

LABELS ARE FOR JARS.
NOT PEOPLE.



Head Room



Courses, seminars & events
September 2017 – July 2018

Jami is the mental health service for the Jewish community. Head Room is Jami's learning and education programme that provides courses for the whole community. There is something for everyone.

Don't just take our word for it. Our participants enjoy our courses:

“

I am energised and inspired to find ways of applying this in Jewish communities.

”

David, Parent

Contents

Welcome	3
What's on	5
Family & Parents	7
Mental Health Awareness Shabbat	9
Café Culture	13
All Learners	17
Young People	31
Retired	35
Volunteers	37
Carers	41
CPD (Working in Mental Health, Carers, Volunteers)	45
Schools	49
Booking information	51
Booking form	52
Course information & fees	54
Venues	55

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. We work with schools and synagogues to reach out.



Jami's team help 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



In the last 12 months we have seen so much coverage about mental health in the media. But how much are we talking about it in our own communities?

If you make one resolution for 5778 make it about widening your horizons about mental health. We're all in it together so let's try and ensure a new year that is mentally healthy for all of us.

Whether you're meeting at our Head Room Café to join the discussions and debates, attending one of our events for families or enrolling in our next Mental Health First Aid course you won't regret the time you spend learning with us.

Visit our website jamiuk.org/headroom to find out more about pop up learning opportunities at our café.

Our community partners

Jami works with a range of community partners to embed our education work 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.



Barnet United Synagogue



Cockfosters and N Southgate United Synagogue



Edgware Masorti



Finchley Progressive Synagogue



Finchley Reform Synagogue



Jewish Care



JCoSS



JFS



JW3



Woodford Forest United Synagogue

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

Café Culture

Check out our events at our Head Room Café including our new Community Conversations.

All Learners

You might like to enrol for our 5-6 week Personal Development Courses which explore a variety of topics or join us for a Mental Health First Aid course.

Family & Parents

We benefit from meeting other parents and swapping ideas and strategies. Try our 5 week course to give you the boost you need and don't miss our Family Wellbeing Day on Sunday 4th March 2018.

Young People

Come and join us at one of our Get Together discussions or sign up for our Mindfulness and Milkshakes event on Sunday 4th March 2018.



Volunteers

Wherever you volunteer we have some top courses geared towards your learning needs to enable and empower your volunteering.

Schools

Our Head Room team offers an exciting range of educational workshops which can be run in-house at your school.



Retired

Trying to make the adjustment into retirement? As the saying goes retiring from work is not retiring from life! We are running 2 events this year for people like you!

Carers

We have a full programme of events for carers this year including a series of legal seminars.

Working in Mental Health

CPD seminars for those who work, volunteer and want to learn about specific areas of mental health.

Information on Booking Your Course

Our courses fill up so please book early to ensure your place. A booking form is available at the back of this prospectus. You can also book online at jamiuk.org/headroom

Pop Up Learning Events at Head Room Café

Don't want to book? You can just drop-in for a Community Conversation at our Head Room Café in Golders Green. Check out our Café Culture page for more.

Family & Parents

“
More parents
need to access
this seminar.
”

June, Parent

“
I took away lots of
tips for dealing with
family life.
”

David, Parent

“No one told me it would be like this”

You didn't get a manual the day she was born. He didn't come with a health warning. No one has written the job description to parenting. Wonder who would apply for a job that is hugely demanding, emotionally draining, working round the clock and financially a nightmare. Oh yeah, that's you. Parenting can leave us in despair as well as provide great “nachus”, pride and joy. So come and reclaim your sanity and meet other parents juggling family life and their own mental wellbeing (aren't all of us?).

On this course you will get the opportunity to reflect on what you feel is going well, get support to make small adjustments that might just add up to a big difference, gain some relaxation skills, tips for improving sleep and decreasing anxiety and become a more reflective, calmer parent.

Cost: **Free** for those who have used a Jami support service in the last twelve months or **£20** for 5 weeks per person.



five week course

Wednesdays, 11.15am – 12.45pm

8,15,
22,29
Nov 2017

6 Dec
2017

Martin B Cohen Centre, Edgware

Family Wellbeing Day

Following on from our hugely successful Family Resilience Conference in 2017, Jami brings you a wellbeing day for the whole family. So bring children, grandparents, aunts and uncles - all warmly welcomed.

Participate in sessions on Family Mindfulness and Building Resilience. Discover what makes your family fantastic. Try out our fun activities at the Wellbeing Shuk. We will also be welcoming the London Playback Theatre Company for a live performance.

Suitable for adults and children aged 10 up (under adult supervision)

Cost: £25 each for an adult participant; Under 18s are free. Concessionary rate of 30% off available for low income households and retired people.

Light refreshments available throughout the day, alongside a kosher milky packed lunch (included in cost).

Teenagers Event:

Mindfulness and Milkshakes at the Head Room Café from 6:30-9pm that evening. Cost: £5. For more details, see page 12.



4 Mar 2018
Sunday
10.00am – 3.00pm

RAF
Museum,
Hendon

This event is
generously
supported by
Hampstead
United
Synagogue.



Mental Health Awareness Shabbat



The Head Room education team are delighted to offer the following interactive workshops to your community or group for Head On: The Mental Health Awareness Shabbat taking place on 19/20th January 2018. We will be bringing our selection of one hour interactive sessions to you to explore topics on mental health and wellbeing. We will also be running a young people's event Mindfulness and Milkshake on Sunday 4th March 2018.

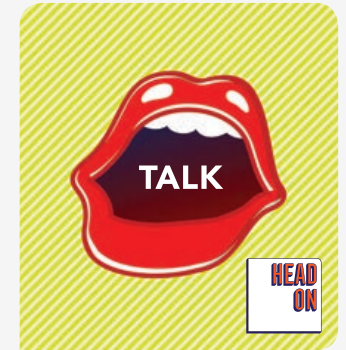
If you would like one of our interactive sessions for your synagogue or organisation get in touch through our website www.headonuk.org or call 020 8458 2223.

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 the social impact of mental health problems, the risk factors and how we as a community can look after ourselves and others.



Stress, Pressure and Meltdown: Building Resilience in our Families

Families face more pressures and strains than ever. With our hectic lifestyle we seem to have increasingly less time to spend together. Come and join one of our Jami Head Room facilitators to explore how our children's and our own emotional wellbeing are interlinked and how we can kick-start those much needed conversations.



Introduction to Mindfulness

Mindfulness has received huge attention in the media and seems to be the go-to solution for our demanding lives. Join us to explore this phenomenon and sample some mindful activities you can take away with you.



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, 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. 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 a group of like-minded people, particularly parents, concerned about their young people to learn more about a variety of mental health problems, treatments 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.

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



This session will explore key ideas around our mental health whilst focussing on the different types of stress currently experienced by 14-18 year olds. We will look at the specific resources available to this generation and how they can be used to manage the pressures and expectations we all face. We will include discussion alongside creative activities to unpack this important subject.

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**

4 Mar 2018
Sunday
6.30pm – 9.00pm

Head Room
Café, Golders
Green

Café Culture

“
Using the Head Room Café to reach out and engage with people through our Community Conversations is a powerful way to bring us together. I feel privileged to be a part of this new Jami initiative.”

Hannah, Community Conversations Volunteer Facilitator

Writers' Open Mic Night



Do you fancy yourself 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, have a drink and a bite to eat whilst our writers and performers share with you some of their own work.

Interested in reading your work? Please drop us a line headroom@jamiuk.org to join our list for the night.

Doors Open: 8.30

Readings: 9.00 – 10.00pm

10	Oct 2017	12	Apr 2018
18	Jan 2018	7	Jun 2018

Head Room Café, Golders Green

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, 5.30 – 7.00pm

24	Oct 2017	7	Nov 2017	5	Dec 2017
9	Jan 2018	6	Feb 2018	3	Apr 2018
8	May 2018	5	Jun 2018	3	Jul 2018

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?

Running for the past two years, our Get Together is perfect for anyone aged 18 – 32 looking to be part of the dialogue on issues impacting young people in today's society and interested in meeting like-minded people from all walks of life.

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 have lived an experience of mental illness or are simply interested in the topics covered in the sessions.

Tuesdays, 6.15 – 7.30pm

17 Oct 2017 | 21 Nov 2017 | 12 Dec 2017

23 Jan 2018 | 20 Feb 2018 | 17 Apr 2018

22 May 2018 | 19 Jun 2018 | 17 Jul 2018

Head Room Café, Golders Green

Community Conversations



This new Jami event is inspired by the French café-débat. Thierry Bonfanti the French psychologist and thinker created the café-débat (coffeehouse debate) in the 90's. Bonfanti and his colleague Michel Lobrot developed these as a way of bringing people together to have interesting conversations.

The group decides what to discuss facilitated by a member of the Jami team.

Weekly sessions at 6.15pm after work and some daytime sessions during term time. Check Twitter or Facebook for updates: @JamiPeople

Head Room Café, Golders Green

All Learners

Mental Health First Aid

“
An excellent catalyst for building my knowledge and confidence to help others more. I feel much better equipped, and more confident. If I don't know what to do, I know who to approach.
”

Hannah, Trainee

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, treatments currently used in England and increase your confidence in supporting others.

Cost: **£55**
(includes course manual and light refreshments)



Thursdays, 6.00 – 9.00pm

16,23, | **7 Dec**
30 Nov | **2017**
2017

Martin B Cohen Centre, Edgware

MHFA Youth

We are also accredited providers of Youth Mental Health First Aid. This accredited course equips you to provide a 'first aid response' to support adolescent mental health and wellbeing.

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 a group of like-minded people, particularly parents, concerned about their young people to learn more about a variety of mental health problems, treatments in use and increase your confidence in supporting young people.

Cost: **£65**
(Includes course manual and light kosher vegetarian lunch)



Sundays, 10.00am – 4.00pm

15 Apr | **29 Apr**
2018 | **2018**

JCoSS, New Barnet

All Learners

Mind and Body Courses

Our mental wellbeing is dependent on many factors in our lives. Managing our stress is a huge part of the wellbeing jigsaw puzzle. Our courses for 2017/18 will enable you to access more tools for your toolbox such as relaxation and breathing techniques and a heightened awareness of the relationship between your mind and body.

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 5 week stress management course will enable you 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.

Cost: **£48**

five week course

Wednesdays, 7.30 – 9.00pm

11,18,
25 **Apr**
2018 | **2,9**
May 2018

Barnet United Synagogue,
New Barnet

The Mind and Body Link



Join our Wellbeing and Fitness experts for our new 5 week mind and body course. They will help you get to know how the strategies that you already use for coping with life's demands could be overhauled and improved to give you a sense of more control and less chaos. Try some gentle yoga and pilates techniques that you can take away and incorporate into your new personal development care package.

Cost: **£48**

five week course

Thursdays, 8.00 – 9.30pm

2,9,16,23,30
Nov 2017

Woodford Forest United
Synagogue, Woodford

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.



We're Only Human



"It's natural to feel that way....don't be so hard on yourself". That's a familiar phrase to many of us but do we take it on board?

We all feel low sometimes. How do we manage our emotional wellbeing day to day?

Outreach Programme

10 Oct 2017
Tuesday
6.30 – 9.30pm

Woodford
Forest
United
Synagogue

Overcoming and Supporting Isolation



How can you feel comfortable by yourself? Being alone doesn't necessarily mean being lonely and how can we as a community help overcome social isolation?

Outreach Programme

14 Nov 2017
Tuesday
6.30 – 9.30pm

Woodford
Forest
United
Synagogue

Managing Life's Changes



Part of life is change and loss but coming to terms with a new set of circumstances can feel overwhelming. As we go through life's journey how can we adapt and begin to see change as an opportunity and not just a challenge to overcome?

Outreach Programme

12 Dec 2017
Tuesday
6.30 – 9.30pm

Woodford
Forest
United
Synagogue

Non-judgemental listening



In our roles of parents, grandparents, carers and friends, we can't get it right every time, especially when we may miss the other person's point of view. Having a simple conversation around mental health and emotions can be difficult, so how do you start and how do you show you are 'really listening' and what do you do with the information that may be shared with you?

Outreach Programme

16 Jan 2018
Tuesday
6.30 – 9.30pm

Woodford
Forest
United
Synagogue

Street Representations of Wellbeing



A project with Woodford Synagogue members

photography exhibition

Opening times

The exhibition will be on in the synagogue all week.
Please check with the Synagogue regarding times.

Opening evening
13 Feb 2018
Tuesday
6.30 – 9.00pm

Woodford
Forest
United
Synagogue

All Learners

Personal Development Courses

“It is a pleasure meeting like-minded people who are interested in personally developing themselves... I learn so much from our participants' willingness, insight and awareness, it's inspiring.”

Naomi, Peer Trainer

North-West London

Creative Routes #3

For the past two years we have offered creative courses on a variety of writing and art forms. This year we will again be hosting a visual artist. The arts are a great way to facilitate personal expression, a key part of personal development journeys. We do hope you can join us to unlock the maker inside you.

No previous experience is necessary, just an interest in using art materials.

Cost: The course is **free** for anyone who has used any of Jami's support services in the last twelve months or is **£20** for 6 weeks.

All participants will be asked to contribute £5 towards the cost of materials.



six week course

Wednesdays, 3.00 – 4.30pm

10,17, 7,14
24,31 Feb 2018
Jan 2018

Martin B. Cohen Centre, Edgware

Stella has attended 4 courses at Head Room

“ My self-esteem has grown. I'm a more confident person today by coming on these courses. ”

When Stella first came to Head Room

“ Getting through the door was a huge anxiety. I was really vulnerable, but haven't looked back. I know that I have a voice and a contribution to make. Being with others, hearing their views, thoughts and feelings when I had been living with painful social anxiety and been so isolated before, was a breakthrough. I've also reconnected with my love of poetry and my spark for life. ”

Project Me: Life Choices and Independence



We invite young adults to join us for this 5 week course which will explore themes such as 'adulthood' in 2018. 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 own terms.

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

five week course

Thursdays, 3.00 – 4.30pm

1,8,15,22,29

Mar 2018

Martin B. Cohen Centre, Edgware

Building Resilience: Managing Loss and Rejection



Life can be tough and can take its toll on our wellbeing and our ability and strength to cope. This course aims to enhance your wellbeing and build resilience by strengthening your ability to 'bounce back' and adapt to the pressures of everyday life. Together we will explore how to set realistic expectations based on the resources you have available and how you could build future resources to draw from. In our supportive learning environment begin to strengthen your resolve and avoid the 'all or nothing thinking' that can hold us back.

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

five week course

Wednesdays, 2.00 – 3.30pm

11,18, | **2,9**
25 **Apr** | **May 2018**
2018

Martin B. Cohen Centre, Edgware

Redbridge & East London

Money, debt & mental health



It's long been believed that levels of debt, and lack of financial resources have a direct impact on our mental health. In this 5 week course we will explore our attitude to money as well as taking away some practical finance management tools. Does money make us feel better and how much do we actually need to be happy? Join us to explore our feelings and experiences of money and the lack of it and explore how we can better manage both our feelings and our budgets.

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

five week course

Tuesdays, 2.15 – 3.45pm

7,14, | **5** **Dec**
21,28 | **2017**
Nov 2017

Redbridge Jewish Community
Centre, Gants Hill

Life's Stages and Changes – lessen the stress; enhance your self-care



As we go through life each stage brings its own pressures, expectations, hopes and stressors. From 'growing up' and fitting in with your peers, becoming an adult with responsibility, parenting, working, to adapting to retirement. Each milestone brings its own demands and challenges. How do we manage the stress and anxiety and how do we take care of ourselves along the way? Could there be alternatives available to us that we might find more nurturing and satisfying? Join us to help manage life's inevitable changes.

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

five week course

Thursdays, 2.15 – 3.45pm

12,19, 3,10
26 **Apr** 2018 | **May** 2018

Redbridge Jewish Community Centre, Gants Hill

Building Resilience: Managing Loss and Rejection

Life can be tough and can take its toll on our wellbeing and our ability and strength to cope. This course aims to enhance your wellbeing and build resilience by strengthening your ability to 'bounce back' and adapt to the pressures of everyday life. Together we will explore how to set realistic expectations based on the resources you have available and how you could build future resources to draw from. In our supportive learning environment begin to strengthen your resolve and avoid the 'all or nothing thinking' that can hold us back.

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



five week course

Tuesdays, 2.15 – 3.45pm

12,19, 3,10
26 **Jun** 2018 | **Jul** 2018

Redbridge Jewish Community Centre, Gants Hill

De-cluttering our minds; de-cluttering our lives'



Everyone has so much going on. But all of us can only deal with so much, and our capacity to do this can change depending on what's going on and the resources we have available to us.

What if we could de-clutter our mind just as we can de-clutter our home? What would we choose to keep and what could we recycle? Join us to metaphorically 'spring clean' our lives, so we can breathe easier and give ourselves a little more space to think...

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

five week course

Thursdays, 1.30 – 3.00pm

14,21, 5,12
28 **Jun** 2018 | **Jul** 2018

The Boiler House Community Space, Hackney

Young People

“Get Together has provided young people with a relaxed environment where the importance of mental health in the community and sharing our opinions has empowered my connection to others.”

Natasha

From Young Adult to Young Professional



For many of us the transition from young person to young professional can be challenging. How do we negotiate being an adult in our parent's home? How does a potential increase in independence alter our relationship with our family?

28 Sep 2017
Thursday
7.00 – 8.30pm

JW3,
Finchley
Road

Join us for an interactive discussion to explore the stress and pressures of being part of a family unit and how we can improve our own resilience.

Get Together

Do you have a passion for mental wellbeing and social activism?

Are you interested in hearing the opinions of others?

Running for the past two years, our Get Together is perfect for anyone aged 18 – 32 looking to be part of the dialogue on issues impacting young people in today's society and interested in meeting like-minded people from all walks of life.

Join us at our Head Room Café for conversation and a cuppa.

Who's it for? Anyone aged 18-32 who may have lived experience of mental illness or is simply interested in the topics covered in the sessions.



Tuesdays, 6.15 – 7.30pm

17 Oct 2017 | **21 Nov 2017** | **12 Dec 2017**

23 Jan 2018 | **20 Feb 2018** | **17 Apr 2018**

22 May 2018 | **19 Jun 2018** | **17 Jul 2018**

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

4 Mar 2018
Sunday
6.30 – 9.00pm

Head
Room Café,
Golders
Green

Project Me: Life Choices and Independence

We invite young adults to join us for this 5 week course which will explore themes such as 'adulting' in 2018. The Urban Dictionary identifies the term adulting 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 own terms.

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



five week course

Thursdays, 3.00 – 4.30pm

1,8,15,22,29

Mar 2018

Martin B. Cohen Centre, Edgware

6th Form Mental Health Masterclass



Join our Head Room professional trainers for a day tailored to extend the knowledge of budding psychologists and those interested in studying related subjects at university. Perfect for those of you finishing your EPQ.

The morning session will cover Mental Health First Aid Half Day.

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue

The afternoon will explore two mental health issues that are often talked about by the media namely Borderline Personality Disorder and Bi-Polar Disorder. Our course materials have been devised with people affected by these issues and we include stories based on lived experience.

Cost: **£55** for students

one day seminar

24 Jul 2018
Tuesday
10.00am – 4.30pm

Martin
B. Cohen
Centre,
Edgware

Retired

“
Helped me to focus and find
positive experiences.”

Martin

If life is a book...are you ready
for the next chapter?



Are you recently retired? Planning to retire? Are you looking forward to doing all those things you have not had time to do like become a more active member of your gym, a local charity or your synagogue?

Some of us look forward to retiring and seeing more of family and friends, travelling and enjoying life, maybe giving something back. Yet there are many of us who remain ambivalent to this life transition. Work has been a place of socialising, friendship, meaning and purpose. Retirement feels empty and unknown. Wherever you feel you are on this spectrum join us to explore how we can retire and look after our mental health. Gain ideas to improve your mental wellbeing with others about to embark on this next chapter..

These courses are offered **free of charge**.

one day seminar

1 **Mar 2018** | 1.30 –
Tuesday | 5.00pm

Redbridge Jewish Community
Centre, Gants Hill

24 **Apr 2018** | 1.30 –
Tuesday | 5.00pm

Jewish Care, Amélie House

Volunteers

“
I volunteer with Jami and both the content of the speakers' talks and the Q+A's will add to my knowledge base.”

Judy, Volunteer

How to facilitate a Group



Would you like to be able to run groups within a charity or not for profit setting? Do you feel you could benefit from learning more about group dynamics and best practice group models? Then look no further! Learners will benefit from two experienced facilitators and take away more knowledge, understanding and experience of how to run a group.

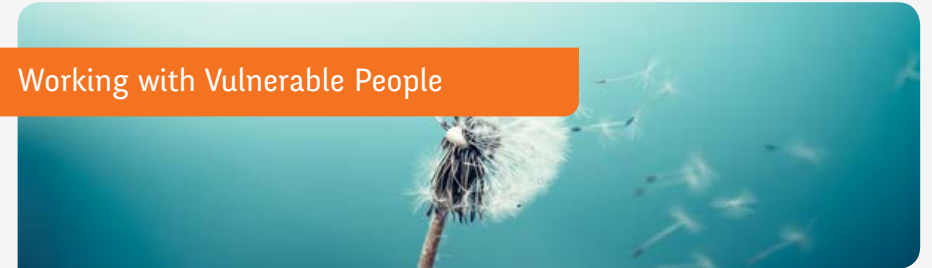
Cost: **Free** for current Jami volunteers (you will be asked where you volunteer when booking), or **£20** per person.

one day seminar

2 Nov 2017
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: **Free** for current Jami volunteers (you will be asked where you volunteer when booking), or **£20** per person.

one day seminar

11 Jan 2018
Thursday
11.15am – 2.30pm

Martin
B. Cohen
Centre,
Edgware

Building Emotional Resilience in Ourselves



It starts with you. We're hearing that more and more these days and when it comes to being able to volunteer in charities and work with people who are stressed out, ill or struggling in life these words are so true. We cannot be helpful to people in difficult times unless we can build our emotional resilience.

On this course we examine the roots of emotional resilience, what it is and how we can find it for ourselves. You will leave with your own personal action plan for strengthening your resilience.

So no more excuses, help yourself to some better mental health.

Cost: Free for current Jami volunteers (you will be asked where you volunteer when booking), or **£20** per person.

one day seminar

15 Mar 2018
Thursday
11.15am – 2.30pm

Martin
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Centre,
Edgware

6th Form Mental Health Masterclass



Join our Head Room professional trainers for a day tailored to extend the knowledge of budding psychologists and those interested in studying related subjects at university. Perfect for those of you finishing your EPQ.

The morning session will cover Mental Health First Aid Half Day.

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue

The afternoon will explore two mental health issues that are often talked about by the media namely Borderline Personality Disorder and Bi-Polar Disorder. Our course materials have been devised with people affected by these issues and we include stories based on lived experience.

Cost: £55 for students

one day seminar

24 Jul 2018
Tuesday
10.00am – 4.30pm

Martin
B. Cohen
Centre,
Edgware

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. ”

George, Carer

North-West London

“I don't have my own life. I'm a Carer.”

As carers we get used to living our lives closely attached to the people for whom we care. All of us have our own emotional wellbeing to look after. Yet not being able to “switch off”, detach or step back has an impact on both how we feel about ourselves, our identities and the families or communities we live in. Join us for a rare opportunity to think about your needs and identity in this conversation for carers.

Cost: £5 including light refreshments

Carers Week Event

21 Jun 2018
Thursday
5.00 – 7.00pm

Martin
B. Cohen
Centre,
Edgware

East London

Who's taking care of you?

“They push and work ‘above and beyond’, deny their own needs and berate themselves”. These are the words of Dr Tim Cantopher, Consultant Psychiatrist. Words that will resonate with many of us.

Does it make any sense to be so concerned about the wellbeing of others but not to take care of yourself?

Join us for this community conversation for carers. Reflect on the impact of your role and what you can do to lessen the ‘costs’ to yourself.

Cost: £5 including light refreshments



Carers Week Event

19 Jun 2018
Tuesday
5.00 – 7.00pm

Redbridge
Jewish
Community
Centre,
Gants Hill

Spotlight on Legal Matters

Explaining Trusts and Wills: What Carers Need to Know



Steve Howells specialises in provision for vulnerable beneficiaries. Steve will speak this evening as a representative from Rethink Trust Corporation, a subsidiary of Rethink, the national mental health charity. He regularly speaks to groups about the challenges faced by families when deciding how to provide in their wills for someone affected by mental illness. Steve will look at Trusts and Wills in this holistic and interactive session. Come along and learn more about the use of trusts to protect an inheritance, wills and how they should be structured and the pros and cons of trust arrangements.

Cost: **£15** or **£30** to attend all three seminars

Seminar

19 Oct 2017
Thursday
7.15 – 9.00pm

Elliott
Simmons
Centre,
North
Finchley

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'). If you or a family member are a formal patient you lose certain rights, including the right to leave hospital freely, so if you're in this situation it's really important to know your rights under the Mental Health Act.

Join Debra Shaw, lawyer and legislation expert for a session which will cover a patient's rights when detained in hospital against their wishes or when being treated in the community whilst under section, their right of appeal, confidentiality, their right to representation and the ramifications of having a son or daughter or other relative admitted to hospital under the Act.

Cost: **£15** or **£30** to attend all three seminars



Seminar

2 Nov 2017
Thursday
7.15 – 9.00pm

Elliott
Simmons
Centre,
North
Finchley

Maximising the Equality and Care Act Legislation for the Person You Care For



Join Zach Esdaile, a solicitor at Bowers, with a special interest in Disability Law for an evening exploring the Care Act 2014 and the Equality Act 2010 and what this means for people with mental illness in relation to enabling them to live, study and work as independently as possible.

Cost: **£15** or **£30** to attend all three seminars

Seminar

11 Jan 2018
Thursday
7.15 – 9.00pm

Elliott
Simmons
Centre,
North
Finchley

Continuing Professional Development

*Working in Mental Health
Carers
Volunteers*

“

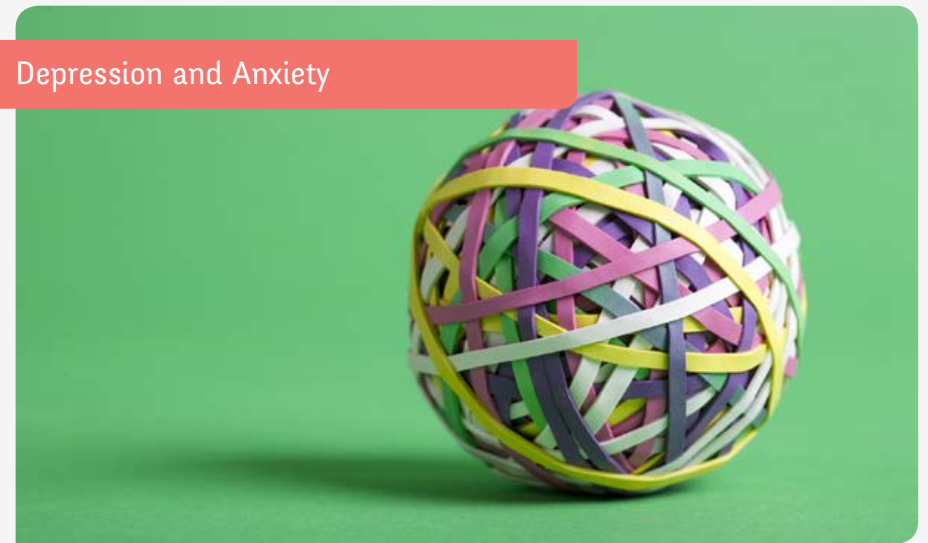
It was interesting to have different people coming from different areas of experience.

”

Alex, Volunteer

North-West London

Depression and Anxiety



According to the Adult Psychiatric Morbidity Survey, published in September 2016, 1 in 6 adults have a common mental disorder including depression and anxiety.

Both depression and anxiety can have a huge range of symptoms and a wide spectrum of severity. It's a major public health issue. Come and join us to explore what depression and anxiety are, how they relate to our own daily lives and how we can help ourselves and others to cope better.

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

18 Oct 2017
Wednesday
11.15am – 3.45pm

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

CPD by Jami

21 Feb 2018
Wednesday
2.00 – 5.00pm

Martin
B. Cohen
Centre,
Edgware

Eating disorders

Eating disorders are much debated in the media and many of us will be familiar with the well-known conditions Anorexia and Bulimia. Eating disorders go to the heart of someone's personal identity and self-image and touch upon many areas of a person's life. Both men and women are impacted by eating disorders. In this session we explore the different eating disorders to gain an understanding of them and that recovery is possible.

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

23 May 2018
Wednesday
11.15 – 3.45pm

Martin
B. Cohen
Centre,
Edgware

East London

Understanding OCD



Ever left the house and sometime later thought you left the front door open? Always checking the contents of your pockets or concerned about keeping your hands clean? So are you experiencing OCD (Obsessive Compulsive Disorder) or are you just as anxious as everyone else?

Join this interactive session to gain a greater awareness and find out what OCD really is, its impact and how to manage the anxiety, thoughts and behaviour that can disrupt and disable day to day living.

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

13 Dec 2017
Wednesday
11.00am – 3.30pm

Redbridge
Jewish
Community
Centre,
Gants Hill

Schools

“
The experience was invaluable for our students and it has helped reduce the stigma around mental health issues throughout the school.”

Teacher, Secondary School

Our Head Room team offers an exciting range of educational workshops which can be run in-house at your school. Working with year groups 6-13 we cover looking after our own mental health, skilling up on stress management tools and how to streamline our transition into university and gap years.

Contact us at headroom@jamiuk.org or call Emma on 0208 458 2223 to discuss bespoke programmes and workshops designed with your year group in mind.

Do you want to be a Mental Health Awareness Raiser?

From our experience 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 in 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

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 the dialogue.

We recommend this workshop for years 7 - 9

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 workshop for any year group

Transition Workshops

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 key worries, manage this transition and recognise the new opportunities university life offers.

We recommend this workshop for sixth form students

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.

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

Title:	Forenames:	Surname:
Date of birth:	Mobile number:	
Address:	Home telephone:	
Postcode:	Email:	

Jami has exciting activities that we hope you'd like to hear about. Please tick the relevant boxes below so that we can keep in touch (you can withdraw your consent at any time).

I would like Jami to continue to send me relevant materials

I would like to be contacted by: Post Telephone Email SMS

Fees

For general course fees, please see page 54. 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

Emergency Contact details

Contact 1

Name:
Relationship (e.g. Partner, Key Worker etc.):
Phone number:
Email:

Contact 2

Name:
Relationship (e.g. Partner, Key Worker etc.):
Phone number:
Email:

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): _____

How best would you describe yourself?

(please tick all that apply to you)

- I would like to learn more for my personal development
- I would like to learn more for my professional development
- I am a carer
- I have friends/family affected by mental illness
- I use Jami services
- I use other mental health services e.g. NHS, Mind etc.
- I am a Jami volunteer
- I am from the Jami staff team
- I am a mental health professional

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

Signature

Date

Course information & fees

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 Youth as evening courses in 2017/18.

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

Is there a charge for these?

Individuals pay £55 - £65 dependent on the particulars of the course.

Contact Emma by phone on 020 8458 2223 or email headroom@jamiuk.org for group bookings.

CPD by Jami

CPD seminars for those who work, volunteer and want to learn about specific areas of mental health such as Eating Disorders, Depression and Anxiety and Self Harm.

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.

Courses for schools and youth projects

Get in touch to find how Jami can support your school curriculum or youth resource. We currently run stress management and mental health awareness sessions for young people.

Contact Emma by phone on 020 8458 2223 or email headroom@jamiuk.org

Personal Development Courses

Daytime 5/6 week courses run by two facilitators.

We are now running morning courses to help parents who need to do the afternoon school run and a new course for people recently retired.

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 depending on duration) concessions get 30% off full price.

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


JW3
341 - 351 Finchley Road
London NW3 6ET


By bus: 113 and 13
By train:  Finchley Underground
Station, Jubilee and Metropolitan Line;
 Finchley & Frognal Overground
Station

Barnet United Synagogue
Eversleigh Road, New Barnet
Barnet EN5 1ND


By bus: 384 and 326
By train:  High Barnet Underground
Station, Northern Line and New Barnet
Station, Great Northern

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

RAF Museum
Grahame Park Way
Colindale, London NW9 5LL
SAT NAV users postcode NW9 5QW
By bus: 303
By train:  Colindale Underground Station


JCoSS
Castlewood Road
New Barnet EN4 9GE


SAT NAV: EN4 9DQ
By bus: 384
By train:  New Barnet Station, Great
Northern

Jewish Care
Amélie House
Maurice and Vivienne Wohl Campus
221 Golders Green Road
London NW11 9DQ


By bus: 83, 183, 210 and 240
By train:  Brent Cross or Hendon Central
Underground Stations, 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

Boiler House Community Space
George Downing Estate, Cazenove Road
Hackney, London N16 6BE

By bus: 63, 73, 76, 106, 149, 243, 276, 393, 476
By train:  Stoke Newington
Overground Station

SIP . SHOP . SHARE



Look out for and feel free to chat to one of our *Heads Up* workers at Head Room Café

They can:

- Listen non judgementally
- Signpost to available support
- Provide guidance on wellbeing



Sip your coffee or try our enticing new evening menu with a choice of sharing platters, delicious mains and desserts.



Shop from our ever-changing range of unique vintage and designer goods. You can drop off your donated items at the shop too.



Share how you are feeling today with one of our Heads Up workers. Pop in for a free chat or come to a weekly drop in session.

Find us at:

89 Golders Green Road
London NW11 8EN

Sunday – Thursday: 08:00 – 23:00
Friday: 08:00 – 18:00

Head Room Cafe on   
headroomcafe.org

SUPPORTED BY

A SOCIAL ENTERPRISE FROM



THE MAURICE WOHL
CHARITABLE FOUNDATION

Jami

The Mental Health Service for our Community

Registered Charity 1003345. A Company Limited by Guarantee 2618170.

Jami at



SIP . SHOP . SHARE



Head Room

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 | Telephone 020 8458 2223 | Email headroom@jamiuk.org
@JamiPeople | JAMIMentalHealth

Jami

The Mental Health Service for our Community