



President Jason Sandler on behalf of the Board,
270 staff and 500 volunteers wishes you and your loved ones

A HAPPY NEW YEAR

 **Reach** 
out to us

**We are ready to help you find
the strength you need.**

Call 1300 133 660 • firstcall@jewishcare.com.au • jewishcare.com.au

What's in this edition?

In this edition we feature stories about people who have had the strength to overcome challenges, the strength to seek help knowing that they have the strength of the community behind them. We reach out together with other organisations to make this possible. So reach out to us if you need help.

JewishCare's Family Support Services Strengthening our Community – Nicola's Story

After 5 years together, Nicola and her partner split and Nicola soon became the sole carer for the couple's three year old son. "I wasn't coping on so many levels" said Nicola. "With all the stress involved in the breakup, plus having to travel such a long way for work I couldn't get basic household tasks together. Getting nutritious meals for my son was really stressful for me".

Nicola met with Rada Pantzer, a caseworker from JewishCare's Family Support Services Team and Rada immediately arranged for volunteers from The Meal Roster to provide 3 meals a week for Nicola. She also provided practical and emotional support for Nicola.

"The food smelt and tasted just like my grandmother used to make. It was so comforting and flooded me with wonderful memories. Something as simple as knowing good food is being provided plus knowing Rada is there for me, has really changed my life. I feel calmer and now have the space to deal with the ongoing issues facing my family.

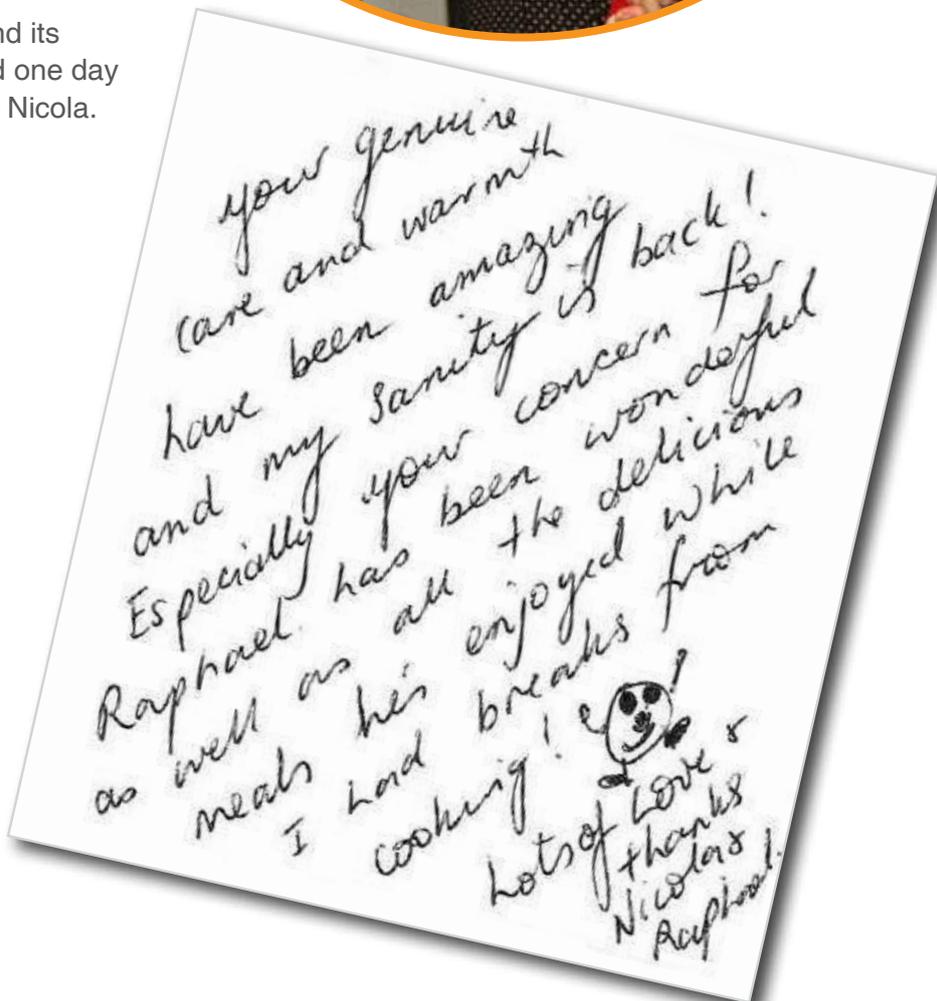
I appreciate the kindness of JewishCare and its volunteers from the bottom of my heart and one day hope to be in a place to do the same," said Nicola.



JewishCare's Family Support Services provide an extensive range of services that help people who are vulnerable or are in a crisis. This may include access to JewishCare's Mental Health, Disability, Domestic Violence or other relevant programs.

Anyone can make a referral and confidentiality is assured.

Call FirstCall JewishCare on 1300 133 660



Creating *headspace* in our community

Four years ago JewishCare and *headspace* Bondi Junction became consortium partners delivering mental health support for young people in our community.

The relationship was developed to create a space where those requesting support and wanting it through the Jewish community were referred to JewishCare's support teams. Some have gone on to be part of programs like Big Brothers Big Sisters and have participated in our mentoring program. Claire Gil-Munoz, Manager of JewishCare's Mental Health and Wellbeing Team attends bi monthly consortium meetings. *headspace* also do year round presentations at all public and private schools about their services and mental health issues facing young adults. Cross referrals occur often between the two organisations.

The consortium partnership also supports the career development of JewishCare's staff, enhancing their work experience. By working at *headspace* as a secondment, JewishCare staff members are exposed to intakes and referrals. They deal with parents and schools and have the opportunity to learn from experts in different fields like psychiatry and psychology.

“As an intake worker at *headspace* I try and get a sense of the presenting issue so that I can make an assessment and send it on to the team. I'm not necessarily the person proving the help.” ~ Sophia Chilver, Case Worker, Mental Health and Wellbeing Team



Sophia Chilver, James Isles, Claire Gil-Munoz and Cassandra Hastie catch up at *headspace*

With 45 members of staff during the week, *headspace* is the ideal space for a young clinician to broaden their skill base and learn. Once a month there is a Personal Development workshop that covers a diverse range of topics like ADHD and Trauma that is open to all staff at JewishCare. These workshops are conducted by experts in the field. There is also access to monthly peer supervision where they meet with a *headspace* Allied Health professional and have a reflective learning experience. That learning is then applied back to the services provided to the community through JewishCare. Currently Sophia Chilver and Cassandra Hastie are working at *headspace*.

“*headspace* gives me such a wonderful opportunity to work with young people in an open, inclusive and accessible space. They have a multidisciplinary team, so there is a real focus on working with a young person holistically. In my short time there so far I have learnt so much – from the clinicians to the young people themselves. *headspace*'s focus on early intervention is quite different to the work I do at JewishCare and has been a valuable opportunity to broaden my skillset and knowledge base.” ~ Cassandra Hastie, Case Worker, Mental Health and Wellbeing Team

“It's important that we continue to support the development of the team coming to *headspace* from JewishCare and that we continue to drive appropriate referrals and continue our partnership with the community through joint events, general collaboration and learning opportunities. My message to young people is that if you're uncertain or feeling stressed, there is a confidential space for you to come and speak to someone. There's nothing too big,” concluded James Isles, Centre Manager for *headspace*.

Relationship between Wolper and JewishCare

Des Kahn has been with JewishCare for 12 years, and is the Coordinator of Chessed – our Bereavement, Grief, Loss and Palliative Care Counselling Service. Des sees approximately 60 clients a year through JewishCare, plus 300 people (patients and their families) in Wolper Hospital's palliative care and medical wards.

“In my work at Wolper Hospital, I help both the patient, and the families of their dying loved ones, work through their mixed emotions—ranging from anger through anxiety to sadness—in order to live and cherish the time they have left together as meaningfully as possible”.

“I see patients and their families at the request of the consultant physicians. They are referred for a broad range of emotional difficulties and whom the doctors feel would benefit from talking-therapy.”

Des also sees patients who are post-operative and are at Wolper for rehabilitation. Sometimes they need help because their physical condition is deteriorating; sometimes there's existing depression and anxiety and sometimes they are dealing with the loss of loved ones or relationships as well as their health difficulties.”

The relationship was initiated by Des seven years ago when people were coming to JewishCare after their loved ones had died at Wolper. He suggested to both CEOs at the time that it would be beneficial to meet the dying loved one which would then deepen the connection with the grieving client when they sought bereavement counselling. It then expanded to include other patients plus staff-support and education.



“The counselling Des Kahn provides is a crucial part of the care palliative patients and their families receive at Wolper. He is a highly valued member of the team and a very important part of the life of this Hospital. Des’s counselling offers an understanding of the end-of-life process and provides coping strategies. Patients and families gain so much from this, as do our staff. We thank Des and we thank JewishCare. Des’ hard work, deep commitment and continuity of care over the years does not go unnoticed.” ~ John Tucker, CEO of Wolper Jewish Hospital

“The most rewarding part of my job is when clients feel they are understood and have their thoughts and emotions validated. People come to me because they are experiencing deep pain as a result of major losses in their lives: they are trying to make sense of a world that has changed or is changing irrevocably. Helping clients honour and integrate their losses into their lives—while living as full and meaningful life as best they can—is what I aim to do. Clients often ask, ‘How do I move on without my loved one?’ To which I reply, ‘How can you find a way to move forward in your life while still respecting your loss and sadness?’ For although the loved one may no longer be physically present, the relationship does not die, but is gradually recast”.

Des holds a Master’s degree in Counselling and Psychotherapy and teaches at both JNI (Jansen Newman Institute and ACAP (The Australian College of Counselling and Psychotherapy).

JewishCare is my happy place

Ilana is a dedicated and passionate client of JewishCare. She began her journey with us over 4 years ago and continues to grow and be enriched by her experiences with the organisation.

With a wide variety of programs on offer through our Disability Services Program, Ilana has almost daily contact with JewishCare. Her caseworker Anu, who has worked with Ilana and her family for over three years assisted with her NDIS package and ensures that she has the support she needs.

On a Monday she is an enthusiastic participant in the JDay activities. "I am creative and love to attend the arts and crafts workshops. There is also a huge variety of activities – the excursions are interesting and I always go along,"

On Wednesdays Ilana attends Our Kitchen Hand, Thursdays she's with our Out and About Group and on Fridays she joins the art class or sometimes the coffee group. She is also a regular at Shabbat Dinners and always attends special celebrations like Seders and Rosh Hashana events.



Ilana shares her diary with Suzi Parker, Senior Manager Disability Services

"If JewishCare didn't have these activities, Ilana and our other clients would be isolated – this is real integration into the community," said Anu, Ilana's caseworker. Ilana also has one to one support on certain days to help with daily living – shopping, cooking and budgeting for example.

How does JewishCare make a difference in your life?

"I love it too much – the support, I love Anu. Sami is my support worker. She comes every Saturday and we go out. We sometimes go shopping, we go to Shul or even for lunch. We want to start knitting together – we're going to knit scarves, that's my plan. I write a diary every day when I get home about what I have done at JewishCare".

Save the Date You are invited to JewishCare's AGM & Volunteer Thank You on 27 November at 4pm at 3 Saber Street Woollahra

Aged Care team supports residents at B'nai B'rith Retirement Villages

In a new JewishCare B'nai B'rith Retirement Villages (BBRV) collaboration, a social work clinic takes place monthly both at Kadimah Gardens in Wahroonga and Princess Gardens in Rose Bay. For many years JewishCare has also facilitated the Friendship Group at Kadimah and the Lapid Group at Princess Gardens. The importance of people being connected when living independently is how they feel supported and confident.

“We’ve always had clients at BBRV and have had a good working relationship with Leon Fredkin their CEO. There have been instances where there have been some complicated situations and we’ve worked together dynamically to solve these problems,” said Zimra Segall, Aged Care Case Manager.

The Clinics are a win-win situation for everyone. Managers at BBRV are enthusiastic about the new program as it gives them an opportunity to identify issues and get help for residents who may be struggling. This free service through JewishCare is completely confidential.

“It can be a problem when someone transitions from a retirement village to residential care. We let them know what’s available and we help them navigate the aged care system which can be quite challenging. We help with the next steps,” concluded Zimra Segall.

Residents are notified by BBRV when the Social Work Clinics will take place. No appointment is necessary. To reach out for more information our Aged Casework Team can be contacted - Zimra on 8305 8028 or Shani on 8305 8006.



Claims Conference VP inspired by our Holocaust Survivors

Greg Schneider, Vice President of the Conference on Jewish Material Claims Against Germany, joined us recently in Sydney and commenced his stay with a tour of our head office. He had the opportunity to meet staff and our Board and gained an understanding of the work done for our clients. He also visited 13 survivors at The Factory Community Centre in Waterloo. This Russian speaking group shared their childhood experiences in Nazi occupied Ukraine, Moldova and Belarus and spoke about their new lives in Australia. Greg also made several home visits to our clients. He was able to see first-hand how Claims Conference home care funded packages are meeting their needs and assisting with living at home.

“It was a very poignant occasion when one of our clients Rita was able to relive her first impressions of Sydney with Greg. She arrived on the Johan De Witt from Holland on March 16, 1947 together with 700 other Jewish refugees. Greg was amazed at Rita’s vivid recollections and feelings as she arrived in Sydney Harbour and was honoured that she shared this with him. It was a unique opportunity for both. He also read some of her written details of her time in Europe before she left which gave him a real understanding of her early life,” said Warren Hurst, Executive Officer who accompanied Greg on his visit with Rita.



Print35 Rosh Hashana

Print35 hosted various pop up stalls across Sydney with beautiful Rosh Hashana gifts. **We also partnered with Woolworths** who supplied ingredients for our honey apple cake collaboration with **Michael Rantissi** from **Kepos**. Our supported employees handed out honey and greeting cards also sponsored by **Woolworths**.



R U OK Day



JewishCare hosted a breakfast on Thursday 12 September for people who have participated in the Jewish Suicide Prevention Strategy's Mental Health First Aid Training and Mindframe Media Training Workshops. Over 50 people attended. "R U OK? Day is an annual day in September dedicated to reminding people to ask family, friends and colleagues the question, "R U OK?", in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference and even save lives. The Jewish Suicide Prevention Strategy, is a whole community approach, focused on asking community members today and every day, how they are feeling and reaching out because we're a community that cares. The JSPS is a collaboration of 20 communal organisations.

Dave Sharma congratulates JewishCare team

Dave Sharma MP, Federal Member for Wentworth presented our Mental Health Team with a Certificate of Congratulations in recognition of our win in the National 'Communities Matter Organisation Award 2019 Life Awards'. The Award relates to the achievements of the Jewish Suicide Prevention Strategy and was presented by Suicide Prevention Australia.



MENS BREAKFAST WHITE RIBBON DAY 2019



Please join us for our annual Men's White Ribbon Day breakfast and be an ambassador for change to end violence against women. We are focussed on stopping the violence before it starts.

Our theme this year is the impact of Domestic & Family Violence (DFV) on [Child and Adolescent Emotional Development](#).

Our Guest Speaker is

PROFESSOR GARRY WALTER AM

a child, adult and family psychiatrist of international renown. Garry served as Professor and Chair of Child and Adolescent Psychiatry at the University of Sydney for over a decade. His presentation will highlight issues faced by children and adolescents affected by DFV. We all know someone directly or indirectly impacted by DFV, Garry's insights will help us, help others.

TUESDAY 26 NOVEMBER 2019

7.30 - 9am

JewishCare, 3 Saber Street Woollahra

[RSVP whiteribbonday@jewishcare.com.au](mailto:whiteribbonday@jewishcare.com.au)

Contact

FirstCall JewishCare 1300 133 660

E firstcall@jewishcare.com.au W www.jewishcare.com.au

You can follow us on JewishCare NSW



3 Saber Street Woollahra NSW 2025
PO BOX 647 Bondi Junction NSW 1355

NORTH SHORE OFFICE

Room 2 / 177 Rosedale St
St Ives 2075
Phone 9488 7100
Fax 9488 7122

THE BURGER CENTRE

(a partnership between JewishCare
and Montefiore)
120 King Street
Randwick 2031
Phone 8345 9147
Fax 8345 9226



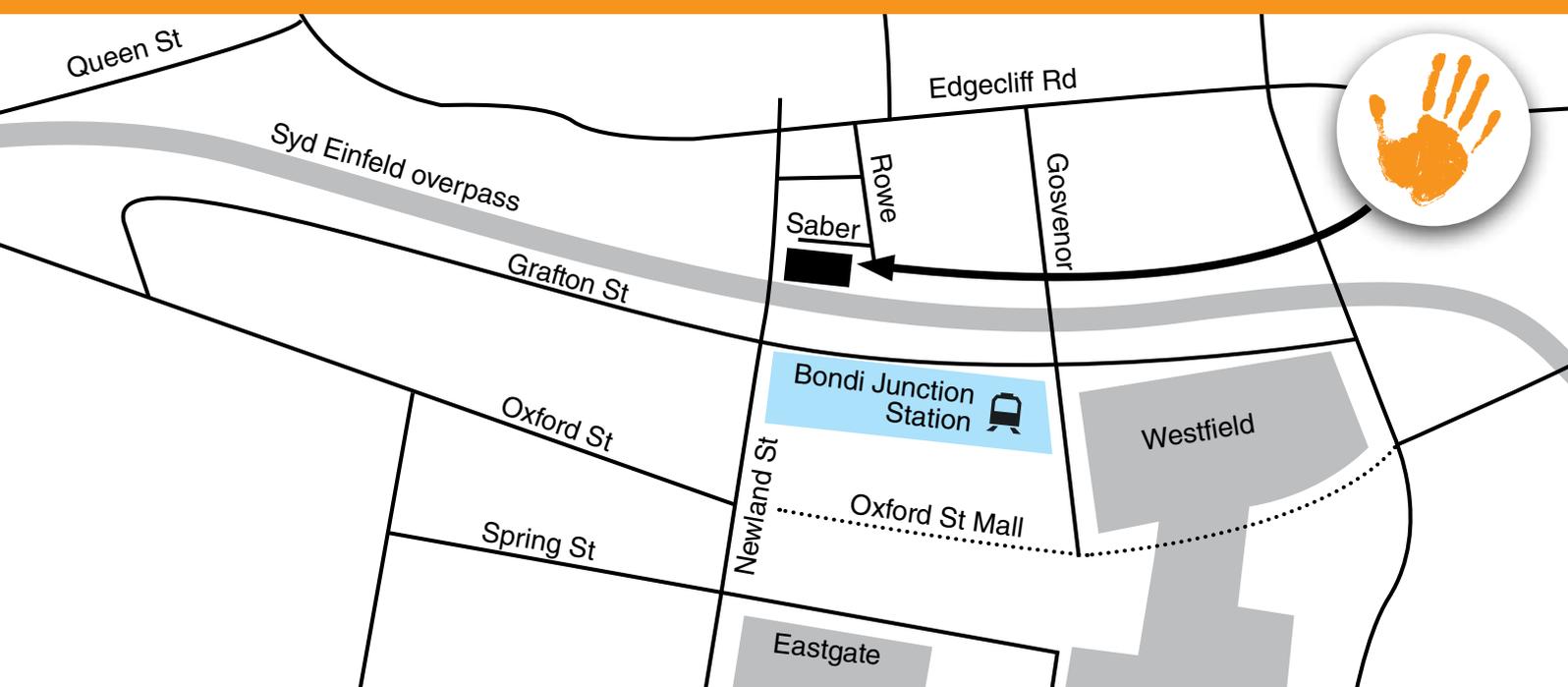
JewishCare is a member of the
JCA Family of Organisations



Approved provider Consumer Directed Care

A bequest to JewishCare will live on in the heart of our community

For more information call Maureen on 9302 8003 or m.mendelowitz@jewishcare.com.au



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www.jewishcare.com.au/careers

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