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The magazine of Jewish Blind & Disabled

THE

KEY

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Independent Living Advisory Service

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FROM OUR CEO



“WE ARE GETTING NOTICED, OUR PROFILE IS RAISING AND IN TURN SO TOO ARE THE NUMBERS OF PEOPLE ON OUR WAITING LIST, AND DEMAND IS TOTALLY OUTSTRIPPING SUPPLY – THIS IS OUR DOUBLE-EDGED SWORD.”

Double-edged sword is possibly the best way I can articulate the impact of our recent efforts to increase our profile in the community.

We have been working hard to raise our profile in the community to ensure that everyone who needs our services finds us, and to ensure that members of the community, who are our backbone, are aware of the impact of our work. We are here for and because of the community.

Last year we saw more applications for our services than ever before. We also reached more new supporters than we have for several years. We are getting noticed, our profile is raising and in turn so too are the numbers of people on our waiting list, and demand is totally outstripping supply – this is our double-edged sword.

It's not increased awareness alone that has resulted in a huge increase in applications, but it has contributed. We have noticed patterns in applications that are

driving up our numbers including; applications from people who pre-Covid thought they were just about managing, but the pandemic took its toll on them; people who have lost carers who now need our support; people who are struggling with the cost of living, and increasing numbers of people with age-related disabilities who don't need or want to be in residential care but need a safe home with support to hand.

Alongside increased applications for housing, for the first time since launching the service in 2018, we have had to manage a waiting list for our Independent Living Advisory Service. We are now recruiting a new member of staff to ensure we can grow the service.

With increased demand for this service, we anticipate funding requirements will almost double this year. This service is fully funded by generous supporters from our community.

We are committed to growing and developing to enable people from our community living with physical disabilities and vision impairments to live independently with dignity and choice. We can only do this with your continued support.

As you will read in this issue of The Key, work on our new development is progressing. Thanks to the generosity of supporters so far, we have raised just over £7m and are committed to raising the final £3m. However, these 30 new flats won't be enough, and we know we can't stop here. As soon as we have completed our current capital fundraising project, we will be able to turn our attention to finding a site in the Hertfordshire area.

As demand increases so too does our ambition. We are hugely grateful for the increased profile and the many doors we are opening. Managing our double-edged sword is something we can't do alone. With your support we can continue to transform more lives. Only by working together will we be able to ensure we can support everyone who needs our unique offering; people living with physical disabilities or vision impairments who have nowhere else to turn.

Thank you.

Lisa Wimborne
Chief Executive

Miriam's story

Miriam moved into her Jewish Blind & Disabled flat in 2018.

“LIVING IN MY JEWISH BLIND & DISABLED FLAT HAS DEFINITELY CHANGED MY LIFE AND MADE ME FEEL GOOD ABOUT MYSELF AS WELL. IT'S VERY IMPORTANT TO ME THAT I CAN BE AS INDEPENDENT AS POSSIBLE.”



“Initially in the early 70s, I had a detached retina and couldn't really see with that eye anymore. And then in 1991, I was registered partially sighted because I was starting to lose the sight on the right eye with macular degeneration and then followed glaucoma. Now, I have got no sight at all.

I contacted Jewish Blind & Disabled having recently become single.

The thought of just going into an ordinary flat and having to answer the door when I couldn't see made me feel very vulnerable and quite scared. It is very challenging because when you are blind, you must have your wits about you every second that you are awake, otherwise you could drop something, walk into something or you accidentally turn on something that shouldn't

be on. Sometimes when I'm cooking, I've got to make sure if I'm using the front hob that it is the front hob, and I haven't accidentally also put the back hob on. When I heard about JBD, I thought that might be my best option.”

In Miriam's flat, she has a range of aids that help her on a day-to-day basis and the pull cords that come as standard in every Jewish Blind & Disabled flat.

“I have a talking book player – the sonic player, speech on my computer, a smart speaker, and there's the talking lift which helps me find my way to and from my flat. I know if I need to, I can get hold of a house manager quickly, using the pull cords or there's a button on the actual alarm box where I can talk to somebody. Twice a day, the house managers call me to make sure everything's okay. This makes me feel secure and I know that if I didn't answer, somebody would come up to my flat and check all is well.

Living in my Jewish Blind & Disabled flat has definitely changed my life and made me feel good about myself as well. It's very important to me that I can be as independent as possible – I can cook when I want, have a shower when I want to and generally do whatever I want, whenever I want. I like to be like that; I prefer to do things as far as I can for myself. I knew that I wanted to be in a Jewish environment; I am fairly Orthodox, and I like to celebrate the festivals. It was nice to know that I was coming into a place that kept traditions and there is always something going on in the lounge that I can participate in if I want to.



People here care a lot about each other and apart from having the support of the staff, there are tenants who always say: 'don't forget if you need me, I'm here, call me anytime.'

If I didn't move here, my life would have been difficult. It is still stressful being blind, no matter what. But it's a wonderful feeling getting up in the morning and knowing that I am safe in my own lovely flat. Despite my sight loss, my life, thanks to Jewish Blind & Disabled is the way I would like it to be and I hope it carries on for a long time. I am so grateful that they have given me the independence and peace of mind that will enable me to live my life to the full.”



Oldest tenant turns 106

On Saturday 26th November 2022, Jewish Blind & Disabled's oldest tenant Louis (known as Lou) Freedman turned 106.

He celebrated his landmark birthday with family and friends and had a tea party organised by his son Stephen and his wife Eve in the communal lounge of the JBD development that he has lived at since September 2021.

Lou spoke to us about his life:

"My parents were both born in Ukraine in the late 1800's. My dad left school aged 10 as there was no education past this age for Jewish children, and so he got a job learning a trade. Where they lived in Ukraine, all the roofs of the houses were made of metal. That's where it all started for him, climbing the roofs as an apprentice. Can you imagine leaving school and going to work age 10 now?"

My mum was from a Rabbinic family. At home everything was Kosher and very Jewish. Once my dad finished his military service in Ukraine, aged 20, he came to the UK with my mum.

I was the youngest of five children. I had two brothers and two sisters; we were all born here. My memories of my childhood are all good. I would say I had a great childhood living in Hackney with a close family.

I left school at 14 to become an apprentice in my dad's metal business. I worked there until I retired age 76.

I met my wife, Charlotte (Lottie), at a dinner dance in the Strand Palace Hotel, that's what people did in those days.

In 1940 I applied to the RAF. It took them 18 months to respond to my application. I really wanted to fly but they told me that with my skills I was more valuable to them on the ground, I never did get to fly but put my metal work skills to good use during the war.

We lived in Ilford in a bungalow for 68 years. I only moved out of there two years ago. I sometimes don't know what all the fuss is about when people talk about



"I KNOW I HAVE BEEN VERY FORTUNATE IN LIFE. I LOOK BACK AND LIFE SEEMS TO HAVE WHIZZED BY. I WOULDN'T CHANGE ANYTHING; I FEEL I HAVE MADE THE BEST OF LIFE. I AM ALWAYS BUSY."

my age. I think the secret to a long life is pure luck, it's just the way things are. You can't control these things. I know I have been very fortunate in life. I look back and life seems to have whizzed by. I wouldn't change anything; I feel I have made the best of life. I am always busy.

I shop most days, often in the Waitrose across the road from my flat. I have started going on the JBD shopping bus once a week too. I still cook for myself. I especially like making chicken soup although my mum and wife would have probably said it's not as good as theirs.

The biggest changes I have seen is computers. I have a computer and an iPad; I manage on them but do fight with them at times. I sometimes struggle to keep up with it all! What I don't like is the way there seems to be no personal contact these days, you make a phone call and it's all push buttons, if there's a wrong button to push, I will push it. I do miss the person on the end of the phone.

At the tea party, Jewish Blind & Disabled Chief Executive, Lisa Wimborne commented:

"What's so special about the community in this building is how the generations come together. There is over 70 years age difference between Lou and our youngest tenant here, yet they all look out for each other and it's wonderful to see so many of them joining Lou to celebrate his special birthday."

Laying the foundations for Ephraim Court

At the end of 2022, we held an event to mark the inaugural concrete pour at our new development, Ephraim Court, in the heart of Mill Hill East. Joined by our Patron, Chief Rabbi Mirvis, Dr Matthew Offord – MP for Hendon, our Presidents, Trustees and key supporters, the ceremony marked the next stage of construction work beginning on site. Due for completion in the summer of 2024, Ephraim Court will provide 30 new apartments for people with physical disabilities and / or vision impairments.

The building is named Ephraim Court in memory of brothers Menashi (Morris) and Heskell (Harry) Ephraim, after we secured a lead gift for the new development from the



Ephraim 1998 Charitable Trust. Gary Cullum, Trustee of the Ephraim 1998 Charitable Trust attended the event along with fellow Trustee Stuart Cutler. Gary commented; “We are honoured and delighted to be here today supporting this wonderful project. Brothers, Menashi and Heskell, set up a family trust so that they could say thank you to this country for taking them in when they came from Basra. One of the brothers had an eye injury so charities that help people with vision impairments and physical disabilities would be close to their hearts. We are now working on their behalf and thanks to them, we are able to make a huge difference.”

“THE FOUNDATIONS FOR THIS BUILDING CAN BE THE SAME THAT ARE APPLIED TO OUR JUDAISM - BUILT IN CHESED - ACTS OF LOVING KINDNESS.”



The development will provide 23 one-bedroom mobility apartments and 7 two-bedroom mobility apartments as well as an overnight studio apartment for the on-site house manager and a range of communal facilities.

The apartments are being designed to meet the needs of people with physical disabilities and / or vision impairments and will include accessible modern fitted kitchens and walk in shower rooms, spacious enough to accommodate wheelchairs. There will be communal laundry facilities, with accessible machines for all to use, a lounge, small garden, and roof terrace. There is parking for tenants which will enable those who drive to retain this aspect of their independence.

As an independent organisation that receives no government funding, all our developments have, to date, been funded with

the support of the community. Thanks to the generosity of supporters so far, we have raised just over £7m and are committed to raising the final £3m which will then enable us to find a site in Hertfordshire.

Following the concrete pour, guests joined tenants for tea at Frances & Dick James Court – our current development of 42 apartments in Mill Hill East.

Chief Rabbi Mirvis said: “I have witnessed the impressive work and activities of Jewish Blind & Disabled for many years and I am exceptionally proud of their amazing achievements. To construct anything, you must have a solid foundation, and this is what we are starting here. The foundations for this building can be the same that are applied to our Judaism – built in chesed – acts of loving kindness. Our Jewish world depends on chesed, and I am blown away by the act of kindness from the Ephraim 1998 Charitable Trust in supporting this building. Huge thank you to one and all for being part of the successful foundations of Jewish life for those that need us.”

Speaking at the event, Jewish Blind & Disabled’s Chair, Marc Gordon, said: “This building will provide the foundations for people of all ages with physical disabilities or vision impairments to live their life to the full, with a home that meets their needs, with 24/7 support to hand in a supportive Jewish Community. It can’t come soon enough. Demand is high. We are committed to doing all we can to ensure we can meet the increasing demand of our unique offering in the community. Today is another milestone towards that - one we wouldn’t be here celebrating if it wasn’t for the generosity of our supporters”.

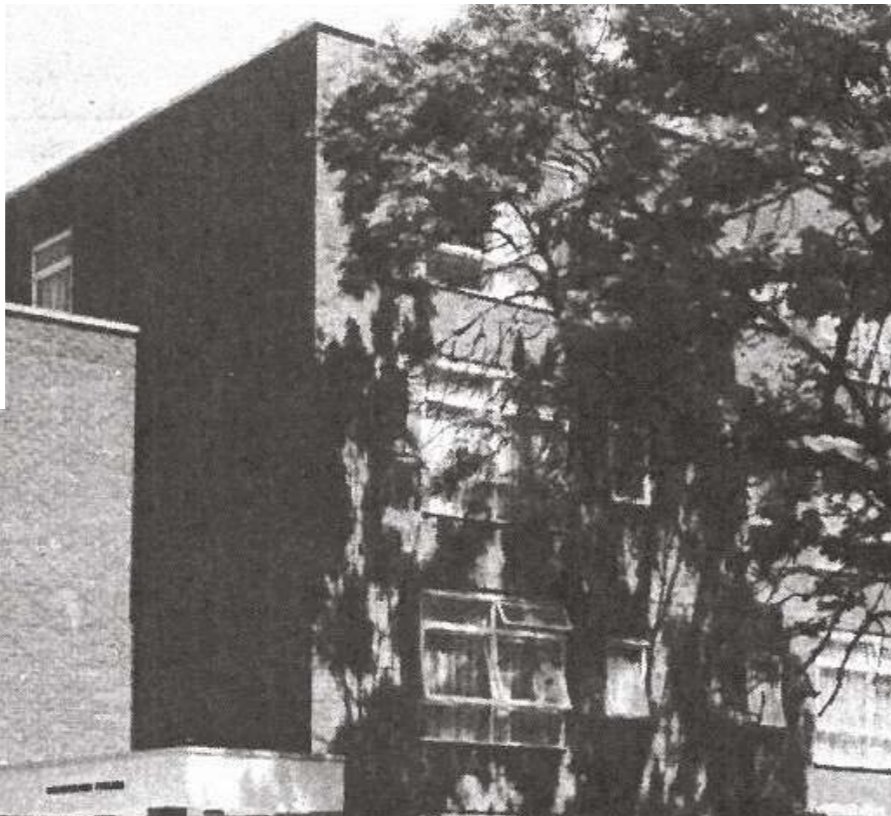
For information about how you can support this new development or to visit one of our current developments, please contact Rachel Barres on rachel@jbd.org or 020 4548 8692.

New Trustees

Our founder, Cecil Rosen, was a visionary of his time, establishing the charity in 1969 when attitudes towards disability were not what they are today. His vision to enable independence through specialist housing and support is at the core of our work today.



Alice Moscovich,
our first tenant



Cavendish House, the
first Jewish Blind &
Disabled development

Today we provide housing and support to 360 tenants across seven developments and take our expertise to people living in their own homes through our Independent Living Advisory Service. We have ambitious plans with our eighth development on the way and plans to expand our support services for people with disabilities living in their own homes.

We have a strong Trustee Board who oversee our work and give guidance on a range of different areas, from property to IT and fundraising. Our Board are hugely important to us as a charity. Over the past year, we have reviewed our governance structure. We identified the need to diversify the Board and embarked on a recruitment campaign to attract new Trustees from all walks of life. We are delighted to have recruited three new Trustees - Fran Gertler, Jacob Colton, and Laura Phillips.



Fran Gertler
Trustee

Fran became a trustee after being impressed with the organisation's values and the focus on enabling and supporting people as tenants in their developments or in their own homes in the community. Fran has enjoyed nearly 30 years of working in the NHS as both a clinician and at a senior management level. She brings with her experience in transformational change and integration across health and care that always has a person-centred approach. Fran currently works as a director within a large teaching hospital.



Jacob Colton
Trustee

Jacob first got involved with Jewish Blind & Disabled in 2016 as a volunteer and Young Patron. Jacob is an experienced COO in the technology industry who manages an award-winning internet infrastructure business. Jacob will be supporting the professional team with our ambitious digital strategy and will also play an active role in our marketing and fundraising work.



Laura Phillips
Trustee

Laura's background in large IT projects in both the commercial and charity sector are hugely valuable to Jewish Blind & Disabled. She has been supporting us for the past year with the procurement of a new IT system to improve our customer service and financial reporting. Having enjoyed her time with us she decided to apply to join our Trustee Board. She is passionate about the charity and has the skills to enable us to adopt and innovate with new technologies and processes.

Fundraising update

As an independent charity that does not receive any government funding, it is only through our fundraising and the generous support from the community that we are able to continue to provide affordable housing and support.

'IN THE SPOTLIGHT' EVENT

Over 160 people joined us for our 'In the Spotlight' Event at StoneX Stadium raising over £225,000 to support our work. Guests heard first-hand from two of our tenants, Diana and Gary, who were in conversation with Rob Rinder.

Diana and her husband Steve moved into their Jewish Blind & Disabled flat 15 years ago after both being diagnosed with hereditary conditions. Diana said: "We went from a normal working family of four to a family where three of us were too ill to work and Steve was caring for all of us, so had to stop working too. In 2000, I ended up in hospital for a month. This was my lowest point. I came home and couldn't move - I was young and in despair. That's when I was told about Jewish Blind & Disabled. I don't know where we would be without them.



JBD has given us hope and we can live independently with support around us for when we need it."

Rob Rinder said: "It is an honour to be here and to be sharing the stage with Diana and Gary, two tenants who live in the same development as my dad. It's impossible to overstate what my dad moving into his Jewish Blind & Disabled flat has meant to us as a family. It is a special place to call home, a community, a mishpacha. JBD is a real gift to the community and the quality and professionalism within the charity is without question the best I have ever had the privilege of dealing with."

A huge thank you to everyone who joined us.

FREE WILL WRITING SERVICE

As a Jewish Blind & Disabled supporter, you can now access a free Will writing service through the National Free Wills Network. Making a Will is the only way to ensure that the people and causes you care about are looked after and that your wishes are known.

Our partnership with the National Free Wills Network gives you the opportunity to make or update your Will conveniently and easily. There is no obligation to leave a gift in your Will to Jewish Blind & Disabled, however, a gift of any size will enable us to continue to deliver high quality housing and support for now and for years to come.

Legacies are a lifeline for us accounting for over £1 in every £3 we raise. Without them we wouldn't be the organisation we are today. Going forward they will be vital to ensure we can grow and develop to meet current and future need.

For more information about the free Will writing service, please contact Rachel Barres on rachel@jbd.org or 020 4548 8692.



NATIONAL LOTTERY FUNDING

We are delighted to have received National Lottery funding for four months for the running costs of our specially adapted minibus in North West London.

We have two minibuses which take tenants from each of our developments to local supermarkets and Kosher shops. The shopping bus service is a lifeline for so many of our tenants and enables them to retain their independence by being able to shop and cook for themselves. This unique service is possible thanks to generous donations we receive. A huge thank you to the National Lottery for their funding.



If you would like Jewish Blind & Disabled to be a nominated charity at your shul's High Holy Day Appeal, please contact Talia Supran on talia@jbd.org or 020 4548 8680.

CELEBRATIONS

If you have a celebration coming up and are looking for gift ideas, why not consider choosing to ask for donations to JBD?

We can provide a certificate honouring the celebrant and the donations will ensure we can continue to offer high-quality housing and support to those who need us.

To find out more, or to set up donations for your celebration, please contact Rachel Barres by emailing rachel@jbd.org or calling 020 4548 8692.

Independent Living Advisory Service

Jewish Blind & Disabled's Independent Living Advisory Service supports people who are living with physical disabilities and / or vision impairments to live independently in their own home. The service is led by Occupational Therapists who carry out an assessment and suggest a range of aids and adaptations or provide practical advice and support to enable the client to maintain independence in their own home.

Sadly, this is also yet another service being provided by a communal organisation that is plugging a gap due to over-stretched and sometimes inefficient local authority provision. We are working in areas of North West London where you can expect to wait up to 18 months for a Local Authority Occupational Therapist visit.

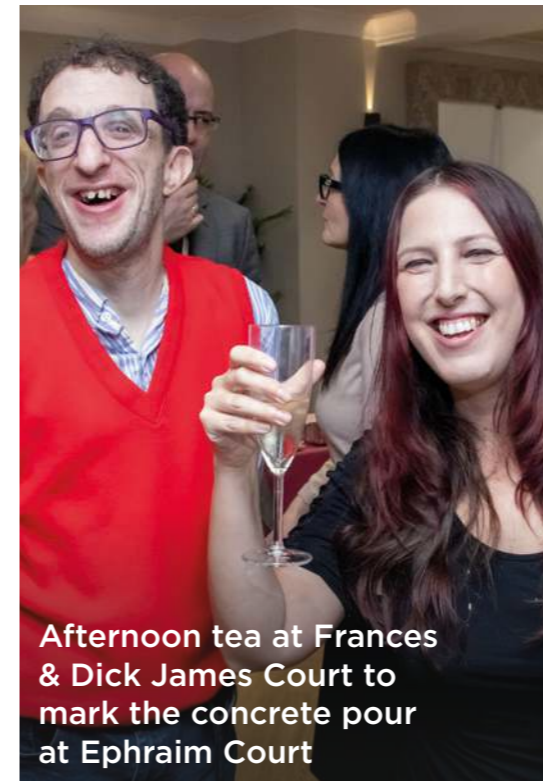
Recently, a couple applied to the service as the wife was struggling with her mobility due to arthritis and this was leading to difficulties in caring for her husband who has dementia. The couple had effectively become housebound as the wife wasn't able to leave the house safely on her own. Our Occupational Therapist recommended the installation of a ramp outside their front door, along with a wheelchair for the wife and gave advice on other aids that may benefit the couple. This now means that she can leave the house safely, regaining her sense of independence.

Jewish Blind & Disabled's Director of Housing Management and Community Services, Aidan McCarthy, said: "The Independent Living Advisory Service makes a real difference to people living in the community who want to remain independent in their own home. From advice on how to make things work better to simple aids or larger adaptations that can make all the difference. We are committed to grow and develop the service and help as many people as possible who are living in the community."

Thanks to support from the community, this service is offered free of charge to anyone from the community who is living in their own home. If the client does not have the means to pay for any aids and adaptations, e.g. their sole income is derived from benefits, they will be supported to apply for the funding required unless the items are minor aids and adaptations in which case these will be purchased and offered on a loan basis by Jewish Blind & Disabled. If the client has the means to pay for their own adaptation, they will be advised and guided on what to buy and expected to pay for the item themselves. With increased demand, we are currently fundraising to secure the future of this vital service.

If you or someone you know needs support, you can contact us by calling **020 8371 6611** or emailing ila@jbd.org, or you can complete our Independent Living Advisor Service application form on our website www.jbd.org

In and around our buildings



Afternoon tea at Frances & Dick James Court to mark the concrete pour at Ephraim Court



Our first tenant conference in January united tenants from all seven of our developments

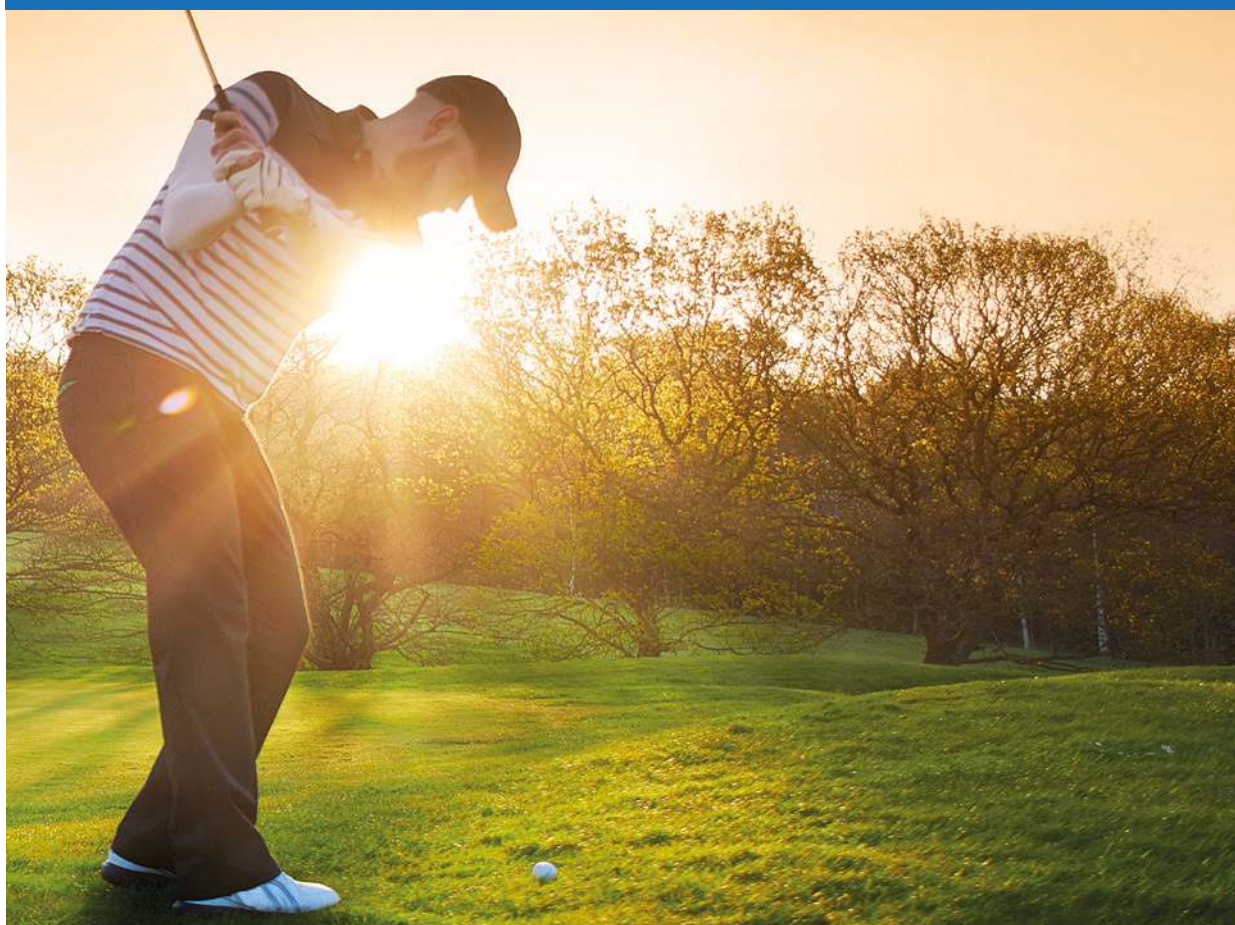


Rabbi Zvi Cohen led a Chanukah candle lighting for tenants at Cherry Tree Court



Rabbi David Hulbert led a Chanukah candle lighting for tenants at Hilary Dennis Court

SAVE THE DATE



Friends of JBD Golf Day

Wednesday 28th June 2023 - Hartsbourne Country Club

To book a place or for more information
contact Rachel Barres on rachel@jbd.org

To keep up to date with news and events, please follow us on Facebook,
Twitter & Instagram - [@JBDCharity](#).

If you would prefer to receive The Key by email or to unsubscribe from
our mailing list, please email tami@jbd.org



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