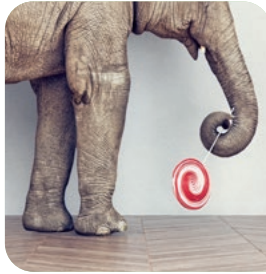
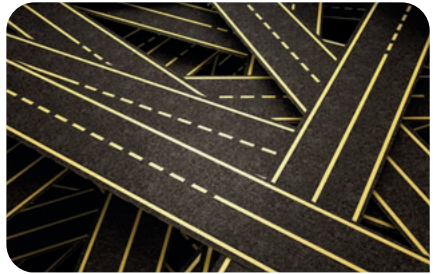


LABELS ARE FOR JARS.  
NOT PEOPLE.



# Head Room



Courses, seminars & events  
September 2018 – July 2019

Jami is reaching out to the Jewish community, as you will see in this brochure we have courses for everyone.

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# Contents

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Welcome	3
What's on	5
Mental Health Awareness Shabbat	7
All Learners	11
– Mental Health First Aid Courses	11
– Self Development Courses	13
– Stress Reduction Courses	21
– Outreach	23
Café Culture	27
Volunteers	31
CPD (Working in Mental Health, Carers, Volunteers)	35
Carers	39
Young People	41
Schools and Youth Groups	45
Teachers and Educators	49
Course information & fees	52
Booking information	53
Booking form	54
Our venues	56

# Welcome

## Learning is at the heart of Jami's Head Room programme.

We all have mental health just as we all have physical health. Jami provides education about mental health and wellbeing to everyone in the Jewish community. We also provide support to people experiencing a variety of mental health problems and to carers also affected by these issues.

## Jami offers the following support:



The Jami Head Room Education and Awareness team provides seminars and events to educate the whole community about mental health and wellbeing. We facilitate conversations to engage the community and reach out to schools and synagogues.



Jami's team helps people manage their mental and physical health, daily routine and housing needs. Jami also offers a carer's support service.



Jami visits people in hospital, organises befriending for socially isolated individuals and offers peer support from people who have experience of their own mental health recovery. Jami's hubs run varied programmes throughout the week.



Jami offers assistance with job searching and advice on how to manage the work-life balance. Jami also runs a social enterprise, offering volunteering and training opportunities to those looking to return to employment.

## It's about you, your family and your community



We love the fact that every year we make new connections. We met Annette at Limmud when she became a Jami Ambassador for her community. Annette, a chartered engineer is a passionate advocate for mental health awareness. Working with her community she is helping to create an intergenerational network of Mental Health First Aiders. Having been through tough times with her own mental health a while back, she says: "When I trained to become a Mental Health First Aider, I could see how impactful this training is. For those who attend the course, it is life changing. Adding the benefit of creating a new group of mental health first aiders who can support the community is wonderful. I cannot wait to get our community trained."

We like to think that when we get people like Annette on our side, our ambition to change the landscape in our community's mental health is not so far away.

Are you a Mental Health First Aider? Join our communal network in 5779!

Visit [www.jamiuk.org/head-room-courses](http://www.jamiuk.org/head-room-courses) to find out more about our learning opportunities.

## Our community partners

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



Brondesbury Park United Synagogue



Edgware and Hendon Reform Synagogue



Hasmonean High School



JCoSS



Kantor King Solomon High School



Keshet UK



Jewish Care



JFS



Maccabi GB



Streetwise



Northwood & Pinner Liberal Synagogue



Rambam Sephardi Elstree & Borehamwood



St Albans Masorti Synagogue



Woodford Forest United Synagogue



Yavneh College

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

## Café Culture

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

## Carers

Check out our Carer Conversations. Meet like-minded people and learn more about how to support the people you care for.

## All Learners

You might like to join us for a multi-week Self Development Course exploring a range of topics and skills or join us for a Mental Health First Aid course to gain confidence and knowledge supporting those in crisis.

## Young People

Come and join us on a Youth Mental Health First Aid Course, our weekly Get Together discussions or bi-monthly Mindfulness and Milkshake groups at our Head Room Café.



### Information on Booking Your Course

Our courses fill up so please book to ensure your place. A booking form is available at the back of this prospectus. You can also book online at [www.jamiuk.org/head-room-courses](http://www.jamiuk.org/head-room-courses)



## Volunteers

Wherever you volunteer join us to learn new skills, empower your volunteering and consider your own mental health when you are giving to others.

## Teachers & Educators

We offer a variety of training to teachers and educators who work with young people. Whatever you want to learn about mental and emotional health in young people including Mental Health First Aid courses, get in touch.

## Schools & Youth Groups

Our Head Room team offer an exciting range of educational workshops which can be run in-house at your school. Want to skill up your students as peer listeners or mental health awareness raisers? Just drop us an email.

## Working in Mental Health

CPD seminars for those who work or volunteer in mental health. Whether it's suicide, self harm or the Mental Health Act join us to skill up and learn more.



### Watch Out for Pop Up Learning Events at the Head Room Café

Don't want to book? You can just drop in for a Community Conversation or Open Mic Night at our Head Room Café in Golders Green. Check out our Café Culture section on page 27.

# Mental Health Awareness Shabbat



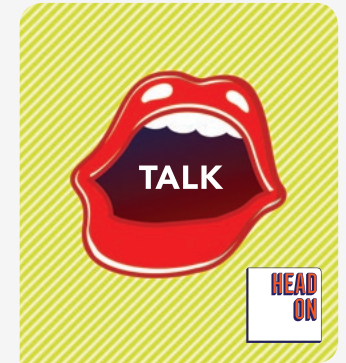
The Head Room education team is available throughout the year and we will continue to provide and advise on interactive and educational workshops to mark Head On: The Mental Health Awareness Shabbat taking place on 12th January 2019. We will be speaking in communities over the Shabbat itself where possible.

Below we have provided a list of suggested programmes which are suited to community settings. If you see anything else in this prospectus you would like to offer in your community please do not hesitate to contact us at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call Emma on 0208 458 2223 to discuss it further.

If you would like to receive a youth pack for the Mental Health Awareness Shabbat please get in touch.

## Self Harm in Young People

According to a study by Young Minds, 1 in 12 young people and children are thought to self harm. CAMHS (Child and Adolescent Mental Health Services) have seen a huge spike in referrals for self harm in the last few years with no sign of change. This seminar sets out to explore the current rise in self harm and how it is related to young people's mental health. Why do young people self harm? We will look at the practicalities of the "do's and don'ts" around supporting someone who discloses self harm and the challenges for youth workers, volunteers and school staff relating to self harm issues.



## Mental Health in the Jewish Community



1 in 4 British adults will experience a mental health problem each year and our community is no exception. Come and join us to explore mental health and wellbeing, the social impact of mental health problems, the risk factors and how we as a community can look after ourselves and others.

## Building Resilience in our Families

Families face more pressure and strains than ever. Many of us would like to gain more insight and knowledge into how we build resilience in our children and young people, recognise when we need to ask for help and gain a bit more insight into how to manage those transitions from childhood to adolescence. Join us to gain more confidence in building resilience in our families.



## The Ripple Effect: The Impact of Suicide

Suicide creates a huge impact on the family of the person who has died but also a big impact on friends, colleagues and all the other people who had a relationship with the person. This phenomena is called “the ripple effect” and has a profound impact on our community life be that synagogue, school or organisation. During this session we look at impact and what we can do to build hope and education around this sensitive area of communal life.



## Explain My Brain: A Guide to Understanding Adolescent Behaviour

“Moody, violent, untrustworthy: adolescents are often stereotyped and maligned in alarming ways.” – Inventing Ourselves, Sarah Jayne Blakemore

The stereotype of the moody teenager is an all too familiar trope in our society. We know that the adolescent brain is undergoing major changes when young people hit their teenager years and this has a huge impact on their behaviour. Come and join us to unravel the mystery that is the teenage brain.



## For Young People

If you would like to receive a youth pack for the Mental Health Awareness Shabbat please call 020 8458 2223.

## Snapchat, Stress and Our Wellbeing

Come and join us to explore our wellbeing and the stresses in our lives and the lives of our peers. By understanding what stresses us and how this impacts on our mental health we can work together to manage the pressures and expectations of today's world.



## Mental Health First Aid

Both adult and youth Mental Health First Aid courses can be run in your community.

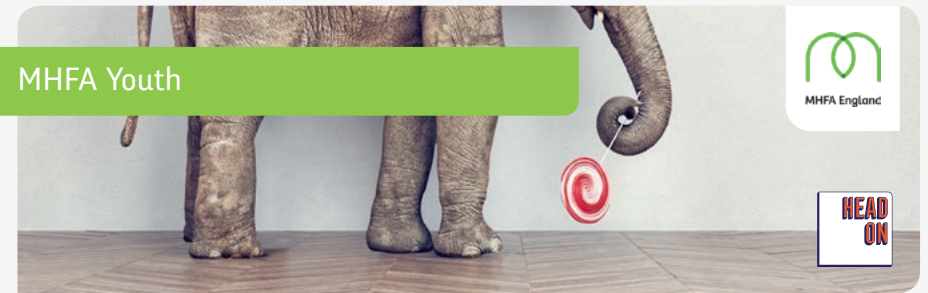
### MHFA Adult



We are accredited providers of Adult Mental Health First Aid. This internationally recognised training course is the gold standard in equipping you with skills you can use as a ‘first aid response’ to help someone in distress. Come and join us to learn more about a variety of mental health problems, including recognising and supporting people in suicidal crisis. We also look at treatments currently used in England and increase your confidence in supporting others.

This course can be run over two full days or four evenings and requires a minimum of eight and a maximum of sixteen participants. Please be aware there is a **cost** for this course.

### MHFA Youth



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. We know that in recent months there has been an increase in concern around young people’s mental health in our community. Come and join our training group as a parent, a teacher or a youth worker, if you want to learn more about a variety of mental health problems, treatments currently in use and increase your confidence in supporting young people.

This course can be run over two full days or four evenings and requires a minimum of eight and a maximum of sixteen participants. Please be aware there is a **cost** for this course.

All Learners

Mental Health First Aid

## Mental Health First Aid



### MHFA Adult

We are accredited providers of Adult Mental Health First Aid. This internationally recognised training course is the gold standard in equipping you with skills you can use as a 'first aid response' to help someone in distress. Come and join us to learn more about a variety of mental health problems, including recognising and supporting people in suicidal crisis. We also look at treatments currently used in England and increase your confidence in supporting others.

Cost: **£55**

For more information on costings please get in contact.

two day course

Tuesdays, 6.00 – 9.00pm

**6,13,20,27**

**Nov 2018**

Martin B. Cohen Centre, Edgware

Sundays, 10.30am – 5.30pm

**27 Jan 2019** | **3 Feb 2019**

Rambam Sephardi Synagogue,  
Elstree and Borehamwood

### Youth MHFA (16 – 18 year olds)

This course is for young people. 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 your peers. Some of us may be concerned about our friends and wish to know more about how we can provide them with support. Come and join us to learn more about a variety of mental health problems and increase your confidence in knowing where to signpost your peers for further support.

To apply for a place please get in touch for a short application form.

two day course

Sundays, 11.00am – 6.00pm

**28 Oct 2018** | **4 Nov 2018**

Redbridge Jewish Community  
Centre, Gants Hill

Cost: The course is **free** as it has  
been sponsored by an anonymous  
private donor

### MHFA Youth for Adults

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. We know that in recent months there has been an increase in concern around young people's mental health in our community. Come and join our training group as a parent, a teacher or a youth worker, if you want to learn more about a variety of mental health problems, treatments currently in use and increase your confidence in supporting young people.

one day course

Tuesdays, 6.00 – 9.00pm

**8,15 Jan 2019**

Martin B. Cohen Centre, Edgware

Cost: **£30**

# All Learners

## Self Development Courses

### North-West London

#### The Mind and Body Link

There is a relationship between the mind and the body. Our thoughts and emotions play a role in our physical wellbeing.

When we experience physical illness or chronic pain our thoughts and emotions are key to helping us manage these situations. We might find ourselves adopting behaviours that we know do not serve our health well or feel trapped in a negative spiral impacting on our day to day functioning.

Come and explore the relationship between your mind and body with us on this supportive and inspiring course.

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£20** for 5 weeks.



five week course

Wednesdays, 2.00 – 3.30pm

7,14,  
21,28  
Nov 2018

5 Dec  
2018

Martin B. Cohen Centre, Edgware

#### Project Me: Life Choices and Independence

We invite young adults to join us for this multi week course which will explore themes such as 'adulthood' in 2018-2019. The Urban Dictionary identifies the term Adulthood as: to do grown up things and hold responsibilities. What does being an adult mean to us and how do we navigate this new area? What are the pitfalls we need to watch out for and how can we organise ourselves, manage our wellbeing and be a part of the adult world on our terms?

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£20** for 5 weeks.



five week course

Tuesdays, 6.30 – 8.00pm

5,12,  
19,26  
Feb 2019

5 Mar  
2019

Martin B. Cohen Centre, Edgware



## Creative Routes

Join Jami at the Head Room Café for our new multi week writer's course. Hosted by a published poet come and meet likeminded people brought together by their passion for writing. Are you a writer of prose or poetry? Would you like to share your work and receive thoughtful feedback? Do you need some motivation to jumpstart your literary talents and skills? If so, this group is perfect for you!

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£15** for 4 weeks.



*four week course*

Wednesdays, 6.00 – 7.30pm

**20,27** | **3,10**

**Mar 2019**

**Apr 2019**

Head Room Café, Golders Green

## LGBT, My Mental Health and Me

We know that those belonging to minority communities which face discrimination are at a higher risk of experiencing poor mental health; the LGBT community are no exception. Come and join us for a multi week course for those of us identifying as LGBT alongside lived experience of mental health issues to explore how we as LGBT Jews can support our mental health and wellbeing.

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£20** for 5 weeks.

*five week course*

Wednesdays, 7.00 – 8.30pm

**8,15,**  
**22,29**

**May 2019**

**5 Jun**  
**2019**

Head Room Café, Golders Green

This course is run in partnership with **Keshet UK**

## “Haven't you got it sorted yet?” Life Choices & Independence in Adulthood

There isn't just one way of being an adult but it can sometimes feel like it comes with a series of expectations of what we should be doing and what we should have achieved so far. For many of us adulthood may feel like an almost impossible journey with numerous obstacles on our path. Join us to explore what being an adult means to you and how you can define and achieve adulthood on your own terms.

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£20** for 5 weeks



*five week course*

Wednesdays, 2.00 – 3.30pm

**3,10,17,24,31**  
**Jul 2019**

Martin B. Cohen Centre, Edgware

## Redbridge & East London

### Self Help for our Holistic Health

Self-care although essential to maintain our mental health is often very low on our list of priorities. Is that because our Western culture does not value our wellbeing as much as more outwardly focused aspects of life? We will look at the principles of self-help strategies and the theory behind the practices. Come with us on our tour of Jewish philosophical thought, ideas from Eastern Asia, India and a peek at holistic health from these different cultural viewpoints.

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£20** for 5 weeks.

*five week course*

Tuesdays, 2.15 – 3.45pm

**23,30** | **6,13,**  
**Oct 2018** | **20 Nov**  
**2018**

Redbridge Jewish Community Centre, Gants Hill

## What Animals Can Teach Us About Being Better Human Beings



“Our animal counterparts have quite a few lessons to offer (the value of napping, for one). Humans are fundamentally social animals, and in learning to coexist more peacefully, the animal kingdom could teach us a thing or two.” (Carolyn Gregoire, The Huffington Post 2017)

There’s a well-established idea that having pets can enhance your mood and improve your wellbeing. But could we learn more from the animal kingdom in terms of self-care, living together, helping each other and showing empathy and compassion to one another?

In studying and understanding animal behaviour could we also understand ourselves better too?

Join us in this thought provoking and engaging insight into our animal cousins and more importantly into ourselves as well.

**Cost:** The courses are **free** for anyone who has used any of Jami’s support services in the last twelve months or **£20** for 5 weeks.

*five week course*

Tuesdays, 2.15 – 3.45pm

**15,22** | **5,12**  
**29** **Jan** | **Feb**  
**2019** **2019**

Redbridge Jewish Community Centre, Gants Hill

## Peace of Mind and “Good Enough” Two Aspirational “Ways to Be”?



Peace of mind is a state of mental and emotional calmness, with no worries, fears or stress. In this state, the mind is quiet, and you experience a sense of happiness and freedom. Such peaceful moments may feel rare.

So, is peace of mind an achievable goal? Can we learn how to be content? How can we focus on the here and now and recapture that state of mind when we feel in balance and true to ourselves?

How can we feel comfortable with being ‘good enough’, when the default position for society seems to be the pursuit of perfection?

These and other questions will be explored in this absorbing self-development course to assist you on your journey to enhance your wellbeing.

**Cost:** The courses are **free** for anyone who has used any of Jami’s support services in the last twelve months or **£20** for 5 weeks.

*five week course*

Tuesdays, 2.15 – 3.45pm

**14,21,** | **4,11**  
**28** **May** | **Jun**  
**2019** **2019**

Redbridge Jewish Community Centre, Gants Hill

# Head Room in the Hub

Head Room in the Hub is a programme of short sessions exploring different themes using a variety of activities and discussion. The sessions aim to provide practical tools to those attending the Jami Hubs.

## Alone but Not Lonely



Loneliness can be an all too familiar experience for many of us. It can make us feel isolated and decrease our motivation to socialise or to push outside our comfort zone. But it doesn't have to be this way. Many people enjoy time on their own and use it to boost their wellbeing. Join us to think about what loneliness is, how we can combat it and explore the idea of being alone on our own terms.

### Head Room in the Hub

**29 Oct 2018**  
Monday  
2.30 – 4.00pm  
Martin B. Cohen Centre, Edgware

## Increasing Assertiveness

When we've experienced tough times being heard by those around us can be an extra challenge. We may feel disempowered to have our say if people have been making decisions for us. In this short session we will be exploring how we can express ourselves and say what we mean. How can we make sure what we have to say is heard and respected and gain empowerment in our lives?



### Head Room in the Hub

**25 Feb 2019**  
Monday  
2.30 – 4.00pm  
Martin B. Cohen Centre, Edgware

## Maintaining Motivation

Motivation is the drive we have to achieve or do something. It is integral to setting goals and fulfilling them. We need it to achieve what we want from life but it can feel like an elusive quality that is permanently just out of reach. Join us to identify when we struggle to be motivated, the obstacles to being motivated and what can help us boost our motivation.

### Head Room in the Hub

**11 Dec 2018**  
Tuesday  
2.00 – 3.30pm  
Leila's House, North Finchley

**24 Jun 2019**  
Monday  
2.30 – 4.00pm  
Martin B. Cohen Centre, Edgware

## Effective Communication

Communication is an important skill which we need to share our needs, thoughts and feelings with those around us. It's our main tool for interacting with the world and it can be frustrating when this pathway breaks down. How do we navigate difficult social interactions and make sure our thoughts are heard with respect even when there is disagreement? Join us to explore what makes communication effective and how we can use this all-important tool in our lives.



### Head Room in the Hub

**5 Mar 2019**  
Tuesday  
2.00 – 3.30pm  
Leila's House, North Finchley

## Making Decisions

Being unable to make a decision can make us feel like we are stuck between a rock and a hard place. Sometimes multiple decisions seem like the 'right' thing or we may find that we do not feel comfortable with any of the options on offer. In this short session we will think about what prevents us making decisions, how we make decisions and what process works for us whether 'going with our gut' or using reasoning and logic to determine the best outcome.



### Head Room in the Hub

**14 May 2019**  
Tuesday  
2.00 – 3.30pm  
Leila's House, North Finchley

# All Learners

## Stress Reduction Courses

Our mental wellbeing is dependent on many factors in our lives. Managing our stress is a huge part of the wellbeing jigsaw puzzle.

“

*learned I can be compassionate to myself and not feel guilty about that. Thank you.*

”

Michelle

### Stress and Me, Managing Better, Feeling Less Anxious

Stressed? Overwhelmed by work or family life?

So many of us are attempting to juggle multiple commitments, no wonder we feel constantly stressed and pushed to our limit.

Our new 3 week stress management course will enable us to understand and recognise our triggers and our learned behaviour for coping with stress. Learners will find a new and more manageable relationship with stress. We will also help you to explore how we can use 'mindful' moments and activities to help us enjoy our lives more and create our action plan for a less stressed out life.

*"It was easy to talk with a very open group with good advice and practical exercises"*



Tuesdays, 7.30 – 9.00pm

**7,14,21** May 2019

Martin B. Cohen Centre, Edgware

Cost: **£30**

# All Learners

## Outreach Programme

A series of four interactive discussions at Woodford Forest United Synagogue including supper.

These events are sponsored by Woodford Forest Synagogue. Any donations are gratefully received.



### Making Connections: Building Relationships and Breaking Down Social Isolation



'It really boils down to this. Whatever affects one destiny, affects all indirectly' (Martin Luther King)

People need to live amongst their fellow man; humans are social animals linked by mutual responsibility. In the society we live in, 'I' and the notion of self can take up a lot of space. How do we balance the priorities of our self and others to build safe and trusting relationships? How can we use these connections to develop into more resilient, happier and healthier people?

Join us to explore how you and your community can develop these connections and use them to help break down social isolation.

#### Outreach Programme

**22 Nov 2018**  
Thursday  
6.30 – 9.30pm

Woodford  
Forest  
United  
Synagogue

## Mental Health & Jewish Family

Families are facing more pressures and strains than ever. Life can feel extremely hectic and it can be increasingly difficult to find time to spend together. Families all look and feel different and may be made up of multiple members of the extended family. There is no 'normal' family life, each family will have its own strengths and ways of managing family dynamics.

We know family has a high value in Jewish life. Can this boost our ability to maximize the benefits of family life and help us work together to boost our family resilience? Are there other textual sources or aspects of Jewish life which can help us boost our wellbeing? Join us to start this conversation and open up the debate we are all part of.



### Outreach Programme

**20 Dec 2018**  
Thursday  
6.30 – 9.30pm

Woodford  
Forest  
United  
Synagogue

## Supporting Young Peoples' Emotional Health: A Guide for Parents, Grandparents & Carers

The numbers speak for themselves. It is estimated that 10% of children and young people (aged 5 – 16 years) have a clinically diagnosed mental health problem (Children's Society, 2008) and that 1 in 5 young people are experiencing emotional problems (Anna Freud, Head Start 2018). In the face of academic, social and economic pressures alongside bullying, illness, social media and a lack of professional mental health support key figures in a young person's life are more important than ever. When young people feel safe and supported they are more likely to trust in their relationships and be more inclined to seek our support. Join us to explore how parents, extended family, teachers, carers and youth workers can help boost young people's emotional health and raise your awareness and confidence to support young people today into their future.

### Outreach Programme

**17 Jan 2019**  
Thursday  
6.30 – 9.30pm

Woodford  
Forest  
United  
Synagogue

## Wellbeing Evening



A one off event including:

- Healthy supper with nutritional information
- Community conversations around the tables
- Yoga / relaxation / meditation session

### Outreach Programme

**21 Feb 2019**  
Thursday  
6.30 – 9.30pm

Woodford  
Forest  
United  
Synagogue

Join us for our Wellbeing Event where we will help you get to know how you can enhance your health and happiness in a holistic, interactive way. How can we improve our current strategies for managing a healthier lifestyle and build capacity to cope with life's demands? Try some gentle relaxation exercises, share your views, opinions and experiences and join us for a nutritional and healthy communal supper. Everyone welcome and no previous knowledge required - lets learn from each other...

# Café Culture

## Think Tank



Do you have opinions about current legislation impacting on people with mental illness?

Do you want to be more informed about the direction of travel of the NHS and Mental Health services? If so our Think Tank could be for you.

If you enjoy contributing to discussions and are happy to hear the opinions of others, could you contribute to our new group?

Tuesdays, 6.30 – 8.00pm

9 Oct 2018	6 Nov 2018	4 Dec 2018
8 Jan 2019	5 Feb 2019	5 Mar 2019
9 Apr 2019	7 May 2019	4 Jun 2019
2 Jul 2019	Head Room Café, Golders Green	

## Writers' Open Mic Night



Do you fancy yourself as a budding writer or poet or do you prefer to be in the audience? Come and join us at the Head Room Café for our Writers' Open Mic Night. Sit back, relax and have a drink 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](mailto:headroom@jamiuk.org) to join our list for the night.

Thursdays, Doors Open: 8.30  
Readings: 9.00 – 10.00pm

11 Oct 2018	24 Jan 2019	
14 Mar 2019	16 May 2019	
4 Jul 2019	Head Room Café, Golders Green	

## Get Together

Do you have a passion for mental wellbeing and social activism? 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 at our Head Room Café for conversation and a cuppa.



Tuesdays, 6.30 – 8.00pm

23 Oct 2018 | 20 Nov 2018 | 18 Dec 2018

22 Jan 2019 | 19 Feb 2019 | 19 Mar 2019

30 Apr 2019 | 21 May 2019 | 18 Jun 2019

16 Jul 2019 | Head Room Café,  
Golders Green

## Mindfulness and Milkshakes



If you're aged 14-18 and would like to take part in some taster mindfulness and wellbeing activities to help you develop better tools to manage your stress come and join us.

Head Room Café milkshakes included!

Cost: £5 per week

Sundays, 7.30 – 9.00pm | 28 Oct 2018

16 Dec 2018 | 27 Jan 2019 | 17 Mar 2019

5 May 2019 | 16 Jun 2019 | 28 Jul 2019

Head Room Café, Golders Green

## Community Conversations

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.



Weekly sessions on  
Thursdays at 6.30pm

Head Room Café, Golders Green

## Creative Routes

Join Jami at the Head Room Café for our new multi-week writer's course. Hosted by a published poet come and meet likeminded people brought together by their passion for writing. Are you a writer of prose or poetry? Would you like to share your work and receive thoughtful feedback? Do you need some motivation to jumpstart your literary talents and skills? If so, this group is perfect for you!

Cost: The courses are **free** for anyone who has used any of Jami's support services in the last twelve months or **£15** for 4 weeks.



four week course

Wednesdays, 6.00 – 7.30pm

20,27 | 3,10

Mar 2019 | Apr 2019

Head Room Café, Golders Green

## Breaking the Taboo: How to Talk Openly about Suicide

This will be a safe space to explore society's attitudes to suicide. What are our reactions? How can we approach this subject and support those affected by it?

13 Nov 2018 | Head  
Room Café,  
Golders  
Green  
Tuesday  
6.30 – 8.30pm



# Volunteers

“

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

”

Anne, Volunteer

## Mental Health Masterclass for Volunteers



Our mental health masterclass will explore conditions including Bipolar, Borderline Personality Disorder and Psychosis. This course will be an opportunity to explore in depth how mental illness impacts on people's lives and how we can channel our compassion to be useful.

Cost: The course is **free** for current Jami volunteers or **£20** per person, you will be asked where you volunteer when booking.

*one day seminar*

**22 Nov 2018**  
Thursday  
11.15am – 3.30pm

Martin  
B. Cohen  
Centre,  
Edgware

## Working with Vulnerable People



Feel that your communication skills are not up to scratch sometimes? Want to volunteer for a local charity but worried you “won’t cut the mustard?”

All of us can be ‘difficult’. We might behave aggressively, defensively or rudely if we feel marginalised, misunderstood or ridiculed in some way. If we work with people who often find themselves on the margins of society, we might encounter their frustration, anger or plain desperation. We need skills and understanding to be helpful to vulnerable people. Join our two experienced trainers to learn about how to be really useful to people who need support at difficult points in their lives.

**Cost:** The course is **free** for current Jami volunteers or **£20** per person, you will be asked where you volunteer when booking.

*one day seminar*

**14** **Mar 2019**  
Thursday  
11.15am – 2.30pm

Martin  
B. Cohen  
Centre,  
Edgware

## Emotional Resilience in Health and Social Care



This course is for those of us working in health and social care either as a member of staff or a volunteer. Working in health and social care can be stressful and demanding. How can you learn to handle the ups and downs better? Being emotionally resilient is about cultivating the inner strength to cope when challenges seem almost overwhelming.

Our innovative session will help you:

- become more confident about your ability to respond
- feed you emotions intelligently so that you can take more self-control
- seek out the opportunity in a problematic situation and encourage you to invest in your wellbeing to boost your health and resilience

It’s not about what is happening to you – it’s about how you react that really counts

**Cost:** The course is free for current Jami volunteers or **£25** for self-paying individuals and voluntary sector staff and **£35** for statutory sector staff e.g. NHS or local government

*one day seminar*

**26** **Jun 2019**  
Wednesday  
2.00 – 5.00pm

Martin  
B. Cohen  
Centre,  
Edgware

Continuing Professional Development

*Working in Mental Health  
Carers  
Volunteers*

The Ripple Effect: The Impact of Suicide



Suicide creates a huge impact on the family of the person who has died but also a big impact on friends, colleagues and all the other people who had a relationship with the person.

This phenomena is called “the ripple effect” and has a profound impact on our community life be that synagogue, school or organisation.

During this session we look at impact and what we can do to build hope and education around this sensitive area of communal life.

Cost: **£25** for self-paying individuals and voluntary sector staff and **£35** for statutory sector staff e.g. NHS or local government

CPD by Jami

**16 Oct 2018**  
Tuesday  
7.00 – 9.00pm

Martin  
B. Cohen  
Centre,  
Edgware

## What happens if someone is detained under the Mental Health Act 1983?

Many people who receive inpatient treatment on psychiatric wards have agreed to go into hospital as informal (voluntary) patients. However, roughly half are in hospital as formal patients without their agreement. This is because they have been detained under the Mental Health Act (often called being 'sectioned'). When someone is detained as a formal patient they can lose certain rights, including the right to leave hospital freely, so if you are supporting or are working with someone in this situation it's really important to know their rights.

Join Debra Shaw, lawyer and legislation expert for a session which will explore a patient's rights when detained in hospital or when being treated in the community whilst under section, their right of appeal, confidentiality, their right to representation and the associated ramification of people being admitted to hospital under the Act.

Cost: **£25** for self-paying individuals and voluntary sector staff and **£35** for statutory sector staff e.g. NHS or local government



CPD by Jami

**6 Dec 2018**  
Thursday  
2:30 – 4:30pm

Martin  
B. Cohen  
Centre,  
Edgware

## Self Harm in Young People

According to a study by Young Minds, 1 in 12 young people and children are thought to self-harm. CAMHS (Child and Adolescent Mental Health Services) have seen a huge spike in referrals for self-harm in the last few years with no sign of change. This seminar sets out to explore the current rise in self harm and how it is related to young people's mental health. Why do young people self-harm? We will look at the practicalities of the "do's and don'ts" around supporting someone who discloses self-harm and the challenges for youth workers, volunteers and school staff relating to self-harm issues.

Cost: **£25** for self-paying individuals and voluntary sector staff and **£35** for statutory sector staff e.g. NHS or local government

*"I really appreciated the emphasis on applicable skills/tools when working with young people"*



CPD by Jami

**10 Apr 2019**  
Wednesday  
2.00 – 5.00pm

Martin  
B. Cohen  
Centre,  
Edgware

## Emotional Resilience in Health and Social Care



CPD by Jami

**26 Jun 2019**  
Wednesday  
2.00 – 5.00pm

Martin  
B. Cohen  
Centre,  
Edgware

This course is for those of us working in health and social care either as a member of staff or a volunteer. Working in health and social care can be stressful and demanding. How can you learn to handle the ups and downs better? Being emotionally resilient is about cultivating the inner strength to cope when challenges seem almost overwhelming.

Our innovative session will help you:

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It's not about what is happening to you – it's about how you react that really counts

Cost: The course is free for current Jami volunteers or **£25** for self-paying individuals and voluntary sector staff and **£35** for statutory sector staff e.g. NHS or local government

# Carers

“  
Meeting other carers showed that there is a unique aspect to caring for someone with mental health problems. It was nice to meet others who understand.”

Michael, Carer

## Caring for an Adult Partner with Mental Illness

You may have been in your relationship for many years with your partner or perhaps you are in a newer relationship and your partner has had a recent diagnosis. Come to this event to get support and give support to others. New networks and friendships are often formed at our carer conversations and we hope if these sentiments resonate for you that you might join us.

**19 Mar 2019**  
Tuesday  
5.00 – 7.00pm

Martin  
B. Cohen  
Centre,  
Edgware

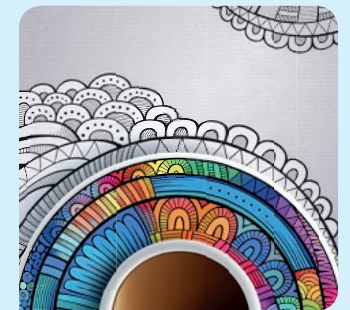
It's great if you can let us know to expect you so we can sort out our catering requirements however, please also feel free to turn up.

Cost: **£5** including light refreshments. No prior booking needed

## Group for Carers

There is a group run during the academic year for the parent carers of adults with a mental illness. The group uses creative ways to explore being a carer in this situation. We accept new members at certain intervals during the year. Please contact us for more information.

Jami also runs other groups for carers as part of our Carers' service. Again, please contact us.



# Young People

## Get Together



Do you have a passion for mental wellbeing and social activism? 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 at our Head Room Café for conversation and a cuppa.

**Who's it for?** Anyone aged 18-32 interested in mental health and other topics, whether you identify with lived experience of mental illness or are simply interested in the topics under discussion.

Tuesdays, 6.30 – 8.00pm

23 Oct 2018 | 20 Nov 2018 | 18 Dec 2018

22 Jan 2019 | 19 Feb 2019 | 19 Mar 2019

30 Apr 2019 | 21 May 2019 | 18 Jun 2019

16 Jul 2019 | Head Room Café,  
Golders Green

## Mindfulness and Milkshakes



If you're aged 14-18 and would like to take part in some taster mindfulness and wellbeing activities to help you develop better tools to manage your stress come and join us.

Head Room Café milkshakes included!

Cost: **£5** per week

Sundays, 7.30 – 9.00pm | **28 Oct 2018**

**16 Dec 2018** | **27 Jan 2019** | **17 Mar 2019**

**5 May 2019** | **16 Jun 2019** | **28 Jul 2019**

Head Room Café, Golders Green

## Youth MHFA (16 – 18 year olds)



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 your peers. Some of us may be concerned about our friends and wish to know more about how we can provide them with support. Come and join us to learn more about a variety of mental health problems, and increase your confidence in knowing where to signpost your peers for further support.

*two day course*

Sundays, 11.00am – 6.00pm

**28 Oct 2018** | **4 Nov 2018**

Redbridge Jewish Community Centre, Gants Hill

Cost: The course is **free** as it has been sponsored by an anonymous private donor

To apply for a place please get in touch for a short application form.

# Schools and Youth Groups

*“This was the most useful, relevant and important session we’ve had”*

For more information or to request a training course for your organisation please contact Emma at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call 0208 458 2223

## Peer to Peer Training

### Peer Listening Training

Schools are increasingly discovering the benefits of peer listening programmes both for the recipients and the listeners themselves. These programmes provide young students in your school with someone to talk to and skill-up your peer listeners to listen non-judgementally and consider the most effective ways to communicate. Over two training sessions the students will explore what challenges students may bring and when they can provide support to students and when they may need to pass it on to a member of staff.

We recommend this opportunity for years 10 - 13

*“ The students responded really well to the training. It gave them confidence, made them think and reflect and prepared them well... it was well facilitated and structured ”*

### Do you want to be a Mental Health Awareness Raiser?



From our experience of working in schools and with young people we’ve seen the value of peer to peer learning. If you want to create a more compassionate student body, why not invite Jami to train a group of students in mental health awareness and give them the skills to create and co-facilitate their own Mental Health Awareness sessions to the younger year groups. Previous students involved in this programme increased their confidence in public speaking and facilitation skills, creating presentations and their understanding of mental health.

We recommend this opportunity for years 9 - 11



## Facilitated Sessions

### Introduction to Mental Health Awareness



This interactive workshop takes an overview of mental health as an issue that affects us all. During the session students will learn about mental health and explore ways to enhance their own mental wellbeing. The second half of the session explores the issues of stigma and discrimination within the mental health arena and helps students form their own opinions and participate in dialogue.

We recommend this workshop for years 6 - 9

“ The session was super interesting...it was really fun and interactive. It was really meaningful and made me think ”

“ Really helped expand my knowledge on mental health and the stigma surrounding it ”

### Stress Management



Combine academic pressure with family and social pressures and it's no wonder our young people are finding it hard to manage. All kinds of stress continue to be the metaphorical 'monster under the bed' for many of us. Whether you are a student, a parent or a teacher, exams loom larger than life. As publicised widely by the media, we are putting our students under more academic pressure than ever before. It is unsurprising that the ChildLine National Exam Stress Survey revealed that 96% of 1300 students felt anxious about exams and revision. Let Jami run this interactive workshop to show your students how to manage their stress and maintain motivation.

We recommend this session for any year group

*“It was very interesting and now I understand why I get stressed...and how to prevent stress”*

### Transition Workshop: Mental Health at University/after 6th Form



The shift from secondary school to university can be a challenging time for our young people. The stress of personal, domestic and educational changes can leave many new students feeling uncertain or anxious about this big life step. Jami's interactive session can help your Sixth Form students identify their concerns, manage this transition and recognise the new opportunities university life offers.

We recommend this session for sixth form students

# Teachers and Educators

*“Helped me relate to pupils I have and think about my own practice”*

To commission a Youth Mental Health First Aid training course for your staff please contact Emma on 0208 458 2223 or email [headroom@jamiuk.org](mailto:headroom@jamiuk.org)

## Understanding Attachment Theory in the School Environment



Come together to explore the principles of Attachment Theory (the key concept in understanding how children form relationships and develop their self-esteem) and consider examples of how this relates to children's behaviours. This session will give you some simple practical tools to help support or manage these behaviours.

Our trainer is very experienced in training on this subject and has run this workshop all over London in the past few years for Jami as well as another children's charity.

We recommend this workshop for primary school staff

## The Snapchat Generation: Adolescent Thinking and Behaviour Unpacked



We know that the adolescent brain is undergoing major changes when young people hit their teenager years and this has a huge impact on their behaviour. Join us to gain useful and practical tools for supporting young people's emotions and have an impact on their behaviour.

We recommend this workshop for secondary school staff

## Mental Health Awareness for Teachers

The most current statistics tell us that 10% of those aged 5-16 have a clinically diagnosable mental health problem (Children's Society, 2008); that's three students in every classroom. Join Jami to discuss what's going on in your student's lives. How might adolescence impact behaviour, what role does mental health play and what can we do and where can we signpost our students for further support.

We recommend this workshop for secondary school staff

## Training for Youth Workers

### Youth Wellbeing Training

Join us for an introduction to the key concepts included in our new 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.

To access the youth pack or to request training please contact Emma at [headroom@jamiuk.org](mailto:headroom@jamiuk.org) or call 0208 458 2223.

## Course information & fees

### Self Development Courses

Daytime 5 week courses run by two facilitators to help build skills and boost wellbeing. These courses are run in both East and North West London.

Is there a charge for these?

The courses are free for volunteers and/or anyone who has used any of Jami's support services in the last twelve months or is £20 for 5 weeks.

### Courses for schools, youth projects and teacher training

Get in touch to find out how Jami can support your school curriculum, youth resource or provide staff training. We currently run stress management and peer training for students and attachment training and mental health awareness training for school staff.

Contact Emma by phone on 020 8458 2223 or email [headroom@jamiuk.org](mailto:headroom@jamiuk.org)

### Outreach Programme

Evening events to open up important topics in mental health.

Meet like-minded learners and take away new insights and perspectives.

### Mental Health First Aid Courses

We are running both Mental Health First Aid (MHFA) for Adults and Youths as evening courses in 2018/2019.

These accredited training courses equip you with the 'first aid response' skills and confidence to help someone in distress.

Is there a charge for these?

Please see each listing as course prices vary.

### CPD by Jami

CPD seminars for those who work, volunteer and want to learn about specific areas of mental health such as Suicide, Self Harm or the Mental Health Act.

Is there a charge for these?

The courses are free for volunteers and/or anyone who has used any of Jami's support services in the last twelve months.

Individuals not using Jami services please see each listing as course prices vary.

### Mind and Body Courses

Evening courses designed to support your wellbeing facilitated by healthcare and wellbeing professionals.

Is there a charge for these?

Everyone pays a course fee (see each listing as prices vary). Concessions get 30% off full price.

# 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 **5 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

## How to book



**To book for one of our courses simply complete the booking form on the next page or book online.**

Make sure to fill in the booking form carefully so we can enrol you for the correct course. All information in terms of dates, venues, timings and cost for each course can be found with the full course information. Once you have completed the form either post it to the Head Room Education Team at the **Martin B. Cohen Centre** 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 feel free to contact us either at **headroom@jamiuk.org** or call Emma on **020 8458 2223**.

# Booking form

This form is not a referral form for our support services. If you need to access Jami's mental health support or carers services please call our Duty Team on 020 8458 2223

Course / Seminar name:	Start date:	Course location:
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## Personal information

Your privacy is important to us and we need your consent in order to communicate with you. Please select all the ways we can contact you:

- Post  Email  Phone  SMS

Title:	Forenames:	Surname:
Address:		Phone number:
Postcode:		Email:

By providing this information I confirm that I am consenting to Jami holding and processing my personal data to keep me informed about Jami's services, courses, events and fundraising. Where you do not grant consent we will not be able to use your personal data (so for example we may not be able to let you know about forthcoming services and events); except in certain limited situations, such as where required to do so by law or to protect members of the public from serious harm. You can find out more about how we use your data and how to withdraw your consent from our privacy notice at [www.jamiuk.org/privacy](http://www.jamiuk.org/privacy)

## Fees

For general course fees, please see page 52. For all other courses, see the full course descriptions within the prospectus.

**If a fee applies to you, please complete the information below:**

- Are you a self-paying individual? ● **Yes / No** ● If you require an invoice, please supply name of person to be invoiced and their contact details here:  
Is your organisation paying for you? ● **Yes / No** ●  
Do you require an invoice? ● **Yes / No** ●

For more information about concessions available, please contact us.

## Payment details\*\*

Course cost: Payment by:  Visa  Mastercard  Amex  Cheque enclosed\*\*

Card no:             3/4 digit security no.

Start date:   /   Expiry date:   /   Name on card:

\*\* If paying on the day please bring your payment to the course by cash or cheque when you attend. Cheques should be made payable to Jami. Receipts can be obtained at payment.

Signature

Date

## Your feedback

### How did you hear about Jami?

- Word of mouth
- Leaflet
- Email
- Social media
- A Professional encouraged me to come along
- Recommendation
- Other (please specify): \_\_\_\_\_

Is there anything else you would like us to know about you?

What areas of Jami are you particularly interested in? (please tick all that apply to you)

- Jami education events
- Volunteering for Jami
- News and updates on Jami's work
- Fundraising for Jami

Signature


Date


Please return to:


Jami Head Room, Martin B Cohen Centre for Wellbeing, Gould Way, Deansbrook Road, Edgware HA8 9GL  
Email: [headroom@jamiuk.org](mailto:headroom@jamiuk.org) | Telephone: 020 8458 2223

## Our Venues


### North West London


Martin B. Cohen Centre  
Gould Way, Deansbrook Road  
Edgware HA8 9GL (SAT NAV: HA8 9BG)  
By bus: 303, 628, 642, 142 and 288  
By train:  Edgware  
Underground Station, Northern Line

Elliott Simmons Centre  
Leila's House, 55 Christchurch Avenue  
Finchley, London N12 0DG  
By bus: 82, 125 and 460  
By train:  Finchley Central  
Underground Station, Jubilee Line

Head Room Café  
89 Golders Green Road  
Golders Green, London NW11 8EN  
By bus: 83, 183, 210, 240, H2 and H3  
By train:  Golders Green  
Underground Station, Northern Line

### East London

Redbridge Jewish Community Centre  
Sinclair House, Woodford Bridge  
Ilford IG4 5LN  
By bus: 123, 179 and 366  
By train:  Gants Hill or Redbridge  
Underground Station, Central Line

Woodford Forest United Synagogue  
20 Churchfields, London E18 2QZ  
By bus: 179 and N55  
By train:  South Woodford  
Underground Station, Central Line

# SIP . SHOP . SHARE



Head Room



11 & 12  
JANUARY  
2019

Join over 100 shuls, organisations and groups taking part across the UK, and help to raise the profile of mental health and mental illness in the Jewish Community.

REGISTER TODAY SO YOU AND YOUR COMMUNITY CAN GET INVOLVED.



TO REGISTER YOUR INTEREST OR TO FIND OUT MORE PLEASE VISIT [HEADONUK.ORG](http://HEADONUK.ORG)

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The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.



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London NW11 8EN

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

Head Room Cafe on [Facebook](https://www.facebook.com/headroomcafe), [Instagram](https://www.instagram.com/headroomcafe), [LinkedIn](https://www.linkedin.com/company/headroomcafe)  
[headroomcafe.org](http://headroomcafe.org)

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The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

# Head Room

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Jami's Head Room programme is reaching out to the Jewish community. Jami is encouraging everyone to be in touch with their own mental health, improve understanding and challenge stigma.

Visit [jamiuk.org](http://jamiuk.org) | Telephone 020 8458 2223 | Email [headroom@jamiuk.org](mailto:headroom@jamiuk.org)  
@JamiPeople | JAMIMentalHealth

**Jami**

The Mental Health Service for our Community