

LJS Community Care is co-ordinated by a committee of trained LJS volunteers and a professional Community Care Co-ordinator.

Our **Community Care Co-ordinator** is Aviva Shafritz. Aviva supports all our activities and is ready to help with difficulties experienced, not only by our older members, such as illness and provision of care, but also across the spectrum of life. Aviva has access to social services, hospital social workers and many caring organisations both local and Jewish. You can contact her at a.shaftiz@ljs.org on 020 7286 5181. Aviva also organises training seminars for volunteers and would love to hear from anyone interested in getting involved in Community Care or in helping with transport - however occasionally.

ACCESSIBILITY.

At the LJS we want to make sure that all our activities and services are accessible to all our members. If you have a disability and require assistance getting to or from the synagogue or with the cost of transport, please contact Community Care so that we can discuss how best to assist you.

Please contact Aviva Shafritz if you would like:

- ⇒ **support for yourself or a relative or friend**
- ⇒ **to take part in one of our activities**
- ⇒ **to volunteer help**
- ⇒ **to offer financial support.**

Telephone: **0207 286 5181**

E-mail: communitycare@ljs.org

The Liberal Jewish Synagogue
28 St. John's Wood Road, London NW8 7HA
Telephone: 020 7286 5181 Website: www.ljs.org
The LJS is a constituent synagogue of **liberal judaism**



The Liberal Jewish Synagogue
Judaism for Today and Tomorrow

LJS COMMUNITY CARE

'To occupy oneself with the needs of the community is as much a religious act as to study Torah' – The Talmud

At The Liberal Jewish Synagogue (LJS) we are dedicated to learning together and worshipping together; to caring for each other and the wider world.

LJS Community Care provides care, support and social opportunities for our community through a range of activities. These are listed below, and are explained further in this leaflet:

- Bereavement Support**
- Bridge Club**
- Family Support**
- Keep in Touch Group**
- Out and About Club**
- Phone a Member**
- Restaurant Tuesday**
- Singing for the Mind**
- Video plus Tea**



LJS Community Care Activities

BEREAVEMENT SUPPORT is offered, sensitively and in confidence, by a team of trained volunteers.

BRIDGE CLUB meets every Monday from 2.00 - 5.00pm upstairs at the LJS. Anyone with any knowledge of the game is most welcome.

THE FAMILY SUPPORT GROUP brings together the professionals and lay-leaders of the LJS who work with young people and families to share ideas and focus on developing our support and pastoral care.

THE KEEP IN TOUCH GROUP offers contact and friendship to older members of our community, through visits, telephone calls and ever-popular tea parties.



THE OUT AND ABOUT CLUB is a non-denominational club for older disabled people. It meets on the first and third Tuesdays of the month, in the evening, for refreshments and a talk or musical entertainment.

PHONE A MEMBER is a telephone scheme for connecting with our more senior congregants, particularly those unable to get to the synagogue.

RESTAURANT TUESDAY is a long-running and much-loved institution that provides a home-made lunch for a nominal charge. It takes place on the third Tuesday of the month.

SINGING FOR THE MIND is a stimulating and social activity for those with memory problems and their carers. Sessions are run weekly by a trained singing leader. (Non-denominational)

VIDEO PLUS TEA afternoons are an opportunity to watch a film and enjoy a delicious tea, on a Wednesday afternoon once a month. (Non-denominational)