

THE *Helping Hand*

Autumn/Winter
2019

Celebrating Jami's
dedicated volunteers

Jami

The Mental Health Service for our Community



News & updates

Volunteer Voices Tea

We were delighted to see so many people at this year's Volunteer Voices' Tea party, where our volunteers had the chance to quiz Laurie Rackind, Jami's Chief Executive, Tanya Harris, Head of Services and Louise Palmer, Deputy Head of Services.

There was lots of interest in Jami's social enterprise and our new upcycling pop up shop in Mill Hill. Laurie explained how our Social Enterprise is evolving and will soon include a new Vocational Team based in Borehamwood.

Louise went on to talk about the new Compeer volunteering opportunities, which will enable service users to receive a wider variety of support and could include activities such as being accompanied to hospital appointments. Jami Compeer volunteers would receive more support, structure and training to reinforce appropriate boundaries, but there is a need to build more infrastructure in Jami before the Compeer volunteering could be launched.

Discussion also focused on Jami's new community team, which includes roles to support people in their own homes who don't

necessarily need Jami hubs. One volunteer suggested it would be useful to have volunteers support service users with IT issues in their own homes. Our Hackney team have piloted this already, but in the North West area there is a need to build up the team first.

The Finchley garden became the subject of further discussion around how to encourage more service users to get involved. Corporate volunteering was discussed as a way of bringing in skilled volunteers and we also hope the involvement of JLGB would see more young volunteers. Tanya Harris said it would be good to create volunteer opportunities for people working full time during the week.

In all, we had a fascinating discussion and a delicious tea thanks to Jacqui, so thank you to everyone who came along.

"It's a pleasure being at Jami."

How volunteers go the extra mile

Alan Freedman, a volunteer at our Social Enterprise Hub in Borehamwood, gave Helping Hand an unusual example of how he helped with fundraising, with the strange tale of a piano accordion and a trip to far away Lewisham.



Social enterprise received the unusual donation from Alan's cousin, who had heard about his involvement with Jami and wanted to help. Alan said he advertised the accordion on eBay, but it failed to sell at the advertised price. He then did some more research and discovered two specialist accordion shops in London. After an exchange of e-mails, the Lewisham shop agreed to buy the instrument, subject to viewing. Alan very generously agreed to trek to Lewisham carrying the accordion with him. Three trains and a bus later he found the shop. The owner played the accordion and then, happy with the instrument, paid £215 in cash. Despite the long journey Alan said he enjoyed the walking and had a beautiful day.

Alan joined Jami after a career in the NHS where he had been an IT security manager for almost 20 years. He said, "I like the people at Jami and the interaction at Borehamwood." Born in Croydon, and brought up in Streatham, Alan moved to Sutton first and then in 1987 came to Borehamwood, where he has seen a huge growth in the Jewish population. He and his wife, Peta, are founding members of the Borehamwood and Elstree United Synagogue parallel service at Yavneh College. When he is not volunteering at Jami, Alan loves travel. Thank you Alan for your impressive devotion to Jami.



News & updates

Remembering Gillian Ress

We were very sad to hear that our long serving volunteer, Gillian Ress, had passed away in South Africa. Gillian was an active volunteer in Golders Green and then Finchley. She moved back to South Africa to look after her mother in recent years and then unfortunately became ill herself. Priscilla van der Velde, our Edgware hub Coordinator, wrote the following to the family on behalf of Jami.

"I am so sorry to hear this news. You must be heartbroken. Gillian was a vital and valued volunteer at Jami for many years, with a smile and an encouraging word for everyone she worked with. I will remember her as a fun, intelligent, caring, talented and beautiful woman who always gave 100% commitment and 1000% enthusiasm to all that she did for us."

National Citizenship Service, Challenge and Work Avenue: Jami supporting young people into work

For the second year Jami has teamed up with the National Citizenship Service, to provide a unique experience for Year 11s in Barnet and our Edgware service users during the summer holidays. Jami is also working with the Challenge to provide much needed work experience for young people at our Head Room Café. Meanwhile Jami hubs have had visits from students in Years 10 & 12; university and mature students from Work Avenue; and pupils from the Archer Academy, Hendon School, JFS, Yavneh, JCoSS, Hasmonean Girls' and Nottingham University. They have all commented on the friendliness of Jami staff, volunteers and service users. The knowledge they have gained will be helpful in applying for university courses, postgraduate degrees and employment.



Young volunteers at Jami



Around 40 young volunteers aged 13+ in Years 9,10 and 12 from Hasmonean Girls' School and JFS supported Jami at this year's JLGB-organised school charity recruitment fairs. Many were interested in a new volunteering opportunity offered by Jami's Head Room Education Team, as members of a youth panel. It is hoped that they will eventually be able to help educate other young people after training, as well as provide invaluable feedback to Jami on how to develop services and support for young people.



Save the date

Volunteers Buffet Celebration Dinner

Tuesday 12th November 2019
from 7.30pm
Edgware Hub

Volunteer news

New faces

Welcome to Anne Barterer, Emma Lewis, Gillian Cohen, Jeanne Phillips, Lynda Halfon, Louise Nathanson and Emily Cohen who all volunteer for Jami Social Enterprise.

Mazeltoiv and thank you to Sharon!

All of us at Jami wish Sharon Deaner Mazeltov on the occasion of the marriage of her daughter. Sharon is leaving Jami having volunteered at our Edgware hub in reception for eight years, where she has been a tower of strength. We wish her and her family all the best in the future and thank her for her great contribution to Jami.

Thank you, Ellen

Jami says goodbye to Ellen Rabinowicz, a fantastic and award-winning hospital visitor. Ellen has visited many patients in secure units, which is difficult volunteering, requiring a lot of skill, understanding and patience. We are very grateful for Ellen's dynamic contribution to Jami and wish her all the best in the future.

Goodbye and hello: Sarah goes professional

We say goodbye to Sarah Myers as a Carers' volunteer and thank her for her hard work supporting families. However, we are not losing Sarah as she has been appointed as a Jami peer support worker. Congratulations!

Welcome back to Gaby

After a long period of illness we were delighted to welcome back Gaby Hirsch, a valued Friday hub and Friday night volunteer. Gaby said that the thought of coming back to Jami kept her going through difficult months of treatment.

Binal informs Redbridge

Mitkadem/Gants Hill Jami volunteer, Binal Patel, has appointed to Redbridge Community and Voluntary Service and will be running communications. Well done, Binal!

Jayne runs the marathon



Congratulations to Jayne Hantman for running in this year's London marathon, despite having recently recovered from a heart attack. Jayne is a telephone carer befriender for Jami. Jayne's story was featured in the Jewish Chronicle. **Bravo, Jayne!**

Sharon steals the show

Jami Hackney volunteer, Sharon Aspers, was surprised to see herself featured in the Hackney Senior Magazine. Sharon is a keen performer and regularly takes part in local shows. Sharon's first performance at the Arcola Theatre was playing Irena Sendler, a Catholic Polish health worker who smuggled out 2,500 Jewish children from the Warsaw Ghetto, thus saving their lives. Sharon wrote and performed a monologue as Irena, telling her story. "I thought it was a story worth telling", said Sharon.

Sharon's last performance was in Shakespeare's *As You Like It* at the Arcola Theatre, Dalston in April. She is currently involved with the Immediate Theatre preparing for a production of *George and the Dragon*. Sharon said, "I was cast as the Dragon (I don't know if that is typecasting or not!) and we will be performing to schools in Hackney in July." Sharon is also a film extra and was last seen in "Florence Foster Jenkins" starring Meryl Streep and Hugh Grant. She said it was very exciting seeing them, even dressed as a bohemian, looking very peculiar! Jami Hackney regular visitors very much value Sharon's vital input into hub meetings and events.



New volunteering opportunities at Jami

Please see the Jami website for our latest roles and tell your friends or family who may be interested in giving some time to volunteer.

Keeping Jami open even when we are closed

Thanks to regular and devoted Edgware volunteers Louise Feldman, Jon Bromberg, Sue Moore and Richard Estri, Jami's Edgware hub is open even when the centre is closed. They run Edgware's 'Jami in the community' provision at Costa Coffee in the Broadwalk shopping centre and welcome service users to enjoy a hot drink, as well as company, on a Thursday. The group is well supported and is an excellent way of helping service users stay connected.

Spotlight on Jami's pastoral volunteers

We are fortunate to have many people who support the Jewish in Jami. Ingrid and Mike Posen offer their home every year at Shavuot, to provide a lovely tea for Jami service users. At Pesach, Jonathan and Sharon Gilmour, together with their delightful children, host and run the Third Seder.

Our Seder in Edgware this year was magnificently led by Jon Bromberg and Henry Fried. The dynamic duo also run the popular Martin B Cohen Friday night service, just before the monthly shabbat meal, and Sue Moore, Louise Feldman and Gaby Hirsch make a dynamic contribution to a highlight event on the Jami calendar.

In Redbridge, Irene Cohen makes a huge contribution to our Friday night meals and Seder. At Yom Kippur, John de Lang from Finchley Reform Synagogue leads an inspiring service and talks. Rabbi Mechel Gancz from Finchley Chabad runs our Rosh Hashanah services. Rabbi Gancz and John de Lang

are magnificently supported by our genial "shammas", Norman Goldfoot. A much-loved visitor to the Martin B Cohen Centre is Reverend Baruch Levin, whose warmth and great sense of humour are much appreciated at Tu B'Shevat and Chanukah.

Several student Rabbanim from Leo Baeck in France, Germany, Poland and the Netherlands, have been guests and speakers at Finchley and Edgware hubs. Finally, our thanks go to Sue Landy for her Hebrew reading sessions in Finchley and Sylvia Ashleigh for her inspiring Jewish talks on festivals and biblical characters in Edgware.

Carole's computing catches on

Finchley service users have been flocking to Carole Lindsay's IT and computer sessions. Some have even been inspired to do extra IT outside of Jami. 17 one to one sessions were arranged within two months. Well done, Carole!

Volunteer news

Maurice arranges a snooker surprise for Jonathan

Edgware volunteer, Maurice Selwyn, is always looking for new ideas to support and encourage service users. He noted Jonathan's passion for snooker. Using his contacts Maurice managed to obtain a signed photo of a snooker champion which was presented to Jonathan - who was absolutely stunned! Thank you Maurice, for your lovely idea and for arranging such a special surprise.

Roz Nelson does interfaith at Head Room

A new interfaith forum on mental health has set up at the Head Room Café thanks to Jami volunteer Roz Nelson. Roz made some of the initial contacts by visiting different religious organisations. Around 14 people attended the first meeting at Head Room Café to share ideas on how different communities look after people living with mental health conditions. Roz is a familiar face in Head Room Café and volunteers for Jami in Finchley, where she is greatly appreciated for her feel good sessions. Well done, Roz! Thank you also to Deborah Woolf for supporting the initiative.

Facilitating groups

Jami volunteers have suggested training for running or facilitating groups in hubs. Alyson Torns and Emma Dorman will be running a training session on this very topic. Please see the new Jami prospectus for details.

Get volunteer discounts



ValueYou is a volunteer recognition scheme which provides a discount card and gift vouchers to volunteers, free of charge. Shops taking part offer a 10% or more discount. Eligibility for the main scheme is for volunteers giving 100 hours or more but vouchers are also available for people giving less time. For more information and to register go to www.valueyou.org. If you have any questions, please email contactus@valueyou.org or phone 07926 164827.

New prospectus

Head Room

Courses, seminars & events



The 2019/20 prospectus of courses, seminars and events is now available. Email headroom@jamiuk.org for your copy.

For all our current volunteer opportunities go to

www.jamiuk.org/volunteer



... *and finally*

Share your stories with us

The Helping Hand is our dedicated volunteer newsletter. If you have any stories you would like to share with other volunteers, please contact kelvin.zane@jamiuk.org.

“It’s been a great privilege to be a volunteer with Jami. I am thoroughly enjoying my sessions and I hope the people I support feel the same.”

“Jami has become part of my life!”

“I am really happy volunteering at Jami.”

*Shana Tova to all our
volunteers and their families,
we wish you a very happy and
healthy New Year.*

from everybody at Jami

