

## VOLUNTEER NEWSLETTER Spring 2022



**Welcome** to our Spring Volunteer Newsletter!

After another unsettling year for us all, we hope you are all safe and well.

We again pause to think about those in our community that need our support & are feeling isolated and we must feel proud that we are a part of helping them through our volunteering.

**“You are a rainbow in someone else’s cloud”**



*Thank you*

To you all for supporting LJWB with all our volunteering opportunities.

**Since 2021** you have gifted;

- Delivery of over **6,000** hot and cold kosher meals
  - Over **4,000** hours in the community
  - Nearly **13,000** volunteer hours

And we have recruited over **60** new community volunteers!

♥ You are all so wonderful ♥

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Many find this season to be a motivator for change, as the sunshine and warmer weather tends to re-energize us and inspire action. Whether that action is for physical health, mental health or for reconnecting with friends and family, springtime will undoubtedly improve overall mood and energies.

### Spring cleaning

We're sure you've been anticipating a thorough house/garage cleaning after the long winter months concluded. While this may seem like a laborious chore, tidying up your living space will make your home and mind feel clearer. Just as organizing your home will make spaces feel larger and cleaner, this act will have a similar effect on your mental health.

### Go green

Have you been surviving on soups and comfort food this winter? Try swapping these for lighter dishes that better reflect the new season, like salads or fish. The greenery that is starting to emerge around you may inspire you to add green foods into your diet more often. The farmers' markets will feel more inviting when the sun is shining, or if you have a green thumb, you can get back to your garden for your own fresh vegetables and herbs.



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### Out & About

It probably feels more achievable to start an exercise regime in the sunny springtime than in the cold, dark winter. Some people find their exercise resolutions easier to stick to in March, April and May.



### Be mindful

Spring is a great time to begin a new mindfulness exercise. This doesn't have to mean full meditation—we know how difficult a clear state of mind is to achieve. Consider a quiet activity on which you can focus your mind solely, such as gardening, art, yoga, or creative writing. Any activity that relaxes you and allows you to quiet your mind is a step toward mindfulness.

### Reconnect with others

Now that our winter hibernation is over, it's time to re-enter our social lives and make plans with friends and family. Many people prefer staying in during the winter, but the warmer weather may serve as a motivator to get out and be social. Call up a friend you haven't seen in a while or plan a picnic with your family to reconnect and spend quality time with loved ones.



**Rediscover health and wellness with the onset of more sunlight and blooming flowers  
- Happy Spring!**





## Purim Party 2022 at the MAZCC

**Purim** is a Jewish holiday which commemorates the saving of the Jewish people from Haman, a Persian Empire official who was planning to kill all the Jews in the empire. Haman was the royal advisor to King Ahasuerus.



His plans were foiled by Mordecai and Esther, his cousin and adopted daughter who had become Queen of Persia. The day of deliverance became a day of feasting and rejoicing.

Purim is celebrated today by:

- Exchanging gifts of food and drink known as mishloach manot
- Donating charity to the poor
- Eating a celebratory meal
- Public recitation ("reading of the megillah") of the Scroll of Esther

Other customs include wearing masks and costumes, public celebrations and parades, and eating hamantaschen ("Haman's pocket") - a triangular filled-pocket pastry with fillings such as poppy seeds, jam or chocolate!!

On **Thursday, 17 March** everyone enjoyed the MAZCC Purim Party, there was some fabulous fancy dress. As always, our lovely volunteers helped to make the occasion run smoothly. Thank you!



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As we approach Pesach, our volunteers are once more helping community services and reaching isolated members of the community.

### **Volunteer shopping & delivery for the Etz Chaim Pop Up Shop 4<sup>th</sup>-14<sup>th</sup> April:**

To help those in the community who are shielding or have no other means of access to the pop up shop, volunteers are shopping for Passover items at the pop up shop and delivering them to local addresses from Mondays to Fridays from Monday 4<sup>th</sup> April until Thursday 14<sup>th</sup> April.

Please see below for opening times at the MAZCC restaurant and café :



### **April**

**Monday 11<sup>th</sup>** café – open / Vine – closed

**Tuesday 12<sup>th</sup>** café – open / Vine – closed

**Wednesday 13<sup>th</sup>** café – open / Vine – closed

**Thursday 14<sup>th</sup>** café – closed / Vine – open

**Friday 15<sup>th</sup> MAZCC CLOSED**

**Monday 18<sup>th</sup> MAZCC CLOSED**

**Tuesday 19<sup>th</sup>** café – closed / Vine – open

**Wednesday 20<sup>th</sup>** café – closed / Vine – open

**Thursday 21<sup>st</sup>** café – closed / Vine – open

**Friday 22<sup>nd</sup> MAZCC CLOSED**



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★ **New Feature!**



### Volunteer Profiles



**Our very first volunteer profile is on our Phone Buddy Volunteer  
Howard Levey ....**

**1. What is your volunteer role at LJWB and how long have you volunteered for us?**

*It is almost a year now since I joined the volunteer team as a phone buddy.*

**2. Why did you decide to volunteer?**

*I retired 2 years ago so I had more time available. The community have been good to me. It is good to give back.*

**3. What do you get out of volunteering?**

*Sometimes the people I call will say . . . "Howard, tell me something to cheer me up" it brightens up their day, which is great.*



**4. What do you enjoy outside your volunteering for LJWB?**

*I love to spend time with my family and friends . . . I am also a keen golfer and have the honour of being the Captain of the Leeds Jewish Golf Society.*

*I am an avid walker and took part in a trek in Peru for a TV programme about extreme challenges hosted by Ben Fogle.*

*I have been, and still am, very involved in raising money for charities by hosting variety events, specialising in music and comedy, enlisting the help of some top artists.*



If you would like to feature in the Volunteer Newsletter, we would **love** to hear from you! ★

**Please contact:**

**Claudie [claudie.ineson@ljwb.co.uk](mailto:claudie.ineson@ljwb.co.uk) or Katherine [katherine.bell@ljwb.co.uk](mailto:katherine.bell@ljwb.co.uk)**

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Can you or do you know anyone who can help?  
We are currently looking for volunteers for the following roles:



### **Befrienders**

This role would require you to support one of our clients either over the phone or face to face (when the current restrictions permit this) providing companionship and friendship

### **Charity Shop Support**



Volunteers are needed to help serve in the shop or help with stock or serve on the till – a great way to help the community and get to know your community at the same time – minimum 4 hours a week

### **New Activities**

We are currently looking for volunteers who might be interested in leading any new activities at the MAZCC. Please do get in touch if you would like to discuss any ideas with us.



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### And finally....

Thank you for your patience and support as the Volunteer Team continues to work both from home and at the MAZCC during the week, please get in touch if you need to ask us anything

***We would like to thank YOU for all that you do!***



If you would like to contact the Volunteer Team please:

Email [claudie.ineson@ljwb.co.uk](mailto:claudie.ineson@ljwb.co.uk) or [lucy.ross@ljwb.c.uk](mailto:lucy.ross@ljwb.c.uk) or [katherine.bell@ljwb.co.uk](mailto:katherine.bell@ljwb.co.uk)

Please keep up to date with activities and volunteering opportunities on social media

Website: [ljwb.co.uk](http://ljwb.co.uk)



<https://www.facebook.com/LJWBLEEDS/>

Volunteer Facebook page: <https://www.facebook.com/groups/ljwbvolunteers/>

<https://www.instagram.com/ljwbleeds>



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