

Jami matters

Services

**Launch of
Jami's Children
and Young
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Head Room

**What's going
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Café?**

Update

**Jami raises
£1.2m in latest
campaign**



**Over £1.2m
raised**

**from more than 5000
supporters. Thank
you so much from
everyone at Jami.**

welcome

The start to 2022 has been busy. At Jami, we kicked off the new year with our Mental Health Awareness Shabbat. Hundreds of events took place in shuls, schools and organisations throughout the country, showing we are truly a community that embraces the opportunity to challenge stigma and raise awareness around mental health.

Our 'See Me' campaign enabled us to raise over £1.2m to help us deliver our services in response to increased need. With more than 5000 donors, this is a sign that people understand why mental health support is so important, and we are so grateful to all of you.

Within Jami we are transitioning back to in-person services, combining online and face-to-face support. This allows us to maintain access to Jami services for people outside London while re-establishing the in-person support that so many people relied on before the pandemic.

We also shared our new five-year plan for expanding our services and securing the future of our community's mental health provision, which you can read about on page 12. This plan outlines how we will continue to focus on meeting the increasing demand for our existing services; introduce urgently needed early intervention for 11-16 year olds; grow access to mental health support on the high street via our Head Room Cafés; and expand suicide prevention and education.

There is still much to be done, but I am confident that together we are building a stronger, more resilient, mentally healthy community for the future.


Laurie Rackind
Chief Executive



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Launch of Jami's Children and Young Person's Service

Jami is piloting a new service for children of secondary school age to address the growing need for young people's mental health support.

Jami already provides support to hundreds of parents and carers through our Family and Carer Support service, as well as practical and emotional support to young adults. However, the new CYP service will offer the scope of services currently available to adults to 11-18-year-olds in our community.

Between April and October 2021, the number of children aged under 18 needing care for issues ranging from self-harm to eating disorders increased by 77%, compared to the same period in 2019.*

Mental health services for our children are extremely under resourced, and with one in six school-aged children now struggling with mental health problems,** our planned expansion of services has never been needed more.

What will Jami's CYP service offer?

Developed by our experienced clinical team, under the guidance of Jami's Clinical Governance Group, in consultation with parents and carers, the service will use a multi-skilled team consisting of social work, occupational therapy and wellbeing support to provide tailored one-to-one support based on the young person's individual needs. This may include signposting to other statutory and voluntary

sector services, as well as joint work with the child's family, carers and school.

This early intervention of mental health support, alongside statutory and other voluntary sector provision, will mean no parent or child need ever feel alone. Our objective is that every family in our community will know how to access vital mental health services for their children, should they ever require it.

The pilot will initially be for a limited number of people after which we hope to extend the service in Spring 2023.

* NHS data analysed by the Royal College of Physicians for BBC News, February 2022

** (NHS Digital, 2020)



“By creating a dedicated service for children now, we are preparing a mentally healthier community in the future.”

Laurie Rackind,
Chief Executive,
Jami



To find out more about young people and mental health visit jamiuk.org

Abigail Swerdlow, Specialist Registrar in Child and Adolescent Psychiatry at the Tavistock and Portman NHS Foundation Trust, and Trustee and Co-chair of Jami’s Clinical Governance Group, explains why this new service is so vital.

“We have seen over the past few years that there has been a significant increase in children experiencing mental health difficulties and subsequently there has been a surge in the number of referrals to CAMHS (Child and Adolescent Mental Health Services). Waiting lists for these services and for specialised assessments and interventions are growing.

“The pandemic has further increased this demand and has impacted children and

adolescents at a pivotal time in their lives. For some it will have exacerbated existing issues and for others it will have placed them at a greater risk of developing mental illness.

“Young people’s mental health has been disproportionately affected by the restrictions imposed on society, reduced social contact, disruption to routines and strained family relationships. These external factors contribute significantly to children and adolescents’ mental wellbeing and we expect to continue to see the effects of these long after Covid is gone.”

Abigail Swerdlow





What's going on at the Café?

Head Room Café is Jami's social enterprise serving fresh Middle-Eastern inspired kosher food and drink. The café is a community hub that brings awareness, education and access to mental health support to the high street. The programme of sessions and events run at the café are completely free and open to everyone.

Head Room Café strives to expand the conversation from individualised wellbeing towards a focus on solidarity and mutual support in the community. Collaborative working is at Jami's core, and the café's team works hard to develop partnerships, reducing stigma and building mutually supportive relationships across the wider community. As a result, most of the café's programme is delivered in collaboration with community members, volunteers, informal groups as well as charities, services and other organisations. Since the café's inception, attendance at our weekly

sessions has continued to grow year on year. With this growth there is a need for more space so that the sessions can run in parallel to the café's normal food and beverage provision. This will be done by expanding Jami's flagship café in Golders Green by knocking through to the shop next door to create a larger, more flexible space. Expanding the café supports Jami's new five-year strategy which includes our ambition to develop physical Jami and Head Room premises that are de-stigmatising, easy to access and in areas of high footfall, and to develop alternative, less clinical services' models that

support partnership working, including café-style settings. Inclusivity is one of Jami's core values which Head Room Café clearly demonstrates by actively welcoming a diversity of identities, experiences and worldviews. We aim to further develop and grow our community hub in collaboration with community members, volunteers and user-led or informal groups. The café provides support services, advice and signposts to other organisations, allowing trained staff to respond with expertise and compassion. Having a larger café will reduce wait times during

busy periods and allow us to increase the number of covers. As the café is well loved and an everyday hub for our community, frequent enquiries are received regarding hiring the venue for private events and large Simchas and a bigger venue is needed to fulfill those requests.

Local businesses and partner organisations are increasingly using the café to hold catered business meetings too. The space we can currently offer is limited and expanding will enable us to meet the demand. The new design allows for the space to be used flexibly so sound-proofed meeting areas can be partitioned off to create intimate or more spacious

private areas within the café.

Complimenting Head Room Café's ethos to feed both the body and the mind, the new café will offer a re-vamped and healthier menu. Sticking to its roots of Middle-Eastern inspired food, vibrant sharing plates and hearty, fresh salads will take centre stage on the food menu with a wider

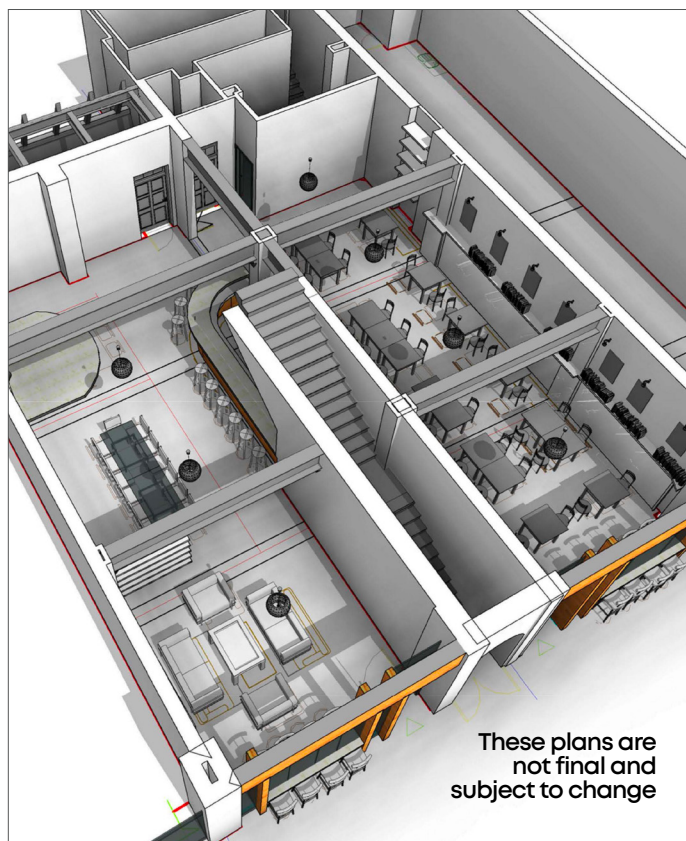
variety of fresh juices and smoothies added to the drinks menu.

The build is anticipated to take around eight weeks and start in summer 2022.

Visit:
headroomcafe.org



Having a larger café will eliminate current customer wait times during busy periods and allow us to increase covers.



These plans are not final and subject to change

Making a difference

In 2021 we all began the process of emerging from the most stringent Covid restrictions, but for many people the mental health impact of the preceding months and year will take far longer to unravel.

The professional team at Jami must continue to grow and evolve to allow us to help the increasing numbers of people struggling to navigate mental health services, and to deliver professional treatment and support for people with mental health needs, as well as their families and carers.



Case study

Janet's story



Janet is 80 years old and lives alone. She has mental health problems and was feeling suicidal because of the constant loud music from her neighbour.

Jami's advocacy and emotional support was crucial for Janet. We supported Janet to help with expressing wishes and standing up for her rights. Our advocacy worker liaised with the Local Authority Enforcement Team, local counsellor and synagogue, and attended meetings to ensure Janet's voice was heard.

Janet told us she had been let down by other advocacy and mental health services, and without the support of Jami she would not be alive.

Advice and advocacy

Guiding people through the challenging journey of navigating mental health services and providing emotional support and expert advice from the moment someone contacts Jami.

766 people received up-front support.

Almost

x3 more than in 2020.



Annual Service user survey

Over 90% of respondents in our annual survey who were new to us in 2021 agreed or strongly agreed that the first people they spoke to were professional, listened with kindness, and provided the information they needed to decide what to do next.

On average we replied within one-and-a-half working days to people calling Jami for the first time.

We responded to

73 requests for short-term advocacy support.



Demand increased significantly in 2021 compared with the previous year. 300% more people approached Jami for the first time and with increased complexity of needs and a higher proportion without a formal mental health diagnosis. Increasing accessibility and providing timely advice is a firm focus this year.

Treatment and support

Providing professional, person-centred and peer support services, for young people and adults with mental illness, as well as their families and carers.

171 new referrals to our Carers and Family Service.



792 people benefitted from individual and group treatment and support, on average 400 people every month. 40% of these people were new to Jami.

Over 27,000

interactions with individuals, such as one-to-one sessions, home visits and group support.

In our 2021 annual survey, three-quarters of service users agreed or strongly agreed that at Jami they feel part of a community of peers who understand and help them.



In 2021 we saw more complex needs because of the pandemic and its impact on livelihoods, isolation and loss of community. With statutory services more stretched than ever before, increasing pressure was put on families and carers. In 2022, Jami's role providing professional, person-centred services for adults and young people is critically important, and the main reason why we are now establishing a mental health service for 11 to 16-year-olds, meeting the stark gap in provision for our community.

Education and campaigning

Providing education and training, developing collaborative partnerships, reducing stigma, and building mutually supportive relationships across the wider community.

Jami Education delivered

237 courses and events

with over

3,600

attendances, including Mental Health First Aid training for schools and organisations.



377 events and activities

delivered by our Head Room Café 'mental health on the high street' support programme for the wider community, with 3,192 attendances.



The last few years have seen important steps forward towards better mental health awareness in our community. However, there is still some way to go to ensure that this community is resilient, inclusive, and fully able to support people with mental illness and distress. In 2022, we will continue to expand our education and suicide prevention provision.



“The past 18 months have been the most challenging of my life. Jami has been a constant and strongly supportive part of my world, helping me, being there, and giving me guidance and reassurance.”

Simon, age 48,
Jami service user



To read the full Impact Report and Service User Survey 2021, go to jamiuk.org/impact-report

There are many ways to get involved and improve mental health awareness in your community.

Volunteer



Whatever your background or interest, there are numerous ways to volunteer for Jami

Celebrate



Ask your friends and family to donate to Jami instead of sending gifts for birthdays or special occasions

Challenge



Run, cycle, swim, read or do cartwheels around the house! Whatever you enjoy, challenge yourself and get sponsored for it

Legacy



Leave a lasting impact with a gift in your will to Jami or in memory of a loved one

Regular Giving



A regular donation helps us to plan better and is easy for you to set up and manage

For details on how to get involved

visit

jamiuk.org/get-involved

TCS London Marathon

RUN
for Jami



2nd
October
2022

For more information:

muriel.stempel@jamiuk.org



Upgrading our community's mental health

The Jewish community, like wider society, has come a long way in understanding and supporting people with mental illness, but there is still a way to go. Meanwhile, the prevalence of mental health problems among adults and children continues to increase.



To read our strategy in full, go to jamiuk.org/strategy

In 2021, we undertook a review and the results clearly highlighted how statutory mental health services are overwhelmed, the increasing need for support (which began even before the Covid pandemic), and how people are struggling to access timely, evidence-based support when they need it. The result is that mental illness is diminishing the quality of life for many and, all too often, risking lives.

Against this backdrop, we set out a bold and ambitious new five-year strategy to continue enriching and saving lives impacted by mental illness, and to secure the Jewish community's mental health provision.

Through three clear pillars of work, we aim to make sure that people in our community get the treatment and support they need, whether that be an urgent and reassuring conversation, expert advice on how to navigate the complex maze of mental health services, recovery-focused services over the short term, an advocate by their side, or long-term professional support.

Growing our existing services remains a priority. However we have also highlighted new strategic developments.



We provide treatment and support.



We advise and advocate.

We educate and campaign.





New Strategic Developments

Over the next five years we intend to:

- Establish a service for young people of secondary school age, where there is currently a stark gap in provision for our community
- Make affordable access to counselling and one-to-one psychological therapies available via Jami, enabling timely and professional support
- Increase campaigning, education and suicide prevention
- Make it easier and quicker to gain help by improving our 'front door' and offering more to people 24/7
- Develop new Head Room Cafés and integrated Jami Hubs to support collaborative physical and mental health care in welcoming and non-stigmatising environments

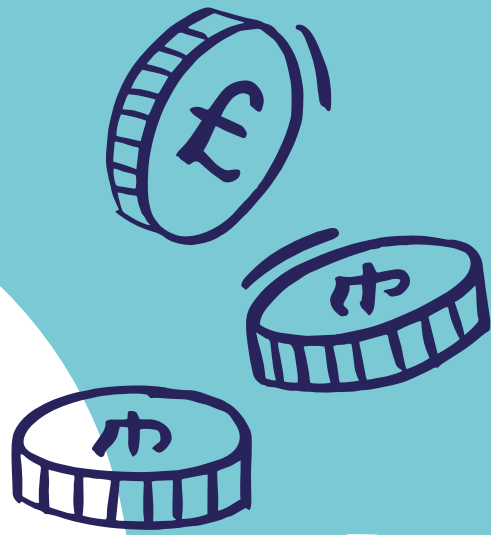
This is a challenging agenda, but we face it with determination and optimism that we can, as

a community, do better. Our recent 'See Me' crowdfunding campaign demonstrated the community's recognition and understanding that mental health is a priority, and access to services a basic necessity. It was also an acknowledgement that the community needs to invest in mental health on an entirely new scale if we are to keep our young people and adults safe and well.

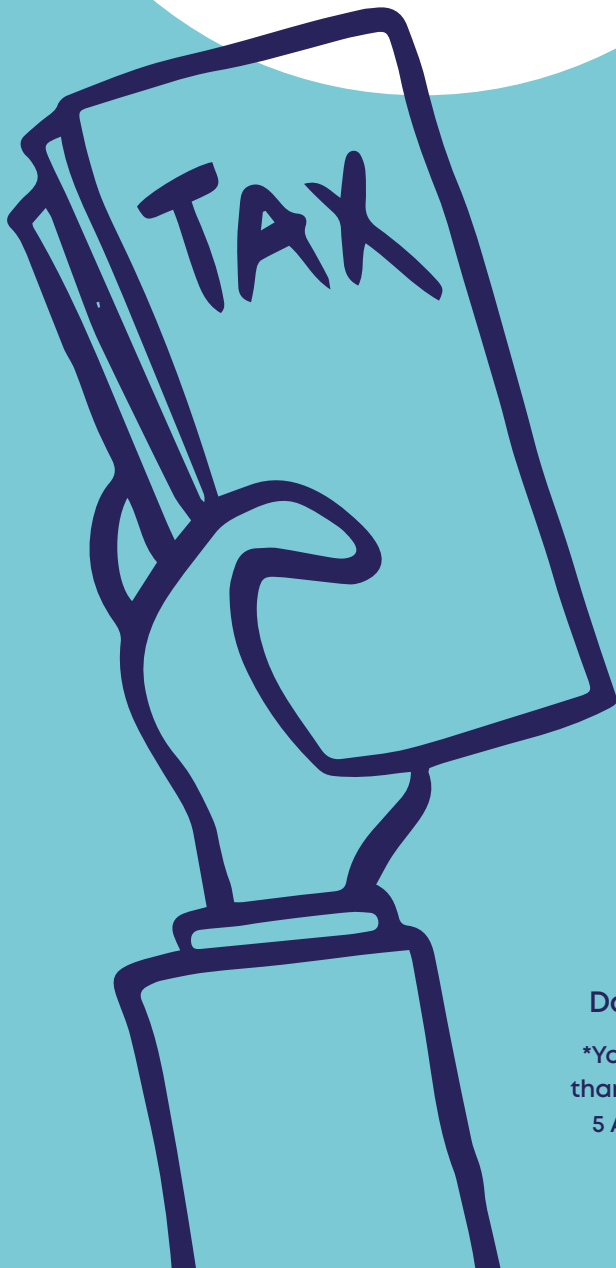


Registered with
FUNDRAISING
REGULATOR

**Your
donation
could go
even
further**



Jami
giftaid it



**If you are a UK taxpayer,
did you know that every
time you donate, Jami
can claim an extra 25p
as Gift Aid for every
pound that you give?***

That means if you donate £10, we will receive £12.50 or if you donate £50, we will receive £62.50. This is at no extra cost to you. We can also claim Gift Aid on the past 4 years of donations that you have made to us.

**If you qualify but have not previously
let us know, visit jamiuk.org/giftaid
to confirm your gift aid status.**

Don't forget to also tell us if you are no longer eligible.

*Your donations will qualify for Gift Aid as long as they're not more than four times what you have paid in tax in that tax year (6 April to 5 April). The tax could have been paid on income or capital gains.



Struggling to cope is more normal than you think.

Uncertainty and isolation can cause any of us to experience feelings of distress or anxiety. Whatever you are going through, you don't have to face it alone.



Jami is the mental health service for the Jewish Community. If you need support or are supporting someone who needs help, visit jamiuk.org/get-support or call 020 8458 2223



For free, safe and anonymous online counselling and emotional support, visit qwell.io/jami



If you're struggling to cope or need immediate help, contact Shout's 24/7 crisis text service. Text Jami to 85258

Join our online programme of events to support your mental health and wellbeing. Connect with the community, support each other and have some fun! Visit headroomcafe.org/whats-on



For help and support, visit jamiuk.org
Telephone: 020 8458 2223 • Email: info@jamiuk.org

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Jami
Mental Health
for our Community



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