

Our year at a glance



2019/2020
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:

Community Hubs and Outreach

Carer and Family support

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 and equality between mental and physical illness is a reality and an environment which helps, not hinders, recovery.

Achievements & Performance

Jami delivered
29,638
service interactions

Team of
47
professionals
220
volunteers

Jami operates
programmes from

4 Mental
Health Hubs
2 Enterprise
Hubs

Jami supported
1,073
people with
ongoing mental
health issues

Carer and Family Support

We offer support through group settings, education seminars, peer support and advocacy, as well as continuing to offer one-to-one or family support, information and advice at times of crisis. The service works closely across all services in Jami and we also have strong links with partner agencies. The team are currently working with over 100 carers and received over 100 new carer referrals during the year.

1,440 service interactions
with carers

Young Adult Service

Our newly established Young Adults Service aims to provide a holistic, goal orientated support service for young people aged 16 -25 to help them manage their mental health, achieve their individual goals and gain independence in daily activities.

79 young adults supported
through the service



Our Hubs

Our hubs offer a safe, welcoming environment supporting people back to living meaningful lives, following an acute episode of mental ill health.

Our community hubs provide activity, structure, routine, social engagement, fitness and support to those living with severe mental illness. Each hub has its own unique programmes which reflects the needs and identifies goals of the people who use it.

On average our Hub service users that completed the self-assessment tool, IROC* this year experienced an increase in scores for all areas, particularly in participation and control and in their social network.

Our Head Room Upcycling shop was launched in November 2019 selling upcycled items produced in Jami's Borehamwood warehouse.



Peer Support Workers operate throughout our hubs as well as in our Vocational Support service and Carer and Family Support team.

Peer Support Workers use their own experience of recovery from mental ill health to support and empower others. The peer support team are powerful role models and provide evidence that recovery from mental ill health is possible.

*The IROC tool used by Jami is a self-assessment tool, helping individuals to be more in control of their own action plan and outcomes.

7,187
attendances at
Jami's hub-based
activities

951
people attended
a hub based
Sabbath or
Festival meal

554
one-to-one
meetings with
a Peer Support
Worker

Vocational Support

We continue to successfully provide 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.

Volunteers

Jami is fortunate to have many volunteers who play important roles in supporting Jami. All Jami services have benefited from committed and enthusiastic volunteers who have contributed to innovation and supporting service users particularly in the four hubs, the carer and family support and social enterprise.

Our befriending programme pairs individuals with trained volunteers.

220 volunteers play key roles in supporting Jami



878

hospital visits to patients in mental health units across London



23

befriender pairs went 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. We also run a range of courses to support people on their recovery or personal development journey. These are run by a cohort of sessional Peer Trainers as part of the Head Room team. The team work on a variety of projects

2,635 attendances, across **205** events,
573 hours of delivery

in the Head Room Café such as Community Conversations and Open Mic nights.

The Education Manager co-ordinates the Emergency Response Initiative, a collective of charities working together to better enable the Jewish community to respond effectively in cases of a suicide in a school and share greater understanding of suicide prevention through a postvention approach.

380 people participated in a Mental Health First Aid course health

Jami would like to acknowledge the generous support from major benefactors, who in April 2019 - March 2020 included:

Karen Ackerman and Warren Taylor, The Atkin Foundation, The Max Barney Foundation, Benecare Foundation, Jonathan Bergwerk, The Bloom Foundation, The Bluston Charitable Settlement, Peggy & Paul Brett, The Brian & Jill Moss Charitable Trust, Childwick Trust, Alan and Sheila Diamond Charitable Trust, Geoffrey & Elise Duveen Charitable Trust, Elias Charitable Foundation, Caroline and Raymond Esdaile, Talia and Daniel Ezra, J.E. Joseph Charitable Trust, Jack & Rosa Charitable Settlement, Jews' Temporary Shelter, The Joe & Rosa Frenkel Charitable Trust, Judy and David Green, Alison and Avi Goldberg, Jusaca Charitable Trust, Susan and Neville Kahn, K.C Shasha Charitable Trust, The Kennedy Leigh Charitable Trust, The Lambert Charitable Trust, The Leo Baeck Housing Association, Sarah and Jacob Levy QC, The Locker Foundation, Gemma and Simon Lyons, Sue Mandelbaum and John Gerszt, Caroline Marcus and Marc Gordon, The Maurice Wohl Charitable Foundation, The Vernon May and Joyce Cohen Charitable Trust, The Eve and Philip Morrison Family Trust, The Rosemary Nathanson Charitable Trust, Leanne and Winston Newman, Susie and Adam Olins, Pears Foundation, Sara and Paul Phillips, The Repper Charitable Foundation, Natalie Rose, Cecil Rosen Foundation, The Teresa Rosenbaum Golden Charitable Trust, Jo Rosenfelder and Richard Bolchover, Rosetrees Trust, The Sam & Bella Sebbra Charitable Trust, The Shores Charitable Trust, The Sobell Foundation, Stanley Cohen Charitable Trust, Joseph Sucharewicz, Tangent Charitable Trust, Corinne and David Tapnack, Laura and Barry Townsley, Dyna and Fala Weinstock Charitable Trust, Melissa Wides Foundation, The Wigoder Family Foundation, The Charles Wolfson Charitable Trust, The Wolfson Charitable Trust, The Wolfson Jewish Education Fund, The Worth Charitable Trust and many others who wish to remain anonymous.

We acknowledge the generosity of people who have passed away and those who have thoughtfully remembered Jami in their wills: Mr Derek C Chapper, Mr Otto Deutsch, Ms Anne Freeman, Mrs Sarah Ganz, Mr Tony Helman and Ms Rosemary White

We would also like to express appreciation for the financial support given by those statutory authorities that have provided funding to Jami.

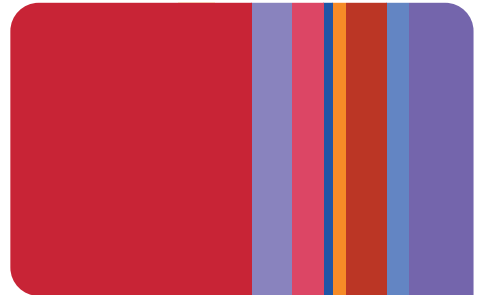
Where our income came from



Jewish Care Contribution ¹ (including Donated Services)	27%
Trusts & Major Gifts	20%
General Donations	4%
Legacies	17%
Appeals	4%
Events	11%
Community Fundraising	1%
Rental Income	7%
Mental Health Services	2%
Social Enterprise	7%

Total income: £2,925,121

What we spent



Mental Health Services	52%
Fundraising Costs	9%
Fundraising Events	7%
Marketing & Awareness Raising	2%
Support Services	3%
Property Costs	9%
Other Support Costs	5%
Social Enterprise	13%

Total expenditure: £2,712,816

*Please note that this report relates to pre pandemic when we could still 'physically' open our Hubs and Social Enterprises. Since the start of the pandemic we have offered virtual services and support.

Jami is now looking towards the future and the need for the provision of longer - term mental health support post lockdown and beyond which can be provided to the wider Jewish UK community.

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

Give support • Get support • Get involved

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

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Jami

The Mental Health Service for our Community

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