



## High Holy Day Appeal

# 2022 / 5783

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 tzedakah 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 had 25 charities to consider.

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

**The tzedakah group recommends the following charities for the coming appeal:**

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

- **GIFT** - GIFT's vision is community engaged, supported and empowered by the gift of giving. The Giving Kitchen at GIFT with the help of volunteers aims to provide a hot meal to 300 people each week, to support vulnerable people who are old, ill or suffering from severe mental health issues, and unable to prepare their own meals.
- **My Yard** - My Yard supports over 80 families in temporary accommodation on some of Harrows most deprived housing estates. The need for a new fridge freezer will help to continue their work in providing food parcels and support to these families.
- **Resource** - Resource is the only organisation that helps people from across the Jewish Community exclusively with their job search. Recruiting professional volunteers and facilitators are needed to provide training and work shop sessions.

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

- **Hadassah UK** - Hadassah UK is dedicated to raising funds for the Hadassah Medical Organisation in Jerusalem and promoting its medical and scientific excellence. They are supporting 2 projects, Hadassah Hospital's Humanitarian recent Medical Mission in Lublin, Poland and on the Ukrainian border, and the New Helmsley Paediatric bone marrow transplantation at Hadassah Hospital in Jerusalem.
- **Krembo Wings** - The mission of Krembo Wings is to build a world in which children and youth of any ability actualise their right to development, inclusion and visibility. Help is needed for the South Tel Aviv branch to enable the youth to find a place in their community, and provide social activities to help impact their lives.
- **Meketa** - Meketa was set up to assist the thousands of Jews who remain in Gondar Ethiopia and who live in dire poverty. Their new project for the Jewish children in Gondar is to provide a biology lab, to continue their education.

#### **Tikkun Olam - helping to repair the wider world**

- **Bloody Good Period** - BGP has worked with over 100 partner organisations to provide period products to those who are least able to afford them. Bloody Good Education is a programme that provides sexual and reproductive health information to refugee and asylum seeking women. Help is needed to provide online sessions.
- **Chain of Hope** - Chain of Hope provides vital cardiac care to children from war-torn and developing countries. The charity is planning 4 medical missions to Jordan to treat refugee children, providing potentially life saving cardiac treatment.
- **Our Second Home** - Our Second Home is a youth movement that empowers refugees and migrants to flourish in a place that they call home. Their new project, for their first 'Leaders Retreat' will bring together young refugee leaders to offer specialised training and develop as a resilient community of leaders.

## GIFT (Give It Forward Today)



**GIFT's** mission is to inspire and enable lifelong giving within the Jewish community. Their vision is community engaged, supported and empowered by the gift of giving. Across London, Manchester and Israel, they work to develop a

meaningful sense of responsibility for others and the world around us, particularly among young people while simultaneously helping those in need. Their volunteers respond to the real needs of disadvantaged people within the Jewish community. Since their founding in 2004, they have recruited 28,000 volunteers, distributed over 500,000 essential food parcels, hosted over 3,000 packing sessions, and connected with young people in over 100 schools.

Their appeal is for The Giving Kitchen at GIFT, which with the help of volunteers aims to provide a hot meal to 300 people each week. It was born out of COVID, when there was an urgent need to support vulnerable people who are old, ill or suffering from severe mental health issues, and unable to prepare their own meals. GIFT was inundated with requests for help and many volunteers stepped up to give their time and money. The volunteers come to GIFT to cook, pack and deliver nutritious meals across London.

This project is an example of how volunteering can make a measureable difference to both recipients and the volunteers themselves, many of whom find the experience truly life changing. They hope to expand the programme and inspire more volunteers in different categories such as young professionals and B'nei Mitzvah students.

**GIFT (Give it Forward Today) [www.jgift.org](http://www.jgift.org)**

## My Yard



**My Yard** is an innovative outreach charity that supports over 80 families in temporary accommodation on some of Harrows most deprived housing estates. They include asylum seekers, the homeless, and victims of domestic abuse. There are about 8 million people in the UK struggling with food poverty, i.e. difficulty in accessing and affording food. It includes communities with people

in work, families with young children, old & disabled people & many more.

My Yard also provides housing needs and works with young people to give them a sense of belonging and helps them to avoid drugs and knife crime.

The neighbourhoods of Harrow, Dalston & Bushey, are some of these thousand communities in the UK that are facing food poverty. Therefore, any excess surplus food or support from My Yard's partners & volunteers strengthens these communities in challenging food poverty, and its many negative consequences that can harm an individual's health and wellbeing.

Their appeal is for a new fridge freezer which will help to continue their work in providing food parcels and support to these families. They also wish to provide more activities for the children on the estates, particularly in the school holidays with sports and craft activities, and teach them about growing their own fruit and vegetables.

**My Yard [www.myyard.org.uk](http://www.myyard.org.uk)**

## Resource

Resource | 30

**Resource** is the only organisation that helps people from across the Jewish Community exclusively to succeed when job hunting. They aim to boost confidence and build skills, empowering people to find and secure the right employment. Their highly skilled professional volunteers and small team of staff support over 1,000 people each year. Dedicated advisors give each clients expert advice and guidance, tailoring their journey through 1:1 support and workshops. Clients come from every walk of life, age, occupation and profession across the religious spectrum. Resource's practical and supportive approach to helping people is highly effective following the saying, 'Give a man a fish and you feed him for a day; teach a man to fish and you feed him for a lifetime'. Their appeal is for their 2022 project, which is to extend their services so they can help people who are still 'currently unhappily employed' in work, but who desperately need to find a new job. Resource are seeking support to help recruit additional professional volunteers and facilitators so they can support people who need help, but who are still employed so cannot access the services during the working day. They wish to provide a far more flexible service than they have been able to offer to date, enabling those who need support to have appointments, and attend workshops in the evenings and weekends.

**Resource** [www.resource-centre.org](http://www.resource-centre.org)

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

## Hadassah UK



**HADASSAH**  
UNITED KINGDOM

**Hadassah UK** proudly support Hadassah's mission of peaceful coexistence, dedication to saving lives today, & finding medical solutions for a world of tomorrow.

They are dedicated to raising funds for the Hadassah Medical Organisation in Jerusalem and promoting its medical and scientific excellence. Hadassah Hospital in Jerusalem has earned a reputation for its commitment to the delivery of patient-centred medical excellence. It is a leader in healing, teaching, research and community outreach.

Their appeal is supporting 2 projects:

1. Hadassah Hospital's Humanitarian recent Medical Mission in Lublin, Poland and on the Ukrainian border. In response to the Ukrainian refugee crisis, Hadassah reacted quickly and sent medical supplies with a team of specialist experts providing logistical support and supplies. They are raising funds in a joint effort to support Hadassah's Humanitarian Medical Mission to Poland to help train the local doctors in triage, war A&E, & disaster management.

2. New Helmsley Paediatric bone marrow transplantation at Hadassah Hospital in Jerusalem. This is the only effective therapy for many immune system disorders and blood cancers requiring stem cell transplants. They are committed to fitting out the Administrative Control Centre in the Helmsley Bone Marrow Transplantation Unit which includes a waiting area, staff lounge, social worker's office, paediatric doctor's room, nurse's station, and children's play area.

**Hadassah UK** [www.hadassahuk.org](http://www.hadassahuk.org)

## Krembo Wings



**Krembo Wings** is the only inclusive youth movement in Israel which brings children and youth with all types of disabilities together with their able-bodied peers for weekly educational and fun social activities. Their motto is 'Together, Creating a Meaningful Place for Everyone' - and that means children with disabilities and the able bodied youth of every background. They promote values of tolerance, acceptance and equality, and their activities are working to produce a generation of youth who strive for inclusivity and appreciate diversity. Children with disabilities suffer from social isolation which is often more difficult to bear than living with the disability itself. Krembo Wings addresses the basic human need to love and be loved, to have friends, and to have a place in one's community. Even though Israel has a strong culture of youth movements, there are no youth movements which are accessible to youth with severe disabilities and which bring together youth with disabilities and their able-bodied peers. That is why their work is crucial in the lives of children living in South Tel Aviv.

Their appeal is to give much needed help for the South Tel Aviv branch, to enable the youth to find a place in their community, and provide social activities to help impact their lives. They wish to help develop the children's social skills, physical abilities and self esteem with weekly social activities, train and educate youth counsellors, and provide the parents with much needed respite and valuable time to spend on themselves while knowing their children are in good hands.

**Krembo Wings** [www.krembo.org.il/en](http://www.krembo.org.il/en)

## Meketa



**Meketa** was set up to assist the thousands of Jews who remain in Gondar Ethiopia and who live in dire poverty, helping them to be more financially independent. Their programmes are designed to support education and provide training so that the participants can become self-sufficient and support their families. They are no doubt the poorest Jewish community in the world and their lives have become even more desperate during both the pandemic and Ethiopia's conflict over the same period with Tigrayans. Meketa has continued to support Gondar's Jewish community throughout these troubles and will continue to help them prosper. Their philosophy is to help the community to help themselves. They do this through a variety of schemes: microcredits, professional training, a nursery facility, school and college sponsorships, and an after school club.

Their appeal is for a new project for this after school club, which Meketa has run for several years for over 100 school age children. The club currently teaches sciences mainly with the use of textbooks. The quality of this education would be boosted through the provision of a biology lab. They would expect their students to progress significantly in their science studies at their state schools and Meketa will monitor such progression through their school grades and exam results. With the success of this project, Meketa would be delighted to name the biology lab in honour of the Edgware & Hendon Reform Synagogue community.

**Meketa** [www.meketa.org.uk](http://www.meketa.org.uk)

## Bloody Good Period



**Bloody Good Period (BGP)** has worked with over 100 partner organisations ACROSS England & Wales to provide period products to those who are least able to afford them. It was founded by Gabby Edlin in 2016 when she volunteered at a synagogue drop in centre for asylum seekers, and realised period products were not being provided. BGP provides menstrual health sessions led by medical volunteers to supply vital health information to people least likely to access it. Furthermore, they work with employers to ensure that employees who menstruate are not disadvantaged at work. BGP believe no one should have to compromise their menstrual health or participation in society because of their income. They provide a regular supply of free period products supporting people who have limited financial resources to care for their periods. Last year they delivered 63,000 packs of products to adults in the UK. Their appeal is for help with Bloody Good Education, a programme that provides sexual and reproductive health information to refugee and asylum seeking women. They wish to provide 15 online education sessions over one year in partnership with women's centres such as Women for Refugee Women in London. These female asylum seekers and refugees will be able to feel more confident in their understanding of their reproductive and sexual health, their own bodies, and get better access to information.  
**Bloody Good Period [www.bloodygoodperiod.com](http://www.bloodygoodperiod.com)**

## Chain of Hope

CHAIN  
OF  
HOPE



**Chain of Hope** is an international children's charity providing vital cardiac care to children from war-torn and developing countries. It is at the forefront of efforts to provide quality paediatric cardiac services to refugee children across the world. Chain of Hope's long term goal is that all children, wherever they are born, have access to quality cardiac care in their own countries. 90% of the world's children with heart disease do not have access to the urgent treatment they require. This means that around 15 million children across the world remain severely ill or die because of treatable or preventable heart conditions. Their appeal is for help with four medical missions to Jordan to treat refugee children. Each medical mission will provide potentially life saving cardiac treatment for between 10-20 refugee children, helping to greatly improve the quality of life for these children and their families. Each mission consists of a team of volunteer world class medical professionals who will spend a week working in a hospital in Jordan to provide complex cardiac care to refugee children. In addition, Chain of Hope will provide skills sharing with the local cardiac team to ensure the long term sustainable treatment of the thousands of children across the region suffering from complex heart conditions. Chain of Hope's work is done with an eye to the future, they are not just helping refugee communities now, but are also focussed on long term solutions to health inequities.  
**Chain of Hope [www.chainofhope.org](http://www.chainofhope.org)**



## Our Second Home



**Our Second Home (OSH)** is a youth movement that empowers refugees and migrants to flourish in a place that they call home. Through transformative experiences, they enable their members to create communities and become leaders. The young refugee and asylum seekers arriving in this country are often isolated and lonely, living in foster care or supported accommodation, without the necessary infrastructure to develop positive social relationships or learn vital skills. Our Second Home exists to plug this gap. Using a model based on the Jewish youth movement its founders were raised in, they are creating a participant led social Movement. They believe that by providing the infrastructure and tools that they lack, OSH can tap into the potential of these individuals and help build the next generation of refugee leaders. To do this they host residential programmes and activities, creating a safe communal space that enables them to teach leadership skills and spark ideas. Their appeal is for their new project, their first ever 'Leaders Retreat' which will bring together young refugee leaders who have gone through nationally certified training with OSH's wider volunteer base in London, Essex and Newcastle. It will be a chance to 'supercharge' the development of their movement through specialised training and developing a resilient community of leaders.

**Our Second Home [www.oursecondhome.org.uk](http://www.oursecondhome.org.uk)**

**Please make your donation online at  
[www.ehrs.uk/hhdappeal](http://www.ehrs.uk/hhdappeal),  
or complete and return  
the accompanied form.**

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



*'There are eight steps in charity.*

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

*Maimonides, Mishneh Torah 10:7*

Tzedakah

בס"ד

**"NO ONE HAS EVER BECOME  
POOR FROM GIVING."**

*- Anne Frank*

