



## EHRS High Holy Day Appeal

# 2023 / 5784

EHRS' 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 26 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**

- **Royal Free Charity** - The Royal Free Charity is the partner charity for the Royal Free London NHS Foundation Trust. This year they are supporting their colleagues and patients in emergency and urgent care by delivering ECG machines, improving waiting rooms, fund new screen technology, and offering support and rest spaces.
- **Raphael - Jewish Counselling Service** - Raphael, now the Talking Therapies Division of Jami, continues to provide a safe, welcoming and confidential haven for clients to discuss their emotional problems. They wish to continue to support those of their clients unable to pay the full cost of their talking therapy sessions.

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

- **Jnetics** - Jnetics is dedicated to improving the prevention and diagnosis of Jewish genetic disorders in the UK. Through their clinic, they facilitate Jewish Genetic Disorder (JGD) carrier screening for Jewish couples who are about to embark on parenthood. The disorders they test for are extremely debilitating, life shortening, but most importantly completely preventable through screening.
- **Camp Simcha** - Camp Simcha exists to improve the quality of life for families of UK Jewish children with a serious medical condition. Their Respite Care service is for parents who have a child with a complex medical condition, as it allows parents to benefit from a crucial night's sleep.
- **Moishe House** - Moishe House in London have established themselves as a unique and effective model of Jewish communal programming for young adults aged 22-32. Moishe House want to continue providing a vital space for young Jewish adults in London and the wider UK.

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

- **Oasis of Peace UK** - Oasis of Peace is a UK based charity raising funds & awareness for the unique peace community of Neve Shalom-Wahat al-Salam in Israel. At their School for Peace, their evermore important Facilitator Course produces a group of proficient facilitators who possess the necessary skills to lead challenging tasks in Israel and Palestine.
- **React** - React is dedicated to providing terminally ill children with the quality of life they deserve. Providing urgently needed aid and specialist equipment helps make an immense difference to the quality of life for these children.
- **Karen Morris Memorial Trust** - The Karen Morris Memorial Trust provides facilities for leukaemia patients and their families, currently funding 4 Karen's Homes from Home. In one of the homes, furnishings and kitchen equipment need replacing to ensure the warmth and comfort is maintained.

## Royal Free Charity

Fundraising for the

**ROYAL FREE  
CHARITY**

**The Royal Free Charity** is the partner charity for the Royal Free London NHS Foundation Trust. Employing over 10,00 staff and serving a local population of more than 1.6 million people. It incorporates the Royal Free, Barnet, and Chase Farm hospitals.

With the help of their supporters, they invest in four care areas: enhanced patient support, vital staff support, ground-breaking research & innovation, and cutting edge medical equipment. Their volunteers are an essential part of the team, supporting patients and families across the hospitals, while their complimentary therapy team offer specialised therapeutic treatments to promote better wellbeing for patients and staff alike. Their support hub is a lifeline for patients navigating the bewildering time after a life-altering diagnosis or procedure,

This year they are supporting their colleagues and patients in emergency and urgent care. Demand for urgent care is at its highest ever level. The consequences of national pressures across the NHS and social care system are impacting staff and patients across the trust, meaning their urgent and emergency care teams are under extreme strain. With your help, they can invest in impactful interventions to ease the pressure on staff and improve patient experience. This includes delivering additional ECG machines to speed up diagnosis, improving waiting rooms, funding new screen technology to improve communication, providing toys for children, and offering psychological support and better rest spaces for staff to support their wellbeing.

[www.royalfreecharity.org](http://www.royalfreecharity.org)

## Raphael - Jewish Counselling Service



**Raphael - The Jewish Counselling Service**, now the Talking Therapies Division of Jami, continues to provide a safe, welcoming, confidential and non-judgemental haven for clients to discuss their emotional problems.

Remaining the only Jewish organisation to provide a broad-based service it helps those with depression, anxiety, bereavement, illness, issues concerning sexuality and sexual or gender identity, and other stresses in life. They also support those affected by the long-term and intergenerational impact of the Holocaust. There are an increased number of referrals due to the adverse effects of Covid 19, including complex bereavement, financial issues, the impact on emotional wellbeing of Long Covid and lockdowns plus the more recent exponential cost of living crisis.

In its new incarnation, Raphael is also expanding to include close family members, carers and others supporting those with more serious mental illness.

Donating through this appeal would help Raphael to continue to support those of their clients unable to pay the full cost of their talking therapy sessions by allowing Raphael to award necessary Concessionary Supplements. This is an ongoing programme as clients complete their counselling and new clients are commencing all the time. It is estimated that 75-100 clients will benefit from such funding in 2023.

[www.raphaeljewishcounselling.org](http://www.raphaeljewishcounselling.org)

## Jnetics



**Jnetics** is dedicated to improving the prevention and diagnosis of Jewish genetic disorders in the UK. Through the Jnetics clinic, they facilitate Jewish Genetic Disorder (JGD) carrier screening for Jewish couples who are about to embark on parenthood. Pre-conception screening for these couples is standard practice internationally, but unfortunately the UK is far behind. The goal of the clinic is to fill this gap, giving couples the chance to gain the knowledge needed to avoid the preventable tragedy of having a child affected by 1 of 47 severe recessive JGD's. Jnetics is all about preserving life - Pikuach Nefesh. "It's a fulfilment of the mitzvah 'you shall take care of your health' to undertake those measures that can prevent illness in our lives and thereby enhance the health of the community". They want to ensure babies born into the community are free from Jewish genetic disorders, recessive disorders exclusive to the Jewish community which are wholly preventable thanks to the screening service Jnetics offer. They test for 47 recessive disorders which include Ashkenazi, Sephardi and Mizrahi heritage. Too many babies are being born today with truly devastating conditions. Getting screened empowers individuals with the knowledge needed to avoid passing on a disorder to their children. The disorders they test for are extremely debilitating, life shortening, but most importantly completely preventable through screening.

If Jnetics weren't helping couples to avoid unnecessary heartache, no one else would be. They exist to save lives and protect the future of the Jewish community.

[www.jnetics.org](http://www.jnetics.org)

## 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. They 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. Camp Simcha's services are designed to mitigate trauma and prevent families from reaching breaking point.

Camp Simcha's Respite Care service is key to improving parents' emotional wellbeing, resilience and ability to cope with their situation. When parents have a child with a complex medical condition requiring round the clock care, it can be difficult, sometimes impossible, to get a night's sleep. Exhaustion from lack of sleep is intolerable over time, impacting on the whole family's emotional wellbeing. Their Respite Care service allows parents to benefit from a crucial night's sleep, secure in the knowledge that their child is being expertly catered for. Daytime respite enables these parents to spend invaluable time with healthy children or to reconnect as a couple, dinners or outings can be organised for the parents/family to further optimize the benefit of their break, and 3 night annual residential Family UK Retreats can help them feel reinvigorated and better equipped to manage their challenges moving forward.

[www.campsimcha.org.uk](http://www.campsimcha.org.uk)

# EHRS High Holy Day Appeal 2023 / 5784

*"By charity people rise to a height where they meet God.  
Therefore, do a good deed before you begin your prayers"  
(Ahai Gaon)*

**NO ONE HAS  
EVER BECOME  
POOR BY  
GIVING.**

*Anne Frank*



**Supporting 8 incredible charities, please see inside  
for how you can make your donation  
to this year's EHRS High Holy Day Appeal.**

# EHRS High Holy Day Appeal 2023 / 5784

Dear Member,

The giving of charity is part of the High Holy Day experience along with prayer and repentance. This year the synagogue has chosen a variety of charities in our own community, in the wider neighbourhood and in Israel for your support.


**If you wish to make a donation, please go to our website [www.ehrs.uk/hhdappeal](http://www.ehrs.uk/hhdappeal) and complete the online form.**

In order to save costs so that more of your contribution goes to charity, we will not formally acknowledge your kind donation, but we do thank you in advance for your generosity and helpfulness. Please note that if you sign the gift aid declaration we will be able to recover a further 25% for the charities under the Government's current charity laws.

We are most grateful for your kind donation, which enables us to make a contribution as a community to the care and welfare of others. Every amount is welcomed, even the smallest, so please give as generously as you are able.

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

L'Shanah Tova



Rabbi Mark Goldsmith  
Senior Rabbi



Jeremy Harrod  
Chairman

# EHRS High Holy Day Appeal 2023 / 5784

Edgware & Hendon Reform Synagogue  
118 Stonegrove, Edgware, Middx, HA8 8AB

**We would prefer donations to be made online at  
[www.ehrs.uk/hhdappeal](http://www.ehrs.uk/hhdappeal)**

(if you are unable to donate online we will accept cheques if absolutely necessary, so please fill in this form and return to the Synagogue Office with your payment)

Signing the gift aid form overleaf allows the Synagogue to recover a further 25% (subject to any legislation changes) for charity.

If a Gift Aid form has previously been sent to EHRS, for whatever purpose, a new one is not required.

NAME/S (in capitals) .....

ADDRESS .....

..... POST CODE .....

I/we enclose a cheque for £..... (made payable to EHRS) to be paid to the following charities as part of the EHRS High Holy Day Appeal or to be split amongst all charities.

<b>Royal Free Charity</b>	£
<b>Raphael - Jewish Counselling Service</b>	£
<b>Jnetics</b>	£
<b>Camp Simcha</b>	£
<b>Moishe House</b>	£
<b>Oasis of Peace UK</b>	£
<b>React</b>	£
<b>Karen Morris Memorial Trust</b>	£
<b>or AMOUNT TO BE SPLIT AMONGST ALL CHARITIES</b>	£

# EHRS High Holy Day Appeal 2023 / 5784

## GIFT AID DECLARATION TO EDGWARE & HENDON REFORM SYNAGOGUE

Title (Mr. Mrs. Ms. Miss. etc) .....

I (full name) .....

Of (address) .....

..... Post Code .....

declare that I want all donations and subscription payments I have made since the 6th April 2000 and all donations and subscription payments I make on or after the date of this declaration, to the Edgware & Hendon Reform Synagogue of 118 Stonegrove, Edgware, Middx, HA8 8AB to be treated as Gift Aid donations until I notify you otherwise.

Signature ..... Dated .....

### Notes:

Please notify us if you change your name or address while this declaration is still in force.

You can cancel this declaration at any time by notifying us - it will then not apply to donations you make on or after the date of cancellation or such later date as you specify.

Please remember to notify us if you no longer pay an amount of income tax or capital gains tax equal to the tax we reclaim on your donations (currently 25p for every £1 you give).

If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return.

If you are unsure whether your donations qualify for Gift Aid tax relief, ask us or your tax advisor. Or you can ask your local tax office for leaflet IR 113 Gift Aid.



## Moishe House



**Moishe House** was founded in 2006 by young adults who recognised the lack of social and cultural opportunities available too Jewish twenty-somethings. Recognising a need for a community-driven approach to Jewish engagement, they set out to create a network that would offer a welcoming and inclusive environment for Jewish young adults to connect and explore their identities. Moishe House operates 114 houses and 49 pods in 31 countries, which are led by volunteers, known as residents, who organise and host events and activities for their peers.

Moishe House in London have established themselves as a unique and effective model of Jewish communal programming for young adults aged 22-32. They serve as a hub of Jewish communal activity, providing diverse programming that ranges from Shabbat dinners to games nights, Jewish holiday celebrations to fitness activities, and volunteering opportunities, among others. These programmes are designed to be pluralistic, fostering shared dialogue and understanding between Jews of different backgrounds and practices. However new approaches are needed to engage and create a dynamic Jewish community for the generation. Moishe House want to continue providing a vital space for young Jewish adults in London and the wider UK to explore their identities, connect with their peers, and make a positive impact on their communities, all of which leads to more Jewish young adults living vibrant Jewish lives and building Jewish homes.

[www.moishehouse.org](http://www.moishehouse.org)

*Tikkun Olam - helping to repair the wider world*

## Oasis of Peace UK



Oasis of Peace  
واحة السلام  
נווה שלום

To the west of Jerusalem lies a quite remarkable settlement - the village of Neve Shalom Wahat al-Salam: the **Oasis of Peace**. Here Israeli Arabs and Israeli Jews live together in equal numbers. There is a primary school where Arab and Jewish children from the Village and the outlying community attend in equal numbers, and the teaching is bi-lingual. Here is also the School for Peace,

which runs programmes for Jewish and Arab professionals, and students of all faiths and ages aimed at promoting understanding between the two communities. The work of the School for Peace assumes evermore importance. The need for more professional facilitators who advance equality and human rights, democracy and civil society in Israel is urgent. The country is deeply divided, like never before, against a backdrop of tensions which threatens to spill over into a brutal new conflict. The school's Facilitator Course produces a group of proficient facilitators who possess the necessary skills to lead challenging tasks in Israel and Palestine. The School for Peace has done considerable work in the improvement of the quality of the facilitation training done in Israel and has placed a much greater emphasis on engaging with leaders of peace groups, rights groups, and university graduates who will ultimately take on leadership roles in Israeli society. Graduates of the course represent a core of professional facilitators who will be equipped to lead this difficult work throughout the country for years to come.

[www.oasisofpeace.org.uk](http://www.oasisofpeace.org.uk)

## React



**React** (Rapid Effective Assistance for Children with potentially Terminal illness) is dedicated to providing terminally ill children with the quality of life they deserve. They will assist children up to the age of 18 who are diagnosed with a terminal illness, and

living in a financially disadvantaged family.

React works fast - responding to requests within a maximum of 48 hr time frame - bridging the gap left by local authorities and providing essential equipment for children whose families have been rejected by the usual support networks. React will consider any request that is considered a 'basic, essential need', offering a wide variety of specialist aid and support with the overall goal of ensuring each child has access to comfort, dignity and the opportunity to participate in life as fully as possible.

React continues to respond to a growing need for its service throughout London, as an increasing number of families are left with no choice but to turn to charity sources as a result of the cost of living crisis which further burdens their precarious financial situation. React wish to continue responding to that need by purchasing urgently needed aid and equipment for these families which could be seizure monitors, suction machines and nebulisers, specialist trikes and powerpacks, car seats, sensory toys to name a few. These items help makes an immense difference to the quality of life for children of London who are diagnosed with a terminal illness.

[www.reactcharity.org](http://www.reactcharity.org)

## Karen Morris Memorial Trust



The **Karen Morris Memorial Trust** and was set up to continue the fundraising initiative of Karen Morris who passed away in 1998, just 1 year after being diagnosed with chronic myeloid leukaemia. It provides facilities for leukaemia patients and their families, currently funding 4 Karen's Homes from Home at Hammersmith

Hospital, the Churchill in Oxford, Addenbrooke's in Cambridge, and the Queen Elizabeth in Birmingham. A fifth is scheduled to open at the Derriford Hospital in Plymouth in late 2024. As the treatment for leukaemia moves to daily treatment but without the need to overnight in hospital, there is a growing demand from patients to escape the cabin fever of a ward and avoid daily journeys from home to hospital. Karen's Homes from Home is the response to the need for comfortable, welcoming accommodation close to the haematology wards where loved ones are being treated.

The trust has also funded a number of complementary treatments for haematology patients which would not otherwise have been available, but which are proven to ease the emotional, and thereby the physical, pain of leukaemia patients and bring some comfort to their nearest and dearest.

However there is now a need to update Karen's Home at Hammersmith Hospital where accommodation is in 3 self-contained units, each with a bedroom, bathroom, living area, and fully fitted kitchen. This was the first Karen's Home to open in 2007, so after 16 years, and with an occupancy rate of over 75%, some of the furnishings and kitchen equipment needs replacing to ensure the warmth and comfort is maintained.

[www.kmmt.org.uk](http://www.kmmt.org.uk)

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

**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*

**EHRS High Holy Day Appeal 2023 / 5784**



Edgware & Hendon  
Reform Synagogue  
ק"ק לדור ודור