

**COMMUNITY SUPPORT WORKER
AND LINK
REPORT TO THE ANNUAL GENERAL MEETING OF
RADLETT REFORM SYNAGOGUE
MAY 2018**

I have been working as the Community Support Worker at Radlett Reform Synagogue for three years supporting many of our members at various stages of their lives, being the pastoral support for both Rabbi Paul and Rabbi Celia and setting up various groups, training sessions and other activities that may interest our members.

During the year to December 2017 a number of activities continued:

- the Community Lunch is a great success with an average of 18-20 guests each month. This would not happen if it was not for the wonderful volunteers, both young and not so young, who cook, chat, wash up and clear up. We have been asked if this could take place fortnightly but we would need more helpers. If you would like to help please contact Helen at csw@radlettreform.org.uk
- the Carers Support Group in conjunction with *Carers in Herts* continues to be very supportive to some of our members as well as members of the wider community;
- the Walking Group -members of our community and the wider community enjoy fresh air and exercise and even a considerable amount of mud at times!
- The Bereavement Support Group supports our members following bereavements and this may be just one telephone call or a few and visits.

We organised another session in the series "A time to Live and A Time to Die" which was very useful, with interesting speakers, and well attended and obviously followed by scones with cream and jam with tea.

- The Keeping Company group is rather small and has not been called upon too often to sit with people at home whilst the carer/spouse goes

out but this can be incredibly important and necessary. If you would like to be part of this please let me know.

- We have continued to make bi-annual calls to members who may need a little more support, but again, more callers are needed.
- We are continuing to deliver parcels to our older members at Rosh Hashanah and Pesach and these are generally very well received.
- At Pesach we had a Telethon, calling all the members of our community, done with the help of a team of about 40 callers. Thank you so much to the callers. Again the calls were generally well received. Apart from wishing people a happy Pesach we picked up on a few problems with which we were able to offer support and assistance.
- We held a MacMillan Coffee morning in September which raised funds for a much needed and worthwhile cause.

I have attended various training sessions during the year with organisations such as Jewish Women's Aid, Jewish Care, Bereavement Care (Harrow) and I also attend fairly regular Peer Group meetings to share ideas and talk through problems.

In my work I meet people with a whole variety of problems such as mental health issues, dealing with children who are sick or disabled, bereavements, dementia, and long term illnesses and social issues. I personally find this work interesting and rewarding and even though I cannot solve all the problems I can support and guide through what can be very difficult times for people.

Obviously my work entails knowing about issues that families or individuals may have and often this only happens by word of mouth. If you know of anyone who could do with help or assistance at any time, please do let them know that I am here to support them, or alternatively they can of course contact the Rabbis. Issues are dealt with in confidence and information only shared between the Rabbis and myself with the agreement of the person needing the help.

None of the work I do would happen without the ongoing help from a large number of volunteers within Radlett Reform and I would like to thank them all very much indeed.

If you would like to be added to the list to help with cooking, driving, phoning, visiting, parcel delivering, meal delivering or any other service that you feel we could develop please contact me.

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