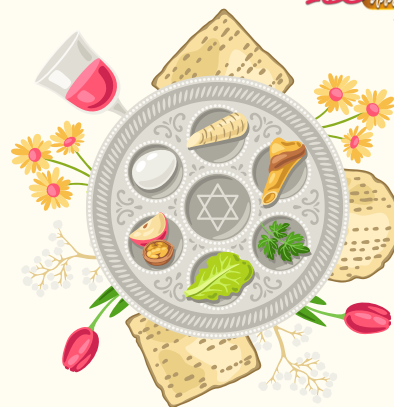


March 2024

# Spring Newsletter



## Jewish Care Scotland



**MorphFit**  
Four week block of gentle-exercise classes in May!  
*Register now!*

### Intergenerational Roadshow...



### Featuring:

Jewish Care Scotland's debut Ladies Discussion Panel for International Women's Day, January's Community Connects Celtic Connections trip with the Wellbeing Hub and more!

0141 620 1800

comms@jcarescot.org.uk

The Walton Community Care Centre

www.jcarescot.org.uk

# JCS's 2023 journey and beyond



**We pride ourselves on creating a unique blend of support-based, fun, and informative events to nurture peoples' wellbeing and create structure.**



In October JCS celebrated their 165th birthday, marking 165 years that the organisation has been delivering services and positively impacting the local Jewish community. The organisation started in 1858, as the Glasgow Hebrew Philanthropic Society, with a group of volunteers eager to help wherever they could and has grown into a professional charity that provides innovative, individual care. Throughout the years, the charity evolved, shifting with the ever-changing needs of the community. In 1996 The Glasgow Jewish Welfare Board engaged in radical change, renaming themselves Jewish Care Scotland before permanently moving their headquarters from Coplaw street in Govanhill to The Walton Community Care Centre in Giffnock.

A lot has changed between the initial establishment of the Glasgow Hebrew Philanthropic Society and the Jewish Care Scotland that we know and celebrate today.

Our Rosh Hashana annual appeal continues to be our biggest fundraiser of the year and is crucial to the continuation of our ongoing services. With hundreds of individuals and families receiving support from the charity each year, the annual appeal is essential for us to maintain our vital services. This year we reached out to almost 1,000 supporters who generously raised a combined total of £41,000 towards the lifeline services delivered by Jewish Care Scotland.

Today, in early March 2024 it seems like Spring is very much just around the corner, and JCS intend on working to ensure the services offered are the best possible fit for the local community! 2023 was one packed year, representative of the care that has been provided to the community over the past century and more. We pride ourselves on creating a unique blend of support-based, fun, and informative events to nurture peoples' wellbeing and create structure. This year we've made it our mission to continuously speak to people in the community, establishing others' views on JCS's current offerings and aligning our services more closely to peoples' wants and needs. If you have any feedback, please get in touch to support us to continue to meet the needs of the Jewish community for another 165 years.





# NEW Wool Spinning Demo



With  
Jennifer  
Watson  
who does  
'Knit &  
Natter'



From 1.30pm on 27 March  
at **Welcome Wednesday**  
The Walton Community  
Care Centre



## JCS and Calderwood Primary attend Generations Working Together Roadshow

### The Intergenerational Project

The Intergenerational project, which sees Calderwood Lodge Primary School pupils spend time with attendees of Jewish Care Scotland's Wellbeing Hub throughout the school term, was a resounding success in 2023. The children and older people work together to have meaningful interactions and learning experiences. The project has gained positive feedback from everyone involved. After receiving a Highly Commended Award at the Generations Working Together Awards in 2023, JCS was invited to the roadshow to showcase the successful project.

The collaboration comes after a longstanding partnership with Calderwood Lodge Primary School working on smaller projects, the two local Jewish establishments came together to work on Intergenerational Projects with the aim of connecting people through shared culture and experiences.



# Wellbeing Hub's *Community Connects*



## Music is a powerful tool...

which increasingly is becoming a key feature of dementia care, and it is one of the cornerstones in our outreach activities.



## Celtic Connections 2024

Mairi McGillivray and Katie Allen are a folk duo based in Glasgow putting their own style on songs from their Tradition in Gaelic, Scots and other traditional styles.



## Accessible and enjoyable for all...

Jean, Christopher and Nicole accompanied the Wellbeing Hub to the show at Glasgow's Royal Concert Hall at the end of January.





# Community Pesach Lunch

A central illustration features a green circular table with a white lace doily. On the table are various Pesach items: a green bottle of wine, two wine glasses filled with red wine, a seder plate with a hard-boiled egg, a roasted chicken leg, a fish, a carrot, a beetroot, and a small bowl of charoset. Several pieces of matzah are stacked in the background. The entire scene is set against a light purple background with white stars and green leafy accents in the corners.

Monday 15 April  
12 - 2pm  
Free to attend  
Lunch &  
entertainment

Limited spaces available -  
please **sign up** to register  
your place.



# JCS mark International Women's Day with a ladies' discussion panel

To celebrate International Women's Day JCS hosted their first Ladies' Discussion Panel on Wednesday 13 March – Lennie Wilson, joined by panellists Rebbetzin Rubin, Deborah Haas and Madeleine Black discussed the modern achievements of women and girls.

When asked what changes she'd like to see in society Madeleine Black stated:

**Equality.** Whether that's through education or breaking the glass ceiling. Equal pay and career opportunities, being treated the same regardless of your age, gender or race. That's what I'd like to see.



# Tu B'Shvat

## With JCS's Wellbeing Hub

In January the Wellbeing Hub met to celebrate Tu B'Shvat, the Rosh Hashana for trees, with a day full of fruit tasting and poetry completed with a 'Burns night' style lunch to celebrate Robert Burns night...



### #PromotingWellbeing

The group got to sample a platter of the most traditional Tu B'Shvat fruits: grapes, pomegranate, dates and olives representing the native fruits of Israel.

Originally, the holiday exists to pay homage to the earth, thanking the planet for offering people food, shelter, growth and life itself.

### #ConnectingPeople





# MorphFit Classes *with JCS*



Spring into shape and join us for a four-week block of free gentle movement classes in May! Powered by Morphit Gentle Movement Project.

From Monday 6 May for **4 weeks** from 10.30 am



Sign up at reception  
or by emailing:  
[admin@jcarescot.org.uk](mailto:admin@jcarescot.org.uk)



The Walton  
Community Care  
Centre, May  
Terrace, Giffnock



Be ready wearing loose,  
comfy clothing

Join us for tea, coffee or juice and a catch up afterwards



# Firewalk

February 2024



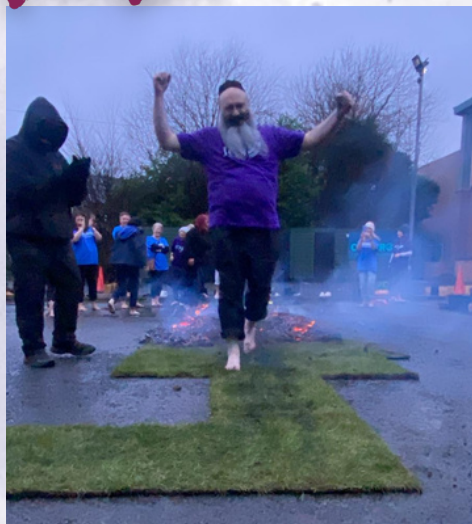
After being postponed in January due to bad weather, JCS were determined to deliver a fundraising event with a red-hot difference! We invited people to take on the burning embers barefoot - not for the faint hearted. Our Firewalkers sought sponsorship from the local community, putting their fundraising skills to the test.

**Over £1300 raised!**

JCS would like to take the opportunity to thank everyone who took part in the event, including staff, volunteers, supporters and those who chose to walk for us. We had a fabulous night (when it was safely rescheduled) for two great causes.



*Until next time!*



# How can I make a donation to JCS?

1

## Send funds via Bank Transfer

Jewish Care Scotland  
Bank: Royal Bank of Scotland  
Sortcode: 83-20-22  
A/C: 00286768

2

## Credit and Debit Cards

You can set up a standing order directly with your bank or you can set up a regular payment through your banking app.

If you would like to make a donation to a specific service this can also be arranged by email or phone.

3

## Cheque



Send us a cheque to:  
Jewish Care Scotland, The Walton  
Community Care Centre, May Terrace,  
Giffnock, G46 6LD

4

## Smart Giving and JustGiving

**SMARTGIVING™**  
Don't just give smart give

**JustGiving®**

SmartGiving and JustGiving are online charitable giving facilities who work similarly to online banking accounts, but for charitable giving and donations only.

5

## Other:

- CAF vouchers
- KKL vouchers
- Via our website
- We accept cash donations.

# Job opportunity

## Sessional Support Worker



- Work in partnership with clients and their families in order to deliver high quality care
- Act as a point of contact (key worker) for all clients and their families

*Join our team!*

Please send cover letter and CV by email to [Vickimc@jcarescot.org.uk](mailto:Vickimc@jcarescot.org.uk) or call Vicki on 0141 620 1800 for an informal chat about the role.



## Glasgow's beloved Henry Wuga dies age 100

The Holocaust Memorial Day Trust sadly announced that Henry Wuga had died, just a month after celebrating his 100th birthday.

Henry Wuga lived an extraordinary life. At just 15 years old Mr. Henry Wuga was evacuated from Nazi Germany, escaping to Glasgow where he became instrumental in educating people about the horrors of the Holocaust. He spent the majority of his life working to preserve records of the Holocaust; enabling people to learn about his remarkable life while guiding the community that had taken him in as a child refugee.

He later married and raised a family with Ingrid Wolffe, a fellow German-Jewish refugee. The couple continued to play an active role in engaging with schools, delivering speeches and classes on the Holocaust.

At one point, Wuga worked as a ski instructor for the British Limbless Ex-Servicemen's Association where he taught veterans who had lost limbs to ski, for which he was named a Member of the Most Excellent Order of the British Empire (MBE) in 1999.

JCS's Head of Community and Wellbeing, Lynsey Allan recalls: "In later years Henry supported his wife, Ingrid. Ingrid was a great character at the club and I remember she particularly enjoyed sitting in the sunshine, as well as an occasional afternoon snooze! I was always touched by the sight of Henry waiting to collect her from the bus at the end of the day. They were clearly a great partnership and a loving couple." As renowned figure in the Glasgow-Jewish community Henry was a dedicated Holocaust educator whose light shined on many. His story lives on in everyone who was lucky enough to hear it.

*"When Henry and his wife attended Jewish Care Scotland clubs from time to time it was a great privilege to have them here."*

## Carers corner

within Welcome Wednesday  
from 1.30pm to 3pm

Join other unpaid carers from the  
community on the last Wednesday of  
each month for a coffee and a catch up.

Refreshments available at  
Welcome Wednesday  
from 12 pm to 3pm.

*The last  
Wednesday  
of each month*

