

SINCE
1878

LJWB

POSITIVELY CHANGING LIVES

A Guide to our Services



Who we are & what we do

Leeds Jewish Welfare Board (LJWB) delivers an extensive range of registered care and community support services in North Leeds. We provide a wide range of services to support the community, including a social activities programme for all ages and abilities, children's groups, domiciliary care and three Kosher, residential homes for people with learning disabilities.

At the Marjorie & Arnold Ziff Community Centre we run a full activities timetable, a fully supervised kosher restaurant and café and conference & event spaces. We also run **thewellfairshop**, a charity shop based at Moortown Corner.

Our aim is to support people to lead an independent and active life.

Where are we based & how can you contact us?

You can find us at:

Marjorie & Arnold Ziff Community Centre (MAZCC)

311 Stonegate Road, Leeds LS17 6AZ

T: 0113 268 4211

Monday-Thursday: 8.30am-5pm

Friday: 8.30am-2pm

W: www.ljwb.co.uk

thewellfairshop

402 Harrogate Road, Leeds, LS17 6PY

T: 0113 269 8871

Monday-Thursday: 9am – 5pm

Friday: 9am -4pm (Summer) 9am- 2pm (Winter)

Sunday: 10am-2pm



Community Support Services

- **Carers Group / Carers Support:** Spending time caring for loved ones has an impact on our daily lives and we can easily lose touch with friends and family. This can lead to feeling isolated, lonely and perhaps depressed. Our support groups are here to help you connect with people who understand what you are going through and provide you with support and a listening ear. We are here to ensure no one cares alone. We offer monthly group sessions and 1:1 support which may include courses, signposting and emotional support
- **Counselling:** We are able to arrange counselling support. This is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues. Specialist counselling support is also available to those living with dementia and the people who care for them.
- **Grief Recovery:** Our experienced and trained staff are able to facilitate grief recovery sessions. Our trained staff are able to guide you through the actions necessary to recover from grief over eight sessions. This can be arranged on an individual or group basis, for those who have experienced significant emotional loss due to the death of a loved one, divorce or other life loss.
- **Immersive Space:** Is a multi-sensory space designed to engage the user and provide them with fun and memorable experiences. The technology, overseen by a trained member of staff, is able to provide a powerful audio and visual experience enabling multiple types of interaction and can also support various bespoke activities to meet a user's needs. These may include those with additional social, emotional, memory, physical, degenerative or sensory needs.
- **Community Learning Disability Services:** Working closely with all parties we provide personalised support for people with a wide range of learning disabilities, enabling them to be part of their community and have greater choice and control. Support can include how to live independently, manage household bills and money, learn new skills and socialising.
- **Mental Health Support:** Providing practical and emotional support when needed and helping those in need to access appropriate services and support. With regular contact from our team we are able to monitor wellbeing and support recovery. Support is also offered to those who care for people with mental health issues.

- **Mental Health First Aid (MHFA):** LJWB is licensed to facilitate the MHFA course - designed to teach people how to spot the signs and symptoms of mental health issues and provide help on a first aid basis. By developing mental health awareness and teaching a set of skills the attendee will then be able to offer appropriate support to someone experiencing mental health difficulties.
- **Sign Posting:** Our support workers have a wealth of knowledge of other specialist services and undertake signposting to source, identify and discuss alternative avenues of help.
- **1: 1 Support:** Support workers are able to offer 1:1 support to a variety of people to help them lead fulfilling lives. This includes support to socialise, access other services and help with telephone calls, letters and attending appointments.

**Contact our Community Support Services Team
on 0113 268 4211 / CSSTeam@ljwb.co.uk**



- **Living Project:** This lottery funded project works to ensure that clients and their carers **LIVE** with dementia. We work together to see how we can support people living with and caring for a person with early onset dementia. Our services include 1:1 counselling, therapeutic activities, social activities and support to increase confidence, reduce social isolation and improve physical and mental wellbeing.
- **Neshama Works – Employment Support:** Neshama Works is a lottery funded project, providing support to those recovering from mental illness. We identify placements, volunteering, training and work opportunities for adults who are recovering from mental health issues. We do this through working in partnership with local businesses and organisations in the Leeds area.
- **Sensory Support:** Social isolation, as a result of sensory loss is a major challenge faced in our locality. Sensory loss affects not only the ability to see or hear but impacts negatively on daily activities and mental health. By improving the quality of life for people with visual and hearing impairments LJWB supports people in our community to remain as independent as possible. We also offer one to one support, monthly socials, befriending and accompaniment to medical appointments, shopping trips and outings

**Contact our Community Support Services Team
on 0113 268 4211 / CSSTeam@ljwb.co.uk**

Arnie and Essie Helpline

- The Arnie & Essie confidential helpline offers support and advice to the community, manned every day from 8am-8pm. The service is there for everyone, providing a vital facility and a crucial link to many service users during those hours when isolation and loneliness can be most acute.



Call our Confidential Helpline on 0113 218 5875

- **The Listening Line:**

Do you need a chat? Our Listening Line Service is here to help you.

Are you, or someone you know:

- | | |
|---|-------------------------------------|
| - Living Alone | - Living away from family / friends |
| - Recently out of hospital | - Feeling lonely or down |
| - Socially isolated | - Recently bereaved |
| - Experiencing a significant change to daily living | |

Our trained staff & volunteers **will contact you** by telephone, to offer a hand of friendship, a listening ear or just a chat on a regular basis.

**To receive free support from our Listening Line
call 07590 862 507 to register your interest.**

Registered Care Services

- **Care at Home – Moorcare**

Moorcare has built a reputation for delivering high quality care-at-home over two decades, with a range of services delivered by a team of dedicated, well-trained Care and Support Workers. Working closely with other LJWB projects, we are also able to offer additional 'wraparound' services to help you have the holistic care services you need. We are registered with Care Quality Commission and provide services to private and Leeds City Council funded clients. Whether you are self-funding your care privately, via Direct Payments or an Individual Service Fund we are able to offer you support.

**Contact us now for a free, no-obligation assessment on
0113 203 4914 / moorcare.office@ljwb.co.uk
See our website www.moorcare.org.uk**



- **Residential – Learning Disability Homes**

Our homes for adults with learning disabilities – **Lily Thompson, Lynda Cohen** and **Montague Burton** are the only Jewish residential Learning Disability homes in Leeds. Registered and inspected by the Care Quality Commission and audited by Leeds City Council, each Kosher home is maintained to a very high standard to provide person-centred care. Focusing on ability not disability we provide the care and support our people need.



**Contact our Registered Care Team on
0113 237 0874 / theboard@ljwb.co.uk**

Children

- The MAZCC's well equipped playroom offers experiences and opportunities for children to learn through play, develop socially, and prepare for nursery whilst parents/carers meet others in a warm and friendly environment.



- **1001 Days Project** - supporting families during the most crucial development of their child's life. The first 1,001 days of a child's life are when they are most susceptible to learning. Their experiences shape brain development and have a lifelong impact on mental and emotional health. Here at the LJWB, we have designed a programme to support families throughout the most critical development of their child's life. Our 1001 Days project offers play sessions and groups to support pregnant mothers, new babies and parents/carers with children aged 0-5 years.

See our full timetable online or call in to the MAZCC to collect your copy

- **'Together'** – an inclusive, fun & social play session for children with additional needs. An hour of activities, games and fun. Children can play, socialise and make new friends. Parents and carers can meet and socialise whilst this group takes place.
Run by experienced and qualified teachers.
Sundays 10 -11am
- **TimeOut Summer Club** – LJWB run an all inclusive Summer Club for 2 weeks each year in August. Based at The Henry Cohen Campus, for children in Reception to Year 6. Subsidies are available upon assessment.

Contact the team on 0113 218 5893 / theboard@ljwb.co.uk



Food

- Our café, restaurant and takeaway facilities are open to all. Through our caterers, McQues, we are able to offer a wide range of dishes to suit kosher, vegetarian and vegan diets.



- **McQue's Kosher Restaurant (Meat & Vegetarian)**
Open Thursday & Sunday, 6 – 9pm
- **The Café @ the MAZCC (Milk)**
Monday – Thursday 9am - 3.30pm (hot food served until 2.30pm)
Friday 9am - 1pm
Sunday 9am – 3.30pm
- **Takeaway (Meat & Vegetarian)**
Available every Thursday & Sunday, 6-9pm
- **Takeaway Frozen Meals (Meat & Vegetarian)**
LJWB offer a weekly, Kosher, frozen meal service.
Pre-ordered frozen meals are available to collect from the MAZCC during opening hours
- **£5 Lunch for Less (Meat & Vegetarian)**
We offer a 2 course hot lunch for everyone Mon- Fri at the MAZCC
12-1pm Monday to Thursday
12-12.30pm Friday

Contact 0113 218 5833 / Email: rob.mcque@ljwb.co.uk
See website for menus or pop into the MAZCC for more information

Volunteering

- LJWB is proud of its strong, hard-working team of volunteers of all ages and abilities. We are so grateful for the contribution the volunteers make to the staff team and we could not deliver all our services without their dedication and support.

We have a wide range of volunteering opportunities available, whether you want to make new friends, develop new skills or give something back to your local area. You can support us and make a difference to our community by offering your time and skills. However you would like to get involved, we would love to hear from you.

Help us to help others & become a volunteer

Contact 0113 268 4211 / theboard@ljwb.co.uk



MAZCC Programme & Wellbeing Activities

- Want to get out more, learn a new skill or just try something different? We have a full timetable with a large and varied choices of activities, courses and classes, suitable for all. To view our full timetable see our website, pop into the MAZCC for a copy or give us a call. Whether you like art or bingo, films, music or exercise.... we really do have something to suit everyone.

Contact 0113 268 4211 / theboard@ljwb.co.uk



Get in Touch....

8.30am-5pm Monday – Thursday

8.30am-2pm Friday

Telephone: 0113 268 4211

Email: theboard@ljwb.co.uk

Facebook: [LJWBLeeds](https://www.facebook.com/LJWBLeeds)

Website: www.ljwb.co.uk

Address: 311 Stonegate Road,
Leeds, LS17 6AZ

.....Our door is always open

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