



WESTMINSTER SYNAGOGUE

RESOURCE DIRECTORY

*Westminster Synagogue does not necessarily endorse these services –
this is a list of suggested services that may be useful to its members and staff.*

For life-threatening emergencies call 999 for an ambulance, or go to an A&E department

For urgent care call NHS 111 or call your GP and ask for an emergency appointment

Samaritans (suicide prevention) helpline open 24/7 Call 116 123

Child Line (free, confidential help for children) Call 0800 1111

Silverline (free, confidential help for older people) Call 0800 4 70 80 90

Shout (free, confidential support, 24/7 via text) Text SHOUT to 85258

**IN THE EVENT OF A DEATH OF A MEMBER, PLEASE CALL:
0207 584 3953 (out of hours 0207 584 3953 ext 9:) and refer to our
[bereavement guidelines](#)**

KEY JEWISH ORGANISATIONS

PROVIDING SERVICES FOR THE ELDERLY; THOSE DISABLED; THOSE REQUIRING ASSISTED LIVING; SOCIAL WORK SERVICES; FAMILY CARER SUPPORT AND MORE

EZRA UMARPEH – 0208 211 7999

Website: www.ezraumarpeh.org

Email: admin@ezraumarpeh.org

Ezra Umarpeh provide patient support services (eg medical equipment hire and transport to and from medical appointments) for those challenged by illness and disability, whether at home or in hospital.

JEWISH BEREAVEMENT COUNSELLING SERVICE - 020 8951 3881

Website: jbcs.org.uk

Email: enquiries@jbcs.org.uk

JBCS has been supporting the Jewish Community for over 40 years and are committed to ensuring a professional, skilled and comprehensive service. Most people need support following a bereavement and often family, friends and the community can meet this need. However, there are times when it may be useful to talk in confidence to a counsellor who has training in the issues of grief and loss.

JEWISH BLIND & DISABLED - 020 8371 6611

Website: <https://www.jbd.org>

Email: info@jbd.org

JBD enable adults of all ages who are physically disabled, or vision impaired to live independently either in their existing accommodation with the help of their Independent Living Advisor or in their own mobility apartment within one of their specialist developments with 24 hour a day, seven day a week on site support.

JEWISH CARE - Helpline 020 8922 2222 (call this number in the first instance)

Website: www.jewishcare.org/about-us

Email: helpline@jewishcare.org

The largest health and social care organisation serving the Jewish community in London and the South East. Their services and support include those for: Older people; Family carer support; Care Homes; Retirement living; Community Services: Keeping Mind & Body Active; Information, advice & community support; Dementia Services; Disability services; Holocaust Survivor services; Home care; People recently bereaved.

JEWISH DEAF ASSOCIATION - 020 8446 0502 (voice) Phone: 020 8446 4037 (text)

Phone: 020 8446 0214 (Technology & Information Centre - voice, textphone, answerphone)

Website: <https://www.ideaf.org.uk/about-us>

Email: mail@ideaf.org.uk

JDA provide services to those living with hearing loss. By informing, supporting and educating, their mission is to improve access, independence, equality and inclusion for people with a hearing loss, thereby breaking down barriers between deaf and hearing people.

JEWISH WOMEN'S AID - Domestic Abuse Helpline: 0808 801 0500

Sexual Violence Support Line: 0808 801 0656

Website: <https://www.jwa.org.uk>

Email: clientsupport@jwa.org.uk

Jewish Women's Aid is the only specialist organisation in the UK supporting Jewish women and children affected by domestic abuse & sexual violence. No Jewish woman should have to face this alone. JWA are here to help.

NIGHTINGALE HAMMERSON HOUSE - 020 8673 3495 (ask for Residents Services)

Website: nightingalehammerson.org

Nightingale House, 105 Nightingale Lane, London SW12 8NB

Hammerson House, 50A The Bishops Avenue, London, N2 0BE (due to open Mid May 2021)

Residential, Nursing and Respite Care for the elderly.

THE PAPERWEIGHT TRUST – Helpline: 020 8455 4996

Website: www.paperweight.org.uk

Email: info@paperweight.org.uk

Paperweight are a Jewish organisation who help with all paperwork, legal, financial & welfare. Debt advice, benefits advice, law guidance, advocacy.

HOME CARE**PHILIPS 1924 HOMECARE SERVICE – 02039252756 or 07309908493**

Website: <https://www.philliphomocareservices.co.uk/>

Domiciliary Care agency, for the elderly and those with life limiting illness or disease

SWEET TREE CARE ASSOCIATION - 020 7644 9522

Website: <https://www.sweettree.co.uk>

Home care providers, daily carers, live in carers for the elderly and those with life limiting illness or disease. Across central London and suburbs.

HOSPICE

ST JOHNS HOSPICE – 0207 806 4040

Website: <https://www.stjohnshospice.org.uk/contact/>

Email: hospice.info@hje.org.uk

Central London's only hospice providing care to residents of Westminster, Camden, Islington, Kensington & Chelsea and Hammersmith & Fulham. Providing palliative care and support for terminally ill patients. Including, inpatient care, day care, hospice@home, therapies and bereavement support for children and adults.

BEREAVEMENT

IN THE EVENT OF A DEATH OF A MEMBER, PLEASE CALL:

0207 584 3953 (out of hours: 02075843953 ext 9) and refer to our [bereavement guidelines](#).

CORONERS COURT SUPPORT SERVICE - 0300 111 2141 (Monday-Friday from 09.00-19.00 and on Saturdays from 09.00)

Email: helpline@ccss.org.uk

Attending an inquest can be very daunting as well as upsetting. Volunteers are on hand to give both practical and emotional support. The Helpline can give general advice about inquests to callers but can also put people in touch with teams in the different courts if they have specific questions about their attendance at a court.

CRUSE BEREAVEMENT CARE 0844 477 9400

Website: www.crusebereavementcare.org.uk

GRIEF ENCOUNTER - Helpline: 0808 802 0111

Website: <https://www.griefencounter.org.uk/>

Email: contact@griefencounter.org.uk

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.

JEWISH BEREAVEMENT COUNSELLING SERVICE - 020 8951 3881

Website: jbcs.org.uk

Email: enquiries@jbcs.org.uk

JBCS has been supporting the Jewish Community for over 40 years and are committed to ensuring a professional, skilled and comprehensive service. Most people need support following a bereavement and often family, friends and the community can meet this need. However, there are times when it may be useful to talk in confidence to a counsellor who has training in the issues of grief and loss.

COUNSELLING AND THERAPY SERVICES

JEWISH HELPLINE - 0800 652 9249 / 020 3096 2875 Hours: Sunday – Thursday Midday to Midnight. Friday Midday to 3pm.

Website: www.jewishhelpline.org

If you are feeling alone, anxious, depressed, suicidal – or simply in need of someone to talk to – their trained volunteers are here to support you. They will listen without judgement and your call is kept completely confidential. You do not have to give your name.

Jami - 020 8458 2223

Website: jamiuk.org/get-support/what-we-do

Email: info@jamiuk.org

Jami is the specialist provider of mental health services in the Jewish community. Jami work with individuals, communities and organisations to support people's mental health, improve early intervention and promote wellbeing. Jami also provides support to family and relatives caring for a loved one living with mental health issues.

RAPHAEL COUNSELLING - 0800 234 6236

Website: www.raphaeljewishcounselling.org

Email: info@raphaeljewishcounselling.org

Raphael's team of trained counsellors has been helping individuals and couples cope with the stresses and strains of modern life for over 40 years. If you are experiencing any type of emotional distress and need someone to talk to, please give Raphael a call.

SANE - 07984 967 708

Website: www.sane.org.uk

Email: mailto:support@sane.org.uk

A charity offering emotional support, information and guidance to people affected by mental illness, their families and carers.

CANCER CARE & SUPPORT

Chai Cancer Care - Helpline: 0808 808 4567

Website: <https://chaicancercare.org/>

Chai Cancer Care is the Jewish community's national cancer support organisation. Chai Cancer Care provides comprehensive, professional and expert services to any member of the Jewish community affected by cancer - patients, their families and friends.

SERVICES FOR CHILDREN, YOUNG PEOPLE & ADULTS WITH LEARNING DISABILITIES

JWEB – HELPLINE 0300 222 5949

Website: <http://www.jweb.org.uk>

The Jweb helpline and website are free and confidential support services for parents, teachers and families of people with learning disabilities with information about events and resources across the UK.

KISHARON – Helpline 0844 496 4636

Website: www.kisharon.org.uk

Email: info@kisharon.org.uk

Education, opportunity and support for Jewish children and adults. Kisharon strives to create a world where people with learning difficulties have the same opportunities as their mainstream peers.

LANGDON - 020 8951 3942

Website: <https://langdonuk.org>

Langdon helps hundreds of adults and young people with learning disabilities and autism across the UK to live independent lives through supported living, education, employment support and social activities.

NORWOOD - 020 8809 8809

Website: www.norwood.org.uk

Email: info@norwood.org.uk

Norwood supports vulnerable children and their families, children with special educational needs and people with learning disabilities and autism. Norwood work with children, young people and adults with

learning disabilities to provide the individual support that each person needs. They offer practical support with housing, learning, social and cultural activities and holidays and respite and residential care.

LGBT+

KESHET

Website: <https://www.keshetuk.org/otherorgs.html>

Keshet works for the full equality of all LGBT+ Jews and our families in Jewish life. Their website provides information and a resource directory to signpost you to their partners and other links.

LGBT FOUNDATION – 0345 3 30 30 30

Website: <https://lgbt.foundation/>

Working together, we are changing LGBT lives for the better and securing a safe, equal and healthy future for all LGBT people. For any help or support please contact us.

CITIZENS SUPPORT

ALCOHOLICS ANONYMOUS - 0845 769 7555 (24-hour helpline)

Website: www.alcoholics-anonymous.org.uk

BEATS

Website: <https://www.beateatingdisorders.org.uk/>

FREE telephone or online support regarding eating disorders.

CST - Community Security Trust 0800 032 3263

Website: <https://cst.org.uk/report-incident>

If you are the victim of an antisemitic incident or have information regarding an antisemitic incident that happened to somebody else, please contact us as soon as possible.

NATIONAL DEBT LINE - 0808 808 4000 (Monday - Friday 9am to 8pm and Saturday 9.30am to 1pm)

Website: <https://www.nationaldebtline.org/>

This organisation provides free, independent and confidential advice about debt. You can contact them over the telephone, by e-mail or letter.

THE PAPERWEIGHT TRUST – Helpline: 020 8455 4996

Website: www.paperweight.org.uk

Email: info@paperweight.org.uk

Paperweight help Jewish people with all paperwork, legal, financial & welfare. Debt advice, benefits advice, law guidance, advocacy.

RESOURCE - 020 8346 4000

Website: <https://www.resource-centre.org/>

Email: office@resource-centre.org

Resource is a free and confidential service, providing expert tailored advice, mentoring and training, empowering people of all ages to win the right job.

WORK AVENUE - 020 8371 3280

Website: <https://theworkavenue.org.uk>

Email: reception@theworkavenue.org.uk

Work Avenue gives advice, guidance and support to those setting up and running businesses as well as those looking for work. Work Avenue recently established a bursary scheme for people looking to retrain or gain new qualifications.

CHILDREN AND YOUNG PEOPLE & THEIR PARENTS

BEATS – Helpline: 0808 801 0677

Website: <https://www.beateatingdisorders.org.uk/>

Studentline email support is open to all students: studentline@beateatingdisorders.org.uk –

TEL: 0808 801 0811

Youthline email support is open to anyone under 18: fyp@beateatingdisorders.org.uk –

TEL: 0808 801 0711

Adult email support is open to anyone over 18: help@beateatingdisorders.org.uk

FREE telephone or online support regarding eating disorders. *Parents, teachers or any concerned adults should call the adult helpline.*

CAMP SIMCHA - 020 8202 9297

Website: <https://www.campsimcha.org.uk/>

Email: help@campsimcha.org.uk

Camp Simcha makes a vital difference to seriously ill children and their families throughout the UK. They are a lifeline bringing practical and therapeutic support, together with hope and joy at the darkest of times.

CHILDLINE – 0800 11 11 (7.30am-3.30am) also ONLINE WEBCHAT (7.30am-10.30pm)

Website: childline.org.uk

A FREE, private and confidential service where you can talk about anything.

FAMILY LIVES - 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: www.familylives.org.uk

Advice on all aspects of parenting, including dealing with bullying.

GRIEF ENCOUNTER - Helpline: 0808 802 0111

Website: <https://www.griefencounter.org.uk/>

Email: contact@griefencounter.org.uk

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.

PAPYRUS - HOPElineUK 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

Website: www.papyrus-uk.org

Young suicide prevention society.

YoungMinds - Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Information on child and adolescent mental health. Services for parents and professionals. Young Minds also have a text crisis text support service (text YM to 85258) however this is delivered by Shout.

MEN'S HEALTH

CALM - 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

CALM is the Campaign Against Living Miserably, a leading movement against suicide, especially, but not exclusively, for men.