well together to provide an enhanced offering to the Community and removing duplication of service provision.



Supporting student wellbeing on campus

University can be a stressful time. The transition from adolescence through to becoming young, independent adults living away from home can create a range of specific issues affecting students' mental health. In the 21st century with the advancement of social media, student lectures and research tools are readily accessible online, which can lead to social isolation.

A 2016 YouGov survey of Britain's students showed that more than a quarter (27%) report having a mental health issue, with a significant proportion of these (47%) finding this is causing them problems with day-to-day tasks. Depression and anxiety are by far the most commonly reported mental illnesses.

Thanks to the support of the Lunch Committee and The Pears Foundation, Jami - in partnership with The Union of Jewish Students (UJS) and University Jewish Chaplaincy - created a pilot project in September 2019 to support student wellbeing. Following a rigorous interview training process, Student Wellbeing Reps were appointed in Birmingham, Bristol and Leeds.

The Student Wellbeing Reps were tasked to work collaboratively with the large Jewish student populations in their locations, to run a programme of wellbeing events on campus, offer support to peers who may be struggling

by signposting local student services and encourage conversations around mental health.

"Everyone knows someone who is struggling - I wanted to gain a deeper understanding of how I could help those who felt this way."

Lucy, Student Wellbeing Rep, Birmingham

During Freshers' Week UJS distributed Jami first aid packs, including our Z-card full of resources and tips to help students whilst at university - key wellbeing ideas, messaging on worries about a friend and suicide safety, along with a list of national helplines and crisis services.

At the end of the first term of the project, Jodie, our Student Wellbeing Rep at Leeds, said, "I have had at least 30 conversations with students this term related to wellbeing, from wanting to know more about the project and my role, to asking me about where they can get help locally for mental health related issues." Sasha added, "The Jami training and Higher Education Mental Health First Aid course has been invaluable to us all."

Alongside the pilot, Jami was contacted by other student groups and campus activists who want to help 'transform the landscape' in their place of study. We're supporting a group from Nottingham to mark Mental Health Awareness Shabbat with help from our newly appointed Education Outreach Worker.

We are very proud of our Student Wellbeing Reps and look forward to supporting them in their voluntary and impactful activities this academic year.

Find out more on jamiuk.org/Campus

"Our generation is very conscious of emotional wellbeing but it's still hard to navigate the tools and find resources when we need them. That's where Jami's Student Wellbeing Reps can help."

Emily, Student Wellbeing Rep, Bristol





Young Jami Committee

We are very excited to be going into our third year and are looking to continue with our aim of bringing light to mental health for the younger generation throughout 2020 and beyond.

Mental health is a prevalent issue affecting us all, but in particular an increasing number of young people are experiencing mental health issues - with 75% of mental health problems established by age 24, and 70% of those who experience problems not getting appropriate interventions at a sufficiently early age.

As a young committee we therefore want to encourage open, positive and meaningful conversations on this topic in order to break down the stigma that is prevalent in the Jewish and wider community, raising money but more importantly awareness for Jami and the amazing work that they do. In doing so we are seeking to educate and support the next generation, building our capacity and capability as a community to increase wellbeing.

At our launch event, in November 2018, attended by 180 people, we were delighted to welcome Luciana Berger as our guest speaker. In November last year, we were lucky enough to have long time Jami supporter Jonny Benjamin

MBE sharing his story with a sold-out room of young professionals. We have also run a series of smaller events focused on giving individuals tools to support both their own and other's mental health; a free sports boxing class every two months and a series of Mental Health First Aid training courses for young professionals. With many more events coming up in 2020, watch this space!

We are grateful for the opportunity to work with such an amazing charity, with such a worthy cause and want to thank Jami for all the support they have given us in creating and operating a young committee. Young people are the future of the community and being able to encourage an open space to talk about mental health now puts our community in a strong place for the future. We are delighted to be a part of that.

Thank you for your on-going support.

The Young Jami Committee

Learning with Jami's education programme

Learning is at the heart of Jami's Head Room programme. We all have mental health just as we all have physical health. Jami provides education about mental health and wellbeing to everyone in the Jewish community.

A selection of courses and events from our new prospectus are detailed below.

	Who's it for?	Details	Date
Open Mic	Anyone	Open Mic Night for readers of prose and poetry	30th Jan, 12th Mar, 14th May, 18th Jun, 16th Jul 2020
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	18th Feb, 21st Apr, 19th May, 23rd Jun and 21st Jul
Creative Routes	Anyone	Join our group of writers to share your work and receive thoughtful feedback on our course led by a published poet	17th, 24th, 31st March and 7th April
Anxiety and Panic Disorder	Anyone	Join us to discuss anxiety and panic disorders including what is the difference between the anxiety many of us feel and an anxiety disorder	12th Feb
Group Dynamics and Facilitation	Volunteers	Join us to discuss key ideas and theories for group dynamics and facilitation. Take away more knowledge, understanding and experience of best practice for facilitating groups of different kinds	26th March

	Who's it for?	Details	Date
Working with Vulnerable People	Volunteers	Feel that your communication skills are not up to scratch at times? Want to volunteer for a local charity but worried you'll feel out of your depth? Join us to learn about how to be really useful to people who need support at difficult points in their lives	11th June
LGBT, My Mental Health and Me	Anyone	Explore how we as LGBT Jews with lived experience of mental health issues can support our mental health and wellbeing	3rd, 10th, 17th, 24th June and 1st July
Adult Mental Health First Aid	Anyone	On this accredited internationally recognised course learn a 'first aid response' to help those in distress	16th and 23rd Feb 2020, Edgware Hub
Youth Mental Health First Aid Champion	Anyone	On this accredited and internationally recognised course learn a 'first aid response' to help young people in distress	17th and 24th March
Hot Topics	Anyone	Join us at our Head Room café to discuss one of the 'hot topics' affecting the community's mental health and wellbeing disorders	3rd March, 26th May and 30th June
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	21st, 28th April and 5th May

To find out more about our courses, costs or to sign up contact headroom@jamiuk.org or visit jamiuk.org/get-support/what-we-do/training



Cheering on our Jami volunteers

Volunteers play a significant role at Jami. Our 220 volunteers provide an incredible 15,000 hours of their time each year, providing essential support in our hubs and at Head Room Café; from trustees to hospital visiting; leading sessions in the hub; carer support; upcycling furniture; and much more. Jami Ambassadors provide an essential link to their synagogue or community and are fantastic advocates for raising awareness of what we do.

We support our volunteers by providing training through Mental Health First Aid courses and free access to our Head Room Education seminars and events.

Here's what some of our volunteers had to say:

"Jami has become part of my life."

"Jami is a solid gig!"

"I love coming here – it's better than going to work!"

"Coming here is like being born again!"

"Volunteering at Jami is life enhancing."

We celebrate our volunteers with two events every year. The Volunteer Voices' Tea at our Finchley Hub is a great opportunity to meet our leadership team and find out more about the latest developments at Jami; and our annual Volunteering Awards Dinner where we

acknowledge the outstanding contribution of our volunteers, with awards presented by our Chairman.



Last year we welcomed young volunteers throughout the year, from Year 10 to university undergraduates, to spend time in the hub joining in with the regular programme of activities.

Please raise a glass this evening to cheer on the wonderful Jami Volunteer team!

**"Volunteering at Jami
is life-enhancing"**

If you are interested in volunteering, making a difference and helping to transform the landscape for mental health, please contact **Kelvin Zane** on **Kelvin.Zane@jamiuk.org** or **020 8458 2223**.



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.

LIFE PRESIDENTS

Prof Martin Aaron
Lionel Curry

LIFE PATRONS

Marcia Feldman BEM
Doris Gardner
Tony Helman
Marilyn Lazarus MBE
Michael Mitzman
John Spector

TRUSTEES

Adam Dawson (Chair)
Tessa Arnold
Richard Benson OBE
Michael Blane
Dr Ellie Cannon
Ross Fabian
Debra Fox
Michael Glass
José Grayson
Raymond Harris (Treasurer)
Jamie Hutchinson
Dr Suzanne Joels

Gideon Kay

Alan Lazarus (Secretary)
Sue Mandelbaum
Karen Mattison MBE
Richard Miron
Howard Morgan
Bob Shemtob
Warren Taylor

CHIEF EXECUTIVE

Laurie Rackind

CLINICAL GOVERNANCE & PROFESSIONAL ADVISORY GROUP

Dr Suzanne Joels (Chair)
Lucille Balcombe
Dr Mark Berelowitz
Dr Ken Bledin
Suzanne Clinton-Davis
Rebecca Corney
Michele Foux
José Grayson
Dr Simon Michaelson
Dr Louise Morganstein

Dr Jonathan Ornstein
Dr Julia Renton
Jennye Seres
Dr Debbie Spain
Dr Fiona Taylor
Nicolas Werner

PATRONS

Leo Baeck Housing Association
Jonathan Bergwerk
The Bluston Charitable Settlement
Peggy & Paul Brett
Talía & Daniel Ezra
Alison & Avi Goldberg
Caroline Marcus & Marc Gordon
Judy & David Green
Susan & Neville Kahn
Leanne & Winston Newman
The Kennedy Leigh Charitable Trust
Sarah & Jacob Levy QC
Maurice Wohl Charitable Foundation

Brian & Jill Moss Charitable Trust
Susie & Adam Olins
Pears Foundation
Sara & Paul Phillips
Natalie Rose
Jo Rosenfelder & Richard Bolchover
Rosetrees Trust
K.C. Shasha Charitable Trust
Sobell Foundation
Tangent Charitable Trust
Corinne & David Tapnack
Laura & Barry Townsley
The Charles Wolfson Charitable Trust
The Wolfson Family Charitable Trust
The Wolfson Jewish Education Fund
The Worth Charitable Trust

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

A huge thank you to Jennye Seres and the brochure committee for their relentless work on the brochure.

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

Alexandra Palace
Chiko Photography
Creative Clinic
Jason Millan Catering
Joelle Events

The Rt Hon Sir Brian Leveson
Mattr
Mediastories
Howard Robbins

Uptown Events
VC Communications



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.

Jami

The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

MHFA Adult



We are accredited providers of Adult Mental Health First Aid. This internationally recognised training course is the gold standard in equipping you with skills you can use as a 'first aid response' to help someone in distress. Come and join us to learn more about a variety of mental health problems, including recognising and supporting people in suicidal crisis. We also look at treatments currently used in England and increase your confidence in supporting others.

two day course

Sundays, 10.30am – 5.30pm

16,23

Feb 2020

Martin B. Cohen Centre, Edgware

Cost: **£75**

For more information on costings
please get in contact.

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

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

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

BROUGHT TO YOU BY

Jami

The Mental Health Service for our Community

Registered charity no. 1003345. A company limited by guarantee. Registered in London no. 2618170

THE MENTAL HEALTH
AWARENESS SHABBAT

TRANSFORMING THE LANDSCAPE OF MENTAL HEALTH

A panel discussion

TUESDAY 28 JANUARY, 7.30PM, JW3 LONDON

Join Jami, The Mental Health Service for our Community, together with JW3 for a panel discussion to mark The Mental Health Awareness Shabbat.

The panel will focus on how collaboration between organisations in our community can help improve our mental health and how we can best work together to achieve this, before opening up the discussion to a Q&A from the audience to our panel of experts:

- **Laurie Rackind**, Chief Executive of Jami
- **Dr Ellie Cannon**, NHS GP, author and Mail on Sunday doctor
- **Rabbi Miriam Berger**, Finchley Reform Synagogue
- **Laurence Field**, Director of Gateways at JW3
- Panel to be chaired by **Adam Dawson**, Barrister and Chair of Jami's Board of Trustees

To find out more, or to book tickets please visit jamiuk.org/mhas



BROUGHT TO YOU BY

Jami

The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

THE CECIL ROSEN FOUNDATION

*Supporting the community
for over 50 years*



Wishing all the team at
Jami every success for
this incredible charity



B'NAI B'RITH

FIRST LODGE OF ENGLAND



Founded in 1910

The President and all Members of First Lodge wish Jami continual success in providing its important mental health services to our community.

Mazel Tov from the oldest Jewish social, welfare and charitable organisation in the World established in the US in 1843, to Jami one of the youngest charities for reaching its 30th Anniversary.

To join us in supporting our charitable work across the World contact: email: firstlodgengland@aol.com.

B'nai B'rith - First Lodge of England - Charity No. 1068228

Weil

We are proud to support

Jami's Annual Dinner 2019

Weil, Gotshal & Manges (London) LLP

weil.com



Award Winning Independent Financial Planners and Investment Managers

To discuss any of our individual services, or for a free, no obligation initial consultation, please contact either Adam Katten or Lee Pittal on 020 7472 5555



Your financial affairs in a safe pair of hands

www.nlpfm.co.uk

NLP Financial Management Limited is authorised and regulated by the Financial Conduct Authority

Best wishes from Debbie, Norman
and Primost Family

With Best wishes to all involved at
Jami for continued success in their
wonderful work.

Philip and Lorraine Weinstein

Wishing Jami
continued success

Wishing your function
every success.

Ron and Linda Cohen

Best wishes from
Suzie and Lawrence
Rabinowitz

Anonymous

THIS IS BEING JEWISH TO ME

PROUD TO WORK WITH JAMI

THIS ADVERT HAS BEEN SPONSORED BY A PRIVATE DONOR

www.maccabigb.org |     MaccabiGB

Anonymous

THIS CAN **HAPPEN.**

EMPOWERING WORKPLACE
MENTAL HEALTH

WISHING
JAMI
EVERY
SUCCESS

www.tchevents.com



**PARKGATE
ASPEN**

N.W.4

Proud to support Jami

45 YEARS

Bespoke property management for 45 years

020 8732 8888

info@parkaspen.co.uk

With best wishes
The Maurice Family

The Lauffer Family is proud to support the work of Jami and wishes tonight's dinner every success.

moreland 

**IS PROUD TO
SUPPORT**

Jami

The Mental Health Service for our Community

moreland.uk.com



Nip in
the Bud

Learning about Children's
Mental Health through Film

www.nipinthebud.org

- Mental Health awareness for Primary Schools and teacher training colleges
- Short films on the website and on YouTube
- ADHD, Anxiety, Conduct Disorder, Depression, OCD, PTSD & more to come
- Downloadable fact sheets

Early intervention ensures far better outcomes.

Ellis & Co Golders Green

**Wish this event
every success**

ELLIS&CO
Sales & Lettings

We are both so delighted to be celebrating Jami's 30th anniversary with you. The fight against stigma and discrimination is being won. Jami's continually expanding mental health services are giving support and hope to many more individuals and families in our community.

Thank you our guests for your understanding and support and our very best wishes to Jami for its future increasing success in helping those so much in need.

Jean and Martin Aaron

Pamela and Julian Kemble
wish this function every success



1925
MARCHANT
CHINESE CERAMICS AND WORKS OF ART
中國陶瓷藝術作品

**WISHING JAMI
CONTINUED SUCCESS
IN THEIR IMPORTANT WORK**

FOUR GENERATIONS IN ASIAN ART

120 Kensington Church Street, London W8 4BH
www.marchantasianart.com
gallery@marchantasianart.com
020 7229 5319/3770

wishes this function
every success

www.claire-randall.co.uk

EST. 1996
CLAIRE RANDALL
CONSULTING

With Best Wishes
Peter and Jacqui Zinkin

With best wishes from the Eric & Jean
Beecham Charitable Trust

Congratulations to Jami and
the wonderful work they do in the community
from all at Cyril Leonard



Cyril Leonard Chartered Surveyors
22 Gilbert Street, Grosvenor Square
London W1K 5EJ United Kingdom
www.cyrilleonard.co.uk



Wishes Jami every success

www.landaumorley.co.uk

T +44 (0)20 8782 1600
F +44 (0)20 8782 1666
E expertise@landaumorley.co.uk

325 Oldfield Lane North
Greenford
Middlesex UB6 0FX

With best wishes
Rachel Charitable Trust

RCT



**WE ARE DELIGHTED TO
SUPPORT JAMI**

HAVE A GREAT EVENING.

SOLOMON TAYLOR & SHAW
SOLICITORS IN HAMPSTEAD
WWW.SOLTS.CO.UK

3 Coach House Yard, Hampstead High Street, London NW3 1QF
Tel 020 7431 1912 Fax 020 7794 7485 DX 144580 Hampstead 2

Solomon Taylor & Shaw, a firm of English solicitors, is regulated by the
Solicitors Regulation Authority (SRA No. 0006190)

**SOLOMON
TAYLOR &
SHAW**

Thank you to all at Jami
for all the amazing
work that you do.

Madeleine and Richard
Abramson

MAYFAIR
GALLERY

Wishing Jami continued
success in the crucial work
that it does.

mayfairgallery.com

Mayfair Gallery Antiques & Fine Art
39 South Audley Street, London W1K 2PP

PICTURE YOURSELF HERE



COLLETTS TRAVEL
Worldwide Travel Agents

WE CAN

Reach our team on
0208 202 8101

holidays@collettstravel.co.uk

Best wishes from
the Pomeroy family

Best Wishes

Helen & John Simon

**Barnett
Ross**

Auctioneers

7 Cadbury Close, High Road, Whetstone, London N20 9BD
T: 020 8492 9449 F: 020 8492 7373
E: info@barnettross.co.uk

Property Auctioneers & Chartered Surveyors

Are delighted to lend their support to this worthwhile Event and would like to wish it every success.

Auctioneers
John Barnett and Jonathan Ross

Well Wishes

Anonymous

Wishing this event
every success

Gillian and Dennis Levine



OUR EXPERIENCED TEAM CAN HELP YOU WITH:

- PRIVATE CLIENT & ELDER LAW
- LITIGATION
- PROPERTY
- FAMILY
- COMPANY COMMERCIAL & EMPLOYMENT

 **020 8349 0321**

www.ogrstockdenton.com

The partners of **OGR Stock Denton** are delighted to support the **Jami Annual Dinner fundraiser**

OGR Stock Denton LLP,
2nd Floor, Winston House,
2 Dollis Park, London N3 1HF



Violet Hill Studios NW8 - Welcome to our beautiful Healing Centre offering therapies
and workshops with practitioners of the highest professionalism and integrity.
Pauline Groman | www.violethillstudios.com

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

Proud to be a new trustee of Jami!
Dr Ellie Cannon GP and author of "Is your Job Making You Ill?"

Many congratulations on your wonderful achievements during the past 30 years.
Valerie Bello

Best wishes from the Burton grandchildren

Tristan & Elizabeth Nagler

Alison and Henry Grunwald wish Jami continued success

Debbie & Adam Dawson
wish Jami every success

Wishing you every success
Ros & Eric Shapiro

Wishing Jami and all involved the best for the year ahead,
from Dr Jonathan Ornstein and Mrs Lauren Ornstein

Wishing Jami a wonderful night and every success for the coming year. Jose Grayson
mental health lawyer, peer advocate and Jami Trustee. jose@mcksolicitors.com

Wishing you every success at the dinner
Robert and Linda Glancy

Romie and Esther Tager
are delighted to support
the work of Jami



AABRS
wish this event
every success

Corporate and personal insolvency specialists helping small businesses
and individuals navigate their way through financial difficulties.

AABRS | Langley House, Park Road, London N2 8EY Tel 020 8444 2000 Email info@aabrs.com
www.aabrs.com

