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The magazine of Jewish Blind & Disabled

THE

KEY

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FROM OUR CEO



“WE RECENTLY SUPPORTED A YOUNG WOMAN IN HER 20S WHO NEEDS A MOTORISED WHEELCHAIR TO BE ABLE TO LEAVE HER HOME, YET THERE IS NO FUNDING OR ADVICE AVAILABLE THROUGH THE LOCAL AUTHORITIES.”

In the last issue of The Key magazine, I wrote about the significant growth in demand for both our housing and the support we provide people in the wider community. This demand isn't showing signs of slowing down.

In response to this, we have recently recruited a new project manager to grow and develop our community-based services. Our current priority is to grow the capacity of our Independent Living Advisory Service, a service that provides advice and support with aids and adaptations for people living in their own homes in the wider community.

This practical service is led by a team of specialist occupational therapists who assess individuals in their own home and then provide them with advice, and if required, access to the tools they need to remain independent at 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.



What started as a service offering support with small everyday items has now developed into an offering that is vital to enable people to continue living in their own home in the community.

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. Without that assessment you can't access any basic aids and adaptations to your home. For many this is a downward spiral into loss of independence and premature care that could be avoided.

We are supporting people who are being discharged from hospital with limited or no support despite their life changing health conditions. We recently supported a young woman in her 20s who needs a motorised wheelchair to be able to leave her home, yet there is no funding or advice available through the local authorities. We know with the right tools people with disabilities can live well. We are committed to support them to do so.

This project is fully funded by the community. Today it costs us £75K a year to run however we anticipate that with increased demand for the service this figure will increase over the coming year. The impact of this service, for the clients it supports, is often immeasurable. Sometimes we don't need to provide someone with a new home to make a big difference. This project is a shining example of that.

Alongside building new and investing in our existing developments we are committed to grow and develop to respond to the support needs of people living with physical disabilities or vision impairment in the wider community.

This is only possible with your support. Working together we can continue to transform more lives.

Lisa Wimborne
Chief Executive

Mark's story

'SINCE I MOVED IN ABOUT TWO MONTHS AGO I'VE BEEN VERY HAPPY HERE. I'M THRIVING. THE PEOPLE HERE ARE SO NICE AND KIND.'



'I feel much happier since moving here. I've got a neurological condition, akinesia, which has developed over the years, plus a number of other health issues. I now can't get around easily without a wheelchair. You ask me how I feel about moving into my Jewish Blind & Disabled apartment? I feel very good!'

I'd always lived with my parents in Woodford, but once they died, I needed to find somewhere more suitable to live with support to hand. My parents' house wasn't ideal for me because of my mobility problems.

I also had issues with my neighbour which were awful and made me very scared and depressed.

My sister Sonia is always very helpful, and she helped me a lot. Sonia was the one who got in contact with Jewish Blind & Disabled. Since I moved in about two months ago I've been very happy here. I'm thriving. The people here are so nice and kind.

I also see more of my family, they come and visit a lot. Just yesterday I saw my niece and her new baby, she's a sweet little thing!

Before I moved in the flat was redecorated and adapted to suit my needs, so the worktops were lowered, the fridge door opens the other way, and I have a button so I can control my front door, which is really helpful. The wet room bathroom has been modified for me and the carpet replaced to make it easier for my wheelchair to roll on. I could do with a few more grab rails so I've asked for them to be put into different rooms.



'BEFORE I MOVED IN THE FLAT WAS REDECORATED AND ADAPTED TO SUIT MY NEEDS, SO THE WORKTOPS WERE LOWERED, THE FRIDGE DOOR OPENS THE OTHER WAY, AND I HAVE A BUTTON SO I CAN CONTROL MY FRONT DOOR, WHICH IS REALLY HELPFUL.'



I get along really well with the House Managers, and I like it when they call me in the morning, it feels good to know people are looking out for me.

I've spoken to quite a few people since moving in and found a few people with similar interests. I'm so much happier than before. Sonia, my sister, is also very happy as she knows I've settled in well, I'm safe and I've got my independence. She feels I'm living in the right place - and so do I.

News from around JBD

CORONATION CELEBRATIONS

This May saw several of our developments throwing a royal knees-up to celebrate the coronation of King Charles III and Queen Camilla. Tenants across our buildings celebrated the historic occasion with parties, dancing, fabulous outfits and of course some truly delicious nosh. Huge thanks to each of our tenants and House Managers who came together to organise the fun!

DEVELOPMENT UPDATE

Building works are progressing well at our newest development, Ephraim Court. The block framework is now complete.

Gary Cullum and Stuart Cutler of the Ephraim 1998 Charitable Trust recently visited the site to see its progress. The photo was taken on the top floor of the development. With the stairs and frame in place, contractors will shortly begin the next stage of the project, which will transform the concrete frame into a modern, accessible development. When complete in late 2024, Ephraim Court will have 30 one-and-two-bedroom mobility apartments.



OUR FOUR-LEGGED VOLUNTEER

Ralph, a four-year-old Labradoodle, brought smiles and joy when he visited tenants at our Cecil Rosen Court development. Owned by volunteer Sammie Rosenthal, Ralph is a qualified Therapy Dogs Nationwide dog who just loves meeting people. Many tenants' faces lit up when Ralph trotted around the communal lounge, greeting everyone like an old friend.

Do you own a therapy dog?
We'd love to hear from you!
Please email Simone@jbd.org



GOLF DAY FUNDRAISING SUCCESS

Teeing off at the first hole of our annual Friends of JBD Golf Day was Lloyd Botchin, who, supported by a newly formed committee, organised a fantastic day at the Hartsbourne Country Club in June.

Lloyd, together with 80 fellow golfers, raised an incredible £35,000 for JBD.

'I'm delighted to organise the golf day as a way of saying thank you for all they did for my parents, Shirley and Max' said Lloyd. Huge thanks to Lloyd and everyone on the Golf Day committee: Spencer Botchin, Jeremy Doltis, Steve Crawford, Craig Faugh, Darren Spevick and Stewart Block. Our warmest thanks too to event sponsors New Concept Furnishings, Galliard Homes and the Cecil Rosen Foundation.

We're always looking for people to get involved with sporting challenges and fundraising events, so please email Rachel@jbd.org if you'd like to help.

COMMUNITY FUN RUN

The Maccabi Community Fun Run was a great day out and we were delighted to be supported by runners from among our tenants, their families and staff too.

Huge thanks to tenants Neil Bennett, Gary and Yvonne Soraf, Denise Rodgers; the Reeves family, Ellis Mazin, Yaniv Cohen and Josh Saltman - together you raised over £3,000!



BLOOMING SHAVUOT JOY

Pupils at King Solomon High School in Ilford designed and delivered bouquets of beautiful hand-tied flowers to tenants at Aztec House to help celebrate Shavuot. Thank you so much.

INVESTING IN THE FUTURE OF FAIRACRES

This summer we are consulting tenants and other stakeholders on early-stage plans to redevelop Fairacres in East Finchley.

Fairacres is a 36-year-old building with its original roof, heating and water systems, remaining unchanged since construction. Our plans will see us extend and modernise the current building with a focus on improving accessibility and sustainability.

These plans are subject to us securing planning permission and funding. Further news to follow in a future issue of The Key.

YOUNG JBD GOES TO THE MOVIES

Young supporters of JBD attended a private screening of Sandler/Aniston romcom 'Just Go With It' in aid of JBD. Huge thanks to Danni and Rachel Shahmoon for organising this wonderful event in aid of JBD.



We're on the lookout for more people under 30 to help with organising social and fundraising events, please email Rachel@jbd.org



Engaging our communities

Earlier this year, we held our first ever tenant conference. Over 100 tenants from across our seven developments, along with staff and trustees came together for the event held in a community centre in Wembley.

OUR FIRST EVER TENANT CONFERENCE

The conference was designed to bring tenants and staff together to discuss how tenants can play an active role in their own JBD community and to connect our tenants from across our buildings to each other.

Most tenants agreed they'd like to take a more active role in organising events and activities in and outside their buildings. Some tenants expressed a desire to connect with tenants from across JBD.

Following the conference, we were delighted to see tenants from across our developments organising theatre trips together and others coming together for inter building quizzes.



"Covid allowed us to take a step back to evaluate what community engagement really means, and in particular, how we as an organisation can empower tenants to shape their own communities, and how we can support tenants to make change happen." - Simone Mazin, our community engagement manager



"We are now working to establish a tenant partnership, a group comprising of tenants and staff to ensure we work together to share ideas and support initiatives." - Simone Mazin, our community engagement manager

'THANK YOU FOR A LOVELY DAY. IT WAS SO WELL-ORGANISED AND I ENJOYED BEING ON A TABLE WITH DIFFERENT PEOPLE. I WAS THE ONLY FAIRACRES TENANT ON MY TABLE AND IT WAS GREAT SHARING IDEAS WITH OTHERS. I FEEL VERY LUCKY TO BE LIVING IN A JBD DEVELOPMENT'

CYNTHIA
A FAIRACRES TENANT

Spotlight on our volunteers

Like many charities, we rely on support from across the community. Yes, the donations are important but the time volunteers give is equally, or, arguably, more valuable than money. You can use your time to make money, but you can't use money to buy more time.

To coincide with National Volunteers Week, we held a Thank You dinner to show our appreciation to our amazing team of volunteers.

It was not only great to be able to thank our volunteers, but also to see volunteers from all areas of our work, many of whom had never met before, come together and share stories and their personal experiences.

The team of around 70 volunteers support all aspects of our work. They undertake a range of roles at Jewish Blind & Disabled, from our befrienders, to those who facilitate activities such as art,

bridge and Spanish lessons, and others who support our fundraising efforts.

The range of activities offered by our volunteers is determined by the tenants themselves. Here we shine a spotlight on just a few of our volunteers.



THE COMMUNITY BEFRIENDERS - PETA COHEN AND NERYS MONTANA

Peta and Nerys come for chats, tea and laughs with tenants at our Aztec House development in Barkingside each Tuesday. Nerys, who works as a partnerships manager and Peta, a beautician, both look forward to their weekly volunteering session.

"Now that working from home is a large part of my week, it dawned on me that I could dig deeper into giving even just one lunchtime a week to do my small bit for the community."

Here's me and my good friend Peta (in the green top), who introduced me to JBD's Aztec House. We serve coffee and cake and spend time chatting with the tenants. I love this time on a Tuesday, where we have an hour laughing, smiling, and chatting about absolutely anything." - Nerys



THE BREAKFAST CLUBBERS - CORRINE AND MELVYN WARWICK

Corrine, together with her husband Melvyn and close friends Jacqui Jerrard and Gillian Sion, lay on a cooked breakfast fit for a king or queen each week at Aztec House.

"I look forward to coming here. I love volunteering because I get a lot out of it; I like to keep busy, I like meeting new people and it provides a focus for the week. Before my retirement I was the head of sixth form in a busy school, so now I work there one day a week and I volunteer at JBD, as well as a few other charities too."

We've made some good friends through volunteering at JBD. This Breakfast Club is now more of a friendship group, and we often go out to lunch or celebrate birthdays together. We very much enjoy doing it" - Corrine

THE DISCUSSION GROUP LEADER - MARTIN MORGAN

Martin runs a current affairs-based discussion group and general knowledge quiz at Cherry Tree Court in Kingsbury. He enjoys kicking off a lively debate among tenants in the communal lounge, leading with the week's news headlines - then the topics gently change to cover anything and everything! He also runs a topical quiz every other week.

"I get such a lot out of running the group. I retired about a year ago, having worked as a director in the airport retail industry for many years. The nature of my job means I'm very comfortable talking to people, so once I'd finished working I was keen to do something which would be challenging and keep me in touch with a wide variety of people. Volunteering allows me to do just that and have fun along the way!" - Martin



We're privileged to have many other dedicated volunteers too, working in a wide variety of roles, such as Steven Rinder who take tenants on outings in the JBD minibus to Gloria Price who runs a weekly art club at Frances & Dick James Court. We're currently looking for more artistically inclined volunteers to run art clubs at some of our developments - plus we're always open to new ideas! Contact Simone Mazin Simone@jbd.org

JBD needs YOU!



COULD YOU BE A TEAM LEADER FOR JBD?

Remember, remember the 5th of November – because that’s when JBD will be launching our brand new ‘matched giving’ fundraising campaign!

What’s all this?

This is our first ever online fundraising campaign to raise much needed funds to continue our wide range of services. It is called a ‘matched giving’ campaign because for every £1 a person in the community donates, the donation will be doubled, thanks to our generous match funders. We aim to raise in excess of £500,000 in just two days.

To ensure our first ever matched funding campaign goes off with a BANG, please email rachel@jbd.org to get more info or sign up to become a team leader.

Do I need to be a techy type?

Not at all. You just need to own a phone and be able to use WhatsApp or email. We’ll take care of the rest.

Where do I come in?

Before 5 November we need to find 100+ team leaders who would be willing to ask their friends, family, colleagues and members of their community to make a donation to Jewish Blind & Disabled.



SCHOOL’S OUT!

So be sure to book your JBD school assembly or lesson talk as soon as possible to avoid disappointment! Our staff, together with a JBD tenant ambassador, will deliver a fun, interactive talk to your primary or secondary school pupils during term time. Please email Talia@jbd.org to book your visit for the next academic year.

JOIN OUR COMMITTEES

The governance of any charity is key to its success. Along with our trustee board we have a number of sub committees, comprised of experts in their field. Our finance and nominations committees are looking for new co-opted members.

If you are a professional working in finance, HR, corporate governance, employment law, audit and risk or data protection who is willing to share your skills and expertise for a good cause we would love to hear from you!

If you are interested in either role and want to have an informal conversation, please email lisa@jbd.org

A hearty Mazel Tov and warmest thanks to:

Diamond wedding: Norman and Louise Gaby

Golden wedding: Norma and Ray Newman, Maxine and Alan Greenfield, Beverley and Steven Emden, Pauline and Brian Binstock, Renee and Stuart Sheinman

Ruby wedding: Jenny and Anthony Myers, Stephanie and Colin Gottlieb

Birthday: Alf Leader, Barbara Klass, Doreen Venit, Harold Marco, Hilary Conway, Marc Gordon, Marilyn Ozin, Michael Chester, Michael Rose, Rose Stern, Sidney Mendall, Stuart Katz



LET’S CELEBRATE – SIMCHA GIVING

If you’ve got a milestone birthday, special anniversary or any other simcha coming up, would you kindly consider asking your family and friends to make a donation to Jewish Blind & Disabled instead of a present?

When someone makes a donation in your name they’ll be thanked, and once your celebration date arrives we’ll let you know who has donated, and send you a certificate with the total amount raised to mark your special occasion.

Your loved ones’ gifts will help us enable Jewish adults with physical disabilities and/or vision impairments to remain independent and secure, with 24/7 support from our onsite House Managers.

To set up donations for your celebration please email rachel@jbd.org or call **020 4548 8692**.

Barbara's story



Barbara, in her 80s, has lived at Aztec House in Barkingside for almost seven years. Born with cataracts in each eye, Barbara now has very limited vision due to glaucoma and a hole in one retina. She also lives with diabetes, lung damage resulting from two heart attacks, a progressive spinal cord condition and cancer of the uterus.

'I'd been nervous about moving into Jewish Blind & Disabled at first, because I was so used to living in a house for over 40 years. I was living on my own in a house and I thought 'I have no protection and no security.' I also had a difficult relationship with abusive neighbours. It reached a point where I felt I couldn't live there any more.

It was my friend Alan, who told me about the apartments for rent at Jewish Blind & Disabled. I wasn't keen at first. I hummed and hah-ed for a while. My son and daughters encouraged me to look, so eventually I visited and to my surprise I liked it.

When I first moved in seven years ago I had a small ground floor apartment, it was fine for me but it wasn't ideal for Peter, my son's wheelchair. Peter has multiple sclerosis and visits me all the time. A few years ago I moved into a more suitable apartment to accommodate Peter and his wheelchair. Despite his health deteriorating he still visits me once a week.

I feel safe living here because there are always people around. I'm quite shy but occasionally I'll go down to the communal lounge. There's a chef coming in tomorrow to cook a communal dinner which I'm looking forward to. It's important to me that there are Jewish people around. Even though I'm not a religious person I feel very good that I'm surrounded by people from my own community.'



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