

THE
Helping Hand

Spring / Summer
2019

Celebrating Jami's
dedicated volunteers

Jami

The Mental Health Service for our Community



Awards

Annual Volunteer Awards Evening

Despite Spurs playing at Wembley with the resulting traffic chaos across a large swathe of North West London, many Jami volunteers managed to attend the annual celebration and awards evening on 6th November 2018. Jami's Education Manager, Philippa Carr, spoke about upcoming training opportunities and Jami's Chief Executive, Laurie Rackind, spoke about how vital volunteers are to service provision.

Congratulations to our special award winners:

Raul Couselo

Kadimah (Hackney), inspiring service users with walks and talks about nature

Jon Woolf

Mitkadem (Redbridge), dynamic and energetic allotment volunteer

Andrew Marcovitch

Ambassador outreach programme organising events at Woodford Forest Synagogue

Deborah Woolf and Roz Nelson

Head Room Café, providing inspirational support running community conversations

Richard Estrin and Sue Moore

Martin B Cohen Centre (Edgware), unique contribution to programming and supporting service users

Michele Phillips

Reception team, for her warmth and kindness to visitors and staff

Susan Garcia

Carers, unique contribution to Jami over many years, including the Add-Anon addiction support group

Hadassah Kraushar

Befriending service, for her support meeting service users in the community

David Seftel

Elliot Simmons (Finchley), catering award

Philippa Blaker and Sue Landy

Elliot Simmons (Finchley), considerably enhancing the experience of people at the Finchley hub

Edward Usick

Finance

Emma Starkey and Ashley Phillips

Social Enterprise, playing a transformative role at the Borehamwood Warehouse



Jenny Seres

Fundraising and Marketing, for her enormous contribution to the annual dinner brochure advertising sales

Rabbi Jeremy Myer

Pastoral, for his work as a religious education telephone befriender and with the 'Jewish in Jami' group

Monika Tarackozi

Employment Project team, as our kind and supportive Edgware benefits volunteer

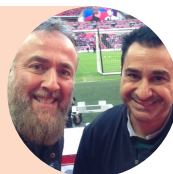
Natasha Battat

Head Room Education, in our vital youth work



— Thanks to our volunteer, Brian Tuckman, for his lovely photos of the evening —

Befriending: Marc B brings the joy of football and the magic of befriending to Edy

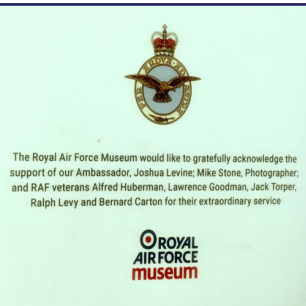


Befriender, Marc B, succeeded in taking his Jami befriender, Edy, to an England football match, England versus Croatia. Both were able to share their passion for sport. When England scored the winner in the 85th minute they rushed down to celebrate, almost with the players on the pitch side! Marc said it was one of the best befriending meetings he has had in eight years, and Edy said he has formed a great friendship with Marc. This is a huge achievement for both men who deserve our hearty congratulations.

Ralf is recognised by the RAF Museum



At a special celebration evening at the RAF Museum, Jami volunteer, Ralf Levy, was honoured for his contribution to the Berlin Airlift in 1948 and his involvement in the construction of the Pipe Line under the Channel and Mulberry Harbour for the D-day landings in June 1944. Ralph (pictured above with the microphone) spoke about his experiences and was then presented with a specially engraved miniature Spitfire plane. Congratulations to Ralph, Juliet and his family.



Big mazeltov to our devoted Mitkadem allotment volunteer Jon and his wife, on the arrival of a beautiful baby girl, Zuri Miriam. Mazeltov!

Carnival at Edgware Hub

By Jon Bromberg, Jami Volunteer



Carnival day arrived at the Martin B Cohen Centre for Wellbeing. The sun was shining, the barbecue was hot, in the empty car park the calypso music blaring and the party was on!

The Fun Day was organised by a group of teenagers doing the National Citizens Service Challenge, together with people who use Jami's services.

There were Arts & Crafts, face and hand painting, table tennis and board games to play. It was great to see the interaction between the NCSC volunteers and people who use our services. From the gazebo we had music and karaoke – a great time was had by all.

A big thank you to the young people of the National Citizens Service Challenge (Soham, Raphy, Vindi, Yahye, Becca, Tiana, Rico, Keyna with their mentor, Alice Hillier) and to Priscilla and Izzy Van der Velde, David and Martin Hyman and all the staff that made the wonderful food a true feast!



Jami at Limmud

Jami Ambassador, Nicolas Werner from Brighton, turned up just in time to support Jami's Raisel Byrne at the Miller's café at a very busy Limmud Festival, where Jami provided activities and wellbeing support. He joined in vital conversations with Limmudniks and supported activities at an extremely busy time. Thank you, Nicolas!



Meet our volunteers

Each issue we introduce one or two of our volunteers.

For this issue we spoke to Louis Aminoff and Gila Lowinger at Jami's Social Enterprise Hub in Borehamwood.

Louis Aminoff



"I was born in Watford and went to JFS but I didn't go into the Sixth Form. I had problems at school with bullying and that led me to low confidence and isolating myself. I had a few jobs including at an estate agents. I felt very down after that. Then a friend's mum recommended me to come to the Jami warehouse. I first saw Andrew Barbarash at the Martin B Cohen Centre. He helped me with a few things and then eventually I came to the warehouse. I work on ebay selling second hand clothes as we pick up donations of clothes and bikes etc. I do sorting of clothes to put on ebay. I have been doing a lot of decorating and sanding of chairs. I get a lot of confidence out of volunteering which is one of the main aspects as well as a lot of social interaction - even going out to the cinema with other volunteers. I have developed and improved on my skills as well. I am doing a bike maintenance course with my colleague, Andy. This will be two weeks, full time with the intention of fixing customers' bikes should they have any issues with them."

Gila Lowinger

GL

"I grew up in England, moved to Israel after high school, stayed there almost 15 years and moved back. I then learned how to be a joiner and carpenter and I wanted to do some volunteering. I went to the JVN (Jewish Volunteering Network) and then to "Resource" which helps people find work and that led to an opportunity to use my skills with Jami's new upcycling project. I have been sanding a chair for three days! I have found myself more productive than I was recently."

Welcome to our new Volunteers

Abi Glass (Fitness), Michelle Rich, David Blanga (quizmaster), Michael Alexander (catering), Jan Saunders and Amanda Lever (reception), Sarah Myers (carers), Hilary Castle (de-cluttering), Peter Gerner (fundraising), Lillian Gonshaw (Mitkadem, Redbridge), Simon Roitenberg (Charedi outreach)

Social Enterprise: Alan Freedman, Simon Kimmel, Sathiyaja Chellamal, Jamie Stecker, Gila Lowinger, Dr Colin Peskin, and Mark Allsop

Jami Ambassadors: Sharon Ross, Sarah Bennett, Robert Prevezer, Rebecca Calesen, Nivi Feldman, Nicolas Werner, Michele Lobl, Leanne Newman, Efrat Colover, Cheryl Freedman, Charlotte Schlossberg, Annette Henley

————— Thanks to Gila and Louis for all that they do for Jami and to Brian Tuckman for his article and photo

Courses, Seminars & Events

Head Room

Courses, seminars & events



We will be offering volunteers the two day Mental Health first Aid course. Volunteers are strongly encouraged to attend this very thorough and rewarding training. Please let Kelvin know if you would like to attend.

For all Head Room Education courses and events go to www.jamiuk.org/head-room-courses

Courses	Provisional date	Venue
Self-harm in young people	10th April 2 – 5 p.m.	Martin B Cohen, Edgware
Emotional resilience in health and social care	26th June 2 – 5 p.m.	Martin B Cohen, Edgware
Community Conversations	Thursdays 6.30 p.m.	Head Room Café, Golders Green
Think Tank	Tuesday 5th March, 9th April, 7th May, 4th June and 2nd July 6.30 – 8.00 p.m.	Head Room Café, Golders Green
Writers' Open Mic Night	Thursdays 14th March, 16th May and 4th July 9 – 10 p.m.	Head Room Café, Golders Green
Get Together (18-32)	Tuesdays 19th March, 30th April, 21st May, 18th June, 16th July 6.30 – 8 p.m.	Head Room Café, Golders Green

Invitation to Volunteer Voices Tea

Save the date

Sunday 23rd June
3.30-5.00pm
Finchley Hub

Come and enjoy a delicious tea created by our wonderful cook, Jacqui Alpern. Share your views, ask questions and have your say with Jami's Laurie Rackind, Chief Executive, Tanya Harris, Head of Services and Louise Palmer, Deputy Head of Services.

... and finally

Get volunteer discounts



ValueYou is a volunteer recognition scheme which provides a discount card and gift vouchers to volunteers, free of charge. Shops taking part offer a 10% or more discount. Eligibility for the main scheme is for volunteers giving 100 hours or more but vouchers are also available for people giving less time. For more information and to register go to www.valueyou.org. If you have any questions, please email contactus@valueyou.org or phone 07926 164827.

Share your stories with us

The Helping Hand is our dedicated volunteer newsletter. If you have any stories you would like to share with other volunteers, please contact kelvin.zane@jamiuk.org.

For all our current volunteer opportunities go to www.jamiuk.org/volunteer

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

from everybody at Jami

