

Here to Help

A JRC Guide to Local Jewish Sources of Help with the Effects of the Cost of Living Crisis



SOCIAL CARE INC MENTAL WELLBEING, FOOD SUPPORT,
DEBT MANAGEMENT & BENEFIT ADVICE

THE FED

www.thefed.org.uk Facebook: THEFEDManchester
Community Services - Tel: 0161 772 4800
Email: advice@thefed.org.uk

The Fed is the largest Jewish social care charity operating in Greater Manchester. It provides a wide range of community services for people of all ages, including professional social work, volunteer and group support, covering issues such as debt management, benefit and grant access, food support homelessness and rehousing, mental health and wellbeing services, support for unpaid carers, relief from loneliness and social isolation, support for victims of domestic abuse/violence and sexual abuse and advocacy.

August 2022

CHABAD COMMUNITY CARE

0161 929 9999 Email: fran@chabadcommunitycare.org

www.lubavitchsouthmanchester.org

Facebook: @RovDov

Chabad Lubavitch offers outreach, education and support and provides a welcoming open door to people of all walks of life, no matter their background or affiliation.

FOOD SUPPORT

GIFT

www.jgift.org

Tel: 0161 798 6789 Email: aliza@jgift.org

GIFT Manchester is a kosher food bank that helps families with weekly food parcels.

L'CHAIM FOODBANK

www.lchaimfoodbank.co.uk Facebook: [lchaimfoodbank](https://www.facebook.com/lchaimfoodbank)

Tel: 0161 792 6335 Email: foodbank@lchaim.org.uk

L'Chaim Foodbank provides kosher food to members of the Manchester Jewish community who are in need.

OLDER PEOPLE - COMPANIONSHIP & HOT MEALS

MANCHESTER JEWISH COMMUNITY CARE: NICKY ALLIANCE CENTRE

Tel: 0161 740 0111 Email: michelle@mjcc.org.uk

The Nicky Alliance Centre provides day care and relevant stimulating activities for older members of the community or those with a disability, or who are lonely, isolated, or frail. It provides members with a hot three-course meal under supervision of the Manchester Beth Din.

MENTAL HEALTH

JEWISH ACTION FOR MENTAL HEALTH

www.jamh.org.uk Facebook: JewishActionforMentalHealth
Tel: 07510 204 844 Email: kate@jamh.org.uk
Helpline: 07510 204 844

Jewish Action for Mental Health (JAMH) is an umbrella organisation set up with the aim of raising awareness of mental health issues across the Jewish community. JAMH also offers counselling, psychotherapy and cognitive behavioural therapy to individuals.

NESHOMO

www.neshomo.co.uk Facebook: neshomomanchester
Email: maleoutreach@neshomo.co.uk

Daniel Nissen, Male Outreach Worker Tel: 07741 625 345
Racheli Bass, Female Outreach Worker Tel: 07512 578 587

Neshomo is a Jewish, culturally sensitive, confidential mental health charity for adults. It strives to be accessible, welcoming and accepting of all.

THE HELPLINE

www.thehelpline.org.uk Helpline: 03301 273 333
Email: info@thehelpline.org.uk

The Helpline runs an anonymous, completely confidential helpline open 24/7. Its message is: 'Never struggle alone with your thoughts or problems; there is always someone here to talk to at The Helpline'.

DOMESTIC ABUSE

JEWISH WOMEN'S AID

www.jwa.org.uk Facebook: JewishWomensAidUK

Tel: 020 8445 8060 Email: ziona@jwa.org.uk

Contact: Ziona Handler, North of England Domestic Abuse Support Worker - Peer Mentor

Jewish Women's Aid is the only specialist charity in the UK working with Jewish women and their children who are affected by domestic abuse and sexual violence. Anyone experiencing abuse or are concerned for a friend or family member, should get in touch.

FINANCE

THE JEWEL FOUNDATION

www.jewel.org.uk

Tel: 0161 798 2123 Email: office@jewel.org.uk

JEWEL provides support services for people looking for employment. It works with employers across Greater Manchester and partners with Local Authority and other providers to ensure the members of the Jewish community have access to employment and training opportunities.

THE PAPERWEIGHT TRUST

www.paperweight.org.uk Facebook: [thepaperweighttrust](https://www.facebook.com/thepaperweighttrust)

Tel: 07976 394 250 Email: baylaklyne@paperweight.org.uk

The Paperweight Trust is the Jewish community's 'Citizens Advice Bureau' and provides practical hands-on guidance and assistance at a time of crisis. It provides a free, pro-active, and confidential service dealing with debt issues, benefit applications and appeals, household management, correspondence with banks and building societies and much more.

For a complete directory of Manchester Jewish Community Services see:
https://www.thefed.org.uk/wp-content/uploads/Community-Directory-JUN_21-for-web.pdf