

Courses, seminars & events
September 2020 – July 2021

Jami's vision is a Jewish community which accepts, acknowledges and understands mental illness. A community in which Parity of Esteem is a reality and an environment which helps not hinders recovery. We provide education about mental health to everyone in the community and support to those affected by mental health problems.

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All our education programming for the new academic year 2020/21 will be online. Any face-to-face dates are scheduled for the end of the academic year. Follow us on social media or [sign up to our mailing list](#) to get updates about future face-to-face opportunities.

About Jami

Jami is the Jewish community's mental health service and for over 30 years has been providing practical and emotional support for the mental health needs of the community, delivering services that enable independence and build resilience, through community hubs and outreach, education and training and bespoke recovery support plans.

Statistics show that in any one year 25% of us experience a diagnosable mental health problem. Jami supports anyone affected by a mental health problem, those with mental illness and their family and friends, enabling people to lead meaningful lives despite severe mental ill health.

Jami's transformative work in the wider community is building awareness and increasing understanding of mental health and aims to put an end to stigma and discrimination.

About Head Room Education

The Head Room team reaches out to provide learning and engagement for adults and young people across the community.

We are passionate educators and facilitators, providing conversations and courses about mental health. We are able to work with organisations and individuals, so take a look at what we have to offer and be inspired.



For you, your family and your community

Welcome to our education programme for 2020/21. Over the past few months we have all needed to adapt and respond to the huge changes we've experienced.

Whatever your experience of 'lockdown' was like, we hope that we can guide you through the next steps with our available range of online learning and groups. If you are a carer of young people you might want to join our *Back to Routine* course (P.25) or if you are looking to change your relationship with stress have a look at our evening course *The Mind and Body Approach* (P.21).

We are pleased to provide you with updates on Jami's online **Head Room Cafe Wellbeing menu**, full of engaging activities providing support and creativity for everyone. Other exciting opportunities at Jami include the new Compeer Volunteering programme, find out more here.

We hope there will be opportunities for face-to-face education in the not so distant future, so keep an eye out as our new social engagement patterns develop. Enjoy reading all that Head Room Education has to offer and we welcome you to learn with us over the coming year. If you would like to commission us to run any courses for your community or organisation, do drop us a line.

Visit our website jamiuk.org/training to find out more about our learning opportunities and follow us on [@JamiPeople](#) | [JAMIMentalHealth](#)

Our Partners

Jami works with a range of community partners to embed our education work in the community where we can be of support. We encourage everyone to be in touch with their own mental health, improve understanding and challenge stigma. Would your organisation like to sign up to this inclusive vision? You can host a Jami course or we can create a bespoke learning event. We welcome partners from across the Jewish spectrum.



BBYO



Bristol and West
Progressive Jewish
Congregation



Finchley Reform
Synagogue



Hampstead Garden
Suburb United
Synagogue



Jewish Museum
London



Belmont United
Synagogue



Bushey United
Synagogue



Finchley United
Synagogue



Holocaust
Educational Trust



Jewish Leadership
Council



Bnei Akiva UK



Central Square
Minyan



FZY



Jewish Bereavement
Counselling Service



JW3



Board of Deputies of
British Jews



CST



Grief Encounter



Jewish Care



KeshetUK



Kol Chai



Maccabi GB



Norwood



Reform Judaism



University Jewish
Chaplaincy



United Synagogue
Jewish Visiting



Liberal Judaism



Masorti Judaism



PajeS



RSY-Netzer



UJIA



Woodford Forest
United Synagogue



Liberal Judaism
Education



Mill Hill United
Synagogue



Pinner Synagogue



Streewise



Union of Jewish Students



Woodside Park United
Synagogue



LJY-Netzer



Noam



Progressive Jewish
Students



Tribe



The United Synagogue

2020 - 2021

Course Guide

We have courses for the whole community.
This is a guide to help you find the right one for you.

Mental Health Training

Want to improve your knowledge of mental health? Whether you are looking for this for personal or professional reasons we can help. We offer our own range of bespoke courses which reflect our values. We also offer the accredited programmes, Mental Health First Aid and Suicide First Aid.

See pages 8 - 11

Volunteers

Wherever you volunteer, join us to learn new skills, empower your volunteering and consider your own mental health when giving to others; including training as a Mental Health First Aider.

See pages 14 - 19

Self-Care and Development

Courses for people who want to grow! Come and find out how to better manage your stress and anxiety or discover new ideas for self-care.

See pages 20-21

2020 - 2021

Teachers & Educators

Specifically developed training courses for teachers and educators working with young people. Learn about mental and emotional health in young people – including Mental Health First Aid courses. We now also provide online briefing on our new Guidance for schools on Suicide and Sudden Traumatic Death.

See pages 22 - 23

Carer & Family Support

We are running a selection of courses with our Carer & Family Support Service to meet your needs.

See pages 24 - 27

Café Culture

Check out the variety of discussion groups and events happening at Head Room Café. Find the right group for you on a weekly or monthly basis and join us for conversation and a cuppa.

See pages 28 - 31

Information On Booking Your Course

Our courses usually fill up quickly so please book to secure your place at jamiuk.org/events

Mental Health Training

If you'd like to arrange one of these courses for your community or workplace please drop us a line at headroom@jamiuk.org

Mental Health Awareness for Communities



- Increase mental health knowledge and understanding to enable community members to respond appropriately to those with mental health concerns
- Create a more skilled and compassionate community, able to listen effectively and respond sensitively
- Explore the new uncertainties we are facing, how we can manage them effectively and take back some control
- Understand how the COVID-19 outbreak will have an ongoing impact on our mental health and relationships

If you'd like to arrange this course for your community please drop us a line at headroom@jamiuk.org

Mental Health Awareness in the Workplace



- Increase mental health knowledge and understanding to enable staff to act appropriately to those with common mental health disorders such as anxiety disorders and depression
- Create a more skilled and a compassionate workforce able to listen effectively and respond sensitively and appropriately to those going through mental health concerns
- Recognise burnout in ourselves and colleagues and be able to respond helpfully
- Explore the new uncertainties we are facing, how we can manage them effectively and take back some control
- Understand how the COVID-19 outbreak will have an ongoing impact on mental health at work

If you'd like to arrange this course for your community or workplace/organisation drop us a line at headroom@jamiuk.org

Burnout and Self Care

The response of the Jewish community to the COVID-19 crisis was rapid, offering practical, social and emotional support in new and creative ways.

We all have different experiences of caring for others during COVID-19. Do you feel emotionally worn out or find yourself looking for quick fixes that do not help? Whatever your role as a carer whether it be for family or as a professional, join us to ponder the 'cost' of caring, how to recognise burnout and find strategies for prevention and recovery.

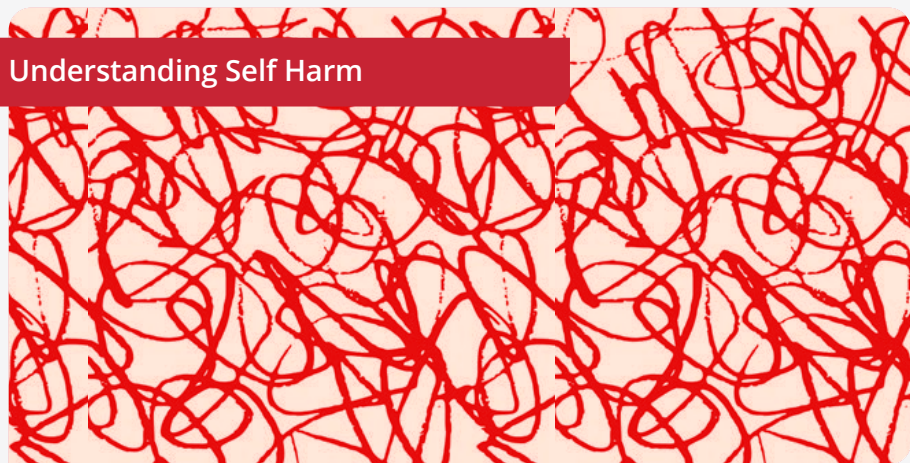
Cost: The course is free for those currently using Jami services or £25 per person



18 Nov 2020
Wednesday
7.00 – 9.00pm

Online
via
Zoom

Understanding Self Harm



Many of us may be familiar with the term self-harm but as a condition it continues to be misunderstood by the general public as well as healthcare professionals. The condition also carries a lot of stigma and continues to be unhelpfully associated with certain groups of the population. Join us to further understand self-harm and how we can provide support to those who need it.

Cost: The course is free for those currently using Jami services or £25 per person

21 Jan 2021
Thursday
2.00 – 4.30pm

Online
via
Zoom

24 Jun 2021
Thursday
2.00 – 4.30pm

Martin
B. Cohen
Centre,
Edgware

Understanding the Impact of Trauma



In mental health terms, 'trauma' is usually understood to be an emotional shock or disturbance that is so overwhelming it leaves us disorientated and experiencing a loss of confidence and self-worth.

During this seminar we will look at the different types of trauma, including the impact of collective trauma, the current thinking around trauma and mental illness and how trauma might impact on people's lived experience and continue to play a part in their lives.

11 Feb 2021
Thursday
2.00 – 4.30pm

Online
via
Zoom

Cost: The course is free for those currently using Jami services or £25 per person

Mental Health First Aid Refresher



For those who have trained on MHFA Adult Two Day or One Day Course in the past 3 years.

Join us to refresh your knowledge on Mental Health First Aid. This half day course will update your knowledge of mental health and keep your awareness of mental health support options fresh. The course will also provide opportunities to practice applying the Mental Health First Aid action plan you learned on your initial course.

3 Mar 2021
Wednesday
9.30am – 1.00pm

Online
via
Zoom

Cost: £25 per person



First Aid Courses

We run a variety of accredited courses.

If you would like to commission a Mental Health First Aid or Suicide First Aid course please get in touch at headroom@jamiuk.org

MHFA Adult Refresher

one day session

For those who have trained on MHFA Adult Two Day or One Day Course in the past 3 years.

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3 Mar 2021
Wednesday
9.30am – 1.00pm

Online
via
Zoom

Cost: £25 per person



MHFA Youth One Day

one day session

We are accredited providers of Youth Mental Health First Aid. This internationally recognised training course is the gold standard equipping you to provide a 'first aid response' to adolescents in distress.

In recent months there has been an increase in concern around young people's mental health in our community. If you are a parent, teacher or youth worker and want to learn more about a variety of mental health problems, treatments currently in use and increase your confidence in supporting young people, then this is the course for you.

Tuesdays, 6.30 – 9.30pm

4 May 2021 | **11 May 2021**

Martin B. Cohen Centre, Edgware

Cost: £50



Suicide First Aid

one day session

This course gives participants the knowledge and tools to understand that suicide is one of the most preventable deaths and that some basic skills can help someone stay safe from their thoughts and stay alive.

If participants wish to become accredited through City and Guilds (6 NQF credits at level 4) they have the option of completing a unit-assessed assignment which will cost a further £85 alongside the course fee.

23 May 2021
Sunday
9.30am – 4.30pm

Martin
B. Cohen
Centre,
Edgware

Cost: £50 per person



Volunteers

“

Very relevant to the volunteering role and well put together - good information

”

Anne, Volunteer

Facilitation Skills Online

Running or facilitating a group online comes with its own unique set of challenges. From ensuring everyone can contribute in a way they feel comfortable to navigating the ups and downs of technology. Join us to discuss key theories for group dynamics and facilitation alongside the nuances of facilitating in the virtual world. How comfortable are we as facilitators? Let us help you to realise the leader in you and take away more knowledge, understanding and experience.

Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.



16 Sept 2020
Wednesday
2.00 – 4.30pm

Online
via
Zoom

Boundaries



Being able to recognise and assert our own personal boundaries is key in developing and maintaining healthy relationships, which help us to protect ourselves and the people around us. Please join us in exploring the purpose of boundaries, how they differ depending on relationship type, as well as learning some essential tools for setting boundaries.

Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.

5 Oct 2020
Monday
2.00 – 4.30pm

Online
via
Zoom

Burnout and Self Care

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We all have different experiences of caring for others during COVID-19. Do you feel emotionally worn out or find yourself looking for quick fixes that do not help? Whatever your role as a carer whether it be for family or as a professional, join us to ponder the 'cost' of caring, how to recognise burnout and find strategies for prevention and recovery.

Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.



18 Nov 2020
Wednesday
7.00 – 9.00pm

Online
via
Zoom

“ *Content delivery and participation were all excellent.
I would like another session.* ”

Finding Your Voice

For some of us finding our voice can be a challenge. We may feel that there are areas in our life where we are unheard. Or perhaps we would like to grow our confidence in speaking up. Join us for this practical and supportive session to share tips and tricks around expression, body language and navigating difficult encounters.

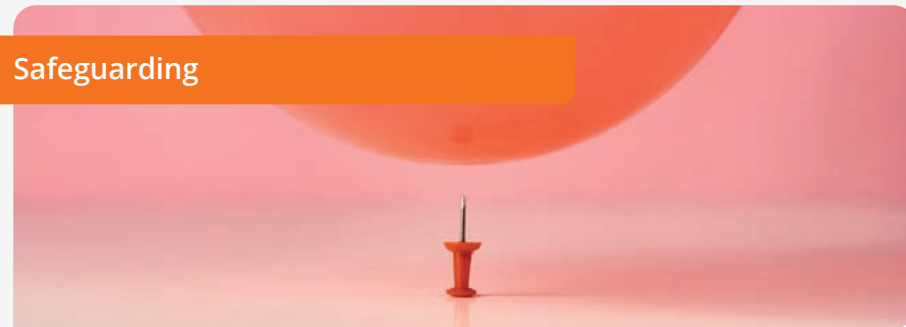
Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.



26 Nov 2020
Thursday
2.00 – 4.30pm

Online
via
Zoom

Safeguarding



When we work with people, from time to time we might hear things that are concerning to us regarding their safety. This course provides a platform to explore the principles of safeguarding, why it is important and a framework for practical steps we can take to manage safeguarding issues as volunteers at Jami.

Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.

8 Dec 2020
Tuesday
2.00 – 4.30pm

Online
via
Zoom

Understanding the Impact of Trauma



In mental health terms, 'trauma' is usually understood to be an emotional shock or disturbance that is so overwhelming it leaves us disorientated and experiencing a loss of confidence and self-worth.

During this seminar we will look at the different types of trauma, including the impact of collective trauma, the current thinking around trauma and mental illness and how trauma might impact on people's lived experience and continue to play a part in their lives.

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2.00 – 4.30pm

Online
via
Zoom

Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.

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Join us to refresh your knowledge on Mental Health First Aid. This half day course will update your knowledge of mental health and keep your awareness of mental health support options fresh. The course will also provide opportunities to practice applying the Mental Health First Aid action plan you learned on your initial course.

3 Mar 2021
Wednesday
9.30am – 1.00pm

Online
via
Zoom

Cost: £25 per person



MHFA Adult (2 Days)

We will be running a Mental Health First Aid Adult course in April 2021 for volunteers.

Get in touch at headroom@jamiuk.org to register your interest.



Working with 'Vulnerable People'



Who are vulnerable people and why are they vulnerable? How can we communicate effectively whilst holding our own boundaries? Join us for this training session as we examine the language and ideas around vulnerability and explore further thinking and practical skills allowing us to be alongside others and grow our interpersonal skills.

6 May 2021
Thursday
2.00 – 4.30pm

Online
via
Zoom

Cost: The course is free for current Jami volunteers or £25 per person, you will be asked where you volunteer when booking.

Self-Care and Development

The Mind and Body Approach



COVID-19 raised everyone's anxiety levels. Now the world is very slowly returning to a 'new normal', many of us are left with anxious thoughts, worries about our future and have 'fallen off the wagon' with our self-care routines.

Join Jami's expert facilitators for a four week course aiming to lower your stress levels, give you more insight into your stress triggers and help you develop a stress management routine that you can stick with.

Each week Tracey will give you stress reduction exercises and activities to calm both mind and body and Philippa will facilitate the group's exploration into how we can remodel our relationship with our stressors and better manage the stress and anxiety we experience.

If the group wishes, at the end of the 4 weeks there will be an option to continue working together.

four week course

Wednesdays, 7.30 – 9.00pm

7,14,21,28 Oct 2020

Online via Zoom

Cost: £20

Teachers and Educators

Briefing for Schools : Guidance on Coping After Suicide

Plus Support for Students after Trauma including Covid 19

Coping with change can be disorientating even traumatic for some individuals. To help guide you through the impact of change and trauma we are providing briefing sessions with our partners in ERIC (Emergency Response Initiative Consortium).

The sessions will also help schools put in place the recommendations of the guide: Coping with Suicide and Sudden Traumatic Death.

ERIC is co-ordinated by Jami in partnership with Norwood, CST, JBCS, Grief Encounter and PajeS.

To take part in one of these sessions email headroom@jamiuk.org for joining instructions.

briefing sessions

4.30 – 5.30pm

Thursday
24 Sept
2020

Wednesday
30 Sept
2020

Tuesday
13 Oct
2020

Wednesday
4 Nov
2020

Thursday
14 Jan
2021

Thursday
13 May
2021

Online via Zoom

Training is free

Youth Wellbeing Training

Join us for an introduction to the key concepts included in our youth wellbeing pack. During the training we will explore the interplay between mental health and wellbeing in a Jewish youth setting with a focus on the camp environment. We will also consider how we can boost the wellbeing of both our *chanachim* and *madrachim* alongside best practice tips and suggestions for age-appropriate activities to raise awareness and combat stigma.

Download our Youth Wellbeing Pack [here](#) or email us at headroom@jamiuk.org to book onto one of our training dates.



2.00 – 4.30pm

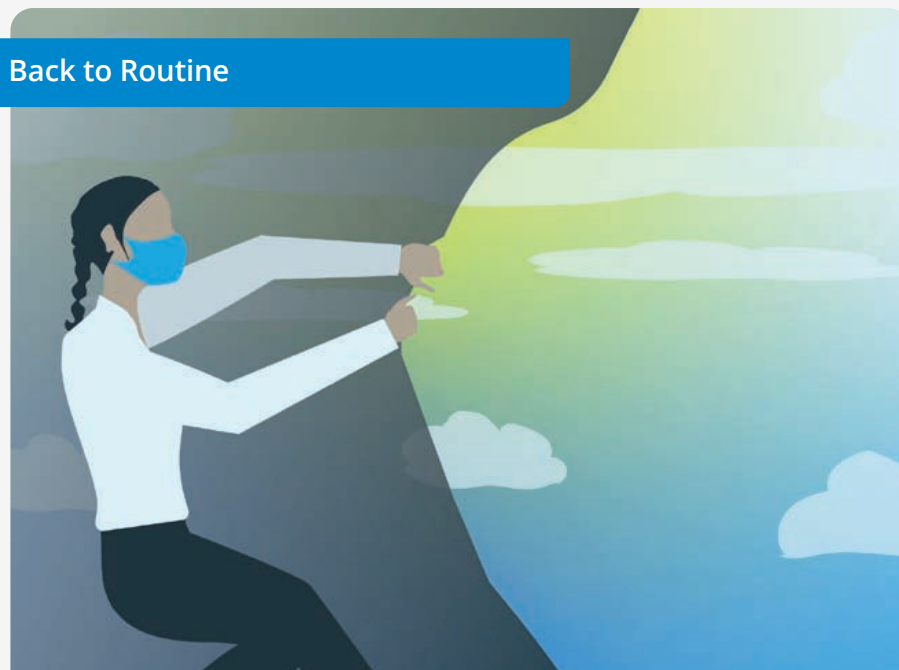
Tuesday
15 Jun
2021

Thursday
8 Jul
2021

Venue to be confirmed

Carer & Family Support Service

Back to Routine



2 week mini course for parent carers

The world is changing again as we slowly return to school, university and our peer groups. Join us for two sessions exploring what we can take with us from our experience of lockdown into our new normal and how we can put in place strategies for returning to the challenges and opportunities of everyday life.

To take part in these sessions email us at headroom@jamiuk.org for joining instructions.

Tuesdays, 7.30 – 9.00pm

15 Sept
2020

22 Sept
2020

Online via Zoom

Cost: This course is free to anyone currently using our Jami Carer and Family Support Service or £10 per person.

"Shall I Be Mother?"



Our experience of motherhood is influenced by arts and culture, Jewish traditions and our own upbringing. We hear so much about the role of the mother that can be contradictory, idealistic and even misogynistic. What helpful ideas can we take from experience and what do we need to reinvent to survive and thrive as mothers of children or adults with mental health concerns?

Mothers with 'children' of all ages are invited to join us to explore and take inspiration from each other for this interactive session that will use creative techniques alongside discussion.

Cost: This course is free to anyone currently using our Jami Carer and Family Support Service or £10 per person.

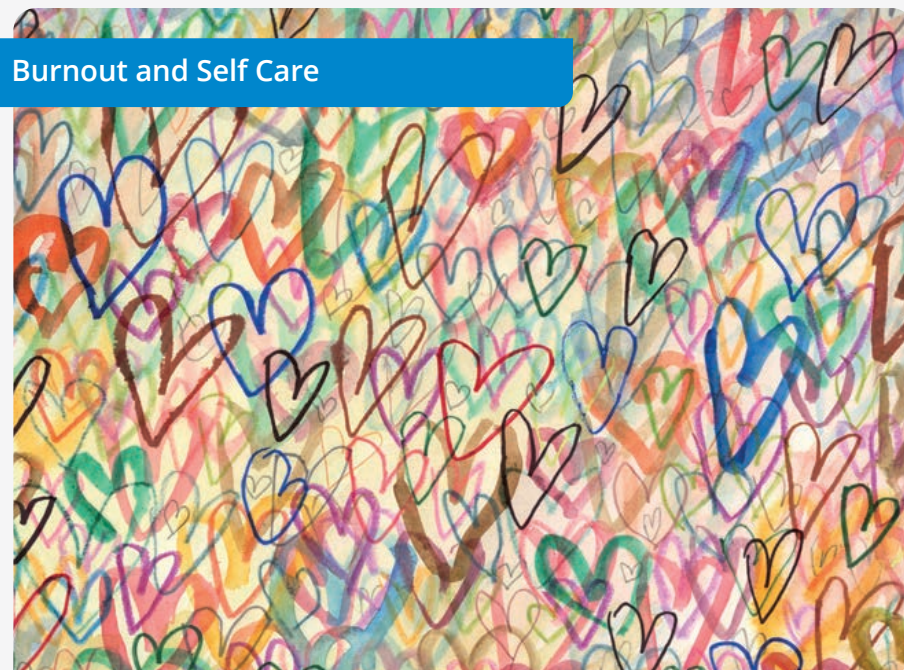
Tuesdays, 7.30 – 9.00pm

3 Nov 2020

10 Nov 2020

Online via Zoom

Burnout and Self Care



The response of the Jewish community to the COVID-19 crisis was rapid, offering practical, social and emotional support in new and creative ways.

What has been our experience of caring for others during COVID-19? Do we feel emotionally worn out? Do we find ourselves looking for quick fixes that don't really help? Whether we're caring for friends or relatives or working as a professional in the caring world join us to ponder the cost of caring, how to recognise burnout and find strategies for prevention and recovery.

Cost: This course is free to anyone currently using our Jami Carer and Family Support Service or £10 per person.

18 Nov 2020
Wednesday
7.00 – 9.00pm

Online
via
Zoom

Café Culture

All the groups in our Café Culture section were held in a café environment before COVID-19. We hope to return to this format as soon as it is safe to do so.

Whilst the groups are online, please email headroom@jamiuk.org for the Zoom links.

Writers' Open Mic Night



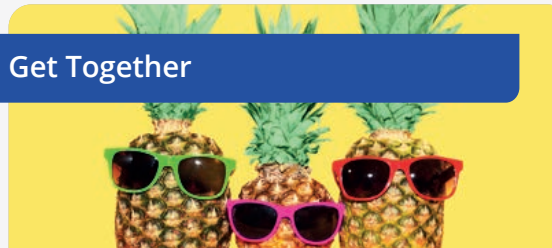
Do you fancy yourself as a budding writer or poet or do you prefer to be in the audience? Join us for our writers' open mic night. Sit back, relax, have a drink and a bite to eat whilst our writers and performers share with you some of their own work.

Interested in reading your work? Please drop us a line at headroom@jamiuk.org to join our list for the night.

Thursdays, 8.00 – 9.00pm

10 Sept 2020	22 Oct 2020
10 Dec 2020	21 Jan 2021
25 Mar 2021	20 May 2021
15 Jul 2021	Online via Zoom

Get Together



Do you have a passion for mental wellbeing and discussion? Are you interested in hearing the opinions of others? Our Get Together is perfect for anyone aged 18 – 32 looking to be part of the conversation on issues impacting young people in today's society and interested in meeting like-minded people. Join us online for conversation and a cuppa.

Tuesdays, 6.30 – 7.30pm

20 Oct 2020	17 Nov 2020
22 Dec 2020	19 Jan 2021
16 Feb 2021	16 Mar 2021
20 Apr 2021	25 May 2021
15 Jun 2021	20 Jul 2021

Online via Zoom

Creative Routes



Join Jami at the Head Room Café for our multi week writer's course. Are you a writer of prose or poetry? Do you need to further develop your literary talents and skills? We welcome writers at any stage. This course will include a session on editing as well as provide time for writing exercises and sharing of work.

Cost: This course is free for anyone who has used any of Jami's support services in the last twelve months or £15 for 4 weeks.

Tuesdays, 6.00 – 7.30pm

13 Apr 2021 | **20** Apr 2021
27 Apr 2021 | **4** May 2021

Head Room Café, Golders Green

Community Conversation



This Jami event is inspired by the French café-debat. Thierry Bonfanti the French psychologist and thinker created the café-debat (coffeehouse debate) in the 90's. Bonfanti and his colleagues Michel Lobrot and Nicole Habrias developed these as a way of bringing people together to have interesting conversations. The group decides what to discuss, facilitated by members of the Jami team.

Please email headroom@jamiuk.org for joining instructions

weekly session

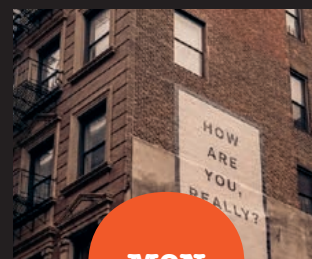
North West London
Thursdays at 6.30pm

East London
Wednesdays at 6.00pm

Online via Zoom

Head Room Café Online

Weekly Schedule



MON

Peer Support Group
11AM-12PM

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.



TUE

Kind Co-working
11AM-1PM

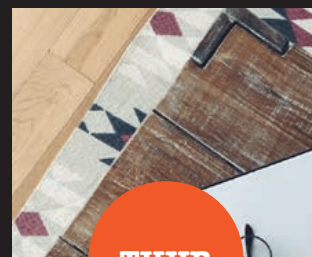
Struggling to work alone? Drop by our meeting with any projects you are working on – an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



WED

Creativity4All
2-3PM

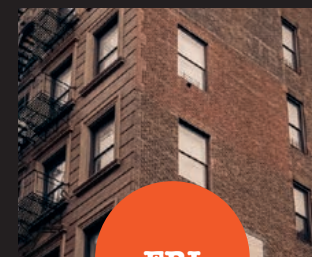
Join us to explore your creativity. Using any art supplies you have, draw, write, paint or make a collage. Everyone is welcome, whatever your experience, however you are feeling.



THUR

Kind Co-working
11AM-1PM

Struggling to work alone? Drop by our meeting with any projects you are working on – an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



FRI

Peer Support Group
2PM-3PM

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.



SIP . SHOP . SHARE

Get social with
@headroomcafe
on

For more information,
Zoom links for each
group and additional
sessions, visit
headroomcafe.org

Head Room in the Hub

Navigating a New Normal



COVID-19 has shaken up the way we live our lives and the world around us. Changes have happened on both a macro and micro level. As we return to normality we're having to navigate a world which may no longer seem familiar to us. Join us to think about finding our feet in a world that may look different to what we expect and learn together about how we can manage better.

9 Sept 2020
Wednesday
2.00 – 3.30pm

East
London
Community
Online Hub

12 Oct 2020
Monday
11.30am – 1.00pm

Community
Online
Hub

Gaining Perspective & Managing Conflict



We are all products of our life experiences. This experience can help us develop and explore our own feelings and opinions about the world around us. Sometimes we may find ourselves in situations when these are challenged. Other times we may feel uncomfortable with the way we have been spoken to or treated. Join us to think about how we can be assertive without causing and escalating conflict. And how we can look after ourselves during and in the aftermath.

11 Nov 2020
Wednesday
2.00 – 3.30pm

East
London
Community
Online Hub

19 Apr 2021
Monday
11.30am – 1.00pm

Community
Online
Hub

Building Self-Confidence and Self-Esteem

Our confidence and self-esteem are often in a state of flux. Some days, weeks or months they may be better than others. It's part of the human experience and can colour any or all elements of our lives. Join us to think about what might impact our confidence levels and what we can do to grow our confidence and self-esteem.



14 Dec 2020
Monday
11.30am – 1.00pm

Community
Online
Hub

Goal Setting and Time Management

Setting goals and being able to manage our time effectively can boost our confidence and allow for time to relax and take a step back. These concepts can be key skills to help us organise and manage our lives, but we often find them hard to do. Join us to think about how we can use goal setting and time management in our daily lives.



13 Jan 2021
Wednesday
2.00 – 3.30pm

East
London
Community
Online Hub

Coping with Stress



Stress accompanies us throughout our lives, even the most relaxed of us experience periods of stress. We know that stress can, at times, be good for us if we manage it well. Whilst we can't erase all stress from our lives, we can learn to cope better. Join us to learn more about stress and hear from each other about the best ways to cope.

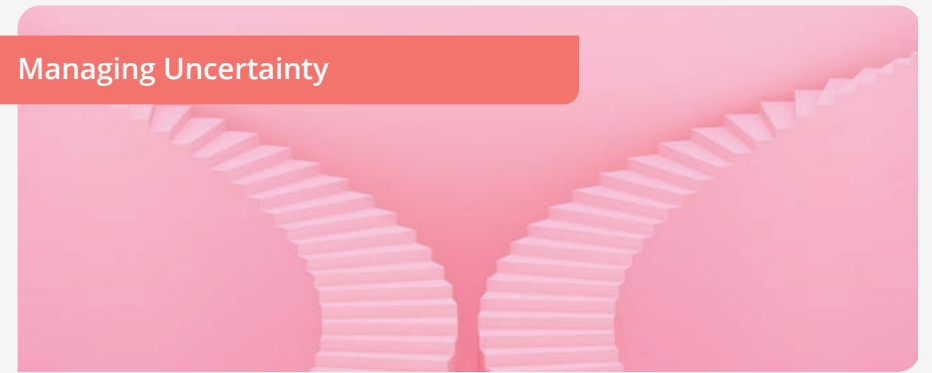
8 Feb 2021
Monday
11.30am – 1.00pm

Community
Online
Hub

17 Mar 2021
Wednesday
2.00 – 3.30pm

East
London
Community
Online Hub

Managing Uncertainty



Uncertainty often marks some of the hardest times of transition in our lives. It can make it feel like the ground under our feet is shifting. That there are more questions than answers available. For many of us it will understandably make us feel uneasy, worried or stressed. Or perhaps a mix of these. Join us to think about how we can put ourselves back in the driver's seat and take back some control as we face uncertainty together.

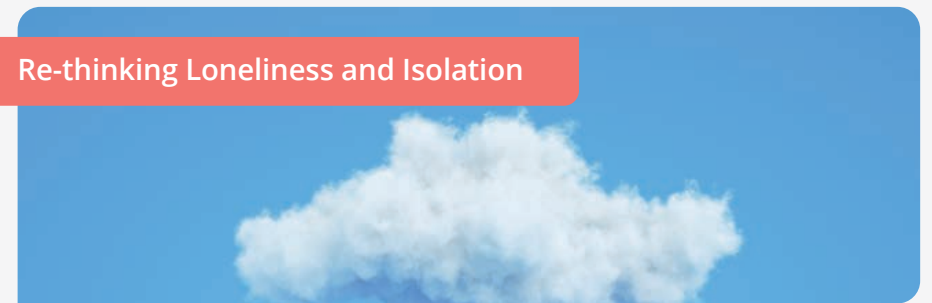
15 Mar 2021
Monday
11.30am – 1.00pm

Community
Online
Hub

14 Jul 2021
Wednesday
2.00 – 3.30pm

East
London
Community
Online Hub

Re-thinking Loneliness and Isolation



Loneliness and isolation will be familiar terms to many of us. Feelings of disconnection from those around us, whether we are alone or surrounded by others, can be profound and difficult to manage. We know that feeling alone can have an impact on both our physical and mental health. It's a basic human need that we all have in some way or other. Join us to explore how we can foster feelings of connection and community whilst using time alone to invest in our own self-care.

12 May 2021
Wednesday
2.00 – 3.30pm

East
London
Community
Online Hub

21 Jun 2021
Monday
11.30am – 1.00pm

Community
Online
Hub



Head
Room

SIP . SHOP . SHARE

Head Room Café which was opened by Jami, is a fuelling-stop for the body and mind. The café is intended as a relaxing space to share a time out, thoughts and feelings in a comfortable environment. It brings awareness and access to mental health support, to the heart of the community. The Café provides holistic nourishment - a menu of food and drink and a monthly programme of events and groups that support personal and communal wellbeing.

All the events and groups are free of charge and everyone is welcome.

Visit our website or follow us on social media to stay up to date with our reopening plans for the Golders Green Café.

Head Room Café on [headroomcafe.org](https://www.headroomcafe.org)

89 Golders Green Road
London NW11 8EN

Sunday - Thursday: 08:00 - 18:00
Friday: 08:00 - 17:00

There are many ways to get involved:

Purchasing food, drinks or items from our boutique or hire the space for your private event - 100% of your purchases go to support Jami's mental health services.

Pay it forward you can support someone who is struggling with money or a difficult day by paying forward for a hot drink, soup or sandwich.

Participate in one of our groups and events and help us build our community.

Spread the word by following, engaging and sharing our social media. @headroomcafe on twitter/insta/fbook

Shape our future - We are always looking for people and other organisations to get involved and collaborate with. Drop us a line at headroomcafe@jamiuk.org

SUPPORTED BY

A SOCIAL ENTERPRISE FROM



Jami Registered Charity 1003345

mental health
wellbeing
mind & body
talk friends
fulness talk
caring talk

THE MENTAL HEALTH AWARENESS SHABBAT

22 / 23 JANUARY 2021

The Mental Health Awareness Shabbat (MHAS) aims to raise the profile of mental health in the Jewish community.

The Head Room Education team are able to provide and advise on educational workshops and events to mark MHAS.

If there is anything within this prospectus that you would like to offer in your community or to register to receive a Mental Health Awareness Shabbat Resource Pack for 2021 please contact laura.bahar@jamiuk.org or call Laura Bahar on 020 8458 2223.

@JamiPeople

@JAMIMentalHealth

BROUGHT TO YOU BY

Jami

The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

Booking information

Course etiquette



We welcome many people on our courses and provide supportive learning environments.

So that we can provide high quality courses we need to ensure everyone abides by the Jami Head Room course etiquette. We keep it nice and simple so everyone is clear. By booking on our courses you have signed up to our **6 star learning contract**:

- * Respect each other as individuals
- * Listen to each other without interruption
- * Help us to ensure we all learn in a safe, non-discriminatory environment
- * Arrive on time and abide by course boundaries set by the facilitators
- * Take responsibility for your learning by letting us know anything relevant that will help you get the most from our courses
- * Be thoughtful about what you want to bring and of our boundaries in the session or group. In particular, the nature of virtual sessions may mean we end up sharing more than we meant to

How to book



Book online at jamiuk.org/events or email us at headroom@jamiuk.org.

When we have processed your form, we will contact you with a booking confirmation via email.

If you have any questions about specific events or courses or the booking process, please contact us at headroom@jamiuk.org or call us on **020 8458 2223**.

Online free mental health support

Adults throughout our community now have access to free, safe, online mental health and emotional wellbeing support via Qwell. Join immediately and anonymously through any smartphone, tablet or computer, to gain access to the following services:

- Text-based counselling
- Online peer support
- Self-help tools
- Confidential online journal

Sign up and login at qwell.io/jami



XenZone is the UK's leading online mental health platform and Qwell is accredited by the British Association for Counselling and Psychotherapy.

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"I've felt so bad recently but whenever I come here I feel safe and it feels like an online family."

Jami.Kooth.com

Free, safe and anonymous online counselling and support for students

- Jami's online mental wellbeing community, created just for students
- Talk to us free of charge, 365 days a year
- Private one to one support via message or live chat with our online counselling team
- Discussion boards and live forums with our friendly Jami Kooth community, 24/7
- Helpful articles, personal experiences, advice and tips from young people and our experts

Visit [Jami.Kooth.com](https://jami.kooth.com)



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"I finally feel academically and mentally confident to live the life that I want"

– Evelyn, 18 years old

Head Room

Jami encourages everyone to be in touch with their own mental health, improve understanding and challenge stigma.

The Head Room Education team provide a programme of workshops, seminars and other learning opportunities to schools, synagogues and organisations, to increase peoples' mental health literacy.

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

Jami

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