

THE *Helping Hand*

Spring/Summer
2020

Celebrating Jami's
dedicated volunteers

Jami

The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.



Welcome

A very warm welcome and thank you to the many new Jami volunteers

Adam Frankenberg – Pastoral service/Jewish in Jami/Finchley Hub

Alan Kummer – Art at Head Room Café/Education service

Alisa Aharon – Carers' service

David Middleburgh – Head Room Café/Social Enterprise

Debbie Leigh – Mill Hill shop/ Social Enterprise

Diana Middleweek – Head Room Café

Ginette Jacobs – Community Conversations in Wanstead/ Education service

Hadassa Hadege – Coffee and Culture/Community service

Imran Fooker – Redbridge Hub helper

Stephen Colman – Music appreciation at Redbridge Hub

Jess Green – Edgware Hub

Marsha Crown – Head Room Café/Social Enterprise

Susan Morris – Community conversations and Mental Health Shabbat admin / Education and Fundraising/ Marketing services

Michael Haber – Community conversations/ Education service

Ella Kadosh – Drama at Finchley Hub

Jacqui Alpern – Telephone befriending/Carers' service

Michael Bankover – Mill Hill shop/Social Enterprise

Mickey Dekel – Head Room Café /Education service

Mimi Kanerick – Carers' service

Debbie Leigh – Mill Hill shop/Social Enterprise

Nicholas Bell – Head Room

Café/Social Enterprise

Robin Vicary – Mill Hill shop/ Social Enterprise

Sandra Chasen - Coffee and Culture/Community service



Group dynamics facilitation course at Hackney

We ran the Group Dynamics and Facilitation course for volunteers in Hackney. It was a well-attended session and everyone went away having learnt something new. Joining the session were volunteers who had no previous experience of running a group as well as people who are already facilitating groups but wanted to learn more tools. This made the course very dynamic.

The session explored how to run a successful group, the way a group starts, and we discussed 'what is facilitation?'. Finally, we looked at some theory of the stages that a group develops. If you want to learn more about running groups, we'll be putting on another course at the Martin B Cohen Centre, Edgware on Thursday 26th March 2020. Please contact Kelvin or email headroom@jamiuk.org

Reflecting on our Edgware Hub volunteers

by Priscilla van der Velde, Edgware Hub Coordinator

What a fantastic year we've had – I can't believe how much we have achieved.

Art for the mind, body and soul, pretending to be everything from a tree to Goldilocks. Creating imaginary beaches, forests and characters and loving every minute of the drama of it all! Listening to songs from Anastasia to ZZ Top, musical numbers from Annie to Zorba, classic tunes from Adler to Zemlinsky, the list goes on, as does the appreciation of all things musical in the Hub.

Creative writing and poetry have a very special place in all our hearts and led to our hub being the focal point for the gathering together of writings, musings, poems and letters; and the amazing Jami film that touched the hearts of so many.

We're more active than ever thanks to Pilates, therapeutic walks, snooker, table tennis, dancing and getting out and about for a coffee.

Our view of Jewish life has also been focused by wonderfully informative talks, challah bakes, Shabbat and festival celebrations. We've also started widening our horizons and talking about other

religions and lifestyles. We're thinking about others as well as ourselves and growing ever more confident.

We have grown together as a team, creating a fantastic service for our members. I am so lucky to have you in my Hub volunteer team and Jami is privileged to have such an amazing, dedicated and capable group of "gute neshumas". Without you, the hub would not have become the wonderful, inviting, supportive environment that it is today - and my job would be impossible. So, thank you for everything, we couldn't do it without you.



Reminder: Jami volunteers can attend Head Room seminars and recovery education events free of charge!

We run high quality training and recovery education events through our Head Room education team, which are free for Jami volunteers. For more information please see the latest prospectus: jamiuk.org/training

Course	Date/Time	Venue
Working with vulnerable people	11th June 2020 11.15 – 2.30 PM	Martin B Cohen, Edgware
Maintaining motivation	18th June 2020 2 – 3.30 PM	Head Room Café, Golders Green
Practical problem solving	30th June 2020 11.30 AM – 1 PM	Head Room Café, Golders Green
Supporting someone through an eating disorder	30th June 2020 7 – 8 PM	Head Room Café, Golders Green
Writers' open mic night	14th May, 18th June and 16th July 2020 8 – 9 PM	Head Room Café, Golders Green
Growing our confidence	1st July 2020 2.15 – 3.45 PM	Redbridge Hub
Stress masterclass	7th July 2020 7 – 9 PM	Edgware Hub

These events are subject to be rearranged within government regulations.

Awards

Annual Volunteer Awards Evening

We were delighted to see many of the new Jami trustees joining a large group of Jami volunteers for the annual celebration evening. New Chair of Trustees, Adam Dawson and Laurie Rackind, Jami Chief Executive, thanked everyone for their valued volunteering and presented certificates to our special award winners. Last year volunteers provided a staggering 15,000 hours to Jami – we are incredibly grateful to all our volunteers, your contribution is invaluable.

Ambassadors

Nivi Feldman

Befriending

Michelle Gee
Marc Brenner

Carers

Jan Bretman

Catering

Michael Alexander

Education

Deborah Woolf
Andrew
Marcovitch

Fundraising

Peter Gerner

Head Room Café

Sarit Gafan

Pastoral

Rabbi Gancz

Reception

Amanda Lever

Social enterprise

Louis Aminoff

Vocational

June Raffae

Edgware Hub

Louise Feldman
Jon Bromberg

Finchley Hub

Carole Lindsay
Hadi Davoud

Hackney Hub

Sharon Aspress

Redbridge Hub

Binal Patel



JVN Awards



Congratulations to all the Edgware Hub volunteers on being named Jami's "Team of the Year" at the JVN awards. The event was held at Allianz Park and was compered by **Samantha Simmonds** from the BBC. Volunteer **Maurice Selwyn** accepted the award on behalf of his devoted colleagues: **David Hyman, Davida Brown, Gaby Hirsch, Hannah Dadzie-Dankwa, Jon Bromberg, Louise Feldman, Madeleine Guderley, Phil Walzer, Richard Estrin, Sue Moore, Tony Clayden, Tony Kaye** and **Zvia Klier**.

"An eye opener for professionals"

Susan Garcia volunteers for Jami by running an addiction support group for carers, Adanon, which meets at Jami in Edgware. She arranged a highly successful event called "Lies and Destruction" which featured very powerful accounts from former addicts. The aim of the evening was to help carers develop "tough love" and let go. Senior Jami social worker and Safeguarding lead, Adam Ali, attended the event and commented, "I was very impressed, it was a very powerful group and an eye opener for professionals." Well done to Susan for organising such a significant event.

Dave goes to the Palace

Congratulations to Dave Richman who was invited to meet Prince Charles at Buckingham Palace as part of a special celebration of Jewish charities. Dave is a much appreciated Finchley Hub volunteer, befriender and hospital visitor.



Compeer @ Jami



Compeer is a not for profit international network of affiliated members that matches screened and trained volunteers with people with mental health problems. Compeer's community based mental health programme aims to improve the quality of life and self-esteem of people with mental illness through one-to-one support with a volunteer.

Jami are delighted to be affiliated with the Compeer network and will be launching the Compeer @ Jami programme in the Spring.

Compeer will incorporate our existing befriending programme. The Compeer Volunteer will meet with their friend regularly to participate in social/leisure activities. However, in addition, the service

will enable Compeer friends to support people to attend appointments, college, work etc and with small tasks at home.

Through this new partnership, we hope to significantly increase the number of people we can support through our exceptional and award winning volunteer service.

Emma Reynolds has been recruited to the role of Compeer Volunteering Manager. Emma has had significant experience working in the charity sector, for local and national charities, with a breadth of experience from support work to project managing and fundraising. In a previous role Emma has also managed the development of a national friendship service across the UK.

Volunteer news

Jami film stars

A big thank you and congratulations goes to Jami volunteers Louis Aminoff (Social Enterprise), Richard Estrin (Edgware Hub), Nivi Feldman (Ambassador) and Cheryl Freedman (Ambassador) for their moving contributions to the Jami film shown at the Annual Dinner as part of Jami's anniversary appeal. Their touching testimonies have greatly helped with fundraising with the dinner raising over £350,000.

You can watch the film here: jamiuk.org/jami-annual-dinner-film

Mazel tov to Martine and Jennye!

Congratulations to Mitkadem and Education service volunteer Martine Asscher on becoming a grandmother for the first time; and to Jennye Seres on the marriage of her son.

Volunteer success in the wider community

Congratulations to Cary Whitworth on being part of the colour and form exhibition at the Camden Image Gallery. Cary is a much-appreciated art volunteer at Finchley and is pictured at the show with her daughter.



Inductions and annual reviews

171 annual reviews and 174 inductions have now taken place with Jami volunteers. Please contact kelvin.zane@jamiuk.org if you think you should be having a review soon.

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 or email contactus@valueyou.org or phone 07926 164827.

For all our current volunteer opportunities go to
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."

*Happy Pesach / Easter
to all our volunteers
and their families*

from everybody at Jami

Quick Pesach recipe with Joan Pollack

1. Make a latte to your personal taste.
2. Crush 2-3 matzos in a bowl and pour over the coffee and let it soak.
3. Try it for breakfast.

Enjoy

Many thanks to Joan Pollack for this unusual festive recipe which was discussed at the Head Room Café. Surprisingly nobody had heard of it!

