

Supporting your community for over 140 years!



Leeds Jewish Welfare Board (LJWB) aims to support people to lead independent & active lives.

LJWB makes a difference to people's lives in the Community every single day, supporting 20% of the Community at any one time and receiving new referrals for help on a daily basis. People of all ages come to us for so many reasons, but for most LJWB is the trusted service they automatically turn to.



Although there have been many challenges and continuing restrictions this year, LJWB has still found ways to support those most in need and keep people engaged with their Community. We are also delighted to welcome the Community back to the MAZCC and look forward to seeing increased numbers in our Community Centre each week as we continue to go from strength to strength.

A Year in Numbers



MAZCC footfall - Over 10 000 people have visited the MAZCC since re-opening in April after the 3rd Lockdown.



We have received new referrals on a daily basis



We have supported 650 people every month



Over 250 volunteers have helped us each month



We have delivered 5545 meals this year



2022

Is all about YOU - A NEW & BETTER YOU!

Be the best version of yourself with LJWB

What do LJWB offer to help YOU with your wellbeing

The Marjorie & Arnold Ziff Community Centre (MAZCC): is the hub for our wide range of social activities and services including a Kosher Cafe and Restaurant.

Activity Timetable: We run a huge selection of activities and classes for you to get involved in each week. New groups include Memory Loss Support, MAN-TALK - our Men's Health & Wellbeing sessions, a Walking Group suitable for all walking abilities, Community Allotment sessions which are a great place to get back to nature, plant, dig and enjoy the fresh air and 'A Better You' - a 5 week course providing tips and techniques for your mental & physical wellbeing.

Practical Support: Our professional support workers help to alleviate stress and anxiety by providing immediate practical help.

Emotional Support: Our support workers are in regular contact with people during difficult times in their lives for as long as they need.

Signposting: Our support workers have extensive networks and a wealth of knowledge regarding alternative health, social care and voluntary sector organisations who can provide additional advice & support.

Specialist Support Groups: Our Women's, Carer's and Dementia Carer's Groups enable people to connect with others in a similar situation.

Telephone Support: Our team of supportive volunteers offer a friendly listening ear and conversation on a regular basis for people living alone, feeling socially isolated or experiencing a change in their lives.

Grief Recovery Course: This programme aims to support people who have experienced and are affected by the pain of emotional loss in their lives. This programme is designed to help people cope with the grief arising from all types of loss – relationship, bereavement, job or other significant life losses.

Transport Service: We have a Covid safe transport service for people who need additional support to access activities at the MAZCC.

Social Support: We have a dedicated worker to support, encourage and assist people to access the MAZCC.

Lunch 4 Less: We offer a 2 course hot lunch at the MAZCC for only £5. Monday – Thursday 12-1pm, Friday 12-12.30pm. All welcome. No need to book, just come along.

All our food is fully Kosher and under the Supervision of Leeds Beth Din.

Contact us on **0113 268 4211** to find out more. For our full timetable please see website:
www.ljwb.co.uk/calendar

Children & Families

LJWB is committed to helping families achieve their best outcomes. Our Children and Families Support Team offer a range of activities at the MAZCC as well as 1:1 support for children and families that may need extra assistance.



- A summer club for children with additional needs is held over 2 weeks every year.
- A social group for children with Special Educational Needs is held on a monthly basis.
- We run 2 Inclusive after school activities. Our Lego club & art sessions are lots of fun and suitable for all children.

Supporting your family

- We are passionate about child development and have designed a programme to support parents from pregnancy through to their child attending school. This programme of structured activities for new parents and toddlers includes our hugely popular daily pre-school programme for children 0-5 years.
- 1:1 Support is available for parents and children with our specialist team.



Contact our Family Team for further information on any of the services we offer:

0113 268 4211

How can you support us?

There are so many ways you can get involved and help us to raise funds to continue our work...



Donate to us

Are you celebrating a birthday, anniversary, wedding, Bar or Bat Mitzvah? Rather than receiving gifts on your special day why not ask friends and family to make a donation to LJWB.

Contact our Fundraising Team for more information on – 0113 268 4211



Challenge yourself

Take part in any kind of challenge – run, walk, cycle or sky dive! Fundraise for LJWB whilst achieving your goal.

Contact our Fundraising Team for more details on – 0113 268 4211



Shop with us

Visit our charity shop at Moortown Corner, LS17 – treat yourself to something lovely or donate your quality, pre-loved goods for us to sell. Have you seen our dedicated Facebook page for our charity shop? www.facebook.com/LJWBSHOP

Contact our charity shop on – 0113 268 4211



Leave a legacy

How WILL you remember LJWB and your Community? The most incredible gift you can give is to leave a gift in your Will to charity. No matter how big or how small the gift is, it will make a difference to the lives of others and ensure that you are still playing a vital role in the Community when you are no longer here.

Contact our Fundraising Team to find out more – 0113 268 4211



Volunteer for us

Join our amazing team of 250 volunteers and change your life and the lives of others.

"What fantastic work LJWB do. I'm honoured to be involved. Please, if you have a little spare time get involved, it is such a rewarding thing to be involved in, come and join us." - Howard Levey

Contact our Volunteer Team for more details - 0113 218 5846

Join a committee

Could YOU make a difference to the lives of others?

Are you passionate about YOUR community?

Join one of our committees and have a say in how we run our services. We are looking for dynamic and enthusiastic people of all ages who would like to get involved and help to shape the future & direction of LJWB.

We would love to hear from YOU!

Contact our Governance Officer on 0113 268 4211 / Rachel.greenhalgh@ljwb.co.uk