



POSITIVELY CHANGING LIVES

NEWSLETTER

Reg Charity No: 1041257

SPRING 2023

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Supporting your Community for 145 years!

WHAT DO WE DO? WE POSITIVELY CHANGE LIVES

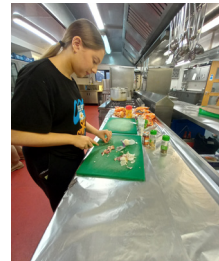
How do we do it?

We do this by providing relevant & 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.

Leeds Jewish Welfare Board (LJWB) supports people to lead independent and active lives.

Did you know...?

- ★ LJWB is here to support the Leeds Jewish Community as well as the wider local Community, from babies through to old age.
- ★ The Marjorie & Arnold Ziff Community Centre (MAZCC) is the hub for our wide range of social activities and services and also includes the only Kosher café & restaurant in the area.
- ★ Support services include physical & mental wellbeing support, one to one support and children's groups.
- ★ Our homecare service, Moorcare, can support you to live as independently as possible.
- ★ Having an assessment with LJWB enables us to work with you to offer a 'bespoke,' person-centred service and support plan.
- ★ We offer a wide range of support and wellbeing activities with over 30 activities each week on our timetable.



LJWB provides many services to support our younger Community along with their parents and carers.

Our pregnancy & pre-school programme focuses on those vital years before a child starts school.

LJWB...

- Is passionate about child development and runs a dedicated Pregnancy & Pre-school programme
- Has a purpose built, modern playroom and outdoor play area tailored to children 0-5 years. All toys and activities help children learn and prepare for school and support your child's development in a safe and fun environment.
- Run all their playroom activities with a Jewish twist. On Fridays the children bake traditional Challah bread ready for the Sabbath. Jewish holidays and festivals are embedded into the weekly programme through stories, activities and crafts.
- Provides activities in the school holidays for children with additional needs as well as an SEN social group on a monthly basis.
- Has a team highly qualified in children's education & wellbeing who run all our family support services and pre-school activities.

LJWB is committed to helping children & their families in many ways

We provide family support, focusing on practical help and emotional support to families who are struggling with a variety of challenges. This could be due to a wide range of factors including financial challenges, behavioural difficulties displayed by children at home or school, or because a child/children have a special educational need or disability.

Our professional team has expertise in early years, special educational needs and disabilities, as well as behavioural or social difficulties. Whether you need someone to advocate on your behalf, help you access additional services, or just need a point of contact for advice and support – we can help. In addition, with the support from the other teams at LJWB such as Adult Wellbeing we can signpost parents / carers to many other areas of specialist support.



Get in touch with us if we can support you or your family in any way, our doors are always open for you:

📞 0113 268 4211

✉ theboard@ljwb.co.uk

Over the Winter months as the cost of living crisis has taken hold we have noticed a significant rise in families contacting us for financial support and assistance.

The MAZCC has become a haven for the Community this Winter – on top of the usual programme of activities and Lunch for Less, (our hot 2 course lunch for £5.50), we have also added the following services to offer additional help and support to our families:

Warm Space

Open Monday - Friday during working hours. This dedicated safe, welcoming space encourages people to gather for free, get tips for keeping well and warm, enjoy free wi-fi, phone charging and use of computers, take part in a craft activity and enjoy complimentary refreshments.



Cosy Chat Sessions

A Community Support Worker is on hand to give information & advice, along with free refreshments and craft activities.

Sessions take place on a Monday and Thursday morning with a family session on a Tuesday offering a play session and free lunch to children and their carers.

Community Pantry

We have set up a pantry at the MAZCC filled with store cupboard items, fruit and veg, fresh bread, cleaning products and toiletries. People are encouraged to take what they need and leave a small donation if they are able to - open during office hours.



Food Donation Bin

There is a dedicated food donation bin at Gourmet Foods on Harrogate Road. Customers can pop in any additional dry goods they purchase to help us support the Community Pantry.

Kosher Shopping Assistance

We have also partnered with the Leeds Kashrut Authority and Gourmet Foods to enable people affected by the current cost of living crisis to continue purchasing Kosher food.



How can YOU support us?

There are so many ways you can get involved and help us continue our vital work. Why not

- **Volunteer for us** – join our amazing team of 250 volunteers and change your life and the lives of others.
- **Join one of our committees** and have a say in how we run our services. Get involved and help shape the direction of LJWB.
- **Visit the LJWB Charity Shop** in Moortown, LS17. Treat yourself to something lovely or donate your pre-loved items for us to sell.
- **Pop into our café** for a cuppa and a delicious homemade cake.
- **Take part in a challenge** – run, walk, cycle or sky dive and fundraise for LJWB at the same time!
- **Make a donation** at www.ljwb.co.uk/fundraising/main-donation-page/ or call our team on **0113 203 4919**



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LJWB
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t @LJWBLeeds
i @ljwbleeds

To find out more please contact:

T: 0113 2684211

E: theboard@ljwb.co.uk

Fundraising Diary Dates:

London Marathon - Sunday 23rd April 2023

We have an incredible team of 10 people running to raise money for LJWB in memory of our wonderful friend & supporter Lloyd Rakusen.

Please support our team at:

www.ljwb.co.uk/fundraising/main-donation-page/

'The 32nd Caring for Children' AM - AM Golf Day - Thursday 22nd June 2023

If you would like to make up a team or would like any more information, please email shelley.frieze@ljwb.co.uk