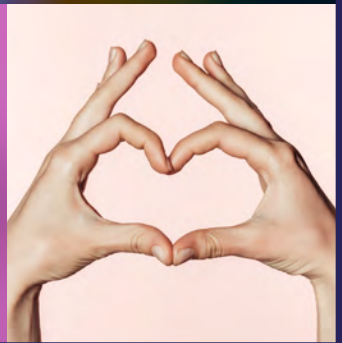


Our year at a glance

2018/2019
Annual Report

Jami

The Mental Health Service for our Community



Objectives & Activities

Jami is committed to providing practical and emotional support for the mental health needs of the Jewish community – delivering services that enable independence and build resilience, in addition to managing the symptoms of ill health through our:

- **Community Hubs and Outreach**
- **Education and Training**
- **Bespoke recovery support plans**

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. A community in which symptoms of mental illness are as recognisable as a heart attack and trigger equally appropriate First Aid response. A community in which Parity of Esteem is a reality and an environment which helps, not hinders, recovery.

Achievements & Performance



Jami delivered

27,603

separate provisions
of services



1,486

interactions
with carers



Team of

52

professionals

214

volunteers

Jami operates
programmes from

4

Community
Hubs

2

Enterprise
Hubs

Jami supported

1,279

people with
ongoing mental
health issues

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 from Peer Support Workers, Social Workers and Occupational Therapists

Relief from social isolation

Hot lunch

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

Vocational Support:

Skills assessments

Advice on career change

Training

Volunteering

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

Hospital Visiting:

Highly trained volunteers

Connection to the Jewish community

Carer and Family Support:

One to one support

Practical and Benefits advice

Group support

Coping and self care strategies

Physical Fitness:

Sessions on stress management, diet, physical health and wellbeing

Exercise classes

Our Hubs



8,443
attendances at Jami's
hub-based activities

1,111
people attending a
Sabbath or Festival
meal

Jami remains committed to the provision of centres offering a safe, welcoming environment that supports people in living meaningful lives, following an acute episode of mental ill health.

A new permanent hub opened in Stoke Newington to replace the various temporary locations being used for services.

Jami Social Enterprise took on full responsibility for the provision of the food and beverage operation from the Head Room Café as well as continuing to develop the café Wellbeing activities under the direction of the Head Room Café Coordinator. Café staff that were retained after the transition became Jami staff members.

Employment & Vocational Initiatives

We successfully provided a variety of services supporting people into employment, volunteering and education/training, which can be a key part of the recovery process. Providing meaningful activity is vital to re-establishing a sense of purpose, routine and self-esteem.

42 people supported to return to education or employment



Peer Support

Peer Support has gone from strength to strength. We now have Peer Support Workers in each of our 4 locality hubs and a Peer Support Worker in our Vocational Support service.

Peer Support Workers draw on their own experience of recovery from mental ill health to identify goals and create plans for others.

227

one to one meetings with a Peer Support Worker



Volunteers

Jami is fortunate to have many volunteers who play important roles in supporting Jami. They are present in each of the 6 hubs.

Jami collaborated with JVN and Kisharon to offer two staff training sessions on how best to work with volunteers. Both courses were very well received by all those who attended. New volunteer roles include a quiz presenter and an IT volunteer in Finchley, kind co-workers and music jam volunteers at the Head Room Café in Golders

214 volunteers play key roles in supporting Jami

Carer & Family Support

We continue to offer 1:1 support as well as in group settings. In addition to three Peer-led carer groups, newly developed groups include a Men's Peer Carer Group and a Young Parent Carer Group. We have also facilitated four Carers groups including Add Anon – to support carers affected by addiction.

1,486 support interactions with carers



Hospital Visiting

This service offers support to Jewish patients on mental health wards in hospitals and in units across London.

1,211

hospital visits made to Jewish patients in mental health units



Befriending

Our befriending programme pairs individuals with trained volunteers.

23

befriender pairs went into their local community for coffee, to the cinema and other social outings



Education & Awareness

The Head Room Recovery Education and Awareness team continues to run a comprehensive programme of seminars, events and courses to educate the whole community about mental health and wellbeing. Alongside this, we have run a range of courses to support people on their recovery or personal

development journey. These are delivered within Jami as well as in Jewish communal organisations, schools and youth movements. We have a cohort of eight Peer Trainers as part of the Head Room team. The team work on a variety of projects in the Head Room Café such as Community Conversations and Open Mic

1,029 attendances at a Head Room Café wellbeing session

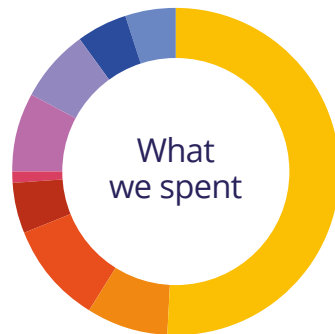
2,176 young people have received sessions on mental health

1,007 pupils have attended mental health awareness sessions in schools

354 people completed a Mental Health First Aid course

Jami would like to acknowledge the generous support from major benefactors, who in April 2018 - March 2019 included:

The Atkin Foundation, Benecare Foundation, Jonathan Bergwerk, Georgie Black & Graham Edwards, Bloom Foundation, Bluston Charitable Settlement, Peggy & Paul Brett, The Charles Wolfson Charitable Trust, Delfont Foundation, The Elliott Simmons Charitable Trust, Marcia Feldman BEM, The Foux family, Alison & Avi Goldberg, Geoffrey & Elise Duveen Charitable Trust, Evelyn & Maurice Hope, Susan & Neville Kahn, Sara & Jacob Levy QC, Jack & Rosa Charitable Settlement, Jewish Joint Burial Society, Jews' Temporary Shelter, The Joe & Rosa Frenkel Charitable Trust, J. E. Joseph Charitable Trust, Jusaca Charitable Trust, K.C. Shasha Charitable Trust, Kennedy Leigh Charitable Trust, Berta & Leon Lazarus, Leo Baeck Housing Association, Caroline Marcus & Marc Gordon, The Maurice Wohl Charitable Foundation, Max Barney Foundation, Brian & Jill Moss Charitable Trust, Valerie Moss & Maurice Monina, Leanne & Winston Newman, Susie & Adam Olins, Pears Foundation, Sara & Paul Phillips, J.E. Posnansky Charitable Trust, Gerald Ronson Foundation, Jo Rosenfelder & Richard Bolchover, Rosetrees Trust, The Sam & Bella Sebba Charitable Trust, Shoresh Charitable Trust, Sobell Foundation, Laura & Barry Townsley, The Wolfson Jewish Education Fund, Joan & Brian Wides, The Wolfson Family Charitable Trust, The Worth Charitable Trust and many others who wish to



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

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 income: £2,341,821

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.

Jami are grateful to the Jewish Care for continuing to support us in delivering mental health services to the community, demonstrating the advantages of organisations working together for the greater benefit of the community.



Jami

The Mental Health Service for our Community

Give support • Get support • Get involved

jamiuk.org | 020 8458 2223 | info@jamiuk.org | [@JamiPeople](https://www.instagram.com/JamiPeople) | [JAMIMentalHealth](https://www.facebook.com/JAMIMentalHealth)

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