

Jami matters

Our services

**New counselling
service gets
people talking**

Our expertise

**Looking after our
young people
this summer**

Our impact

**“If it wasn’t for
Jami, I wouldn’t
be living my
best life today”**



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Welcome

As I write, we have just received stark data revealing that 26 per cent of people in the Jewish community are living with mental illness, distress or trauma, or have done so in the last three months. Concerningly, the data from the Institute of Jewish Policy Research's annual community panel survey reveals that these difficulties affect over 55 per cent of under 25s.

Jami was described recently as "*the gem of what the voluntary sector can do for people impacted by mental illness*" by Dr Charlotte Benjamin, chief medical officer for the North West London Integrated Care Board. Every single day this testimony is validated by the accounts I hear from those we support about how Jami has given them a reason to get up in the morning and opportunities to participate in their community.

This includes two people featured in this magazine – Adam, who said he doesn't know how he and his wife would have coped without Jami when they found themselves in crisis; and Paola, who feels Jami has given her life positivity and purpose again.

Mental health awareness has increased but the stigma around mental illness and distress which

make everyday life a struggle remains. I'm so proud that Jami is now here for more people living with that reality than ever before. However, the community's support for Jami is not yet matching the scale and gravity of the need. Both figuratively and literally, the penny has not yet dropped.

Many thanks to those of you who have supported us recently. If you haven't had an opportunity to make a contribution this year, please consider doing so. To all, please spread the word, Jami needs friends – old and new – now more than ever.

I am pleased to report that our Children & Young Person's service pilot, which launched in JCoSS last year, was a huge success and is now being rolled out in JFS. The next edition of *Jami Matters* will focus on the vital journey we're on to extend the benefit of our long-established adult services to our community's young people.

In this edition, you can read about the expansion of our Head Room mental health café; the advent of talking therapies at Jami; and our life-saving suicide prevention work. And you can read about Michael Gerstein, to whom this edition is dedicated, and whose legacy gift will enable others to benefit from the Jami support which meant so much to him.

Laurie Rackind
Chief Executive

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“If it wasn’t for Jami, I wouldn’t be living my best life today.”

These are the powerful words of John, who hit rock bottom just a few years ago. Recognising he needed professional support to get better, he turned to Jami. Following a series of weekly chats with two of our peer support workers, who listened to him and set him goals to help him move forwards, John has managed to turn his life around and now has hope for the future. Every suicide is a tragedy, which is why we are increasing our focus on its prevention. Philippa Carr, Jami’s suicide prevention lead, explains how we are saving lives.

“I had a very interesting meeting recently with Professor Louis Appleby, director of the national confidential inquiry into suicide and safety in mental health. We were reflecting on Jami’s suicide prevention strategy and how it aligns with the forthcoming government suicide prevention strategy expected in July,” explains Philippa.



Because Jami recognises the importance of providing training and education to improve the community's understanding of mental health, Philippa has been busy carrying out suicide prevention consultations with rabbis and professionals in the community. Her work aims to encompass the diverse Jewish community, with the Union of Jewish Chaplaincy, the Masorti and Reform movements and the S&P Sephardi Community all engaged so far.

Jami's work on suicide prevention has even been noticed by sector partners, with Barnet Council and UK charity Grassroots Suicide Prevention seeking Jami's advice to promote a new app, 'Stay Alive', across the borough. The app provides resources for those who may be reaching desperation and encourages them to get the support they need.

Following on from this, Jami led two 'Community Conversations in Suicide

“All our staff will have benefitted from taking time out to think about how people are affected by suicidal thoughts, how suicidal behaviour disrupts a person's life and how distressing that is for them.”

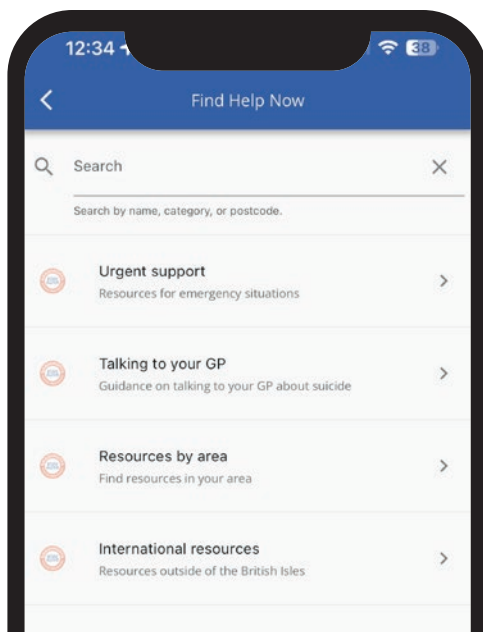


Philippa Carr

Prevention' consultation events with the Jewish community, in partnership with public health at Barnet Council and supported by Community Barnet. Themes to emerge from the consultations included the importance of kind communities in supporting people and of addressing mental illness and neurodiversity in suicide prevention, alongside concerns for young people's mental health.

To this end, Jami has encouraged all staff

members and volunteers to undergo suicide prevention training over the past few months. As Philippa explains: *“All our staff will have benefitted from taking time out to think about how people are affected by suicidal thoughts, how suicidal behaviour disrupts a person's life and how distressing that is for them. Through simple and life-affirming mechanisms, we can help people take that first step on the road to recovery.”*



Stay Alive is a free, confidential app to help anyone having thoughts of suicide or concerned about someone else.
prevent-suicide.org.uk



For emergency support, visit jamiuk.org/get-support for details of organisations that can help.



Looking after our young people this summer

Emma Dorman, Jami's senior education coordinator and children and young person's education lead, provides some useful tips.

Having a purpose

For those of us who are anxious about the unstructured weeks stretching ahead, ensuring a sense of purpose is important. We know that having meaningful activity is integral to our sense of self and overall mental wellbeing, but it's important

to take a broad view of what 'meaningful activity' may look like and ensure you include your young people or students in the conversation.

School-holiday stress

Initiate a discussion with your young people about what they would like to do or achieve in the weeks ahead and plan together how to use their time effectively, listening properly to any concerns. They may want to focus on relaxation or catching up with learning if they are worried about falling behind. It's great to think out of the box first and then see what is possible. For example, if

options for going on holiday are limited, can you plan your next holiday together? Or is there an opportunity to redesign or renovate their bedroom? Is there potential to find volunteering work locally?

Stay connected

In a world that is permanently 'switched on' and technologically connected, it can sometimes feel lonelier than ever seeing friends online having fun without you. Encouraging your young person to interact with friends can positively impact their mental health. Suggest arranging a kick-about in

the local park, a trip to a gallery, or an afternoon on the beach (Britain has 11,000 miles of coastline!), so that they stay connected and have some fun too.

Develop a new routine

Find areas of your life that your young people can take – or share – control of. Get them to plan a routine for a week at a time, including meal plans and grocery shopping. Limit watching or reading social media, maybe checking for updates a couple of set times a day. Exercise and get fresh air. Create a positive ‘to-do’ list, with books they haven’t had a chance to read, a movie

they wanted to watch, or a new recipe to try out.

Acknowledge how people are feeling

Changes to routine can be challenging for many of us. For some people with underlying mental health issues, it can cause further distress. Acknowledge these feelings and reassure people that although they are worried, they are not alone. If more support is needed, there are resources and organisations that can help. See details below.

Establish a system for self-care

Use summer to continue

or establish self-care practices. With the spectre of returning to education as summer wanes, it is important to ensure we’ve all had time to relax and unwind. Summer is a time to recharge those batteries for the new academic year. Self-care can help us to do this. Think together with your family about what relaxation means or what activities you can enjoy.

However you spend your summer, make it work for you, your young people and students, so we’re recharged and ready for September!

Mental health problems aren’t something you have to cope with alone.

STRUGGLING TO COPE?

Help is at hand.



If you need support or are supporting someone else, visit jamiuk.org/get-support or **call 020 8458 2223**



For immediate help, contact Shout’s 24/7 crisis text service. Text **Jami to 85258**



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

**For help and support, visit jamiuk.org
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Jami
Mental Health
for our Community

New counselling service gets people talking



Tracey Davidson

Following the joining of Raphael–The Jewish Counselling Service (CIO) with Jami, we will now be offering talking therapies to more people within the community and to those with more complex mental health needs. Tracey Davidson, the head of this new service, explains more.

“*The need for therapy – someone impartial to speak to – is greater now than ever,*” says Tracey, a qualified and very experienced counsellor, who has spent many years working for the NHS, in private practice and managing a counselling service covering West Sussex.

“*After the pandemic, services to support people’s mental health shrunk, but the pandemic increased mental health issues and the need for people to seek support. Talking therapies provide a non-judgemental, safe space where anyone can talk about anything,*” explains Tracey. “*A therapist will look at what issues an individual brings to their sessions, explore how they view these situations or*

can make changes to their behaviour, and listen to what they would like their life to be like moving forwards. Sometimes, being able to talk to somebody who sits there and just listens to us is so empowering.”

Naomi* agrees. She benefitted from counselling several years ago and believes it helped her to get through a transitional period in her life and carry on. Following a divorce, she

returned to England after living abroad for seven years and found herself a single mum to two young children, with no money, no home and no job. “*I didn’t want to unload on my friends all the time,*” she explains. “*I needed to talk to someone who was objective and just listened.*”

Naomi saw her counsellor on a weekly basis for about six months and says: “*I’d had the rug pulled out from*



under my feet and was still getting over the shock of a divorce. All the changes were a big adjustment, and I was very stressed because I was having to provide for two young children on my own. It was a really hard time. But counselling helped me to process things. It gave me reassurance and made me feel heard.”

And these are some of the reasons why Jami made the provision of timely and affordable access to counselling and one-to-one psychological therapies one of our strategic priorities. According to Jami’s chief executive Laurie Rackind: *“The merger with Raphael has provided an opportunity for people using Jami’s services to get access to qualified counsellors, and to further develop an established counselling service to meet the needs of our community.”*

Over the past few months, Tracey has been busy transitioning Raphael’s services and integrating the established Raphael clinical team into Jami. She says: *“Talking therapies and counselling have been the services that Jami has been lacking historically. They’ve been the missing part of the puzzle. But now a lot of the people who Jami’s practitioners currently support will be able to access them if it*



is appropriate and can support their specific requirements.”

In order to deliver individual adult therapy and couples counselling as well, the service is aiming to increase its volunteer counsellors from 24 to 32. Tracey says: *“We’re looking to expand the width and breadth of the counselling service as time goes by. We’re also looking to stop open-ended therapy and offer appropriate time-limited therapy instead, so that more people can be seen.”*

Tracey’s other hope is to move away from offering purely psychodynamic therapy to more varied approaches. *“I do believe any service and every good therapist has a lot to offer and it can be limiting to say: ‘My way is the only way,’”* she says. *“That’s simply not the case. Some people could find a different form of therapy more beneficial than the one they are*

“I was very stressed because I was having to provide for two young children on my own. It was a really hard time. But counselling helped me to process things. It gave me reassurance and made me feel heard.”

Naomi, service user

currently receiving. I think it’s vital to offer a variety of different modalities, all working hand in hand to achieve the best outcomes for your clients.”

But for now, Tracey’s focus is on one clear goal – *“to turn a service that’s been around for a long time and served the community well into a much more comprehensive, future-proof one that can benefit a lot more people within that community”*. She adds: *“It’s been a privilege to get to know the Raphael Jewish Counselling Service, its counsellors and its supervisors over the last couple of months and I look forward to working with them and making this service a wonderful holistic experience.”* Hearing the passion and enthusiasm in Tracey’s voice for the ambitious task that lies ahead, it’s clear that Jami has found the right person for the role.



Head Room's here for everyone



Head Room, Jami's mental health café in Golders Green, is more than a café. It's also a place to connect. And for people like Mark, who travels 1.5 hours up to four times a week to go there, the benefits more than justify the journey. So, if you're looking for somewhere to engage with others; to enjoy a bite to eat with friends or family; or to host a personal function, business meeting or corporate event, here are some reasons why you should also pay us a visit.

Here for company and activity

We believe that mental health support should be accessible to everyone and delivered in an informal, relaxed and welcoming environment. Head Room offers an alternative to

traditional mental health services, bringing free mental health support to the high street through a weekday programme of activities and groups that inspire open conversations and mutual support.

Mark, who also uses other

Jami services, says: "Head Room gives me somewhere to go each day. Coming here is like a holiday. The staff are so lovely. I want to engage with people who understand me – and everyone does. I can be myself here."

Karen Conway, who facilitates many of Head Room's groups, confirms this: "I know people feel they can come as they are and not feel judged. One of the ultimate things we do at the café is reduce isolation and loneliness by bringing people together. We're about building connections and relationships."

Since there's no need for a referral or assessment, which typically forms part of being able to access mental health support, anyone regardless of their faith, ethnicity, background, gender, sexuality or abilities can take part in Head Room's activities, which include a weekly art class, friendly discussion group and community walking group.

For those who can't get to Head Room in person, some sessions, including kind co-working and the peer support group, are also available online, making them accessible whether you're living in Hendon or Haifa.

To find out what's on, visit headroomcafe.org/whats-on



Here for food and drink

Whether you want a nibble or a nosh-up, a mocha or a milkshake, Head Room's menu offers a wide range of healthy, delicious kosher beverages and brunch dishes; kids meals and mains; as well as palatable pizzas and pastries. There are vegetarian and vegan options available, and all at affordable prices. From our all-time favourite shakshuka to our mouth-watering chickpea and lentil curry, we hope that everyone will find something to tempt their tastebuds. And now it's summer, we've added some fresh flavours to our menu, with a new breakfast bowl and a range of appetizing salads on offer. But if you're just looking for a tasty treat, sit back and relax with a luscious latte and lemon cake, or try one of our fab fruit smoothies. You won't be disappointed.

To check out our menu, visit headroomcafe.org/cafe-menu

To book a table, visit headroomcafe.org



KF Supervised

If you can't get to Head Room in person but would still like to try our menu, you can order through **Deliveroo**



The Head Room team warmly invites everyone to join its daily programme of events. To join a session or for further information, go to jamiuk.org/headroom or follow us on Facebook, Instagram or Twitter for the latest info: [@headroomcafe](https://www.instagram.com/headroomcafe)



HEAD ROOM IS ALSO HERE FOR HIRE

Following the revamp and expansion of Head Room into the available premises next door, we now have capacity to entertain larger numbers of people.

So, if you're looking for an affordable venue with helpful staff, a delicious kosher menu and good transport links (we're just a five-minute walk from Golders Green station), Head Room is an

ideal setting for your private celebration or business meeting, as well as community and corporate events.

Our talented chefs can work with you to create the perfect menu for your occasion. We can also provide a full wine list, signature cocktail and even coffees branded with your chosen logo or image.



Please ask us for more details or visit headroomcafe.org/contact-us to make an enquiry.



**HEAD
ROOM**

Introducing Young Jami's new chair



David Morris

David Morris, interim head of stewardship, operations and philanthropy transformation for the British Red Cross, was recently appointed the new chair of Young Jami. Here he explains why he took on this role and how he plans to build on the work of the previous committee and take Young Jami to the next level.

When I consider that there is an annual Mental Health Awareness Week and Jami surpassed its target for its 'Here for me. Here for mental health' fundraising campaign, I am reminded of what a privilege it is to be the chair of Young Jami. A privilege because it means I get to play my part in actively supporting one of the single most important causes in the community right now.

We all have our stories of struggles with mental health – be they our own personal experiences, or those of family members or friends. While the increase in numbers of people talking openly about these experiences is a positive thing, it also illustrates that the current need for support and services provided by organisations such as Jami is greater than ever.

Having recently started my term as Young Jami chair, I am looking forward to collaborating with my fellow committee members to continue raising funds and awareness for this vital cause. Together, we hope to provide a space in which like-minded individuals, passionate about the work of Jami and its importance in the community, can engage in open, positive and meaningful conversations on mental health and encourage others to do likewise.

Alongside this, we hope to begin a dialogue with other young professional committees across the community, understanding how we can work together to raise the profile of, and engagement with, our respective causes.

Beyond these conversations, the work of the committee

will focus on three key areas: fundraising, awareness raising, and volunteering, with plans for specific events and initiatives to be developed in the coming months. Underpinning these efforts will be a desire to galvanise a positive and proactive spirit among the network, supporting Jami with a base of committed advocates and providing the wider community with its next generation of pioneers, who are very much here for mental health and here to make a difference.

If you share this passion and would like to learn more. Or, if you want to find out how you can be a part of our efforts or have an idea for a potential event or initiative, **please do reach out by emailing muirel.stempel@jamiuk.org**

How we changed lives in 2022/23



We believe we must continue to meet the changing needs of our community and deliver on the promises that we make to those who seek our treatment, support, advice and education.

Consequently, we continuously evaluate our work, listen to the views of those who use our services, and take these learnings to improve what we do and how we do it.

- **1,655 people** were supported by Jami
- **27,271 interactions** with our service users

Adam and Amy's story



A year after his first child was born, Adam watched his wife have a mental health crisis. In desperation, he turned to Jami for help.

Amy was given immediate support but what surprised Adam was that, as Amy's carer, he was offered support too. Like Amy, Adam received one-to-one sessions with a Jami support worker. He then joined one of Jami's carers' groups.

"It's been really cathartic. It's a chance to listen to and support each other. We both have people that we can speak to now – and this is so important. I don't know how I or my family would have survived without Jami."

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.

744 people

received up-front support

almost double

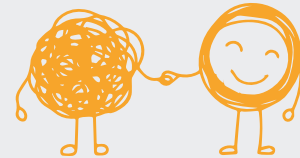
the number than in 2020/21.

In our annual service-user survey:

90%

felt that the first people they spoke to gave them information they needed to decide what to do next

90% felt listened to with compassion and understanding by Jami staff



“Jami saved my child from the horrible dark place that he was in. We’re in a very different place right now. [Our Jami mental health practitioner] has honestly been a guardian angel.” - Parent

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.



27,271

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

In our annual survey and focus groups, we heard that Jami has helped people to: connect with others, improve their quality of life, feel heard and understood and, for some, has **literally saved their lives.**

84% said that Jami had contributed to improvements in their mental health and wellbeing over the past year.

In our regular carers’ service review:

81% of carers said the service helped them to feel less isolated.

85% said they got the support they needed to think about their future needs and wellbeing.



Education and campaigning

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

Jami Education delivered

213 events

with over

3,415 attendances

including mental health first aid training for schools and organisations, which was undertaken by

132 people

Roughly

97 individuals

used Head Room's community programme.

80% of respondents

felt that their knowledge or resilience had increased following Jami Education events.



Paola's story

When Paola left hospital, having had what she describes as “essentially a nervous breakdown”, she was referred to Jami and given a support worker.

Paola also joined Jami's online mental health sessions and started going to our hub in Finchley, where she took part in activities and groups to support her mental health. More recently, she's benefitted from Jami's vocational support and hopes to gain full-time employment soon. But for now, Paola is happy volunteering for Jami as it's enabling her to use her skills and experience and give something back. *“Because of Jami, my week is filled with positive things,”* she says.

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while creating lasting
memories and raising
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**262 ft
abseil
8 min
to the ground
32km
clear day views**

**Sunday 10th
September 2023**

Please contact Laura Bahar at
laura.bahar@jamiuk.org for
further information and details
of how to register for this once-
in-a-lifetime experience!

Jami
Mental Health
for our Community

Michael's legacy lives on through gift of gratitude

Michael was a Jami service user from the very start of the charity's foundation in 1991, having had a long history of mental illness. Prior to his passing, Michael made it known to Jami volunteer Dave Richman that he wanted to help the charity financially. Here Dave explains why Michael's decision to leave a gift in his will to Jami was his way of giving back in a truly impactful way.

“During Covid, I was asked to keep an eye on Michael as he had cancer and couldn't leave the house. I would take him to hospital appointments and visit him at home. He told me that he had left some money to Jami in his will,” explains Dave. “He knew his life was difficult, but he also knew it was a lot less difficult than it could have been because of Jami's help.”

That help came in various forms. Michael used to go to Jami's hub in Finchley quite regularly. Dave says: “It was the only contact Michael had with anybody, excluding his cleaner, the caretaker of his flats and a friend from up north. It was not only his social life but also his lifeline.”

When Covid hit and the country went into lockdown, Michael attended Jami's Zoom sessions instead. But it was Michael's frequent contact with Dave and the friendship that ensued that really got him through this difficult period. “I spoke to him every day,” says Dave. “Sometimes a few times

a day. He couldn't go out because he was physically vulnerable, so I'd get him what he needed.”

As a result of Jami's Compeer befriending service, which matches individuals with a volunteer with shared interests to provide practical support and friendship, Michael and Dave's relationship grew. “I also helped Michael to organise his funeral,” explains Dave. “Together we organised the speeches, music and words he wanted written on his plaque. Michael was a prolific writer and a painter. He was very talented, extremely creative, artistic and highly intelligent.”

When Michael sadly died in August 2022 at the age of 85, Dave helped to arrange his funeral. “There was a massive turnout,” says Dave proudly. “Some Jami service users read out Michael's poems. He had an amazing send off. Everyone from Jami came because of Michael's long association with the charity. I also distributed all the books he had self-published as I

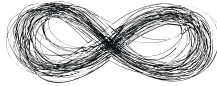
thought it would be nice for everyone to have a copy."

In Michael's self-written eulogy, which Dave read out, it said: "*Michael was very thankful for the work of Jami, which he felt had changed his life.*" But Michael also made a big impression on those he made a part of his life too. "*He was a true friend to many and me, and the Jami family will miss him immensely,*" said Dave in his final farewell to Michael. Thanks to his generous gift to Jami, Michael has helped to enrich the lives of many more people in our community struggling with their mental health.

If you would like information about leaving a gift in your will to Jami, please contact Anthony Hayman, at anthony.hayman@jamiuk.org or call 020 8458 2223.

"Michael was very thankful for the work of Jami, which he felt had changed his life. He was a true friend to many and me, and the Jami family will miss him immensely."

We are delighted to be members of Jewish Legacy and their FREE Will scheme, making it quick and easy to leave a life-saving gift in your Will to Jami.



Jewish Legacy



***“If it wasn’t for
Jami, I wouldn’t be
where I am now.
Jami gave me hope
for life and hope
for the future”***

**More people are
struggling with mental
illness than ever before.**

TOGETHER

**we can make a
life-changing difference**

**Donate today at
jamiuk.org/donate**

Jami
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