

October '21

SOUTH LONDON COMMUNITY SUPPORT SERVICE

# WHAT'S ON IN SOUTH LONDON FOR ADULTS



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Scan the QR code to visit our website: [southlondonjewishservices.org.uk](http://southlondonjewishservices.org.uk)

To receive this guide on a regular basis, together with the "What's On in South London for youth" and "A guide to Kosher Food in South London" guides, please email [sison@jcare.org](mailto:sison@jcare.org)

If you would like to support Jewish Care or Nightingale Hammerson with a donation, please use the relevant links below:

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**JEWISH CARE**

This bulletin is now distributed to over 400 names by email, including all Synagogues in Catford, Bromley, Croydon, Kingston, Richmond, Staines, Streatham, Sutton, Weybridge, Wimbledon as well as communities in Chatham, Southern Kent, Ramsgate, Worthing, Eastbourne, Brighton and Bournemouth.

It is also forwarded by many Synagogues to members and put up on many noticeboards.

ORGANISERS – please check the entries (including the regular ones in section 2) and let us know if anything is incorrect.

Please email announcements and events for inclusion to Ed Allen, [edallen@waitrose.com](mailto:edallen@waitrose.com), copied to [sison@jcare.org](mailto:sison@jcare.org), by the 23<sup>rd</sup> of the preceding month. Items received after this date will be included in the next month's edition. This bulletin is for short announcements, text only. Please submit text that can be copied and pasted, as there is not usually time to retype information sent in encapsulated formats. Please be advised that if you send whole newsletters, choice of items for inclusion is entirely at our discretion. If you want a specific date publicised, please send it as a stand-alone item. Thank you.

To join the distribution list, or if you know someone who would like to receive this guide by post, please contact Stephen Ison on [sison@jcare.org](mailto:sison@jcare.org)

## JEWISH COMMUNITY EVENTS

Section 1: DIARY EVENTS

Section 2: REGULAR EVENTS

Section 3: ANNOUNCEMENTS

**Section 1** Chronological Events

**Section 2** has regular events but most are not taking place. The contact numbers or email addresses mean that you can contact the organisers and find out if they have any virtual activities – so many synagogues and groups are doing good stuff on Whats App, Zoom, Facebook and volunteer initiatives. It gives you all an opportunity to look through the list and let me know of any inaccuracies or activities that no longer take place or changed details.

**Section 3** is often overlooked by readers but if you have more time to read this, you might find something of interest that could be looked into. This is for yourself or others you know. I have listed below the subjects so if anything interests you, turn to Section 3! Also of course, if you are an organiser, do let me know if changes need to be made.

## CONTENT HEADINGS OF SECTION 3

Request for volunteers at Jewish Care, Nightingale Hammerson, Association of Jewish Refugees, The Paperweight Trust, Camp Simcha, Jewish Volunteer Network -JVN

Charity Groups - Camp Simcha, Resource, a Support Group for Multiple Sclerosis

Special Interest Groups - B'nai B'rith lodge in SouthWest London, National Anglo-Jewish Heritage Trail

Communities - Sussex Jewish Outreach, Kent Liberal Jewish Community, SouthEast London Facebook Group

Hobbies and interests - Wimbledon Knitting Club, Knit for Peace, Songhaven, Walking, Jewish Country Walkers, The Wimbledon Synagogue Jewish Community Cookery book, Laughter Yoga

Housing in Brighton - Brighton & Hove Jewish Housing Association

Information - where to get the JC, earning money and helping people – Friends of the Sick, South London Jewish Primary School

Religion – Services made Simple, Kosher Food

Welfare Information – Carer Support, Private Care Agencies, Hospital Kosher Food, visiting Jewish patients in hospitals, Mobility Assistance: Mobility Aid Recognition card, The Way Ahead – project for Cancer, looking for Guest Speakers for luncheon groups

**If you contribute to any of these sections, please take a few moments to check the accuracy of your entry and let us know of any changes. In the event of unforeseen events (e.g. weather problems) it is vital for participants to be able to check that events have not been cancelled/postponed, so please ensure that you supply a contact name and number for everyone.**

## SECTION 1 – DIARY

If no contact details are given, please see Synagogue listings on the final page of this section.

**Online “Jewish Care Presents”** – Jewish Care have an excellent monthly programme of talks, interviews, musical performances and discussions with lots of variety to suit all tastes. For art lovers we have plenty to keep you happy on a Monday afternoon from painting tulips with Julie to talks and interviews.

Join us for some fantastic online events this October:

**Thursday 7<sup>th</sup> October** at 7.15pm Friends of Rosetrees presents **An Evening with former Health Minister and Author Edwina Currie**. £10 per person For more information and booking please contact Clare Falk at [clare.falk@jcare.org](mailto:clare.falk@jcare.org)

**Sunday 10<sup>th</sup> October** at 7.30pm Options Committee presents **An Evening with Richard Ferrer**. £10 per screen. For more information please contact Rebecca Lewis at [RLewis@jcare.org](mailto:RLewis@jcare.org)

We look forward to seeing you there!

**If you require technical assistance to set up Zoom or to access our events**, then please call **020 8418 2114** and leave a message. Please note that we are unable to offer immediate support. We will get back to you to book you in for an appointment with a member of our Technical Support Team.

**Online Events at Richmond Jewish Community Hub** - For details of events at RJCH contact [events@rjch.org.uk](mailto:events@rjch.org.uk)

**Tuesday 19<sup>th</sup> of October** at 7pm - Ivrit Poetry evening. More details at [events@rjch.org.uk](mailto:events@rjch.org.uk)

**Online Events at North-West Surrey Synagogue** - Most services, activities and groups are now online using **Zoom**. Genuine guests are welcome and can access the activity by pressing on the zoom link. Hosts will let people into the waiting room before admitting them. However, if the guest is unknown they will **not** be admitted. Therefore, we ask that **non-members contact in advance** [admin@nwss.org.uk](mailto:admin@nwss.org.uk) so our Administrator can let the host know in good time. Below is their program for June.

**All Weybridge JACS meetings are cancelled further notice.**

**Wednesday 6<sup>th</sup> October** at 7.30pm LIFELONG LEARNING - GEMS FROM THE ARCHIVES

**Wednesday 20<sup>th</sup> October** at 7.30pm LIFELING LEARNING - RECONNECTING WITH THE FAMILY THAT SAVED ME

For further details feel free to contact Val Levy on 07702 358131.

## Online Events at Wimbledon Synagogue

**Wednesdays at 11am - Lunch and Learn** – Weekly Torah Study Group with Rabbi Adrian Schell

**Monday 4<sup>th</sup> October** at 7.30pm **The SW London Jewish Book Club: “Anxious People”** by Fredrik Blackman. In a small town in Sweden it appears to be an ordinary day. But look more closely, and you'll see a mysterious masked figure approaching a bank. Two hours later, chaos has descended. A bungled attempted robbery has developed into a hostage situation - and the offender is refusing to communicate their demands to the police.

Within the building, fear quickly turns to irritation for the seven strangers trapped inside. If this is to be their last day on earth, shouldn't it be a bit more dramatic? But as the minutes tick by, they begin to suspect that the criminal mastermind holding them hostage might be more in need of rescuing than they are.

All are welcome to join us as we read this NYT #1 bestseller.

We will meet simultaneously in person AND via Zoom on Monday, October 4th at 7.30pm. To let us know you will be attending and for the Zoom details, please contact either Connor (07973 137 002 / [ccgunny@yahoo.co.uk](mailto:ccgunny@yahoo.co.uk)) or Margaret (07761 313 123 / [mesherer@gmail.com](mailto:mesherer@gmail.com))

For details of events at Wimbledon Synagogue contact [rachel@wimshul.org](mailto:rachel@wimshul.org)

## Events at Kingston Liberal Synagogue

Details of events can be obtained from our office: [office@klsonline.org](mailto:office@klsonline.org)

**Events at Chabad of Battersea** - For details of events contact Rabbi Moshe Adler: [rabbi@jewishbattersea.com](mailto:rabbi@jewishbattersea.com)

## CONTACT DETAILS:

For details of events, religious services, chedarim and activities for children and teenagers, please contact the individual synagogues. These are the synagogues that are part of the South London Forum:

Battersea (Chabad) [www.jewishbattersea.com](http://www.jewishbattersea.com)

Bromley (Reform) - [www.bromleyshul.org.uk](http://www.bromleyshul.org.uk)

Catford & Bromley (United) – [www.catfordsynagogue.org.uk](http://www.catfordsynagogue.org.uk)

Croydon (Federation) –

[www.croydonsynagogue.org.uk](http://www.croydonsynagogue.org.uk)

Kingston, Surbiton & District (United) – [www.ksds.org.uk](http://www.ksds.org.uk)

Kingston (Liberal) - [www.klsonline.org](http://www.klsonline.org)

Richmond (United) –

[administrator@richmondsynagogue.org.uk](mailto:administrator@richmondsynagogue.org.uk)

South London (Liberal) – [www.southlondon.org](http://www.southlondon.org)

South London (United) Synagogue: <http://www.southlondonsynagogue.org.uk/>,  
[office@southlondonsynagogue.org.uk](mailto:office@southlondonsynagogue.org.uk)

Sutton (United) – [www.suttonsynagogue.org.uk](http://www.suttonsynagogue.org.uk)

Staines - [email.administrator@staines-synagogue.org.uk](mailto:email.administrator@staines-synagogue.org.uk)

Sutton District Synagogue - Hetty Bourne 0208 642 1474.

Weybridge – North West Surrey (Reform) – [www.nwss.org.uk](http://www.nwss.org.uk)

Wimbledon (Chabad) – [www.chabadwimbledon.com](http://www.chabadwimbledon.com)

Wimbledon (Reform) – [www.wimshul.org](http://www.wimshul.org)

Thanet & District (Reform) - Ramsgate [chairman@tdrs.org.uk](mailto:chairman@tdrs.org.uk)

Chatham (Orthodox) [chathamshul.org.uk](http://chathamshul.org.uk)

Eastbourne (Orthodox) c/o [lindron@hotmail.co.uk](mailto:lindron@hotmail.co.uk)

Eastbourne (Liberal) [www.eljc.org.uk](http://www.eljc.org.uk)

Kent (Liberal) – [www.kljc.org.uk](http://www.kljc.org.uk) [Enquiries@kljc.org.uk](mailto:Enquiries@kljc.org.uk)

Worthing [www.sussexjewishoutreach.com](http://www.sussexjewishoutreach.com)

# REGULAR EVENTS

## SECTION 2 – REGULAR EVENTS

### CRITERIA FOR PUBLICISING EVENTS

**Stephen Ison writes: If you wish to publicise events here, PLEASE EMAIL ME THE DETAILS.** Much of the information is taken from synagogue emails that are sent to us. We extract the events that are appropriate to advertise. We advertise only events that are taking place in South London and seldom mention events that are people's private homes – unless asked to specifically. Some synagogues have asked us not to publicise their address so you may need to look these up on the appropriate websites. If you are involved in an event that is not already mentioned, you are welcome to contact me. This list is emailed to all synagogues in South London, Forum members and a number of individuals who wish to receive this information.

Obviously, many of the activities below are not running as normal due to Covid so please phone up the organisers to find out if they are running zoom or telephone alternatives or when they intend to return.

**SUNDAY JEWISH RADIO** Tune in at 12 noon each week, 558AM, DAB, online and elsewhere. Sunday Jewish Radio is brought through the charity Jewish Care and is presented by professional broadcasters Jon Kaye (LBC), Clive Roslin (BBC) and Vivien Creegor (Sky News), the Sunday lunchtime programme includes topical issues, culture, religion and entertainment. [radio@jcare.org](mailto:radio@jcare.org), 020-8922 2233, or <http://www.spectrumradio.net/programmes/SundayJewish>

**SUNDAYS (monthly) THE FORTY CLUB IN NEW MALDEN.** This is a regular Sunday Afternoon Tea Group that meets in a private house in New Malden from 2.30pm to 5pm apart from twice a year when there are lunches starting at 12.30 pm: 14<sup>th</sup> April, 19<sup>nd</sup> May, 16<sup>th</sup> June (Nosh and Natter \*Lunch at 12.30 pm\*.), 14<sup>th</sup> July, 18<sup>th</sup> August, 8<sup>th</sup> September, 20<sup>th</sup> October, 24<sup>th</sup> November, 15<sup>th</sup> December Chanukah \*Lunch at 12.30.pm\*. The cost is £3 for non-members for most of the events but when they have a lunch it is £5.00 or bring a dish! For the address and more information please contact Mrs Susan Zisman on 0208 949 2398.

**SUNDAY MORNINGS at 10am** at Chabad of South East London **Tefillin Club**. Join us to lay the Tefillin followed by a Bagel breakfast with a Schmooze about something Jewish. Call Rabbi Mendy on 07958176628 for more info.

**JEWISH COUNTRY WALKERS.** If you that like walking, they have walks most Sundays and Bank Holidays. The group has been going for over 30 years and whilst many of the walks are North of the river, they do quite often have Central and South London walks and excursions down south and occasional trips to Country Houses. The walks vary from three to 8 miles. Please look at their website which is <https://sites.google.com/site/jewishcountrywalkers/walks> For more information, contact Stephen Ison on 07881 863237 or [sison@jcare.org](mailto:sison@jcare.org)

**SUNDAYS AND BANK HOLIDAYS – THE SENIOR JEWISH RAMBLING GROUP** meets most Sundays and Bank Holidays and has a walking programme covering all areas of London. Email [countrywalkers@yahoo.com](mailto:countrywalkers@yahoo.com) with JSR in the subject line or phone Michael Shore: 020 8806 7539.

## What's On October 2021

**MONDAY AFTERNOONS** at 2.30 to 4.30 pm - **Beckenham Afternoon Tea Social** normally around second Monday of every month. This is a social a social group for older people who would welcome the opportunity to meet others enjoying an afternoon tea. Next dates are 17<sup>th</sup> February, 16<sup>th</sup> March, 27<sup>th</sup> April, 18<sup>th</sup> May, 15<sup>th</sup> June. It is run by Jewish Care and local volunteers. Details: Pauline Jeffree 020 650 4860 07745 740114 pauline.jeffrey@btinternet.com or Stephen Ison 07881 863237 or [sison@jcare.org](mailto:sison@jcare.org)

**MONDAYS** – Staines Synagogue. The Thames Side Club joins with the 'Guild' (which now includes male members) on the first Monday of the month at 2pm, except in May (because it is a Bank Holiday). [Staines.synagogue@btinternet.com](mailto:Staines.synagogue@btinternet.com)

**Mondays** at 2-4pm. Wimbledon Synagogue: **Scrabble**. Details from David Raz-Rhodes: [david@raz-rhodes.com](mailto:david@raz-rhodes.com)

**MONDAY AFTERNOONS** – Sutton Shul Friendship Club meets on Monday afternoons from 1.30 – 3.30 in the shul hall, to play games including Scrabble, Rummikub and cards, then have tea and a chat. They would very much like to welcome some new members and are open to suggestions about different activities. Please contact Melanie Gold on 0208 661 0754 or [nose@sinose.demon.co.uk](mailto:nose@sinose.demon.co.uk).

**MONDAY EVENINGS** Zumba Dance Fitness at South London Liberal Synagogue 7– 8pm with Chico Charlie. Cost £7 / session. [info@chicocharlie.co.uk](mailto:info@chicocharlie.co.uk)

**MONDAY EVENINGS** – Bromley Synagogue - John Posner's Torah Classes are held on roughly alternate Monday evenings at 7.30 pm. Check dates with John on 020-8650 7521.

**TUESDAY MORNINGS** - Rev David Rome gives a Midrash Shiur at Catford & Bromley Synagogue on at 11 am. The lesson is interactive and covers the oral tradition as handed down by our Sages.

**TUESDAY EVENINGS: KINGSTON JLGB** This is the only South London branch of the Jewish Lads' and Girls' Brigade. JLGB also is the only operator of 'Kosher Duke of Edinburgh' awards scheme and members can attend national Summer and Winter Camps, training weekends and an Israel Tour (16+). Meetings are on alternate Tuesday evenings at Kingston Shul -33-35 Uxbridge Road, Surbiton KT1 2LL. Contact Amy Dodd on 07960662271 or [kingstonjlgb@yahoo.co.uk](mailto:kingstonjlgb@yahoo.co.uk)

**TUESDAY EVENINGS**, 8:00-9.15pm: Chabad Wimbledon - **Pilates, Torah & Tea for Ladies!** come for Pilates only or for the Torah & Tea only or both! Cost: 8 pounds per week! RSVP necessary. For more information or to book contact Leah at 07490 519619 or email [leah@chabadwimbledon.com](mailto:leah@chabadwimbledon.com)

**TUESDAYS** – Catford & Bromley **Friendship and Social Club** at the Synagogue every week from 10.30 with a three course hot meal at a cost of £5 every week. Contact Rowena 020 8467 5280.

**TUESDAYS** – Riverside Club at Kingston Surbiton & District Synagogue, 33 Uxbridge Road, Kingston upon Thames. 020 8339 2689. Every other week, 10am-3.30pm. Morning: refreshments. Discussion group on current affairs. 3-course home-cooked lunch. Afternoon entertainment and tea. £8 per session. All welcome. Contact Carol Lando on 020 8398 0828 [Laurence.lando@ntlworld.com](mailto:Laurence.lando@ntlworld.com)

**Tuesdays weekly** at 9.30am at Richmond Synagogue **Men's Yoga Class**. £10 per class, £32 for 4 lessons. Sivananda Yoga - an adapted style of traditional Hatha Yoga. No previous Yoga experience is necessary and it is applicable and beneficial to all ages. For RSVP, please reply to [alex@brenner.org.uk](mailto:alex@brenner.org.uk) with any queries and /or to express interest.

**TUESDAY MORNINGS** Catford Shul at 11.00 am, Shiur with Rev David Rome.



## What's On October 2021

**TUESDAYS (occasional)** Croydon Shul Book Club, 2.30pm. This small group would really welcome some new members. Future reading matter is to be thrown open for discussion. If you have any questions, email or phone [marilynarbisman@aol.com](mailto:marilynarbisman@aol.com), 020 8657 5589.

**TUESDAY EVENINGS** Discovery – a new perspective ladies discussion group with Shoshana for Kingston, Surbiton & District Shul. First Tuesday of the month, 8pm. [landau.shana@gmail.com](mailto:landau.shana@gmail.com) or [ksdsoffice@gmail.com](mailto:ksdsoffice@gmail.com) or go to <https://www.facebook.com/kingston.synagogue>

**TUESDAY EVENINGS** at Chabad of Battersea 8-9:15 PM **Torah Study Group**. We will delve into topics of interest from the Torah portion and their contemporary lessons. This class is open to both men and women. Light refreshments will be served. Each week will be a self-contained discussion so you are welcome to join us whenever you like, no prior knowledge is necessary. More information and to register contact [Rabbi@jewishbattersea.com](mailto:Rabbi@jewishbattersea.com)

**TUESDAY EVENINGS** Hatha Yoga Class at S London Liberal Synagogue, 7-8:15pm. Contact: [carrie.rodd@virgin.net](mailto:carrie.rodd@virgin.net)

**TUESDAY EVENINGS** Table Tennis Club at Kingston Liberal Synagogue —monthly on Tuesdays at 8pm. KLS's cup winning club meets once a month. All levels welcome; just turn up. Check the website [www.klsonline.org](http://www.klsonline.org) for more information and dates.

**TUESDAY EVENINGS** - Bridge classes at Catford, 7.45-9.30, with Pip Wolfson. £4, including refreshments. Profits to the Maccabi Youth Club. If you are interested, please contact Pip on 020 8402 0752 or e-mail [wolfson100@hotmail.co.uk](mailto:wolfson100@hotmail.co.uk)

**TUESDAY EVENINGS** Kingston Liberal Synagogue Choir rehearses – usually once or twice monthly - on Tuesdays at 8pm (and enjoys tea, cake and chat!), and sings at the monthly choral service on the 4th Friday of the month and at other services. You don't have to read music, you don't have to read Hebrew. Singing is a great way to meet people, blow away life's cobwebs, contribute to services and learn about prayers and Jewish music. Check [www.klsonline.org](http://www.klsonline.org) for more information and dates.

**TUESDAY EVENINGS** (alternate weeks) [Beginners Hebrew at Bromley Shul, 7.30pm](#). Do you feel Hebrew is just a language of incomprehensible symbols? Do you wish you could follow and participate in the Shabbat and Festival Services? We may have the solution for you: fortnightly Siddur Hebrew class for Beginners. Details: [john.posner@talk21.com](mailto:john.posner@talk21.com)

**Wednesdays, alternate weeks** at 2.30pm. Wimbledon Synagogue: **Fun Bridge**. Details from David Raz-Rhodes: [david@raz-rhodes.com](mailto:david@raz-rhodes.com)

**Wednesday Afternoons** – South London Synagogue, Leigham Court Road, Streatham. Talmud Shiur, 2-3pm. Information from 0208 677 0234. No charge.

**WEDNESDAY EVENINGS** at 7:00 - 8:00 pm - SUTTON & DISTRICT SYNAGOGUE CHAVERIM a **dance fitness class**: easy dance steps - Latin, Zumba, Asian, African & Israeli. with qualified dance fitness instructor Olivia Griffin every Wednesday. Cost £5.00 per session payable to Olivia. Please bring comfortable fitness shoes. To reserve your place please email [rinfa25@gmail.com](mailto:rinfa25@gmail.com)

**WEDNESDAY EVENINGS** at SOUTH LONDON LIBERAL SYNAGOGUE: 7.00 pm Hebrew and 8.00pm Basic Judaism contact [office@southlondon.org](mailto:office@southlondon.org)

## What's On October 2021

**WEDNESDAYS** – BROMLEY SYNAGOGUE SOCIAL CENTRE – meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month 10.30 – 2.30 pm. Contact Dianne Mathews 01689 826096/ [diennem3@googlemail.com](mailto:diennem3@googlemail.com)

**WEDNESDAY LUNCHTIMES** – Wimbledon Synagogue – LUNCH & LEARN, 12.30-2pm. Bring your own vegetarian lunch and an enquiring mind - everything else provided. No Hebrew or previous knowledge required.

**WEDNESDAYS** Catford & Bromley Chai Society is at present meeting on Wednesday afternoons ONLY until further notice and the cost is £2.50 per week. Social, discussion and guest speakers, tea and biscuits. Liane: on 020 8290 5984 or 07770 870840.

**WEDNESDAY AFTERNOONS** – WEYBRIDGE JACS at North West Surrey Synagogue. Varied programme every week with Guest speakers followed by tea, cakes and a chat. Meetings start at 2pm. Details from Gay Moss 01932 780013.

**WEDNESDAY AFTERNOONS** – FORTNIGHTLY BRIDGE at Wimbledon Synagogue 2.30 – 4 pm. A mentor is available and all levels are welcome. £2.50 for members, £3.50 for non-members. Refreshments – tea, coffee and cake provided. If interested contact David Raz-Rhodes: [david@raz-rhodes.com](mailto:david@raz-rhodes.com) or phone 0208 946 4836

**WEDNESDAY AFTERNOONS - SUTTON JACS** at Sutton District Synagogue, 14, Cedar Road, Sutton, Surrey SM2 5DA. Meetings start at 1.30pm when we have Guest speakers or entertainers, followed by tea and cakes. Everyone welcome. Contact details from Hetty Bourne 0208 642 1474.

**WEDNESDAY EVENINGS** – Kingston Surbiton & District Synagogue “Cheder for Adults”. This term is entitled 'Tree of Life'. Cheder will run from 7.30pm to 9.30pm. Details from Rabbi Landau [kingston-surbiton-districtsynagogue@googlegroups.com](mailto:kingston-surbiton-districtsynagogue@googlegroups.com)

**WEDNESDAY EVENINGS - RUBBER BRIDGE** in Weybridge, Cobham, Dorking and adjacent areas 8.00 – 10.30pm. Held at members' homes. Tea, coffee and biscuits provided. Regular and occasional players welcome. Friendly, informal, fun and entertaining. £3.00 pp, which goes to North West Surrey Synagogue. Please contact Dorothea Cave tel. 01932 865414. [email-dorotheacave@gmail.com](mailto:email-dorotheacave@gmail.com)

**WEDNESDAY EVENINGS - NWSS Bridge Club** Club 2015 7.30pm to at 10pm.

At bridge each week the venue for the following week(s) will be decided and sent out via email to our contact list. You do not need to commit to playing regularly – an odd occasion is just fine. We raise some very valuable income for the Synagogue by our £3 collection. For more details please call and we will add your name to our contact list: Jill Attfield 01306 882040/07861 172261 [JillAttfield@ChartHouse.uk.com](mailto:JillAttfield@ChartHouse.uk.com) or Dorothea Cave 01932 865414/07973 548980 [dorotheacavw@gmail.com](mailto:dorotheacavw@gmail.com)

**WEDNESDAYS MONTHLY** at 6.30pm: at Richmond Synagogue “Still Singing” Group.

Jewish sung music includes a rich repertoire in Hebrew, Yiddish and Ladino as well as the treasures of Chazanut. Come and join a new group at Richmond Synagogue and share your favourite music. For any questions, please contact Iryna at [events@rjch.org.uk](mailto:events@rjch.org.uk)

**THURSDAYS WEEKLY** at 12.30-2pm: at Richmond Synagogue **Luncheon Club. £4.** Arrive from 11am for coffee, lively topical discussion and lunch (starts at 1 pm). New members are very welcome. If you are interested in coming or have any questions, please contact Helene Fireman on: 0208 948 7407.

## What's On October 2021

**THURSDAYS WEEKLY** at 9.30am at Richmond Synagogue **Women's Yoga Class**. £10 per class, £32 for 4 lessons. Start the day connecting to your body and breath. The focus of the exercises will be to release stress and tension, improve body alignment and gain strength and flexibility. For RSVP, please reply to [alex@brenner.org.uk](mailto:alex@brenner.org.uk) with any queries and /or to express interest.

**THURSDAYS** 10.30-12 noon. **Friendship Club** at South London Liberal Synagogue, Streatham SW16 1HP. Twice a month, there is a talk on a particular topic. Drinks, biscuits and cakes provided at no charge. Contact Stan on 07988 338 925 for further info. All most welcome.

**THURSDAY MORNINGS** - South London Synagogue has a regular **weekday minyan** on Thursdays - at 7:40am. Details from Tony: 0208 675 3101

**THURSDAY AFTERNOONS** at 2.30 to 4.30pm – **Bromley Afternoon Tea Social** normally on last Thursday of every month. This is run by Jewish Care but hosted by a local resident for those older people who would welcome the opportunity to meet others enjoying an afternoon tea: in Bromley. Details: Leanne Segal 07770 870 870840 [liane@lianesegal.me](mailto:liane@lianesegal.me) or Stephen Ison 07881 863237 or [ison@jcare.org](mailto:ison@jcare.org)

**THURSDAYS – CHAI CANCER CARE** – Counselling and Reiki are available at Nightingale to provide support for anyone with a cancer diagnosis or their families. As the service expands other types of therapy will be added. Contact:- Anne Shine, Client Liaison Manager on 020 8457 2074 [anneshine@chaicancercare.org](mailto:anneshine@chaicancercare.org)

**THURSDAYS (approx. alternate weeks)** Talmud Study Classes at Bromley Shul with Rabbi Jason Holtz. The Talmud is the foundational literature of Rabbinic Judaism. Full of legend and law, its teachings have guided Jews for thousands of years, and it is still hugely influential. Students will need their own copies of Tractate Berakhot, and are recommended to bring a Tanakh as well. More information: Rabbi Jason Holtz 020 8460 5460 or Barbara Kurtz [a.bkurtz@talktalk.net](mailto:a.bkurtz@talktalk.net).

**THURSDAYS** at 9:30 till 10:45 at Richmond Jewish Community Hub (RJCH) at Richmond Synagogue **Womens' Yoga class**. Charge £10 per class or £8 per block of 4. Tea and discussion afterwards.

**THURSDAY AFTERNOONS** at 2.30 to 4.30pm – **Bromley Friends**, normally on last Thursday of every month. This is run by Jewish Care but hosted by a local resident for those older people who would welcome the opportunity to meet others enjoying an afternoon tea in Bromley. Details: Ruth Roll on 07952 624581 or [rrolle@jcare.org](mailto:rrolle@jcare.org) or Stephen Ison [07881 863237](tel:07881863237) or [ison@jcare.org](mailto:ison@jcare.org)

**THURSDAYS** at 11:00 till 2:30 at Richmond Jewish Community Hub (RJCH) at Richmond Synagogue **Luncheon Club**. Includes coffee in the morning and a scrumptious 3-course lunch; 12:30 - topical discussion about the week's events. £4 per visit. New members are very welcome. Contact Helene Fireman (at home): 0208 948 7407. From 11:00 till 2:30, Lunch starts at 1 pm.

**MONTHLY, Thursdays** at 11.30am- 2pm. **Legal Advice Surgery "Kehillah Advice"**. Free service for everyone who needs a legal consultation from the experts in any area of law or family counselling. Book a slot of 20 min via email [events@rjch.org.uk](mailto:events@rjch.org.uk) or a phone call 07741 801292.

**THURSDAY EVENINGS - Zumba Dance Fitness** at South London Liberal Synagogue, 7 – 8pm. with Chico Charlie. Cost £7 / session. [info@chicocharlie.co.uk](mailto:info@chicocharlie.co.uk)

## What's On October 2021

**THURSDAY EVENINGS** Kingston Liberal Synagogue, 7pm: Adult self-defence classes (Urban Krav Maga) run on most Thursdays at 7pm. Be aware, confident, safe! Burn calories and improve fitness! An additional warm up takes place at 7.30pm. Sessions last for 90 mins. First class free – but please book in advance via the office (020 8398 7400). Geared to mixed ages and beginners. £10 per session direct to the external trainer. Check [www.klsonline.org](http://www.klsonline.org) for information and dates.

**THURSDAY EVENINGS (monthly)** Ladies-only Israeli dancing, led by Hazel Green, at Kingston Surbiton & District Synagogue, Uxbridge Road. This friendly group of ladies has been dancing together for a little while and would welcome others. 8pm till 9pm, followed by refreshments and a chance to chat. Donation £4. For further details, please contact Jill at [jkprager@aol.com](mailto:jkprager@aol.com)

**THURSDAY EVENINGS (monthly)** Kaddish Club, at Kingston Surbiton & District Synagogue, Uxbridge Road. An evening of memory, reflection and learning. For further details email [kdssoffice@gmail.com](mailto:kdssoffice@gmail.com)

**EVERY FRIDAY NIGHT** at Richmond Shul, a lively Carlebach style Kabbalat Shabbat service, starting at 7.00 and finishing for 7.40, including a 5 minute address by Rabbi Hughes. This is followed by a Kiddush of malt whisky, herring and cucumber for 10-15 minutes. Everyone is welcome to join in this great start to Shabbat! [richmond@lachaimtish.com](mailto:richmond@lachaimtish.com)!

**MONTHLY, Fridays** at 9.45am: at Richmond Synagogue “Zaatutim” Mums n tots group, 12/04, 17/05, 14/06, £3. Enjoy a coffee and a chat whilst the kids play, sing songs and dance to the music, all in Hebrew! For the children from 0 to 3 and their carers. For any questions, please contact Iryna at [events@rjch.org.uk](mailto:events@rjch.org.uk)

**1ST FRIDAY OF EACH MONTH** at 7pm **Chavurah supper** at Kingston Liberal Synagogue. Welcome Shabbat with friends over a shared meal with a selection of dishes brought by attendees. After a short informal service, Rabbi René Pferztel will share his rabbinic wisdom to ease us into Shabbat. All ages welcome. Please bring a vegetarian or fish dish to share. Details from the KLS office ([office@klsonline.org](mailto:office@klsonline.org)) 020 8398 7400

**SATURDAY LUNCHTIMES** at 12.45pm **Exploring Judaism** at Kingston Liberal Synagogue led by Rabbi René Pferztel. Details from the KLS office ([office@klsonline.org](mailto:office@klsonline.org)) 020 8398 7400

**Occasional Israeli Dancing** at N W Surrey Synagogue: Contact Sharon Barnett for dates/details: [ricshabarnett@btinternet.com](mailto:ricshabarnett@btinternet.com) or 01784 251458.

# ANNOUNCEMENTS

## SECTION 3 – ANNOUNCEMENTS

### Call for volunteers at Jewish Care

There are a number of new volunteer vacancies - read all about them on Jewish Care's website: -

<https://www.jewishcare.org/how-you-can-help-us/volunteer-with-us/vacancies>

**THE PAPERWEIGHT TRUST** – A JEWISH CHARITY AFFECTIONATELY NICKNAMED “THE JEWISH CITIZENS ADVICE BUREAU” - This Jewish charity works very closely with Jewish Care, Nightingale Hammerson, and all the other Jewish Welfare Charities. They are constantly breaking new ground, with their focus on the provision of community support for the disenfranchised, to those lost “in the system” and to those at their wits' end. They help people with administrative, legal and financial matters. The service is free and confidential offering pro-active solutions providing guidance and assistance with debt issues, benefit applications and appeals, family law matters, LPAs, probate, advocacy, post bereavement practicalities, utilities, correspondence with banks and building societies and so much more, tackling all manner of (seemingly simple!) bureaucratic obstacles and administrative pitfalls. They gain rebates, reprieves and respite. They allow clients to breathe again from the stress these matters often cause.

If you or someone you know needs such help, phone local rate call 0330 174 4300 or email [info@paperweight.org.uk](mailto:info@paperweight.org.uk) or contact them today on 020 8455 4996 (London), 0161 507 5480 (Manchester) or email [info@paperweight.org.uk](mailto:info@paperweight.org.uk) and we will talk you through everything you need to know.

They are also looking for additional volunteer caseworkers, particularly those who have knowledge of either family law, housing, welfare & benefits, employment and immigration. For further information, email: [baylaperrin@paperweight.org.uk](mailto:baylaperrin@paperweight.org.uk)

**“CAMP SIMCHA offers services for Jewish families coping with serious childhood illness.** We provide practical, emotional and therapeutic support for the whole family, and we support Jewish families across the UK with a child aged 0-18, regardless of religious affiliation, as long as one parent is Jewish.

We have a short animated film which explains more about Camp Simcha – please have a look and share it on email and social media. <https://www.youtube.com/watch?v=O7tDVcKUqfl>

### Camp Simcha's TouchPoints Ambassador project

“Many people assume that Camp Simcha only supports frum or terminally ill kids, so we know that families are missing out on our help. We actually support over 50 different medical conditions for babies and children aged 0-18 years across the whole UK. Since we launched TouchPoints in 2019, we have had 15 referrals from Ambassadors – we know that at least three of those families wouldn't have reached us any other way.

## What's On October 2021

We're asking people to become Ambassadors for Camp Simcha so that they understand what we do and who we help and can refer anyone they come across in the future for our help. We want Ambassadors to share our information with their friends and family, to raise awareness and encourage referrals.

It's really not a big commitment in any way – just be Camp Simcha's "eyes and ears" in the community, so that no Jewish child slips through the net. We promise not to ask Ambassadors to donate or fundraise for us... but they will help us to spread the word that Camp Simcha is here for all Jewish families who need us.

Training will be online and will take less than 2 hours – and you could help a struggling family to get help from Camp Simcha"

I would be happy to explain more about Camp Simcha and our services, **Naomi Cohen**, Community Liaison Officer  
Amélie House, 221 Golders Green Rd, London NW11 9DQ T: **020 8202 9297** • M **07932 772 707**  
[www.campsimcha.org.uk](http://www.campsimcha.org.uk)

**Knit for Peace UK** is a charity where your hobby will help others. The following items are needed: knitted pullovers for adults, knitted toys for children and babies. Donations of knitting needles and yarn are welcome too. You can get involved as an individual or a group. Have a look at the **Knit for Peace UK** website: <https://knitforpeace.org.uk> Email: [knitforpeace@charitiesadvisorytrust.org.uk](mailto:knitforpeace@charitiesadvisorytrust.org.uk) or phone 020 7794 9835.

## Call for volunteers at Nightingale Hammerson

Nightingale Hammerson has an enthusiastic and dedicated group of volunteers who bring expertise and much enjoyment to our residents' engagement activities. It was the first care home in the UK to invite volunteers back during Covid. This has enabled many activities to continue, keeping residents' morale high and supporting their wellbeing. The following measures are in place to ensure the safety of volunteers, residents and care teams:

- Vaccination for volunteers
- Double covid tests each week
- Infection control training
- Rigorous hand washing
- Masks are worn in all areas; indoors and outdoors
- Health questionnaire

We are inviting new volunteers to apply for a variety of roles both in Hammerson House (Hampstead Garden Suburbs) and Nightingale House (Clapham). The roles include:

- Befriending
- Join group activities such as arts, games, bridge, baking
- Join outings for residents to places of interest
- Admin support
- Volunteer in our shop

We truly value the input and dedication of our volunteers and fully support everyone during their time spent with us, as part of our community.

If you would like to learn more or are interested in any of the above volunteering roles, we would love to hear from you. Please get in touch with our Volunteer and Development Manager, Elie Levy, on T: 020 8772 2309, M: 07501 496228 or [ELeVy@nightingalehammerson.org](mailto:ELeVy@nightingalehammerson.org)

**Songhaven** is a not-for-profit organisation committed to bringing joy and authentic connection to people living with dementia through the power of professional music-making. Their popular concert series in London and concert visits to care homes feature top classically-trained artists, performing in a relaxed and shame-free setting where audience interaction and singing along were warmly welcomed.

Although their live events are currently on hold, they have launched **Songhaven at Home** - a FREE collection of concert films featuring footage from their live concert events, with printable programmes to follow along with. The concerts always include some well-loved classical repertoire, songs from the musicals, and popular tunes - finishing with an audience singalong (lyrics displayed on-screen). **Songhaven at Home** is sent out to subscribers every month for free and is hopefully the next best thing to attending a concert live! To sign up to receive the viewing links direct to your email, please subscribe here:

<http://songhaven.co.uk/subscribe/>

For further information from:

- visit [songhaven.co.uk](http://songhaven.co.uk)
- follow Songhaven on instagram, facebook and/or twitter;
- email [songhaven@songhaven.co.uk](mailto:songhaven@songhaven.co.uk)

### **Sussex Jewish Outreach**

Runs a "Reformish" type service on a Friday night and a chat session on a Tuesday evening. If any people would like to join us they would be very welcome. Nick Beck who runs the group is based in Hove and has many people who enjoy this outreach in West Sussex. They also have visitors from Birmingham Manchester Boca Raton and even Los Angeles! If you are interested you can see the events on their Facebook page - EVERYTHING JEWISH BRIGHTON or EVERYTHING JEWISH WEST SUSSEX. Any questions contact Nick on 01273 728178 or [westsussexjc@gmail.com](mailto:westsussexjc@gmail.com)

**RESOURCE – the Jewish Employment Advice** service to help you back into work. Resource is a free, confidential service for the Jewish community helping unemployed people back to the workplace, regardless of age, experience or qualifications. We offer 1-1 support with lots of helpful, relevant seminars to ensure our clients get the best possible chance of a job. If you would like to know more and find out how we can help your community, or arrange a visit to see the centre, please call Victoria Serman on 020 8346 4000 and see the website [www.resource-centre.org](http://www.resource-centre.org) for more information.

**JEMS – A support group for those affected by Multiple Sclerosis.** A support group facilitated by Jewish Care for those living with MS and their families. They would consider setting up a group in South London if there is a recognised demand. If this service is of interest to you or you know members of your community who might welcome this please contact Stephen Ison on 07781 863237 or [sison@jcare.org](mailto:sison@jcare.org) so this South London project can be developed.

**VOLUNTEERING AT NIGHTINGALE HAMMERSON** Do you have some free time during the week? Would you like to support some of the many activities in the Home? Nightingale, the nursing and residential home based in Clapham housing around 180 residents, always needs volunteers who enjoy working with the older generation. Whether it is

2.5 hours in the shop once a month, half a day in the Activity Centre once a week or spending time befriending a resident, there is something that will match your interests. To find out more go to [www.nightingalehammerson.org](http://www.nightingalehammerson.org) or phone 020 8772 2309.

Lots more volunteering opportunities are advertised on the Jewish Volunteering Network website, which also lists 250 opportunities from other charities. For details, go to [www.jvn.org.uk](http://www.jvn.org.uk)

**JVN – Connecting Volunteers to Volunteering Opportunities.** The Jewish Volunteering Network (JVN) is the community's foremost volunteering organisation. We believe that everyone, regardless of age or ability, has valuable time to offer to charitable and community organisations and that they should be given the opportunity to volunteer. We connect individuals to volunteering opportunities and, in doing so, help in excess of 300 charities both inside and outside of the Jewish community to find the skills and expertise they need to carry out their vital work, while helping the volunteer to find a meaningful, enjoyable and worthwhile way to give back. To find your perfect volunteering opportunity, visit [www.jvn.org.uk](http://www.jvn.org.uk) or call us on 0208 203 6427

**Brighton & Hove Jewish Housing Association** offers sheltered rental accommodation in three properties in Hove. The Association will consider applicants who are in need of housing and support, who are able to live independently, whose financial circumstances would not enable them to access sheltered housing in the private sector and who have a connection with Brighton & Hove (links with the Jewish community; need to live near relatives; previous or current residency). To find out more contact us at [bahjha@gmail.com](mailto:bahjha@gmail.com) or call us on 07716 114012.

**RESPIRE BREAKS at Nightingale House** You're only old once, as the Nightingale Hammerson catch phrase has it. So if you have a relative who needs a place to stay while you go on your travels or some respite care just for a week or two, you – and they – can get peace of mind from respite care at Nightingale House, which offers a place where they can relax, chat, join in and simply be... in the knowledge that they are safe and supported and ready to return home rested and rejuvenated. To find out more, please contact "Resident Services" at Nightingale House on 020-8673 3495 [www.nightingalehammerson.org](http://www.nightingalehammerson.org)

**JEWISH RESIDENTS IN NON-JEWISH RESIDENTIAL/NURSING HOMES:** A request from Sutton & District Synagogue has prompted me to ask all readers if they know of any who might like to attend an Afternoon Tea Party two or three times a year, around the time of Jewish Festivals. If you know of anyone who might like to attend (probably with a carer) do let me know. Likewise, it might be that our Community Support Service might be able to help them, for example they might welcome a visit from me or a volunteer or wish to engage with a local Jewish Community. It is important though to seek their permission to any contact. Please let me know of appropriate residents with their name, care home and phone number. Stephen Ison 07781 863237 or [sison@icare.org](mailto:sison@icare.org)

**JEWISH COUNTRY WALKERS** If you that like walking, they have walks most Sundays and Bank Holidays. Many of the walks are North of the river but they do quite often have Central and South London walks and excursions down south and occasional trips to Country Houses. The walks vary from three to eight miles. Please look at their website which is <https://sites.google.com/site/jewishcountrywalkers/walks>. For more information, contact Stephen Ison on 07881 863237.

**JEWISH SENIOR RAMBLERS** This group has fortnightly Sunday walks and some bank holidays. They always starts at London train or underground stations around 11 am. Walks tend to be around 4 miles. The programme coordinator is Norma Leeb 020 8349 9412. An alternative number is Renie Inow (treasurer) on 020 8458 7748.



**GET WALKING KEEP WALKING.** I have been to most S London Synagogues to give talks about my wide-ranging work assisting individuals in South London. In addition, I can help Synagogues to start "walking groups". I am an experienced walk leader and keen to plan a few 45-minute to 1 hour circular routes around your synagogue (or close by parks and open spaces). I have a supply of free Step-O-Meters, a really excellent information pack setting out the benefits of walking, and a 12-week walking plan full of suggestions how to build more walking into your life. In the meantime, look at [www.getwalking.org.uk](http://www.getwalking.org.uk). There are some new walks in South London. I am also willing to discuss a walking programme with individuals. I now belong to, walk with and occasionally lead walks for the Jewish Country Walkers and have led walks for the Senior Jewish Rambling Club. I will gladly give you their details if you want to consider walking with these groups on Sundays and Bank Holidays. Another alternative is London Strollers, a Ramblers Association Group within the Greater London. They call it "Short walks in a big city" and don't like to rush so walks are at a leisurely pace and between 3 to 6 miles. [www.londonstrollers.org.uk](http://www.londonstrollers.org.uk)

Please contact me to discuss this really beneficial and enjoyable year-round activity. 07881 863237 or [sison@jcare.org](mailto:sison@jcare.org)

**Kent Liberal Jewish Community – Ohel Rachel** – is a Progressive Jewish community welcoming all Jews, their partners and families. Formed in 1991, we have around 50 members living in all parts of Kent. Monthly shabbat morning services are held in Maidstone, followed by a generous kiddush and chance to socialise. Services are led by a student rabbi, or our ba'al tefillah. Occasional Erev Shabbat services and dinner are held in members' homes on Friday nights. There are also high holyday services, a seder and social events including a barbecue. There is a monthly Newsletter and a library with a wide range of books. For more details, please email [enquiries@kljc.org.uk](mailto:enquiries@kljc.org.uk) or leave a message on 07952 242432.

**B'NAI B'RITH LODGE IN SOUTH WEST LONDON** called "Thames Lodge". Aims to bring Jews together in friendship, improve harmony, strength end the Jewish Community, combat religious and racial intolerance and help the less. Fortunate. For more information and to join phone Paul Solomon on 07799 897642 or email [paul.solomon@blueyonder.co.uk](mailto:paul.solomon@blueyonder.co.uk)

**NATIONAL ANGLO-JEWISH HERITAGE TRAIL** website JTrails believes that Anglo-Jewish history and heritage is an important national, cultural resource that deserves general recognition, and aims to promote it through programmes and by working with existing Jewish and non-Jewish community, historical and heritage organisations, communities and individuals. To look for trails with Jewish connections around the country: [www.jtrails.org.uk/trails](http://www.jtrails.org.uk/trails)

**Jewish Care's Minyan Team needs members.** Occasionally, a Jewish Care client passes away leaving few or no family members to make up a minyan, meaning that Kaddish is not recited at the funeral. You can be part of a team to make up a minyan, guaranteeing that Kaddish is said. You choose which cemeteries you can attend and if you are called and you're unable to help, the Minyan Team co-ordinator will phone the next person on the list. For more information: please email [volunteer@jcare.org](mailto:volunteer@jcare.org) or phone 0208 922 2402.

**PRIVATE CARE AGENCIES** The South London Community Service now has a list of Private Care Agencies which might be helpful to those looking for personal care or help at home. It is designed for elderly people or anyone with a disability. This information is not intended as a recommendation but rather as a useful point of reference for those considering domiciliary care. The detail is accurate at the time of printing. All the firms are regulated by the Care Quality Commission and a number of the firms listed have attended cultural awareness training in working with the

Jewish Community. The list includes certain branches of Bluebird Care, Prestige Nursing, HFH Homecare, Carewatch and Share & Care. Two of the agencies offer homeshare as well. Please contact Stephen Ison for a copy of this list: [sison@jcare.org](mailto:sison@jcare.org) or 07881 863 237.

**Hospital Care & Kosher food** is available in all the local hospitals; however, because of privacy legislation, even though the hospital will know your religion, they are forbidden to divulge it. So to receive kosher meals, you (or a close relative) must request them. Also means that visitors or chaplains will not know you are Jewish – so visits must be explicitly requested (and please ensure that the shul administrator is informed). Information is available on the Jewish Chaplaincy Services website: <http://www.ivot.org.uk/hospital/index.htm> .

**WANTED Ulpan classes:** Deborah has moved to Surbiton from North London is looking for people in the South London interested in setting up some reduced price Ulpan classes. Contact: Deborah Meyer: [\[mailto:debsmeyeris@gmail.com\]](mailto:debsmeyeris@gmail.com)

**WHERE TO GET THE JC:** Go to [retailfinder.magcafe.com](http://retailfinder.magcafe.com), type in the name of the newspaper (Jewish Chronicle) and your post code and it lists all stockists (the list that appears on the left side) using: [retailfinder.magcafe.com](http://retailfinder.magcafe.com)

**SUPPERMATCHVH HOMESHARE SERVICE:** A non-profit company, which matches people who want support with those who can give it. It offers a simple solution to solve both a housing problem for single people or students and a support requirement for older people or people with particular support needs (physical or emotional). It can be funded by personal budgets for £24.75 per week for the householder. Phone 01604 905517 or 07742 807677/07847 072490 or see the website for more information: [www.supportmatchcvh.co.uk](http://www.supportmatchcvh.co.uk)

**VOLUNTEER DRIVERS WANTED FOR S. LONDON COMMUNITY SUPPORT SERVICE.** We would like to build up a list of volunteer drivers ideally to cover South London, South East, South West, North Kent and North Surrey. This is for occasional need. It might be to drive and accompany a client to a GP or hospital or perhaps to a Friendship Club or other resource. There is a possibility of a regular situation (eg once a month to a group) but it is mainly ad hoc. This could make an enormous difference to a client who may be isolated and not have family or friends to help. For the volunteer, this should provide a worthwhile experience with the knowledge of the help you are giving (all subject to insurance, references and DBS checks). Please contact me (Stephen Ison) for a chat if you are interested: [sison@jcare.org](mailto:sison@jcare.org) or 07881 863237.

**THE WIMBLEDON SYNAGOGUE COMMUNITY COOKBOOK** second print! If you've been waiting for your copy, we now have more cookbooks available. Payment can be made at the office (cheque or cash) or by bank transfer (Wimshul Cooks, Account number 00023035, Sort code 405240, Reference "Wimshul Cooks"). Details from Jackie [jackie=wimshul.org@mail222.atl121.mcsv.net](mailto:jackie=wimshul.org@mail222.atl121.mcsv.net)

**THE PAPERWEIGHT TRUST** seeks additional voluntary caseworkers in South London, Kent and Surrey to help the community's most vulnerable - those alone and weighed under by their paperwork and domestic crises. Ideal candidates will be retired or practising professionals in the legal, accounting, finance or social work fields, though this is not a prerequisite. Common sense and an ability to deal with bureaucracy is a must. Contact: Bayla Perrin at [info@paperweighttrust.com](mailto:info@paperweighttrust.com) copy [Lia@jvn.org.uk](mailto:Lia@jvn.org.uk)

**“SOUTH EAST LONDON JEWISH COMMUNITY”** has a Facebook group as a hub for the Jewish community of south east London. It is for Jews of all walks of life, the secular to the observant where people can connect and share recipes, socialise, meet for coffee or at the pub, make a minyan, offer a ride to shul, find where to find a mohel, organise or find a Shabbat with other locals. A place to offer if anyone needs something picked up from a north

London shop, a place for Israeli expats to socialise, a place to plan a seder or find a sukka, plan days out or an event, to find others that may want to ride with you on the train to an event in north London, look after older members of the community and get advice for younger members, to talk about restaurants, shul events and of course food. Pretty much anything that relates to the community. It is a closed group, which means that anyone can find the group, but only members can see posts. <https://www.facebook.com/groups/549193395218386/>

**MAKE A DIFFERENCE TO PEOPLE'S LIVES AND EARN A BIT TOO** - helping clients of the South London Community Support Service and the community generally. Chevrat Bikkur Cholim (reg charity no. 210472) is looking for members of the South London communities who would be willing to act as companions/carers for elderly or convalescing clients. Currently all the companion/carers live in North West London but the South London Community Support Service feels that this could be a valuable service, providing Jewish companions to its clients at a maximum of half the cost of private care agencies. (Indeed in cases of financial hardship, as a charity we are able to reduce or even waive the cost in exceptional circumstances.) The work is flexible and does not involve personal care. WE WILL PAY YOU FOR YOUR TIME SPENT AND CONTRIBUTE TOWARDS YOUR TRAVEL EXPENSES. This is a rewarding way to make a big difference in the lives of the unwell and frail in the Jewish community. For more information please contact Nelly Brotzen on 020 7435 0836 (ideally 8.30 am to 1 pm Monday to Thursday) or email [info@ukfos.org](mailto:info@ukfos.org)

**VISITING JEWISH PATIENTS IN HOSPITALS.** The Hospital Visiting Service should be contacted if you know of anyone that requires a visit from the chaplaincy service. Rabbi Natan Asmoucha is the allocated chaplain and he regularly visits St Georges Hospital and most other main NHS hospitals in South London. There is also a volunteer visitor, with the Chaplaincy Service who is based at Kings College (but also will cover others). Please phone 020 8343 6238 and ask to speak to the Hospital Visiting Service. If you have other issues concerning hospital discharge, you could also contact Stephen Ison of the South London Community Support Service. He can be reached via Jewish Care on 020 8922 2222 or emailed directly on [ison@jcare.org](mailto:ison@jcare.org)

**SOUTH LONDON JEWISH PRIMARY SCHOOL, Mosaic**, opened in September 2013. This exciting new inclusive free school follows National Curriculum guidelines and offers an integrated Jewish curriculum, with an emphasis on core skills drawn from strong literacy and numeracy teaching, with an ethos of inclusiveness and diversity. 50% of places are offered to children local to the school and 50% to those of Jewish faith from across the community. [www.sljps.org.uk](http://www.sljps.org.uk) or 020 8123 8075.

**JOBS + OFFERS FREE ADVICE** and support to unemployed people in South London aged 20+ including: CV advice, employability skills, job application support, work placements, enterprise, job brokerage, occupational employers workshops, mentoring and volunteering, volunteer adviser training; and numeracy and literacy support. In Lambeth, Southwark, Wandsworth, Kingston-Upon-Thames, Croydon, Merton, Bexley and Greenwich please contact Ripe Enterprises on 020 3176 6186 or at [contactus@ripe-enterprises.com](mailto:contactus@ripe-enterprises.com); [www.ripe-enterprises.com/employmentskills/jobs-plus](http://www.ripe-enterprises.com/employmentskills/jobs-plus) If you are in Bromley, contact Africa Advocacy Foundation <http://www.a-af.org/>

**WIMBLEDON KNITTING CLUB** The knitting club has members who knit from their own homes and is mainly involved in knitting to support World Jewish Relief. Members are currently putting together squares for blankets. In addition, the group is also now making scarves, hats and gloves to provide to WJR. If you are a "knitter" and might be interested in supporting this effort, please contact Mel Angel for a chat. She also has simple hat and glove patterns. Occasionally the group has get-togethers but Mel is always happy to talk to anyone interested and help them get started. 0208399 5285 or [theangels@ukgateway.net](mailto:theangels@ukgateway.net)

There are also knitters at Sutton, whose League of Jewish Women-Knitters and Natters have procured the services of the lovely Annick so as to assemble their own blankets! She will crochet them together in Sutton (e-mail: [Sutton@theus.org.uk](mailto:Sutton@theus.org.uk))

... and at Bromley, which supports, among other things, a premature baby unit at Kings College Hospital (details from [Pauline.Jeffree@btinternet.com](mailto:Pauline.Jeffree@btinternet.com), 020-8650 4860)

**MOBILITY ASSISTANCE** TfL's Mobility Aid Recognition card, is designed to remove uncertainty for both the holder and the bus driver on whether a mobility aid, such as a motor scooter, is permitted on the London bus network, giving passengers more freedom and confidence to travel around the capital. To check whether you qualify, or for other information, contact TfL's Travel Mentoring Service at [travelmentor@tfl.gov.uk](mailto:travelmentor@tfl.gov.uk) or 020 3054 3461.

**'THE WAY AHEAD' PROJECT IN SOUTH LONDON** - Volunteers are sought by the League of Jewish Women for this highly successful project, which offers help and advice to women suffering hair loss as a result of chemotherapy. Volunteers give demonstrations of easy-to-tie styles with cotton scarves, or pre-tied scarves and hats, tailored to clients' individual needs, as an alternative to wearing wigs. Full training is given and involvement is once monthly. Clients are seen at Kingston Hospital. The work is enormously rewarding, as clients always leave feeling a lot more confident at a very difficult time. Details: Margaret Morris 020 8393 9374 or Annick Lever 01932 344275.

**SOUTH LONDON COMMUNITY SUPPORT SERVICE WEBSITE** - This resource offers an enormous amount of information about South London as well as national organisations. This ebulletin and the other ebulletins – such as the one for children and the kosher guide - are also downloadable. The reference section enables you to search by keywords or subjects and much of the information can be printed also.

**BABIES, CHILDREN, TEENAGERS & YOUNG ADULTS** – This is a popular communication and we are delighted that a volunteer is operating this very effectively and providing a monthly up-to-date list of activities and events, primarily as a good list for all those living in South London and wanting to know what is available. However we do sometimes receive enquiries from people thinking of moving to South London and this is very important information for those with families. If you have anything to add to the list please email [pmackenzie5@googlemail.com](mailto:pmackenzie5@googlemail.com).

**SERVICES MADE SIMPLE (SMS)** - YouTube Production by Rabbi Dubov . A video is available YouTube and ChabadWimbledon.com entitled Services Made Simple to guide you through the maze of synagogue services and rituals. Learn how to lay tefillin, get called to the Torah, light Shabbat candles, don a tallis, say kaddish and havdalah and more, with this easy, step by step illustrative film, [www.youtube.com/chabadwimbledon](http://www.youtube.com/chabadwimbledon) SMS on ChabadWimbledon.com

**LAUGHTER YOGA** - This is a unique technique whereby you can learn to laugh for no reason. You don't even need a sense of humour - just a willingness to laugh - and in the current climate everyone needs to laugh more. Laughter Therapy has wonderful therapeutic and preventative health benefits. Scientists and medical doctors alike are amazed at what happens when we laugh. I have qualified as a Laughter Yoga Teacher with the aim of occasionally running Laughter Therapy sessions at Nightingale and Jewish Care homes. If you are involved in any organisation and would like me to introduce the concept please let me know. It needs about 30 minutes, involves an explanation of benefits and the brief history. Stephen Ison - [sison@jcare.org](mailto:sison@jcare.org)

**GUEST SPEAKING** – I give talks at most Synagogues, JACs, Friendship and Luncheon Clubs and met with a number of organisations, including social services, hospital staff and Age UK/Concern branches. The most important talk is concerning the work I do but I also talk about the Laughter Yoga (with demonstration!) and also "Safe Driving for

Older People” . I am a Certified Driving Instructor and member of the Institute of Advanced Motorists. If you are responsible for programme planning please do let me know, but if I do not hear from you I will be in contact.

**HOLOCAUST SURVIVORS & REFUGEES - THE ASSOCIATION OF JEWISH REFUGEES** provides social and welfare services for Holocaust survivors and refugees and can arrange for financial assistance for those with the greatest need. It also operates two social groups in south London, in Bromley and Kingston, which provide a unique opportunity to socialise and share experiences. All members receive the highly respected monthly AJR Journal. For more information about their work, including opportunities to offer your services as a volunteer, email [enquiries@ajr.org.uk](mailto:enquiries@ajr.org.uk). Details of all their services and activities are at [www.ajr.org.uk](http://www.ajr.org.uk)

**AJR LOOKING FOR BEFRIENDERS:** AJR is looking for volunteers to befriend holocaust survivors/refugees suffering with dementia. The requirement is to visit holocaust survivors/refugees with dementia on a regular basis in order to reduce their isolation and loneliness and give them a specialised one to one befriending. You will be providing what may be the only “one to one” contact a client has all week. All training will be given. Please contact: [lesley@ajr.org.uk](mailto:lesley@ajr.org.uk) or 07985 422372.

**JEWISH CARE** also has a “Holocaust Survivors' Centre” offering a Social and Therapeutic service for Holocaust Survivors and Refugees from Nazi Europe who arrived in this country after Kristallnacht. If you are interested in learning more, please phone 020 8202 9844.

**CARER SUPPORT** Jewish Care offer support to carers in South London through regular telephone contact. This can give carers the time they deserve to discuss what's going on in their caring role and how they feel about it and also provide information, practical advice, advocacy and signposting to other services or organisations if need be. Each has specialist knowledge on a group of illnesses and disabilities and can help carers in terms of dealing with the illness, learning about services and coping strategies, and taking the opportunity to focus on themselves – something that those in a caring situation find very hard to do. As well as supporting carers of people with dementia and physical disabilities, we can offer specialist support to carers where someone has an enduring mental illness, such as schizophrenia or bi-polar disorder, or where they are affected by another person's addictive behaviour - whether they be addicted to a substance or to behaviour such as gambling or spending. To access Carer Support, phone either Jewish Care on 020 8922 2222 or Stephen Ison at Nightingale on 020 8673 3495 or mobile 07881 863237.

**"NIGHTINGALE HAMMERSON: A CELEBRATION OF JEWISH LIFE- BY THE RESIDENTS"** 40 residents from Nightingale House and Hammerson House told their life stories to more than 30 volunteer interviewers. For a copy of the Booklet please email [rinf25@gmail.com](mailto:rinf25@gmail.com) Minimum donation: £15.

**KOSHER FOOD** – In the guide about the availability of food supplies by delivery and all shops stocking kosher selections in South London, please note the information about Nightingale facilities and also the Shul Shops at Croydon Synagogue and Chabad in Wimbledon. Please do let me know if you know a shop no longer stocks or starts to stock kosher food. One Shul has added the whole list onto their website and if you are an administrator, chairman etc reading this, you may wish to consider this as well as many members probably live beyond your locality.

**WHAT'S ON" DISTRIBUTION.** Every week I add a few more names to the distribution list. It goes to all synagogues in South London, many Jewish organisations that are actively involved and more and more individuals who wish to be notified of events. I also guess that some of you are sending this on to your communities who are on email. If you do that, though, I would be grateful if you would ask receivers to be cautious whom they send it on to, first for obvious security issues and secondly because it is only a Jewish resource and many events are held in small venues. Please let me know of anyone (or organisation) who might like to receive “What's On”. <mailto:sison@jcare.org>

