



POSITIVELY CHANGING LIVES

NEWSLETTER

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Supporting your community for over 140 years!

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What do we do?

We Positively Change Lives

How do we do this?

We do this by providing relevant and responsive care, support and activities for all ages in the local area. Wellbeing and reducing social isolation is at the heart of everything we do.



Did you know?

LJWB offers a wide variety of community support services for everyone

- ★ Leeds Jewish Welfare Board is a leading social care charity, supporting people of all ages to lead an independent and active life.
- ★ Support services include physical & mental wellbeing support, one to one support, children's groups and a domiciliary care service (Moorcare).
- ★ The Marjorie & Arnold Ziff Community Centre (MAZCC) is the hub for a range of social activities and services offered by LJWB and also includes a kosher café & restaurant.

- ★ We improve the Community's physical & mental wellbeing
- ★ We support people to live independent lives
- ★ We support young children & their families

- ★ Our homeware service, Moorcare, can support you to live as independently as possible
- ★ We have a bank of 250 phenomenal volunteers, supporting us in over 30 different roles
- ★ You can have a set 2 course hot meal for £5 each weekday at the Community Centre
- ★ You can call our Listening Line to register for our regular telephone contact service – No question too big, no problem too small
- ★ Are you experiencing emotional, family or financial difficulties? LJWB runs specialist support groups to offer advice & guidance
- ★ You can book onto our weekly classes and activities or book a table in our café.

Call 0113 268 4211



Our response to Covid-19

What have we been up to over the last few months?

During lockdown we transferred over 70% of our charitable services online including an online activity programme, specialist support groups, and one to one support.

We established a dedicated COVID 19 Helpline, shopping support, IT equipment loan and support, and delivered countless hot and frozen meals. We listened to our service users and the challenges they were facing including loss of confidence, increased self medication, anxiety, fear, social isolation, sleep disorders, abuse, loss of routine and reduced coping mechanisms. In order to address these we are now providing more services to deal with the psychological needs and to increase social connectiveness and wellbeing.

As lockdown restrictions were slowly being eased, we were delighted to slowly begin to re-open our wonderful Community Centre and welcome people back.

We couldn't have managed all this without our incredible staff teams and huge bank of volunteers

"I have been overwhelmed at how the community has pulled together in these uncertain times and the diversity and enthusiasm of our volunteers is testament to that! I think I speak for everyone in the community and at LJWB when I say a huge THANK YOU for all that you do as volunteers. We really couldn't manage without you,"
- **Claudie Ineson, Volunteer Manger**

If you have some free time and would like to volunteer we have various roles available.

Please contact the Volunteering Team:
volunteering@ljwb.co.uk
0113 218 5846



"It's amazing how much help and support you're giving me, I don't feel lonely or helpless and can't thank you enough"

"Thank you so much for all our shopping every week, we don't know what we'd do without you – I've told my son in London and he is so grateful and happy we are being looked after. You're all fantastic"



A warm welcome back @ the MAZCC

It has been lovely to welcome you back to the MAZCC and we look forward to getting the Community Centre fully back on it's feet in the coming months.

From 6 July the Marjorie & Arnold Ziff Community Centre, in line with Government Guidance, re-started some of the activities for a restricted number of people, including Lunch for Less, the Oasis Café, a new Communications Hub and a few of the regular classes which could be delivered in a safe way with social distancing measures in place. We know this is going to be a slow and steady process and will be continually reviewed to ensure everyone's safety.

All sessions including Lunch for Less and the Oasis Café must be booked in advance by calling Reception on 0113 268 4211.

For further information and a schedule of what is currently available please visit our website on www.ljwb.co.uk.



Although some areas in the Centre look slightly different to normal and there are some new regulations in place as you enter the building, what we can still guarantee is the same warm, smiling LJWB welcome that you are used to.

Your safety is always of the utmost importance to us, so please continue to bear with us whilst we get back to normal.

We are looking forward to seeing you soon!



LJWB New Year Appeal 5781/2020

This Jewish New Year, our appeal is one of 'Hope' – Leeds Jewish Welfare Board has been a beacon of hope for the Community during the pandemic, supporting the community, binding us together and pulling us through a united struggle.

We hope that the community will support us generously while we **Reset, Restore and Renew** our services for the future.

Reset – we have changed our services to meet the 'new normal' with a new helpline, much more online activity and virtual 'one to one' sessions.

Restore – we have reopened the MAZCC again with a fabulous team of volunteers to help us reduce social isolation and with new safety measures in place for visitors, volunteers and staff.

Renew – we pledge to provide new services and new therapeutic services including grief recovery, to combat the psychological effects of the coronavirus outbreak.

Your donation will enable LJWB to continually respond to the ever-changing needs of our community and give hope to everyone who needs our support.

To donate visit:

**www.ljwb.co.uk/hopenewyearappeal
or call 0113 203 4919**

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LJWB
POSITIVELY CHANGING LIVES

LJWB Charity Shop in Moortown is now re-open.

Come along and grab a bargain. We sell men's, women's and children's clothing, shoes, bags, brick-abrac, books and so much more.

Open 10am-4pm Monday to Friday at 402 Harrogate Road, Leeds, LS17 6PY.

We also have a Pop Up Shop in Oakwood!



All items are brand new and £10 or less.

Women's fashion and more.

Open 10am-4pm at 470 Roundhay Road, Oakwood, Leeds LS8 2HU

If you have items to donate, please call 0113 203 4919

Registered Charity Number: 1041257



How you can get involved?

- ★ Volunteer for us
- ★ Visit the LJWB Charity Shop at Moortown or Pop up Shop in Oakwood
- ★ Pop into our café for a cuppa and a delicious homemade cake
- ★ 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



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