



High Holy Day Appeal

2021 / 5782

EHRIS' Honorary Officers, Council and the Rabbis are delighted to enclose information on the selected charities for this year's High Holy Day Appeal.



Pirkei Avot 5:13:

A person who gives charity, and wants others to give, is pious.



During the course of each year the synagogue receives many requests for donations for various causes. We tend to keep these until the High Holy Days and then ask the various charities to make an application to us, preferably with a project. A tzedukah group, made up of people from the community, men and women and of different age groups, then meets and chooses from those applications, charities to support which they believe will speak to all interests in the community.

This year we sent out application packs to 22 charities and received 18 back to consider.

The charities were divided into 3 categories: - **Tikkun Atzmi, Tikkun Ami & Tikkun Olam.**

The tzedukah group recommends the following charities for the coming appeal:

Tikkun Atzmi - the repair & improvement of ourselves & our local community

- **EHRS Community Needs Fund** enabling us to support our own members with an urgent welfare/financial need. (This is not to pay the shul bill, but some other crisis help). The CNF incorporates the EHRS Jewish Participation Fund which enables EHRS children to enjoy Jewish Life (summer camps, RSY-Netzer, etc) and adults (Limmud, more costly EHRS activities) who live with challenging financial circumstances.
- **Camp Simcha** – Arts At Home therapeutic sessions helping children with serious medical conditions express difficult feelings via a creative outlet where they may not previously have been able to communicate their emotions. Sessions also provide distraction from pain, as well as build self-esteem and confidence.
- **Jewish Blind & Disabled** – Physical Exercise /Wellbeing project helping tenants in JBD homes maintain their independence and mental health by being helped to maintain physical health, giving a sense of purpose and belonging and becoming less isolated.

Tikkun Ami - the support of Jews both in the UK and abroad

- **Leo Baeck Education Center (Haifa)** – Arab/Jewish Summer Camp creating a safe environment where Arab and Jewish 6-11 year olds learn about each other's culture and customs, breaking down mutual fears, building trust and lasting friendships.
- **Myisrael** – Ben Yossi project. Ben Yossi is a therapeutic home for families in crisis and distress in Ashdod. It's aim is to return these families to functioning and active members of their community by working intensely with children and parents, both separately and together.
- **Magen David Adom** – Defibrillator Project, aims to place machines on the streets of Israel to enable members of the public to begin lifesaving treatment in the crucial few minutes after a patient suffers cardiac arrest, before a paramedic or first responder arrives.

Tikkun Olam - helping to repair the wider world

- **Noah's Ark Children's Hospice** – Sensory Discovery Trail - Woodland Way. A trail in the garden reserve to help children in end of life care to discover nature and the world around them, enabling families to create positive memories together.
- **Goods for Goods** – mobilising UK businesses and communities to collect unwanted and unsold goods to redistribute them to 20,000 vulnerable people in London and the South East, improving their quality of life, restoring dignity and protecting the environment.

EHRS Community Needs Fund



The **EHRS Community Needs Fund** was launched as part of the High Holy Day Appeal in 2013.

Its main purpose is for us to be able to respond to our members who are experiencing hardship and need.

Many of EHRS' members are affected by redundancy, bankruptcy, bereavement and both physical and emotional ill-health leaving them in precarious financial positions. The reality for some of our members is that they feel they should resign as they cannot even manage to pay their burial fees. This discretionary fund is not about directly paying a member's synagogue fees but ensuring that they do not lose their burial rights or fall through the net which could result in them having no utilities, food or support. As part of our desire to fully support our members we would like to raise funds that could offer a temporary respite to people when they are at their lowest. We would also ensure, if they wished, that they received additional support from our Community Care Department which can proffer pragmatic advice and make referrals to other agencies as necessary. In order to limit the number of people who would need know who is to be assisted and to afford respect to the member and acknowledge their need to maintain dignity, requests for help would be considered by only three senior people from the EHRS community who would act as 'trustees'. The CNF incorporates a new EHRS Jewish Participation Fund which enables children from the community to enjoy Jewish life (summer camps, RSY-Netzer, etc) and adults (Limmud, more costly EHRS activities) who live with challenging financial circumstances.

Camp Simcha



**MAKING A
DIFFERENCE
FOR SERIOUSLY
ILL CHILDREN**

Camp Simcha exists to improve the quality of life for families of UK Jewish children with a serious medical condition. We offer a diverse range of services tailored for each family member including practical, therapeutic and psychological support as

well as uplifting experiences. Our goal is to improve their general well-being and help the whole family to cope with the distress, anxiety and upheaval from receiving a serious diagnosis of a child/sibling. We strongly believe that improving the whole family's emotional well-being is critical as it impacts on their ability to better respond to and cope with the medical and emotional needs of their sick child. Crucially, this includes the care of siblings, often the forgotten sufferers. Our services are currently being provided in London, Manchester, Gateshead, Glasgow, Leeds, Bristol, Norwich and Brighton. Camp Simcha is currently supporting c.1,250 family members from around 200 UK Jewish families with children suffering from serious or life-threatening medical conditions as well as 12,000 of all faiths and non in c.110 hospital wards across London and Manchester. Arts at Home therapeutic sessions help the children to express difficult feelings relating to their, or their sibling's illness, via a creative outlet where they may not previously have been able to communicate their emotions. Sessions also provide a welcome distraction from their pain and challenges, as well as build their self-esteem and confidence. They help to address anxieties before they become more serious mental health issues.

Jewish Blind & Disabled



JBD is the only Jewish charity dedicated to ensuring that neither physical disability nor impaired vision is allowed to become a barrier to maintaining independence and dignity. We provide developments of mobility apartments for people aged 18 and over, specially designed to enable people to do the everyday tasks that are key to living independently, in safety with their own front door. We have 360 people living across our seven developments with ages ranging from their 20's to over 100 years old. We know that with the right facilities and support, a disability does not have to mean a loss of virtual independence and self-worth. Living behind the front door of their own mobility apartment means that our tenants can enjoy the best of both worlds - the privacy that this offers them whilst also benefiting from the wide range of activities and warm community atmosphere that there is in the attractive communal lounges and beautiful gardens. We know first-hand what the effects of living in a pandemic has been on our tenants, and that their wellbeing and health is key to maintaining their independence and mental health, which is one of our core values. At the beginning of January 2021, we developed a virtual Wellbeing Programme for tenants and are seeking funding towards the physical exercise part of this programme. It brings in qualified & experienced exercise instructors for Pilates, armchair exercises, stretch and strength to music, and involve the use of resistance bands and other equipment. who tailor make classes according to ability.

Tikkun Ami - the support of Jews both in the UK and abroad

Leo Baeck Education Center (Haifa)



LEO BAECK

Learning | Community | Leadership

We invite you to impact on the future of peace building in Israel by enabling children at the youngest ages to connect before they form prejudices, and by doing so, you are doing both Tikkun Ami by supporting Jews abroad, and Tikkun Olam by helping repair the wider community.

The Arab-Jewish Summer Camp (run by the Leo Baeck Education Center, in Haifa) brings together each summer up to 25 Arab and 25 Jewish

Children aged 6-11 years old, for a variety of shared activities, including arts and crafts, theatre, sports, music, field trips, and programmes that promote cross-cultural friendship and understanding. This year will mark the 31st anniversary of the camp. The Arab-Jewish Summer Camp is an integral part of our mission and commitment to providing a platform where Jews and Arabs can meet in a safe environment. This unique camp has served as a model for shared existence and has successfully furthered understanding and tolerance among hundreds of campers and their families. This peacebuilding program recognises the children's potential to become agents of social change and key players in conflict, prevention and resolution. The Arab-Jewish Summer Camp continues to serve as a cornerstone for shared existence in our community and the region.

The goal of the camp is, and has always been, to create a safe environment where Arab and Jewish children (and the families) learn about each other's culture and customs, break down mutual fears, build trust and lasting friendships.

Myisrael

myisrael. Myisrael aims to shine a light onto 18 under-the-radar causes in Israel that help vulnerable people break negative cycles and transform their lives. Our vision is to give a voice to these causes enabling them to work more efficiently and effectively. Myisrael raises money for the causes, mentors them and helps them to improve their processes and infrastructures. 100% of donations to Myisrael go directly to the cause as our overheads are funded separately by donors who give specifically for that purpose.

Recently Myisrael adopted Bet Yossi as one of its 18 causes.

Bet Yossi is a therapeutic home for families in crisis and distress in Ashdod. Bet Yossi aims to return these families to functioning and active members of their community by working intensely with the children and parents, both separately and together. Families join the programme at Bet Yossi on average for 4-6 years. 50-60 children come to Bet Yossi every day after school and receive two hot meals, academic tutoring, individual therapy (art, animal, self-defence therapy), family and group therapy.

Each family is assigned a social worker for the duration of their time at Bet Yossi. Every mother attends a weekly group session as well as individual and couples therapy as required. The team at Bet Yossi work hard to understand each family's dynamic and needs, how best to rehabilitate them, assist them with future planning and financial security. To help with fighting addictions, finding and remaining in employment and breaking cycles of violence and abuse.

Magen David Adom

**MAGEN
DAVID
ADOM UK**



**SAVING
MORE
LIVES**

Magen David Adom (MDA) is Israel's only national medical emergency, disaster, ambulance & blood service responding to over 800,000 calls every year and providing medical care and treatment to people in Israel irrespective of their race,

nationality, religion or ethnic origin.

In June 2006, MDA was officially recognised by the International Federation of Red Cross as the National Aid Society of Israel. MDA's workforce of 26,000 comprises of 23,800 volunteers, making it Israel's largest voluntary organisation. MDA is a non-governmental, not-for-profit organisation that depends on support from donors around the world to save lives every day in Israel. For over 70 years, Magen Davis Adom UK has been raising funds and awareness in order that MDA can carry out its vital work.

When someone suffers a sudden cardiac arrest, prompt action by someone nearby offers their only chance of survival. The Magen David Adom Project is to place Public Access Defibrillators on the streets of Israel to enable members of the public to begin lifesaving treatment in the crucial first few minutes after a patient suffers cardiac arrest, before a paramedic or first responder arrives. This will therefore greatly increase the chances of patient survival. Every 60 seconds that pass without treatment, the patient's chances of survival decrease by 7-10%. Cardiac arrest patients who have to wait for an EMT to respond have a survival rate of just 31%. However, survival rates will rise dramatically if a passer-by has access to a defibrillator and able to start treatment immediately. This project will benefit all citizens of Israel giving the ability to save many lives.

Noah's Ark Children's Hospice

proudly supporting



Registered Charity No. 1041250

Noah's Ark Children's Hospice in Barnet provides clinical, practical and emotional care and support to babies, children and young people with life-limiting or life-threatening conditions across Barnet, Camden, Enfield, Haringey, Hertsmere and Islington. We support children like Eli and Jess, both of whom are living with complex conditions, to experience improved quality of life. We support them to focus their attention on what they can do, rather than on any perceived limitations caused by their conditions.

While construction of our state-of-the-art hospice building - The Ark - is complete, we now want to develop a fully accessible 1.2km Sensory Discovery Trail around the reserve. The Trail, comprising different smells, sounds and sights, will enable children to explore the natural environment around The Ark to help them learn more about the world around them.

"Gardens are vital for children who have physical or sensory difficulties. Most of us walk past a garden and we don't even think about it, but for Eli, it is crucial as it provokes a response from her." **Michael, Eli's father who is supported by Noah's Ark**

We are specifically requesting donations from the EHRS High Holy Day Appeal to redevelop 'Woodland Way', a secluded spot on the reserve. Full of majestic butterflies and vibrant birdsong, improving this area will mean children like Eli and Jess will be able to have new experiences, and will enable them and their families to create vital positive memories together.

Goods for Good

**Goods
FOR
Good**

Established in 2016, Goods for Good mobilises UK businesses and communities to donate overstocked, unsold or unwanted essential goods such as clothing, footwear, bedding, toiletries and hygiene goods to vulnerable people. Founded by a Jewish woman, and rooted in the Jewish principle of Tikkun Olam, the goods we source are needs-led and are distributed to refugees and asylum seekers, young people who are

leaving care, homeless people, and those in assisted housing with dementia or mental health issues, and families on low incomes via frontline charities.

When Covid-19 started to impact vulnerable people locally, we shifted our focus from international humanitarian aid to supporting people here in the UK. Since March 2020, we have developed close working relationships with around 50 frontline charities which are supporting people in need in London, Hertfordshire, and towns in the North West and we have distributed goods to 12,678 people in need, freeing up Support Workers in the frontline charities to help their clients in other ways.

Looking ahead, we know that the economic picture is likely to worsen forcing more households into poverty and yet we know that retailers and manufacturers are still sending overstocked or unsold goods to landfill or incineration.

With the help of the EHRS community, we want to make sure that more unwanted and unsold goods are collected and distributed to 20,000 vulnerable people in London and the South East, improving their quality of life, restoring their dignity, and protecting the environment.

'There are eight steps in charity.

The highest is when you help people to help themselves.'

Maimonides, Mishneh Torah 10:7

Tzedakah

ת"ס



**“NO ONE HAS EVER BECOME
POOR FROM GIVING.”**

- Anne Frank

**Please make your donation online at www.ehrs.uk/hhdappeal,
or complete and return the enclosed form.**

**We would like to take this opportunity to wish you
a very happy New Year and well over the fast.**

To donate to one or more of the charities included in this year's EHRH High Holy Day Appeal please refer to the information on the reverse of the letter which accompanied this brochure.

With many thanks

L'Shana Tovah

118 Stonegrove, Edgware, Middlesex, HA8 8AB
Telephone: 020 8238 1000
Email: admin@ehrs.uk
Web: www.ehrs.uk
Charity:1172458 Company:10622971

