



Our values:

Alyth is built on a foundation of mutual care in which we share one another's joys and sorrows and accompany one another through our life journeys.

We believe that nothing is more important in the life of a Jewish community than the relationships that we build and the welcome that we can give to one another.

We believe in equality and inclusion as religious principles. We include everyone equally irrespective of gender, ability, race, wealth, age and sexual orientation.

Together we create a *Kehillah K'doshah*,
a Sacred Community.



How we work:

The Director of Welfare and Life Cycle and our Rabbis are committed to supporting members through the challenges of life. As well as pastoral care, we provide information and guidance on nursing homes, sheltered accommodation, care agencies, obtaining disability aids, registering for transport schemes, counselling and other social care services.

Our professional team work with active volunteers to provide care and a programme of events which enables all who wish to meet, discuss, debate and eat *b'yachad*—together.

What we do:

Bayit Cham (Warm House) Lunches Occasional Saturdays

A volunteer cooked three course lunch following the Shabbat Morning service, where we can meet and enjoy good conversation and Shabbat together.

Bereaved Partners Support Group Occasional Sundays

The chance to meet and talk with others who have been through bereavement and share common experiences.

Chat n Soup: Fourth Friday of each month, 12:00—14:00

A bowl of home cooked soup over discussion of world news and other topics of conversation.

JOY Mondays, once a month, 12:45—13:45

Our inter-generational programme led by Jenny Kossew for our more senior members and young children from the kindergarten.

Mellow Yoga Thursdays, 11:00—12:00

Led by Yoga Instructor, Maxine Levy, an hour of easy, calming and mellow yoga.

Cost: £8 per session members, £12 non-members.

Monday Club Mondays, 19:30—21:30

A group that has been running for over 40 years by Denis Sher and his team, specifically for people with severe learning disabilities. Activities include Bingo, Art and Music.

News, Views, Coffee and Schmooze Alternate Wednesdays, 13:30—15:00

Over a cuppa and lively discussion we explore the stories in the news and talk about the things that matter to us. No cost.

Meditation Wednesdays, 19:30—21:30

Peace, quiet, contemplation and meditation in our Alyth Meditation Room led by a different expert facilitator each week. Open to all.

Rosh Chodesh Group Monthly 20:00—21:30

A gathering of women to discuss a range of topics from a woman's point of view. For more information contact Jackie Goymour, Rosh Chodesh Co-ordinator on 0208.455.6433

Senior Club Mondays, 14:00—15:30

Our volunteer-led, weekly social get together involving an activity including concerts, lectures, quizzes and a delicious tea. Cost: £15 per annum. £2.50 per week. Please call in advance to be put in touch with the organisers to ensure a warm welcome.



Shabbat B'Yachad Third Friday of each month.

Following the Erev Shabbat Service at 18:30 a Shabbat experience including a three course meal, good company and Shabbat *z'mirot* (songs).

Shalom Suppers Occasional Fridays

Members of JAMI and Jewish Care's Shalom Centre join together for a volunteer-cooked three course Shabbat Dinner following the Erev Shabbat Service.

The Shirley Glatter Young@Heart Day Occasional weekdays

Named in memory of an Alyth member and stalwart volunteer, Shirley Glatter *z'l*, a day of activities including pottery painting, creative writing, gentle study, mellow yoga, bridge, scrabble, rummikub, singing for pleasure and lots more. Includes a great lunch and tea. Cost: £10 members £12.50 non-members.

Singing for Pleasure Sundays, once a month 15:00—17:00

Singing for Pleasure is a monthly singing group for everyone who loves to sing, singing songs from the shows, Israeli folksongs, songs from the 60s and more. No need to audition, read music or feel intimidated. Contact: Viv: viv@alyth.org.uk

Thursday Bridge Thursdays, 14:00—16:30

A weekly group offering a friendly game of bridge. If you do not have a partner then one will be found for you. Tea/Coffee served. Cost: £3 for members; £4 for non members. Telephone Sheila or Michael on 020 8455 9878 or Andrea on 020 7722 3993.

Gemach We have a freezer stocked with hearty soups and other occasional foods. If you are feeling under the weather or can't cook for a while due to difficult circumstances we can arrange a delivery to your door.

Shul Shuttle: We can assist people unable to get to Synagogue Services or other events by offering transport. Please be in touch with us should you wish to use this service, which is used by many of our members throughout the week.

Volunteering: There are many wonderful volunteer opportunities at Alyth including befriending and visiting members; organising events and participating in groups throughout the Synagogue; cooking for our Gemach; Kiddush preparation rota; delivering Purim and Sukkot gifts; and lots more. Volunteering is a life-enhancing experience, building new friendships, and using old and new skills.

Welfare and Participation Funds: Alyth is proud to be able to help our members to find emergency medical care, therapy and to assist in times of crisis. We also support our members to participate in Jewish life and activities. To access funds, in confidence, please contact one of the Rabbinic Partners or the Director of Welfare and Life Cycle.

We are grateful to the Hampstead Garden Suburb Trust, the Glatter Family and donors to Alyth Funds for their support which enables us to hold some of the above events and activities.



From birth through to bereavement, our Rabbis and Director of Welfare and Life Cycle are here to provide support and to build meaningful life cycle celebrations.

Birth

Synagogue ceremonies; Advice on naming; Parenting support; Contact with trained mohelim

B'nei Mitzvah

Individual relationships and support from teachers and rabbis
One to one teaching paid for by Alyth members;
Friday night classes; welcoming Shabbat services

Leaving School

Support and advice for the next step of life after school.

Marriage

Rabbinic support to create meaningful personalised ceremonies for all couples;
Welcoming approach to heterosexual, same-sex, Jewish-Jewish and mixed-faith couples
Marriage courses and social activities for young couples

Conversion

Individual guidance and sponsorship through conversion
Weekly Hebrew and Introduction to Judaism classes.

Retirement

Help to discover new opportunities in the community and elsewhere
Emotional and spiritual support through this time of transition

Illness

Hospital and home visits, help with food, attendance at hospital appointments
Emotional and spiritual support

Death & Bereavement

Emotional support from trained professionals,
Support with funeral arrangements for burials and cremations;
Support and leading of shiva prayers, memorial services, stone settings, internment of ashes.
Follow up calls from our bereavement call group

Chevra Kadisha

Our Chevra Kaddisha is made up of volunteers from both Alyth and FRS who perform the ritual of *tahara* - the washing and preparation of bodies for burial and cremation.

**For more information about Alyth's 'Live with Us' activities please speak to Lynette Sunderland, Director of Welfare and Life Cycle
020 8457 8793 / lynette@alyth.org.uk**

