

Supporting your community for over 140 years! Through Covid19 and Beyond

Lockdown but not Shutdown

This last year has been extremely difficult for so many and has taken its toll in ways we never thought possible, but **Leeds Jewish Welfare Board (LJWB)** has supported the community and beyond, providing a safety net for an increasing number of people needing our help and support to navigate these difficult times.

With Spring on the horizon and the rollout of the vaccine programme underway there is renewed hope that life will return to what we would regard as a more normal version, but LJWB has and always will, remain a constant presence.

LJWB has continued to do what it does best.... caring for its Community for over 142 years, continuing to deliver existing services and adapting others to meet the demands of the impact of Covid. We have been providing regular hot meals to the elderly, frail and vulnerable and running wellbeing activities both at the Community Centre when guidelines permitted and online during lockdown periods, to help people remain active and prevent loneliness and isolation. We have been able to offer emotional and practical support to everyone who has needed it.



Did you know?

- ★ **Leeds Jewish Welfare Board (LJWB)** is a local welfare charity delivering a wide range of registered care and community support services in North Leeds.
- ★ Our services include a social activities programme for all ages and abilities, children's groups, domiciliary care (Moorcare) and three Kosher, residential homes for people with learning disabilities.
- ★ At the Marjorie & Arnold Ziff Community Centre, where our activity programme takes place (outside Covid 19 restrictions) we also have a fully supervised Kosher restaurant and café plus conference & event spaces
- ★ We run a charity shop based at Moortown Corner.
- ★ Our aim is to support people to lead an independent and active life.
- ★ LJWB is a one stop shop for welfare services for all, from expectant new parents, babies to children, teenagers to adults and the elderly. We are able to support you throughout your life when difficult situations are thrown your way.
- ★ The extensive variety of services we offer means we are able to offer a full **'Wraparound package of support'**

A round-up of the year in numbers



LJWB delivered an average of 200 meals each week, 9600 meals annually!



LJWB delivered an average of 12 hours of telephone support per week, totalling 624 hours last year.



An average of 220 volunteer hours were delivered each week, 11,460 hours in total.



Around 100 clients per week received support from LJWB - 5200 people annually.



Over 2 277 hours of one to one support was provided by our Community Support Services team.



We received 162 new referrals, with a 50% increase in mental health issues on the previous year.



Our Moorcare team delivered 36,000 hours of domiciliary support last year, supporting an average of 100 clients per week.



We have supported 21 learning disability residents with 24/7 support across our 3 residential homes.

Grief Recovery, but not as you know it

Is your heart: Broken? Lost? Stuck?
Our Grief Recovery Programme is a powerful, dynamic and accessible programme that is available for anyone willing to take the necessary actions to help themselves.

In August 2020 LJWB was fortunate to secure funding from MIND, the Mental Health Charity. With this funding LJWB has committed to extending the delivery of the Grief Recovery Method Programme to support mental health and wellbeing.

The programme, developed by The Grief Recovery Institute, is an action plan which helps people explore grief and take steps to move beyond this loss to move forward in their lives. Everyone grieves in a unique and individual way and the grieving process can be at times overwhelming, with people experiencing a range of physical, emotional and behavioural symptoms such as numbness, tearfulness, panic and anxiety, inability to concentrate, disturbed sleep and exhaustion.

The Grief Recovery Institute highlights that there are over forty significant lifetime events that can evoke feelings of grief, including bereavement, relationship endings, loss of job, finances and major health changes.

As the first effects of the pandemic began to emerge we became increasingly aware of the impact of new losses arising from this, resulting in more and more people experiencing symptoms of grief. These included loss of routine and predictability, loss of social interaction and contact with friends and loss of control. We were also

working increasingly with people affected by bereavement, and, one of the most devastating effects of the pandemic, those who lost loved ones during this period, and were unable to say Goodbye. This can feel like a loss of closure to some and can make it feel even more difficult for them to process the loss of a loved one.

We deliver the programme as part of a small group at the MAZCC or on a one to one basis. We can also facilitate one to one sessions online and will work to meet individual needs and preferences.

We are aware however that completing the Grief Recovery Programme is just the first step of the journey for many people, and we are now exploring the development of further innovative services to enhance our increased focus on grief and loss, which we know will grow in demand as we begin to emerge from what has been such a difficult and challenging year for so many people.

"I found it really helpful having an outlet to talk and be open, safe in the knowledge that anything discussed would stay absolutely confidential. At the end of the course I was able to stop feeling guilty and felt at peace – that was the greatest gift I could have."

Find out more

If you, or anyone you know has experienced one or more of the many losses, is struggling with the symptoms of grief or is just interested in finding out more about the Grief Recovery Method, please contact us on **0113 268 4211** for a confidential chat.

Call us: 0113 268 4211

Email: theboard@ljwb.co.uk

**Visit us: The Marjorie & Arnold Ziff
Community Centre, 311 Stonegate Road,
Leeds LS17 6AZ**



LJWBLEEDS



@LJWBLeeds



Donate a Dish - Shabbat Delight as Leeds 'Donates a Dish'

In the first initiative of its kind across the Leeds community LJWB was delighted with the huge success of their 'Donate A Dish' initiative, in partnership with 4 local Synagogues. The community was asked to help lighten the load for others over the holiday period and for a donation of £10 LJWB were able to provide a Shabbat meal to those who would really benefit from receiving one or needed support accessing one at this time.

"A record number of donations enabled us to provide over 400 three course Shabbat meals, commented Victoria Sandler, LJWB's PR and Marketing Co-ordinator. "We were able to lighten the load for so many during this increasingly difficult time. Something as simple as a hot meal and a brief chat on the doorstep can really have a hugely positive impact on a person's wellbeing & mental health and this has become increasingly noticeable during the pandemic."

An incredible team of staff and volunteers helped to deliver the meals across the community.

How you can get involved

- ★ Volunteer for us
- ★ Join a class or take part in an activity
- ★ Work for us
- ★ Pop into our café for a delicious homemade cake
- ★ Visit **thewellfairshop**

Join one of our committees and have a say in how we run our services. We are looking for dynamic people of all ages who would like to do something for their community.

Call us: 0113 268 4211

Email: theboard@ljwb.co.uk

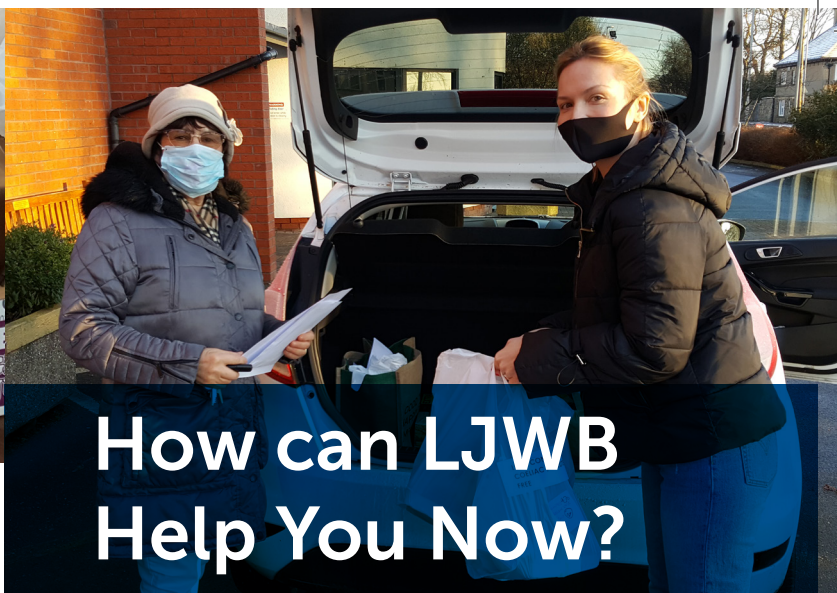
Visit us: The Marjorie & Arnold Ziff Community Centre, 311 Stonegate Road, Leeds LS17 6AZ



LJWB Leeds



@LJWBLeeds



How can LJWB Help You Now?

Services

LJWB services will always remain open and we encourage you to call our Helpline if you or anyone you know needs emotional or practical support.

**Call 07812 753 676, Monday to Thursday
8am – 5pm and Friday 8am – 2pm.**

Online Activities

Please keep visiting the LJWB website www.ljwb.co.uk for details of new and exciting activities for adults and families, available to access for FREE online.

Please get in touch if you know of anyone who may need help to access our Virtual Programme as we may be able to offer practical support - call 0113 268 4211.

LJWB Food Provision

Takeaways: Available every Wednesday and Thursday evenings from 5:30 - 8pm

'Lunch for Less:' Hot Meal Drop Off Service available Mon – Fri, 12-12.30pm. Soup & main course for only £5.30

Frozen Meal Delivery Service: Every Wednesday and Friday, 12-12.30pm with a minimum order of 3 meals.

Friday Night Dinners: Orders must be placed by midday Thursday. Collection is Fridays at 1pm.

Deliveries can be arranged for those who really need it.

Contact: 0113 218 5833

Email: rob.mcque@ljwb.co.uk