

Community Support Worker

Report for AGM for year 1.1.18 – 31.12.18

As the Community Support Worker, one of my main roles is to support Rabbis Paul and Celia in meeting the pastoral needs of the community. This may involve phoning members, visiting them at home or in hospital, supporting them during bereavements, ensuring celebrations are acknowledged, helping with home care/care home difficulties, signposting where necessary to ensure our members get the help they need from charities or social services and also running various groups to encourage sociability within our community.

At the beginning of the year we ran a course on Neurobics offering people the opportunity to improve their memory.

The Community Lunches have been well attended and the food, as ever, delicious. Our chefs create a freshly cooked three course meal once a month at very modest cost.

The Community Walks are a great opportunity to get out in the fresh air, enjoy some really beautiful local scenery and have a chat and generally a cup of tea at the end. Do try and join us, dogs are most welcome.

A team of volunteers make the bi-annual calls to those of our members who need just a little extra support and we now, also, have a Community Telethon – trying to call all members of our community twice a year.

We have a monthly Carers Support Group, run in conjunction with *Carers in Herts*, which is well attended. This is a valuable opportunity for people to share their experiences, get advice or give it and have a general chat.

We have a Bereavement Support Group run by trained volunteers offering vital support to our members during difficult personal times.

Parcel deliveries are made to some of our more senior members of the community at Pesach and Rosh Hashanah and this offers an opportunity for us to stay in contact with some of our members who may find it more difficult to come to the synagogue.

We have a 'Keeping Company' group to enable members of the community to be visited when they find themselves unexpectedly housebound, or to be kept company whilst their partner/carer goes out.

At the beginning of 2019 we are starting a Dementia Support Group, supporting members and non-members who may be experiencing some memory loss.

We have teams of volunteers for so many of our projects here at Radlett – drivers, phone callers, visitors, cooks, facilitators for various groups but more volunteers are always most welcome. Please contact me if you think you can help in some way.

Helen Janes

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