

CHESED RESOURCE SHEET

JEWISH ORGANISATIONS OFFERING SUPPORT IN THE COMMUNITY



SOCIAL CARE

Friends of the Sick - ad hoc 'carers' (exc. personal care) at subsidised cost
www.ukfos.org 020 7435 0836 / 020 8457 2680

Jewish Care - Care, advice & advocacy www.jewishcare.org 020 8922 2222

Private Care Provision - we are aware of a number of care agencies/care homes who've been used and recommended by members in the community. Please contact us at barnetcares@barnetshul.com if you'd like further information.



BEREAVEMENT

Jewish Bereavement Counselling Services - lower cost bereavement support in the Jewish community. www.jbcs.org.uk 020 8951 3881.
Also offer support groups facilitated by trained professionals, details at:
www.jbcs.org.uk/jbcs-bereavement-support-groups

After Shock - For young adults aged 18 to 30 who have lost a parent

Butterflies - For adults who are bereaved of a parent and have young children.

Nechama - An informal support group for bereaved Jewish parents of an adult child,

Stepping Stones: for Jewish people aged 40 to 60 who have lost a partner.

Stronger Together: for Jewish people aged 60+ years who have lost a partner.



DEMENTIA

Jewish Care – Care, advice, advocacy. www.jewishcare.org 020 8922 2222

Also offer Support Groups, details at:

<https://jewishcare.org/our-services/dementia-care>

- **Caring for you** - A group for carers supporting someone living with dementia.
- **Caring for them** - A group for adult children caring for a parent living with dementia.
- **Dementia Carers Tea**, North West London - for family carers supporting someone living with dementia.
- **Memory Way Café** – in person gatherings over tea and cake for people living with dementia and their families.
- **Singing for Memory**, Art for the Mind, Movement for Memory (Tai Chi) – Therapeutic and engaging groups for people with dementia and their carers
- **Day Centres** – offering regular programmes of dementia friendly activities and entertainment.



EMPLOYMENT SUPPORT

Resource - Jewish community's dedicated employment support organisation - employment advice, support and skills training

www.resource-centre.org/ 020 8346 4000

Work Avenue – Jobs, skills workshops, webinars, and events for those looking employment/new careers. 020 8371 3280

www.theworkavenue.org.uk



MARRIAGE/RELATIONSHIPS

Jcounselling - Relationship counselling for individuals, couples and families.

www.jcounselling.org.uk 020 8203 6311



EMOTIONAL/MENTAL HEALTH SUPPORT

Jami – Support with navigating mental health services, providing emotional support and expert advice. Offering support to adults, young people (11-18), Carers and Family as well as education and training. www.jamiuk.org/
020 8458 2223

The Helpline - Confidential and anonymous helpline supporting individuals from the Jewish Community facing challenges. www.thehelpline.org.uk
0330 127 3333

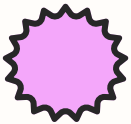
Raphael Counselling at Jami – Subsidised counselling sessions for people with financial constraints. Self referral option available.
www.jamiuk.org



CHILDREN & YOUNG PEOPLE

Camp Simcha - Practical, therapeutic and emotional support to families with a seriously ill child. www.campsimcha.org.uk/ 020 8202 9297

Noa Girls – Supporting girls from the Jewish community aged 12-24, who are struggling with the changes and upheavals that adolescence brings.
www.noagirls.com 020 8731 7025



CANCER SUPPORT

Chai Cancer Care – Jewish community's national cancer support organisation, enabling patients, family and friends to manage the impact of a cancer diagnosis. We provide expert physical, emotional and practical support delivered with care and sensitivity, and in complete confidence.
www.chaicancercare.org 0808 808 4567.



DOMESTIC VIOLENCE

JWA Jewish Women's Aid - Specialist organisation dedicated to supporting Jewish women and children affected by domestic abuse and sexual violence.
www.jwa.org.uk 0808 801 0500



FINANCIAL

Paperweight - Jewish Community's Advice Centre - Offering free services to those needing guidance on legal, financial and welfare issues.

www.paperweight.org.uk 0330 174 4300

GIFT - Food parcel deliveries including cooked meals. Delivered sensitively and anonymously. www.jgift.org 0208 457 4429

United Synagogue Food Parcels - Regular food parcel deliveries including cooked meals, as well as cleaning and store cupboard essentials. Delivered sensitively and anonymously by our Barnet Shul Food Parcels team. Contact us at barnetcares@barnetshul.com.



INFERTILITY

Chana - Fertility support organisation for the Jewish community in the UK. Whether trying to conceive, wondering where to start, going through treatment, coming to terms with the loss of a pregnancy, or simply have a question to ask and need support www.chana.org.uk 020 8201 5774



HOSPITAL

Bedside Kosher - provides fresh kosher meals and snacks to Jewish hospital patients and their visitors across the UK, free of charge.

www.bedsidekosher.co.uk 020 3988 6906

Jewish Chaplaincy at Barnet Hospital - please get in touch with Barnet Cares at the Shul: barnetcares@barnetshul.com.



GEMACH FUND

Ezra Ulmarpah - Extensive range of medical equipment, available on free loan, helps care for sick and disabled people in their own home. From preventative to palliative home care, medical and mobility equipment reducing in-patient hospital stays and enabling an active lifestyle.

www.ezraumarpeh.org 020 8211 1010



GENE TESTING

Jnetics - Charity dedicated to improving the prevention and diagnosis of Jewish genetic disorders in the UK. www.jnetics.org 020 8158 5123



LEARNING DISABILITIES & AUTISM

Kisharon Langdon Offering opportunity, support and employment services for people within the Jewish learning disability and autism community throughout life's journey. www.kisharonlangdon.org.uk 020 3209 1160

Norwood Supporting vulnerable children and their families facing challenges and anyone with a learning disability and autism. www.norwood.org.uk 020 8809 8809

Lev Tov Match is a pioneering platform dedicated to fostering connections for Halachically Jewish adults with disabilities, autism and additional needs. Their mission is to create a welcoming space where individuals can form meaningful relationships. www.levtovmatch.com



OTHER

JDA Jewish Deaf Association – National charity offering professional support services, information and a range of social, cultural and educational programmes for the deaf and hard of hearing. Jewish Deaf Association www.jdeaf.org.uk 020 8446 0502

JBD/Jewish Blind & Disabled – Housing and support for Jewish adults with physical disabilities and/or vision impairment. www.jbd.org 020 8371 6611

Singular Challenge – Jewish Care support group for people who have been separated after marriage/long term relationship. Also offering practical help and advice from guest speakers. www.jewishcare.org/our-services/social-care-and-other-support-services/support-groups

JEMS – Jewish Care group for people living with MS (and the families/carers). Support, guidance, friendship, sharing of knowledge. www.jewishcare.org/our-services/social-care-and-other-support-services/support-groups

The Parkinsons Wellbeing Group – Jewish Care monthly group for living with PD, and their families/carers. Support, guidance, share of knowledge as well as guest speakers. www.jewishcare.org/our-services/social-care-and-other-support-services/support-groups