

EDITORIAL

♦ FROM THE DESK OF THE LITTLE GUY WITH THE BEARD



I hope you all enjoy this issue of "RepPresents."

The work of my colleagues on the Editorial Team, **Ed Moss, Filis Rosenberg and**

David Marks, has again, been outstanding.

Ed in particular, has yet again, worked extremely hard, utilising his many skills and talents, to produce an excellent layout together with some articles for our magazine.

I thank him most sincerely.

I cannot not mention the impact that Covid 19, has had on our lives, both personally and communally in recent months.

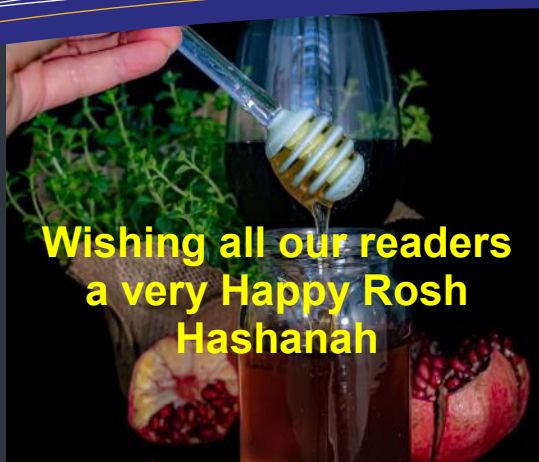
The impact has been profound and like all of us, I look forward to the day, that society can get fully back to normal.

The detail of the incredible response by your JRC is contained in the articles by Russell and Jacky.

Rosh Hashanah, is the time of year, when most jews, focus on our amazing and rich heritage.

We review the past year and contemplate and plan the next year and we focus on family and friends.

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Wishing all our readers a very Happy Rosh Hashanah

Coming together, right now . . . for you all!!

President's Report

As I write this report, we are already over five months into the Covid19 crisis and everyone's life has been turned upside down.

Plans have had to be changed, events cancelled and Zoom meetings or a family-only get together have become the new norm, while being "masked-up" and "social distanced" are the new buzz words.

Our thoughts and prayers are with the families of those we have sadly lost during the past five months. Throughout, or even despite the crisis, life has to go on and the work of the Council no more so.

From the early days back in March, the Officers and Executive realised that the JRC would need to play a vital part in ensuring that the community was able to cope with Pesach and ensure there would be no shortage of food in the supply chain. Also that people, despite the crisis, would feel secure, and as much as was humanly possible, life would continue, even if in an alien form.

The JRC immediately worked with the CST, the JLC and the BOD to create a platform that would ensure all of the above.

This has been so successful that I am happy to report **Mark Adlestone OBE DL** has kindly agreed to chair the steering committee that was set up back in March to oversee all the communal activities.



This was only possible with the help and cooperation of the over 30 organisations including all three Councils Bury, Salford and Manchester as well as the major service providers from the **Fed, L'Chaim Food Bank, Herschel Weiss, Maccabi, The Nicky, Shomrim both Salford and Prestwich Hatzalah and Misaskim, Beth Din** as well as local Rabbonim and local councillors. Everyone has played a vital role in ensuring the success of this strategic group.

The close cooperation and collaboration between the community and the local authorities is exemplary, and I want to express my personal gratitude to everyone connected with the three **Councils - Bury, Salford and Manchester** - for the way they have participated with the steering committee and have provided so much support. It gives me great confidence that we are entering a new era of cross communal activity, something we have been striving for over many years.

It is really ironic that it has taken the pandemic to help facilitate something that has eluded us for so many years.

As I have said previously, this community's response to the virus has been completely humbling, and we have been praised by both national, regional and local organisation for the manner in which we have responded.

However! We will only be judged as successful on how we deal with the phases to follow and the JRC is fully focused on the economic recovery and will play its part in ensuring that the

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Palestine and Israel - the impact on UK interfaith relations

Sadia Akram is FODIP's Programme Director in Manchester and our reporter, **Filis Rosenberg**, met with her to discuss their activities during lockdown. Sadia advised that FODIP address antisemitism and islamophobia, especially when stirred by events in the Middle East.

We have run programmes in recent years with young people in **Manchester, Leeds, Leicester, Birmingham** and **Nottingham** on conflict resolution with a focus on Israel and Palestine. We have also run workshops, a **Women's Voices** project, dialogue groups and other programmes over the last 11 years.

We had planned to run seminars and workshops in London, Manchester and Bradford as part of one project, but the Covid-19 pandemic curtailed what we were about to do in the latter cities. History has shown, events, either globally or nationally, challenges and crisis, brings with them wider implications attracting backlash on particular communities. Understanding this, it was important such conversations continued, so we took our discourse online and we organised a series of seminars to replace our planned work. Seeing this as an opportunity to engage and reach further.

Our first online seminar, **The Sharia Courts in Israel: A Deep Insight**; was with **Dr Qadi Iyad Zahalka**, working as the Judge at the Sharia Courts, for the Muslim community in Jerusalem. Dr Zahalka talked about how the Sharia Courts operate in Israel, on the Muslim Community in the region, and observing Ramadan during Covid-19

We then planned online seminars focusing on **Palestine and Israel: The Impact on UN Interfaith Relations**, which was a three-part series of online sessions taking participants through a journey. Having had a good introduction to the current situation, **'Israeli-Palestinian Relations in the Shadow of Annexation'**, with **Greg Shapland**, an **Associate Fellow at Chatham House** on 17th June, we then explored current trends and **'Addressing Antisemitism and Islamophobia in Relation to Israel-Palestine'**, with **Danny Stone MBE**, Chief Executive of **Antisemitism Policy Trust** and **Akeela Ahmed MBE**, Chair of the **Anti Muslim Hatred Working Group**, on 1st July. The final seminar in this 3three-part series, on 16th July, looked at nationalism, Jewish/Israeli and Palestinian titled **'Exploring Palestinian Nationalism and Zionism'**, and were delighted to have **Robin Moss** from **UJIA** and **Sana Knaneh**, a Researcher for **Mitvim** present this. The seminar explored what nationalism means to Israelis and Palestinians, giving an introduction to Zionism and Palestinian Nationality. Following the presentations, each of the sessions were then opened for questions. Some excellent and informative discussion took place.

The seminars were held using Zoom, and for security, screen share was restricted to participants, the chat function was restricted to comments and questions to the host, and participants were all muted. Only people who registered in advance were given the Zoom link for the sessions.

Our website address is **www.fodip.org.uk** and If you would like to be added to the mailing list, please email **admin@fodip.org.uk**

Links to sessions:- **The Sharia Courts in Israel: A Deep Insight** - https://youtu.be/ThMOL_jo18s

Addressing Antisemitism and Islamophobia - <https://youtu.be/8ZazisxjGm4>

Exploring Palestinian Nationalism and Zionism - <https://youtu.be/FtaX2eNS0UA>



Sadia Akram (left) with Filis Rosenberg

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President's Report

continued from page 1

information on employment and financial packages is widely disseminated.

I want to once again pay tribute to the fantastic work that all the officers and members of the divisions are engaging in.

With your efforts, The JRC has regained its rightful position as being at the forefront of communal life.

In fact, the JRC were proud to host a Zoom meeting in the presence of the Lord Lieutenant and High Sheriff, who very kindly addressed nearly 50 volunteers.

So much of our everyday life has had to change and we look forward to the Yomim Naroim with great trepidation.

We will of course follow all the guidelines sent out from the Chief Rabbi's office. Throughout the crisis, we have ensured with the help and cooperation of the local councils, that the most update messaging was available.

No one could have dreamt back in January that come August, we would be considering such a changed communal landscape, but it is essential that we remain resilient put our trust in the communal leaders who have striven throughout the crisis to continue to provide the service that community has come to expect.

I am indebted, as always, to the **Chair, Jacky Buchsbaum**, and all the officers and executive for their continued support and help, and also **Laurie Burnley-Myers**, our wonderful administrator who has managed to keep the office running under very difficult circumstances.

My fondest wish is that by my next report, which will be for Pesach 2021, the world will have returned to closer normality and many of our fears will have been assuaged.

Wishing each and every one of you a Shana Tovah.

May we all be inscribed for a sweet New Year full of Good Health, and Happiness.

Russell Conn - President



EUROPEAN CANTORS' ASSOCIATION



... with Alex Klein, Convenor

My dear friends and supporters. We are living in worrying times that have affected us in different ways. Jewish liturgy and music play an important part in our lives, having a calming and therapeutic effect, improving our wellbeing.

Our ECA Facebook group pages are bristling with ideas and discussion. Our friends from all sides are growing, and already there are over 800 members from all branches of Judaism.

As an independent organisation, we are pleased to be a platform for all people loving our liturgy and grappling with the developments of liturgical music in the Jewish world today.

Through our connections and friends who are graduates of **Tel Aviv Cantorial Institute**, of **Hebrew Union College** and **Jewish Theological Seminary** who are members of the **United Synagogue UK**, **United Synagogue of America**, the **Hungarian** and **Czech Jewish Communities**, the **Jewish Communities of Lower Saxony**, the **Cantors Assembly** and **Geiger College** amongst others, we are the place where the key matters in liturgical and cantorial music of our day can be discussed with honour and respect – and with no fear of retribution from any sector.

Prayer for Peace in Jerusalem

I have been honoured to be invited to be one of the judges for the competition and an integral participant in the culminating event which will include the selection of the winning community.

It will take place close to Rosh Hashanah 5781, at one of

Jerusalem's major historic sites to be decided by the prize committee, with the headline: Communities of the World Pray for Peace in Jerusalem.

I am also delighted to have been invited to be an 'Associate' on the International Forum for Jewish Music Studies (IFJMS).

This is a new body connecting scholars and practitioners that we have helped to bring into existence and which I hope you will join, .

This is a result of what we have been doing in our recent European Cantors Conventions, and with our ECA Academic Wing, in our international conferences on Jewish Prayer **'Magnified and Sanctified'** that we held in association with Leeds University in 2015 and with Hanover University in 2019.

You will find much of interest that you can partake of, on our Facebook pages. Keep posting things there too.

<https://www.facebook.com/groups/cantors.eu>

Stay well, stay safe, stay in touch! You are our extended family, like all families we would love to know what you are doing and that you are in good health.

With warm wishes to you all.

Alex Klein

ECA Director, alex@cantors.eu



POEM FOR A PANDEMIC

by Cameron Bellm

May we who are merely inconvenienced

Remember those whose lives are at stake.

May we who have no risk factors

Remember those most vulnerable.

May we who have the luxury of working from home

Remember those who must choose between preserving their health or making their ren

May we who have the flexibility to care for our children when their schools close

Remember those who have no options.

May we who have to cancel our trips

Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market

Remember those who have no margin at all.

May we who settle in for a quarantine at home

Remember those who have no home.

As fear grips our country,

let us choose love.

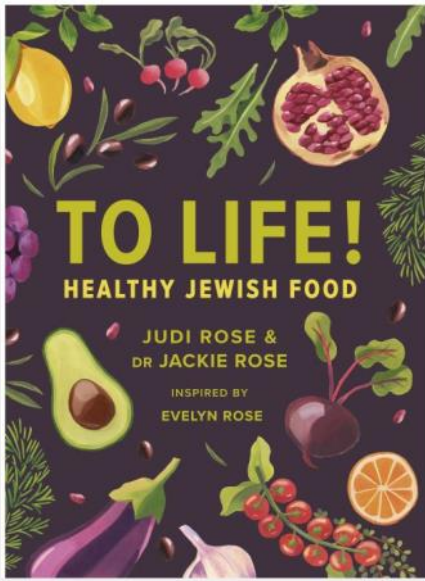
During this time when we cannot physically wrap our arms around each other,

Let us yet find ways to be the loving embrace of God to our neighbors.

Amen.

Interview with Jackie Rose

The healthy way to keep COVID at bay



By Judith Hayman

It is said that everyone has a book in them. But how many doctors do you know that have produced a cookery book?

Well, retired doctor, **Jackie Rose** of Whitefield has done just that! Her book, co-written with her cousin **Judi Rose**, '**To Life! Healthy Jewish Food**' is as sumptuous to look at as the recipes within.

'Nothing comes from nothing' Maria sings to Captain Von Trapp in the peerless film 'The Sound of Music', and so it is with the cousins. Judi is the daughter of the late Evelyn Rose, the doyenne of kosher cookery. Which home has not at least one copy of her books? How many of us have slavishly turned ten grinds of pepper into our recipes?

Jackie and Judi were at Manchester High School. The young Judi spent her youth at her mother's side absorbing her culinary skills. She now runs a cookery studio from her home in **Acton**. She also teaches a vocational cookery course for Orthodox teenagers at the JW3 community centre in London.

Jackie was also influenced by her

mother Margaret who is an excellent cook. Jackie says her signature dish is creamed spinach. She says food at home was very healthy but there were also plenty of cakes. This is not surprising as Margaret was born in Vienna.

But there are no recipes for linzertorte or sachertorte in this healthy tome. Jackie is a disciple of John Yudkin whose 1960s book 'Pure, White, and Deadly – How Sugar Is Killing Us and What We Can Do to Stop It' was way ahead of its time.

Jackie was also influenced by her relations **Barry** and **Sue Lewis** who eschewed all sugar in their diet. Jackie recalls: 'While most of Sue's cooking is excellent, we were once served cheesecake without any sugar, which unsurprisingly didn't work!' The fact that her Mum is a dentist as was her late father Eric, grandfather Max and Uncle Hans must have played its part.

Jackie recalls that during her 27 years as a GP she saw many cases of diabetes, which is largely diet-related. She says diabetes was seen as permanent, but now thanks to reducing carbs and minimising sugar it can be reversed.

When Jackie was asked by her friend Jackie Harrison to talk to the Orthodox community about healthy lifestyles she rose to the challenge.

She discovered that the percentage of unhealthy snacks in the kosher shops

was far too high. She believes that the incidence of obesity, diabetes and heart problems is higher in the Orthodox community.

The problem is worse with men, she observes. Jackie thinks she has made an impact on the problem and she is encouraged that young people are coming home from school and telling their parents to shop more healthily.

The release of a healthy cookery book in the middle of a Covid pandemic is serendipitous. Jackie endorses **Boris Johnson's** mission to fight obesity. She says the outcome of Covid is worse for obese patients because extra fat presses on the lungs. She says small changes like having fish once a week instead of meat and substituting nuts for biscuits can make a real difference. So, cutting down on sugar, exercising, and drinking plenty of water may be the next best thing to a Covid vaccine.



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Regional Coronavirus Advice-Capacity-Help (Co-Ach) UPDATE

COVID-19

At the beginning of 2020, my husband Barry and I made the decision to move to Manchester and we moved in mid-February 2020. I started to find my way around Manchester, we attended a few communal events and met members of the local Jewish community. Then Corona and lockdown arrived!

However, shortly afterwards, I received a telephone call from **Philip Rosenberg**, Director of Public Affairs at the **Board of Deputies of British Jews (BOD)** who asked me to consider applying to take up the role of **Regional Coronavirus Advice-Capacity-Help (Co-Ach)** Manager at the Board, to support regional Jewish communities, both large and small, in the context of the coronavirus pandemic. The acronym '**Co-ACH**' in Hebrew means 'strength' and my current remit is to concern myself with the wellbeing of the UK's regional Jewish communities, communicating their situations back to my colleagues at the Board and connecting the regional communities with central communal resources. This new role, started on 20 April 2020.

The BOD is the only democratically elected, cross-communal representative body in the Jewish community. It comprises nearly 300 deputies directly elected by synagogues and communal organisations, from youth movements to social welfare charities and regional councils. Manchester is very well represented, with excellent Deputies representing many of the Synagogues, and I work closely with the **Manchester Jewish Representative Council (MJRC)**.

The BOD also has a number of under-35 observers, appointed by synagogues and organisations, to supplement their representation and to ensure that a new generation of communally-minded activists can contribute to our work on behalf of their local community.

I have convened four meetings, via Zoom, of all the regional Jewish JRC Chairs and/or Presidents, bringing them all together.

These meetings have proved to be most informative and beneficial, with the BOD offering support where necessary, and where the regional Jewish Representative Councils have learnt and shared ideas with each other. As a result of these meetings, it became apparent

that mental health issues were high on the agenda of concerns, so the Board arranged for mental health training to be provided, delivered by Manchester-based organisation **Jewish Action for Mental Health (JAMH)**. The training was very well received by 20-plus communal representatives who attended. At our last meeting at the beginning of August 2020, the additional restrictions recently placed on Greater Manchester were discussed in detail.

I have also contacted all regional Deputies and continue to have ongoing dialogue and communication with many of them.

As Zoom has become the 'venue of choice' for most of us, I have been afforded the opportunity to attend many events around the length and breadth of the country, including Norwich, Birmingham, Sheffield, Brighton and Scotland. I regularly attend the MJRC meetings and proudly joined the BOD President

Marie van der Zyl when she delivered a presentation in July. I attended the meeting, hosted by the MJRC, with **Sir Warren Smith, Lord Lieutenant**, and **Eamonn O'Neal DL High Sheriff of Greater Manchester**.

The senseless killing of George Floyd brought to the surface the ongoing prejudice that black people face on both sides of the Atlantic.

As a result, the BOD launched a Commission on Racial Inclusivity in the Jewish Community to banish prejudice and promote inclusion.

As a direct result of this, the Board worked closely with the MJRC in arranging an event on the subject of Black Lives Matter, with guest speaker **Loretta Hodari**, a black Jewish woman living in Manchester.

This event was chaired by the Board of Deputies Chief Executive **Gillian Merron**. I hope to be able to play a role in organising many more such events in Manchester and around the country in the future, both virtually and in person.

During the Coronavirus pandemic, the BOD has been monitoring the number of Jews who have sadly lost their lives to Coronavirus, working closely with the Jewish burial boards to collate a cumulative mortality figure for the Jewish community for presentation to the Government.

At the time of writing, the number of Jewish people who have died from

Covid is 508. Each death is a tragic loss. We urge people to proceed with caution and carefully adhere to Government's guidelines.

The BOD sits on regular Government calls to ensure the Government is taking the Jewish community's needs and challenges into account. In recent weeks the Board has held meetings with the **leader of the Labour Party, Sir Keir Starmer**, and has provided the Labour party with a briefing on 11 of the most serious cases of Anti-Semitism that we believe to be outstanding and are examples of where the party's disciplinary process has failed.

As an encouraging testament to his commitment to routing out anti-Semitism, we were very pleased to see Sir Keir and his team act swiftly, decisively and firmly to ask Rebecca Long-Bailey to step down from her Shadow Cabinet position as Education Secretary. There can be no place for antisemitism in any party and it is right that after so many challenging years, Labour is now making this clear under its new leader.

We believe that actions speak louder than words, and look forward to the party, under Sir Keir Starmer's leadership, continuing to rebuild trust with the Jewish community.

Very recently, the BOD wrote to Twitter and Facebook following the antisemitic tirade of abuse from rapper Wiley, resulting in his profile being removed from those social media sites.

Finally, I was delighted that the All-Party Parliamentary Group on British Jews elected **Bury South MP Christian Wakeford** as its new Co-Chair. The APPG on British Jews brings together parliamentarians from across the political spectrum to broaden and deepen connections between Parliament and the UK Jewish community. The Board of Deputies is the group's Secretariat.

I look forward to continuing to work with the regional Jewish Representative Councils and the regional deputies to bring 'Co-Ach' (strength) to the regions and individual communities.

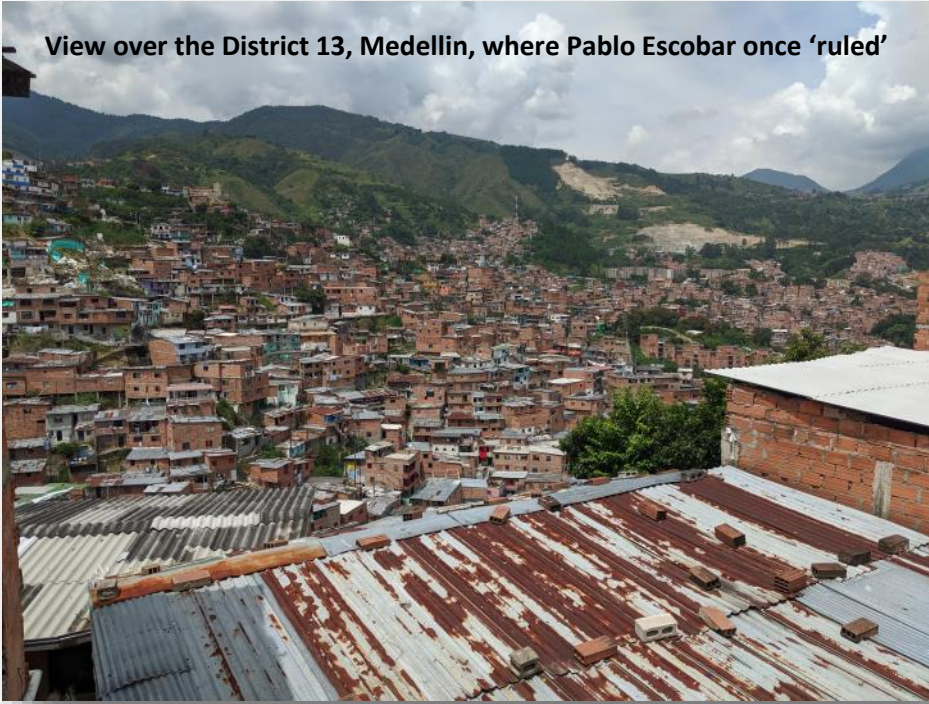
The Board of Deputies of British Jews is exactly that; it advocates for all of British Jewry and I am truly honoured to be part of the organisation.

Sara Radivan

**Regional Coronavirus Advice
Capacity Help (Co-Ach) Manager**
sara.radivan@bod.org.uk

YOU'RE GOING **WHERE** FOR A HOLIDAY?

View over the District 13, Medellin, where Pablo Escobar once 'ruled'



You what? You're going **WHERE** for a holiday? **Colombia?** Totally meshuga!

"There's crime! Drugs! Murder! Poverty! Litter! Lousy infrastructure! You must be mad! What on earth is possessing you to go there?"



This was the general reaction when I mentioned where we were going on holiday. Colombia. But the detractors and smart-Alecs couldn't have been more wrong.

Crime, none, apart from the seat and luggage supplement prices on Air France), drugs, no, except paracetamol for Mrs, poverty, OK, yes, there is, but hey, there are people sleeping in doorways on sophisticated Deansgate in downtown Manchester! No litter anywhere, bins for rubbish and recyclables on most street corners, superb speedy, cheap public transport

(no peak fares anywhere in the entire country - take note Manchester Metro and National Rail), no potholes, fabulous hotels . . . yes, Colombia is nothing but fantastic!

Well, providing you exclude car drivers. They are just like drivers in Paris, Rome, Tel Aviv or Leicester Road.

We kicked off in **Medellin**, home to drug lord Pablo Escobar, one-time richest man on the planet. However, Medellin is possibly more famous now for Fernando Botero, the incredibly prolific "fat people" artist.

Sitting in the Andes at around 4,905 feet (1,495 meters) and extremely temperate, Medellin is called the **City of Eternal Spring**. It is so strange to visit a city where you won't find central heating or a solitary heater in any building or on sale anywhere. And the locals take such pride in their city. Yes, there may be graffiti all over the show, but you won't see even a cigarette butt on the ground, let alone the fast food containers and drink containers you see strewn all over Salford. There are still signs of Escobar's association with the

Ed Moss looks back on his visit to Colombia last year, where Israel is loved and despite a very small community, there are signs of "Yiddishkeit" everywhere

city, but they are erasing this somewhat murky blot on the past. However, because of how he helped the poor, it has not been an easy task.

There are unfortunate Venezuelans on every street corner trying their hardest to sell you all manner of goods and chattels you don't need in an honest effort to support themselves, having been forced from their home by the situation in Venezuela. But everyone has a smile on their face. Everyone is proud of what they are.

Medellin (and Colombia as a whole) has turned around its legacy as the world's cocaine capital to become an incredible tourist attraction. The world-infamous District 13, where drugs, murder and mayhem ruled for several decades is now the premier tourist attraction for foreign and out-of-town Colombians alike. But there is something surreal about accessing what is an almost ramshackle, huge Favela-style hill town of several hundred thousand people via a series of escalators!

Perhaps the most expensive commodity in Colombia is electricity. You see minimal if any lighting in most shops throughout the



city. The region's electricity company, owned by the city, generates (no pun intended!) in the region of \$1 billion profit a year. Unlike British utilities owned by foreign interests, every penny is ploughed



Holocaust Memorial Medellín Beth Olam

back into Medellín's infrastructure and transport. As a result, they have a wonderful metro train that costs pence to travel on, public attractions that are free/almost free to visit and a continual ongoing road improvement initiative. Fuel costs 23p a litre and the cost of living is a spectacularly low. A four-bedroom, four-bathroom, three-reception house in its own gated grounds will set you back around £110,000.



Despite around only 5,500 Jews in Colombia, there are signs of Jewish life all over. Bogotá, Barranquilla, and Medellín each has its own Jewish day school, Cali has

an after school. In Bogotá, there is also a kolel-talmudic school. Despite only 100 families in Medellín, and only some 60 Jewish pupils, the Jewish day school, **Colegio Theodoro Hertzl**, in the lower reaches of the Andes, sees learning Hebrew compulsory with 400 students and a long waiting list!

In certain cities (Cartagena for example), despite being home to a handful of Jews, you can buy **ONLY** kosher milk, and certain pre-packed vegetables (very few vegetables are packed in plastic like here) are available with a "hechsher"

only!

On to **Cartagena** on the "Caribbean" coast. The famous walled city with its castle has seen many a blockbuster filmed there; "*Romancing the Stone*" (Michael Douglas, Kathleen Turner), Netflix's "*Narcos*" and more recently, Will Smith's latest film "*Gemini Man*". The old city has a tourist peninsula just over a mile 'up the road' from the old town, and across the bay near the cruise terminal is the business district with matching corporate charge-card hotels. Unfortunately, what dirties the brush in Cartagena, is the constant on-street harrying by people trying to sell you boat and coach trips or usher you in to their restaurants. However, as a Colombian destination, it is a fabulous must.

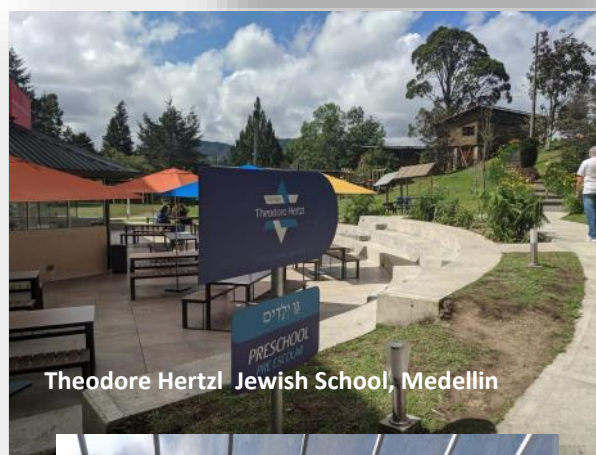
Bogota, the capital, is a quite attitudinal 8,660 feet (2,640 meters), so when you land at the airport, your ears don't pop. It is an enormous city, home to over seven million people. The ludicrously famous central Bolívar Square, with its cathedral, is the main tourist attraction beloved by tourists, protesters, celebrants and the film industry alike, having featured in hundreds of Spaghetti Westerns and dramas over the decades. Worth a visit is the **Gold Museum**, with exhibits that are so rare they actually cannot be valued. I loved the vibe, and my camera never stopped once!

We stayed in the suburban **Dann Carlton Hotel**, a quite luxurious five star conference hotel, which has excellent ties with Israel and regularly hosts some of Bogotá's synagogue-attending Jews at weekends and high holidays, as the city's nearby synagogue is located quite far away from where the main community lives. It was somewhat of a surprise to find that five coffees, a beer and a sparkling water left change out of £10 in this five-star hotel!

Ed Moss



Bogota



Theodore Hertzl Jewish School, Medellín



ROSH HASHANA MESSAGE FROM THE PRESIDENT OF THE BOARD OF DEPUTIES



This has been a year like no other. The global pandemic has affected life more in a short space of time than any other event in peace time. Of course, the effects have been experienced worldwide with hundreds of thousands dead and millions more badly affected by this virulent virus.

We are a small community but we have been hit heavily. Sadly, our death rate has been more than double that of the general community and we have lost some wonderful people since March, taken from us way before their time.

It has been a time to mourn but also a time to act. The **Board of Deputies** lobbied hard to ensure that local councils could not cremate bodies without first consulting with the families of the deceased. This was a fine example of collaboration between Jews and Muslims who shared the same concerns.

We collaborated closely with other community organisations to ensure that UK Jews are received all the help and information possible in the emergency, using all of our resources for the benefit of those

affected. We collated a document bringing together all of the special guidelines for Passover this year and devised a card for members of the community to print off, fill out and post through the letter box to neighbours, letting members of the local community know that people are available to do a food shop or even just to speak to someone on the phone who is self-isolating.

No less importantly, our team has had the sad but necessary duty of collating the deaths we have endured so that we have an accurate record.

Last year, we were in the midst of Labour's antisemitism crisis. Twelve months on and Labour are, in the words of new leader Sir Keir Starmer, "*under new management*".

We set out our Ten Pledges on anti-Jewish racism in January and they were enthusiastically adopted by the new leadership team. The progress we have seen is very encouraging. The scourge of antisemitism has not disappeared from the Labour Party but the determination to address it and take action where it is needed, as in the case of the sacking of Rebecca Long-Bailey, gives all of us reason to be optimistic after a dark few years.

Even Coronavirus could not completely overshadow the worldwide movement which developed rapidly in response to the racist murder of George Floyd. We in the Jewish community felt we needed to formulate our own initiative.

The result is the Board of Deputies' Commission on Racial Inclusivity in the Jewish Community which is being chaired by distinguished journalist Stephen Bush. We need to make sure that we are accepting of people of all backgrounds and I

look forward to making progress on this most important of issues.

Those who know the Board of Deputies will understand we work on a diverse set of issues – indeed so much that it is impossible to list everything in a short message. We exist to ensure that the UK's Jewish community can live freely, happily and continue to practice our traditions.

We are passionate about protecting our religious freedoms, whether the right to circumcise our baby boys in accordance with our tradition or to ensure that employees are able to take time off for Jewish festivals and follow their Jewish traditions within the law.

Our interfaith activities have certainly made the news – for example our support for the Chinese Uyghur Muslims currently suffering oppression in China, has raised awareness of the problems. Through Pikuach, we supervise religious education in Jewish schools, and, pandemic permitting, we travel the country with the Jewish Living Experience exhibition, educating non-Jewish children and adults about our way of life.

We engage with Government ministers, MPs, local councillors, diplomats, faith leaders and with a huge variety of public bodies on behalf of the community we represent.

We can only do this work with the help of communities across the UK, so I thank you for all the support that you all give. Let's hope the New Year truly does bring health and happiness to all of us.

Shana Tovah

Marie van der Zyl
President
Board of Deputies of British Jews

A COMMUNITY UNITED – ROSH HASHANA MESSAGE FROM CHAIR OF THE EXECUTIVE



The Manchester Jewish community is amazing, and the response to the current coronavirus outbreak by the community has only heightened my appreciation of the wonders of our community.

The community has responded to the coronavirus outbreak on three levels:

1. An individual level
2. An organisational level
3. A communal level

So many members of our community have responded to the difficulties created by the current situation by volunteering to help others, either by manning helplines or by doing shopping or by setting up WhatsApp groups offering advice.

At a recent Representative Council meeting **Bernie Garner, Director of Community Services at the FED**, said that when she talks to councils, they are amazed at the number of volunteers that she is able to use, and she says she replies by saying I work in an amazing community.

So to each and every one of you, I would like, on behalf of the community, to thank you for the efforts that you have put in, helping others and making the best for our community out of a very difficult situation.

We have many amazing organisations, some older, others younger or new, that exist within our community, that all upped their game in tremendously difficult circumstances to cater to the needs of our community. Some of these rightly received accolades in our local press, but they all deserve our appreciation and thanks.

Whilst there are too many to list them all, I do feel it necessary to mention

some of the organisations whose hard work has come to light and deserves to be highlighted to the community

Unfortunately, the community suffered way too many losses because of coronavirus. The team at **Missaskim**, led by **Moshe Sinitsky**, had the foresight to liaise with all the coroners of the local councils to ensure that the unfortunate of our community who passed away and were buried in a timely and dignified manner.

Whilst for some they may not have previously been aware of this organisation, we at the Representative Council have been well aware of the hard work that they have been doing, and in fact, at our 2012 communal awards ceremony, they were recipients of the communal organisation award.

The FED who amongst their activities, manage our largest care home, have probably suffered more than any other organisation as a result of the coronavirus and yet despite this, they have increased the levels of their

"Thank you all for the efforts that you have put in, helping others and making the best for our community out of a very difficult situation"

support to the community so that they could provide food and assistance to those who are stranded and isolated. I know that the FED consider themselves to be the safety net of the Manchester Jewish community, and over the last few months, they have been that and far much more, and I would like to take this opportunity to thank them all for the most amazing work that they have done over the period.

The **L'chaim** food bank, was fortunately a relatively small charity which has insured that anyone within our community who is without food is FED. As a result of the coronavirus and lockdown, it has seen a huge increase in the demand for its services. They have dealt with this extra demand based on providing food first and worrying about where the funding for it

is coming from later on. In this they have been like many other organisations within our community who have put providing a service first and will now require the funding to have done that.

Space prevents me from listing more organisations but there are many, many more that have done incredible work over the last few months, who deserve the gratitude of our community.

There is however one further organisation that I would like to talk about at this stage and that is the **Jewish Leadership Council (JLC)**. The JLC has taken upon itself to assist with raising finance for both Communal organisations as well as individuals within our community the extent of their funding has been on a national basis and both organisations and individuals within our community have benefited from the amazing work that they have done. I want to thank their national chair **Jonathan Goldstein** and **Marc Levy** the North West Regional Manager.

Within the Manchester Jewish community, there has been long standing emergency procedures in the event of a crisis hitting our community. In mid-March, at the request of the Representative Council, these procedures were invoked, and the major communal organisations got together to work on a united basis. They were joined at regular meetings by representatives from the local councils, as well as **Bury South MP Christian Wakeford**. The group includes representatives from all sectors of our community and has worked as a team together with the councils to deal with the issues that have arisen.

In an article in the **Jewish Telegraph**, **Ivan Lewis** stated that this coordination was the most amazing thing that he had seen within our community in all his years of working within it.

The success of this coordination has led to requests both from the community side and that of the councils for the meetings to continue. **Marc Adlestone OBE** has agreed to act as Chair of the group, which now includes 36 communal organisations, which will give the community a positive lasting outcome from the current crisis.

Jacky Buchsbaum
Chair of the Executive

GUESTS OF HONOUR ATTEND ZOOM MEETING



Sir Warren Smith, Lord Lieutenant and Eamonn O'Neal DL newly appointed High Sheriff of Greater Manchester were guests of honour at a meeting on the 2nd July at the Zoom virtual meeting place to thank all the communal volunteers.

The Lord Lieutenant highlighted the importance of grassroots volunteering in communities and how vital it is currently, due to the pandemic. The newly appointed High Sheriff Eamonn O'Neal, who earlier that afternoon had paid a visit to the Fed's Heathlands village and who went out of his way in thanking the volunteers and volunteering organisations present for their stalwart, day in day out, support in ensuring adequate food and care are provided for all in the community.

His immediate predecessor Deputy Lieutenant Mark Adlestone OBE DL said he wanted to be objective in his assessment but in reality he found that "the Jewish community was outstanding in uniting around the goal of helping those in need through volunteering or helping in other ways especially during these difficult times".

Representatives from some of the voluntary organisations present (L'Chaim Food Bank, Shomrim, Hatzalah, Misaskin, CST, The Nicky, The Fed, Herschel Weiss, JAMH, JVN) highlighted many aspects of their vital work for the community and thanked the community for their continued support.

The meeting was excellently chaired by the JRC president Russell Conn



Eamonn O'Neal



Sir Warren Smith

CAN YOU HEAR ME?

Now there's a phrase we'll never forget along with the words 'please unmute'. For those of us not automatically using Zoom, the lock down provided a whole new opportunity to learn fast about alternative communication.

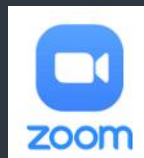
So, adding to my basic use of WhatsApp and Skype, I now use Zoom endlessly and Microsoft Teams, for those meetings where confidentiality plays an important part in the proceedings.

Whilst fully aware of the terrible consequences of the pandemic, both on our own and the wider community, I have chosen to spend a few moments seeing the situation from a lighter perspective.

Whilst on Zoom, looking at all the different participants on the screen provides its own entertainment. Many seem to have forgotten they

can be seen and a large open mouth yawning without the cover of a hand, or the casual munching of food along with a thoughtlessly placed camera giving an hour's view of the top of a bald head, with or without a kippah can be quite distracting.

The current system of virtual meetings has basically opened up the whole world to us and travelling to meetings and the time it takes has miraculously been removed. I would never have bothered normally to join a book discussion group, but I did under the auspices of the Israeli Embassy - in Dublin. May I recommend the book chosen to read; it was so entertaining. *Fly Already* by Israeli author Etgar Keret is a book of 22



very short stories. His perspective, both poignant and humorous, produces an uncommon take on life and relationships.

Of course, here in Manchester travelling on public transport is a whole new ballgame. As always, people don't realise how they register. There are those who board, sit down and *then* put on a mask as opposed to those who board *with* a mask, sit down and then tuck it under their chin. As you are supposed to sit alone there *is* the advantage of resting your shopping on the seat next to you when normally it would have to be on your lap or by your feet.

I myself still need to understand why everywhere I am obligated to wear a mask, those 'In charge' seem to have the option whether they should do so or not, and even then, there is no continuity.

Normally a smile conveys so

much, but although I am still doing that, no one knows! Feeling a sneeze coming on, and on reflex holding my tissue to my mask! And then there's the build-up of a very warm clammy sensation within the mask, plus the steaming up of your glasses! Friends of mine who have behind the ear hearing aids, and wear spectacles are not happy having to wear a mask as well – and who can blame them.

I look forward to when all this becomes an 'I remember' experience but it will be some time before that will happen. So be well and be safe.



Filis Rosenberg
Co-editor RepPresents

Looking out for the Community— C-Virus JRC Communities group

During March, it became obvious to the JRC that the COVID -19 pandemic could cause severe difficulties for our community.

Once the lockdown had been imposed, the JRC Officers divided into two groups.

Susan Isaacs Jointly led the C-virus JRC Communities group with **Jeremy Michelson** and were joined by **Raymond Solomon, Michael Rubinstein**, and **Sharon Bannister**.

It became evident with Pesach approaching that many Kosher shops were reluctant to deliver orders north of J17 and to South Manchester.

Certain shuls in South Manchester had difficulties with their Pesach delivery for their communities.

Jacky Buschbaum - Chair - communicated with certain business leads on this, and this was resolved.

Also, within the community we became aware of a group of volunteers called **Corona Angels** who would deliver anywhere.

They concentrated particularly on South Manchester, where some had missed the shul orders and were faced with not having kosher for Pesach food.

We are sure that the community would like to thank them for the amazing work they did.

We as a team attempted to contact all shuls and community groups to encourage contact with their members.

Many have since developed good networks. It was also fed back what information and how often they wanted this

circulating.

We developed a project called Let's all work together, which was circulated to all Organisations, Shuls etc and again, thank you all for your feedback.

We have now sent out the second one in this project asking for updates on how you all are keeping in contact and sharing ideas etc

No one should feel embarrassed in contacting any of the many support groups not only set up in our community but also by the NHS and Local Authorities

A sad concern that was passed onto us was that there re some older people who could not access the Seder or Pesach dishes, as their family could not assist them. Support for isolated people was given by many shuls

We:

1. Have been contact with the many groups and other community organisations.
2. Have acted a point for people who wanted information on how they could volunteer in the community
3. Are researching and circulating any information we can find on financial support for people, who are now unemployed, suffering for financial concerns etc .
4. Have also applied for Grants to support Community Initiatives –this raised £2.000 which was disbursed to a number of organisations who were directly involved in providing services to the community.

There is concern that the



initial support networks for those in isolation have broken down due to these people going into Isolation, and when we are aware of this, we are encouraging contact to

the variety of support that is available.

Emotional wellbeing.

We are in exceedingly difficult times. When many are isolated from families, friends, and grandchildren, also many families are suffering bereavement and not being able to visit family who are in hospital.

Children who are being home schooled and socially isolating from friends.

There are many feelings there and we are sure that there is not one person who has not had a bad day.

No one should feel embarrassed in contacting any of the many support groups not only set up in our community but also by the NHS and Local Authorities.

It is fabulous that so many groups have been set up via Zoom for quizzes, art classes, dance, Just coffee and chat, cooking with, Challah making, choir practice, online talks, discussions, shul services etc..

This is the new way of

living at present in 2020 and also a way of coping with this crisis when following the government advise to stay at home.

The Future

We have been carrying out investigations into how the community might cope once the pandemic is truly over, or at least under control.

Sharon Bannister is investigating health and Social Care.

Susan Isaacs is investigating Youth and volunteering, while **Jeremy Michelson** is looking at religious organisations – particularly shuls.

Michael Rubinstein is examining the economic prospects.

We will be publishing our suggestions for the future sometime in the autumn.

Moving forward, we are looking at how the JRC can better and more efficiently contact you all, so please keep an eye out for emails.

If you are looking for any links to support groups, advice on businesses, finance etc please visit our webpage at www.jewishmanchester.org

Links for information have been continually posted over the last few months or if you wish to make contact please email the office.

Keep safe and follow Government and NHS advice.

Susan Isaacs
Jeremy Michelson
Joint leads
Michael Rubinstein
Sharon Bannister

HISTORIC NORMALISATION OF RELATIONS BETWEEN ISRAEL AND THE UNITED ARAB EMIRATES

On Monday 1st September 2020, El Al Flight 971 became one of the most historic flight departures in the airline's history. It left Ben Gurion Airport on Monday morning, to make the first commercial flight from Israel to the United Arab Emirates, carrying delegations from Israel and the US for talks on the recently agreed normalisation agreement between Jerusalem and Abu Dhabi. Not only was the flight historic, but also Saudi Arabia granted the El Al flight permission to overfly Saudi Arabia rather than take the much longer route out over the Red Sea. And as RepPresents went to press, Saudi Arabia has granted Israel permanent rights to overfly their kingdom., shaving five hours off the flight time, bringing it down to just over three hours. The breakthrough originally came on the 13th August when Israel and the UAE announced they were establishing full diplomatic relations. This was a US-brokered deal with the requirement that Israel should suspend any plans to annex any parts of the West Bank. Following Egypt and Jordan, the UAE has become the third Arab country to establish official relations with Israel. Phone and internet connections have also been established



Hend Al Otaiba, Director of Strategic Communications, Ministry of Foreign Affairs, UAE with Lior Haiat, Israel Ministry of Foreign Affairs



Dr Anwar Gargash United Arab Emirates (UAE) Minister of State for Foreign Affairs with Alon Ushpiz Director-General, Israel IMFA

between the two countries. In the meantime, both Israeli and American officials are optimistic that some of the other Gulf Arab countries may also establish formal relations with Israel. The forward-looking UAE and Israel share mutual commercial and security interests, and neither list Iran at the top of their greeting card recipient list. It is also a bitter blow to the vitriolically antisemitic Boycott, Divestment and Sanctions (BDS) movement, who were, not unexpectedly, one of the first organisations out of the starting blocks to condemn the start of normal relations between Israel and the UAE.



COMMUNAL DIARY

THESE EVENTS ARE SUBJECT TO CONFIRMATION AND MAY BE VIRTUAL OR SUBJECT TO CANCELLATION (Please consult the website)

- 30 Sep** UJIA Centenary Event @ 6:45 pm
 - 31 Oct** Maccabi Halloween Event – Adults Only @ 7:00 pm
 - 1 Nov** Maccabi Halloween Event for Children - all day
 - 1 Nov** The JRC Monthly Council Meeting @ 10:30 am – 12:00 pm
 - 2 Nov** Magen David Adom Virtual Dinner @ 7:00 pm
 - 17 Nov** The Fed Ladies Lunch @ 12:00 pm
 - 23 Nov** Camp Simcha Manchester Dinner @ 7:00 pm
 - 25 Nov** Mini Limmud @ 8:00 pm – 9:30 pm
 - 30 Nov** The Jewish Representative Council and the Board of Deputies Remember the History and Culture of Mizrahi Jews - all day
 - 6 Dec** The JRC Monthly Council Meeting @ 10:30 am – 12:00 pm
 - 19 – 20 Dec** Maccabi 24 Hour Interfaith Football Tournament - all day
 - 13 Jan** Maccabi Supper Club – British Jews in the First World War – We Were There Too @ 7:00 pm
 - 23 Jan** The Fed Quiz @ 7:00 pm
 - 28 Jan** The Friendship Circle 'Let Us Entertain You' Dinner @ 7:30 pm
 - 22 Apr** The Fed Fundraising Dinner @ 7:00 pm
- Further details available from www.jewishmanchester.org
- PLEASE CONSULT AND ADD YOUR DATE TO THE COMMUNAL DIARY PRIOR TO ANNOUNCING AN EVENT DAY YOURSELF
- EVENTS MAY CHANGE DUE TO COVID 19 UNCERTAINTIES

When writing for the Pesach edition of RepPresents, it would have been impossible to predict the unprecedented events that have unfolded to date in 2020. Within my previous article, I spoke about the large number of newly elected MPs across the whole region. As always, I have been proactive in my political engagement, and have now formally met with the vast majority of the intake from the 2019 General Election.

As ever, it was useful having the flexibility to meet either in Westminster or their Parliamentary constituencies. Along with the rest of the country, I was forced to adapt to a new way of working post lockdown with discussions now taking place virtually. Whilst nothing will ever replace a meeting in person, there are some benefits with a virtual way of working. It is always the case that MPs and Ministers diaries are incredibly fluid. The removal of the need for various parties to travel, has enabled meetings to stay in the diary for longer. As a result, changes can be made last minute and with little inconvenience.



Mark Levy with Christian Wakeford MP, James Daly MP and Cllr David Jones the former Leader of Bury Council

I have been pleased with the number of meetings arranged for our members to engage with MPs.

I have scheduled a large number of discussions for **CST** to meet with MPs

including at Ministerial level to discuss areas of concern to the community. We have briefed MPs on contemporary antisemitism and discussed the legislative agenda particularly surrounding online harms.

I have also arranged for **UJS** to meet with MPs where issues have arisen on campus and introduced Maccabi to the Sports Minister. I have also accompanied **Christian Wakeford**, the newly elected MP for Bury South on a visit to **The Fed** where he also met with the **Representative Council**.

Over the coming weeks, I am working on several roundtables to ensure our members are able to benefit from the relationships that I have been built.

It would be remiss of me not to mention the response of the JLC and the community in Greater Manchester to the Covid-19 pandemic. I am proud to work for an organisation that has been at the forefront in supporting individuals and communal charities through these difficult times. We supported the Emergency Care Home Appeal that raised in excess of £4million to primarily support The Fed, **Jewish Care** and **Nightingale Hammerson**.

All Jewish care homes across the country received much needed funds from this appeal. We also launched a **£500,000 Emergency Assistance Fund** to help individuals and families who were struggling financially due to the

pandemic. There were numerous recipients in the Greater Manchester region.

Finally, the £2million raised for the **Social Care Assistance Fund** was also a tremendous success. We distributed vital funds to charities across the whole country. Within Manchester, The Fed, **Friendship Circle**, **Jewish Action**

for Mental Health, **Lubavitch Manchester** and **The Beenstock Home** received grants.

The diverse Jewish community mobilised incredibly quickly to deal with



Marc with Sir Lindsay Hoyle MP, Speaker of the House of Commons

the threat posed to vulnerable and needy individuals. With CST and the Representative Council, I co-chaired and coordinated a communal call which joined together our communal professionals and charities alongside representatives from local and national government. This enabled our community organisations to speak directly to the political figures who could assist with a wide range of requests. We embarked on a communication campaign to ensure that community members were kept up to date with the latest guidance. A health and welfare group was also established ensuring people had access to the right food provision. We arranged for a question to be tabled in Parliament and raised issues with the highest levels of local government including the **Metro Mayor, Andy Burnham**. Building on this, the organisations and representatives from wider society have now formally come together to form a Strategic Group chaired by **Mark Adlestone OBE DL**. We will be building on the collaboration between communal bodies providing a high level forum to discuss issues and exchange views with representatives from local and national government.

Finally, I would like to wish you all a happy and healthy new year.

Marc Levy

Beware of rogue telephone calls and scam emails

With the economy now opening up again, members of the community are asked to be extra vigilant and remain alert for frauds and scams such as cold telephone calls and fraud via email. These are on the increase nationally, and people are asked to take extra care to ensure their accounts or identities are not compromised.

As a rule of thumb, official organisations will NEVER phone or email you for passwords or sensitive information and certainly not bank card PIN numbers or card three-number signature strip verification numbers.

Under the Data Protection Act, genuine callers do have a duty of care to ask for very basic security details to verify that they are actually speaking to you, but they will never seek full passwords or financially-related PIN numbers.

Secondly, the links that otherwise official-looking emails suggest you follow can be checked by simply hovering over them with your mouse. The destination web address will show up at the bottom left of your web page, so if that web address doesn't precisely match either the original website or the company name of the sender, then treat it as suspect. The likes of HMRC (tax), DVLA and DWP will always write to you in the first instance. Also, you will find that fake emails tend to have logos that never quite look right (ebay and Amazon fraudsters in particular) and the



refund notice beginning with "Hello my dear".

Similarly, anyone phoning who claims to represent a major computer company that has identified a 'threat to your computer' will almost definitely not know the state of your personal computer security. Asking them how they know (not that I encourage engagement with them unless you are a confident time-waster – I kept one on the phone and 'away from "you" for over an hour and a half and I didn't even have my computer switched on) will have them scrabbling for some very thin excuse.

Use the utmost care with calls offering to provide investments, claims for accidents or to change your utility or satellite company tariff, or to transfer your money from your bank account to an "emergency new safe bank account", despite how convincing these may

in order to pick up an extension in another part of the house without being disconnected), so no matter what number they give you to dial, they will 'answer' the phone when you 'call' because they haven't actually been disconnected. Use a different phone to contact your bank with the number they provide or your own regular number.

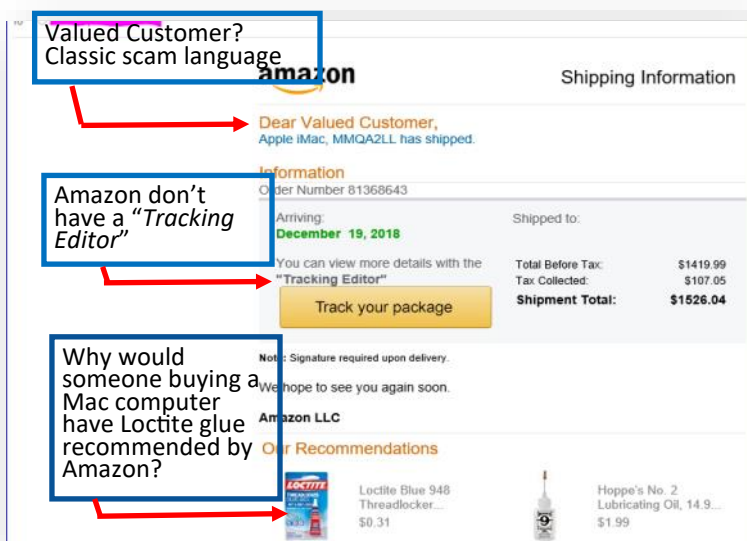
If you feel there is a need to report them to either Trading Standards or the Police, take details of a suspect telephone conversation with as much information as you can gain. You can also reduce unwanted telephone calls by registering your telephone number with the Telephone Preference Service. Full details can be found at www.tpsonline.org.uk

The simple message to help you remain secure on both the phone and internet, is, don't provide any sensitive information to people you don't know, regardless of how official they may seem. Tell them to put it in writing on their official headed paper with a contact name and telephone number you can use (and double-check it, if and when you do receive it).

It can be so easy to fall under the persuasive charm of a smooth talker on the phone or be fooled by an otherwise official-looking email on the internet. I can only urge everyone to exercise the utmost caution when discussing personal matters with strangers. Remember, official departments or real businesses won't object to you questioning them further than you might ordinarily do to ascertain that that they are in fact genuine.

Finally, I would like to wish you all a happy, healthy and "safe on-line as well as on the telephone" New Year.

Ed Moss



language and terms they use ("Dear valued customer"), often mixed metaphors, bad spelling and singular/plural mismatches in the same sentence) – I received one fake tax

sound. No bank will ever ask you to over the phone to transfer funds from one bank account to another. Again, offer to come in and see them in branch. That will make them run for excuses. And do not pay any fees up front.

And certainly do not take any instructions from them to put your phone down and call the "official number" they might

give you. When you put the phone down, they can remain on the line for up to two minutes (a throwback to almost 50 years ago when you could put a phone down in one part of the house

EDUCATION MATTERS

with Jeremy Michelson, Vice Chair (Education) JRC of Greater Manchester and Region

It takes more than COVID-19 and a lockdown to stop the Education Working Group! We keep going, no matter what happens!

The Northern Holocaust Education Group

Matters are progressing nicely with this group of Holocaust educators who have come together to increase the range of sessions available to schools.

They are determined that only the highest quality standards of teaching are good enough.

So, they have linked up with G2G, a group of children of Holocaust survivors based in London, to undergo training and evaluation of their sessions.

As a preparation for this process they are taking part in peer group evaluation of each other. In teaching about the Holocaust only the best is good enough and the NHEG teachers will be the best.

Racial Inclusion within British Jewry

The justifiable anger that was caused by the death of George Floyd in the USA has caused British Jewry to examine how racially inclusive is British Jewry.

On 12th July, the JRC partnered with the Board of Deputies to run a ZOOM session featuring Loretta Hodari, a Jewish lady of Jamaican heritage, who spoke about her life and the problems that she has encountered within the Jewish community.

The Education Working Group is looking at ways in which cultural and racial diversity within Jewry can become part of the curricula of Jewish schools.



DIARY DATE

30th November is designated as a day to remember the wonderful heritage of Mizrahi Jewry.

These are the Jews who lived in the Middle East long before the Arab conquest and they contributed so much to the civilisation of the area before the abrupt termination of Jewish life by Arab Governments.

The JRC are partnering with the Board of Deputies to host a talk by Edwin Shuker, Vice President of the Board of Deputies.

Edwin's family escaped from Iraq in 1970, and he will tell us his fascinating and moving story of how the family were rescued by the man who was later to become leader of Iraqi Kurdistan.

Please keep a look out for further details.



The Julian Goldberg Coffee Club



The Julian Goldberg Coffee Club was started about twelve years ago to discuss current affairs and share the odd joke.

Initially known as the **Friday Morning Coffee Club** and held fortnightly at Heathlands, on the sad passing of the founder of the group **Julian Z"L** it was decided we would continue and re-named the group the **Julian Goldberg Coffee Club** in his memory.

Based on the success of this group a number of others have formed in both North and South Manchester.

The format is very basic with different members taking a turn at being Chairman and members invited to bring along interesting cuttings from newspapers, magazines, etc which are then discussed with vigour!!

When lockdown started we had to decide whether to abandon it or find a way to continue.

A Zoom group has been initiated and instead of meeting fortnightly we now meet weekly still on a Friday morning.

The format has been kept the same and I am pleased to report it is working very well.

Stephan Pearlman

RepPresents

Magazine of the Jewish Representative Council of Greater Manchester and Region (JRC)

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An invitation from The Manchester Jewish Museum



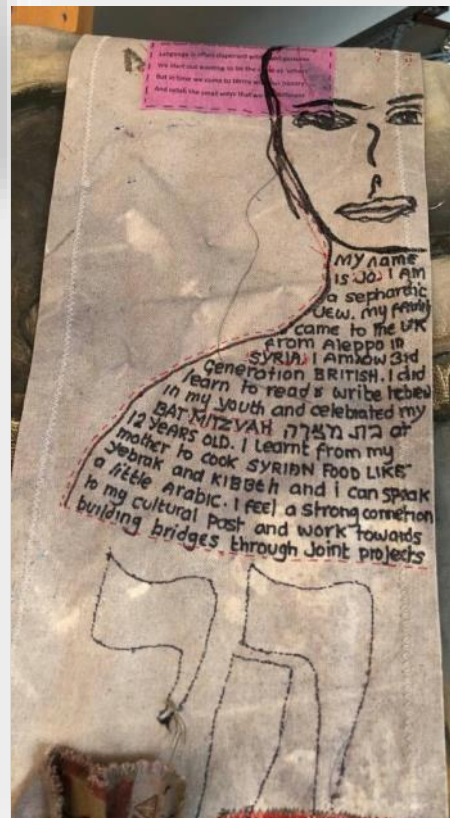
Creative Producer, **Dara Laughlin** and Manchester-based artist **Jo Scoriah** are heading up an exciting new project with **Manchester Jewish Museum's** textile group. Jo works with many different materials (her previous work can be seen at www.joscorah.co.uk) and she will be inspiring the group to create an original piece in time for the **Museum's re-opening in 2021**.

The Textile group is a mix of Muslim and Jewish Women, as well as women of other faiths (and none) working together and making friends since January 2019.

Dara said: "This new project is going to showcase our wonderful Textile Group, allowing them to explore their own identities, as well as communicating messages for the future."

If this sounds like something you would be interested in being involved with, please do get in touch with Dara at dara@manchesterjewishmuseum.com. The group is open to all self-identifying women of all faiths or none, all cultures and backgrounds. It is the perfect space for those who would like to learn new skills or brush up on ones they already have in a supportive environment."

RepPresents contributor, **Filis Rosenberg**, who has been a member of the textile group since last year, said: 'It has been a really enjoyable experience being involved in a group where you can make new friends, share knowledge, master new skills and derive great satisfaction from contributing to projects that help the Museum'.



EDITORIAL - continued from page 1

Even though not everyone will be able to attend shul, or see family, due to ongoing restrictions, we can still celebrate Yomtov and use these precious days to realise the blessings, one way or another, most of us have.

Our family and friends, are more important to us, than ever before, our health which many of us may have taken for granted, should be guarded and enhanced, not just because of Covid 19, but because Covid 19 has taught us, not to take our health for granted.

Recently, on 26 Av, it was the Yahrzeit of my good friend and mentor, **Rabbi Tony Walker Z"L**.

He was the person who got me involved in our wonderful Rep. Council.

He was an inspiration.

He had health issues, but didn't let that stop him, being very positive and living a full and fulfilling life,

steeped in mitzvos and care for other people, particularly, in his work as a hospital chaplain.

Rosh Hashanah should be a time to be grateful for our family and friends, as mentioned and to remember those who are no longer with us, who contributed so much to our lives.

In terms of the future, to expand on this point, it is also the time of year, when we should focus on what lives we are going to live next year in terms of our Judaism and what contribution we plan to make to our wonderful Manchester community, (the best Jewish community I have ever lived in).

If we do this, we will then get through this Covid 19 crises and continue to do, what Jews do best, sing and dance through life, always being positive, despite the challenges we always seem to face as a people !!!

I again, together with my colleagues, wish you a happy and healthy new year!!

R. Graham Gordon
Publicity Officer



Dear Friends,

These unprecedented times have been a challenge to all of us. We pray fervently that soon, like with previous plagues in human history, this pandemic will pass. There is much to hope for with the work on new treatments and a vaccine. We also pray that our community weathers the storm and that our faith and trust in Hashem will see us through, as in previous difficult times.

In the meanwhile, whilst we are no longer housebound and we can now move further afield even though cautiously, we know that our mental health and mental attitude are just as important as our physical health, so we want to stay mentally strong, positive in our outlook and full of hope for the future.

We should not demand too high standards of ourselves as this can lead to stress and anxiety. However, taking care of personal hygiene, and dressing early in the day can be helpful to self-esteem. Having a daily routine, including exercise can be very important for improved mental health.

Try not to be proud and accept help from friends and family when you need it or from the community. If you need to accept financial assistance or meals from the food bank, this is not your fault and many others are in the same situation.

Davening with kavannah, whilst being important for its own sake, in addition has great therapeutic effects. Relaxation, walking outdoors when possible and a varied healthy meal, with meat or fish, nuts, eggs, fruit and vegetables and plenty of water have been highly recommended by experts since time immemorial and have been proved to aid physical and mental health generally. Junk food or nosh, sugar and alcohol can worsen our moods.

We still need to adhere to basic health requirements in the future, washing our hands, keeping our distance at all times and staying alert. You should continue these measures to protect the health of your family and community. Adherence to the halachas of Pikuach Nefesh is as always vital.

If you need further support, speak to your rabbi or your GP or contact one of our helplines (next page).

Thank you

Jay Charara, Psychologist and Rabbi Arnold Saunders together with Salford Healthy Communities.

The following is in Yiddish:

טייערע פריינד,

די אומגעווענליכע צייטן זענען געווען שווער פאר אונדז אלע.

מיר דאווענען שטארק אז די מגיפה זאל שוין אריבערגיין, אזוי ווי מגיפות אין פריערדיגע דורות זענען צום סוף פארבייגעגאנגען. עס איז דא א סאך אויף וואס צו האפן, בפרט איבער דער פארש פאר נייע רפואות און וואקסינען. מיר דאווענען אויך אז אונזערע קהילה זאל אדורך קומען דעם שווערע צייט און אז אונזערע אמונה און ביטחון וועט אונדז אדורך פירן, אזוי ווי אין פריערדיגע שווערע צייטן.

דערווייל, בשעת מיר זענען שוין נישט באגרעניצט אין שטוב און מיר קענען ארויסגיין ווייטער פון שטוב מיט אכטונג, ווייסן מיר אז סיי אונדזערע רפואות הנפש און סיי אונדזער צוגאנג דערצו איז פונקט אזוי וויכטיג ווי אונדזערע רפואות הגוף. דערפאר, ווילן מיר בלייבן שטארק אין אונזערע גייסטישע געזונט, פאזיטיוו אין אונדזערע צוגאנג און פול מיט האפענונג פאר דער צוקונפט.

מיר זאלן נישט פאדערן פון זיך סטאנדארטן וואס זענען צו הויך, ווייל דאס קען פירן צו דרוק און אנגסט. אבער, אויפפאסן אויף פערזענליכע היגיע, און זיך אנטוהן פרי אין דער טאג קען העלפן דער זעלבסט זיכערקייט. האבן א טעגליכע סדר, מיט עקסערסייז, קען זיין זייער וויכטיג צו פארבעסערן אונדזער נפשתיגע געזונט.

פרובירט נישט צו זיין צו שטאלץ אויף אנצונעמען הילף פון חברים, משפחה, און פון די קהילה ווען איר דארפט עס. אויב איר דארפט אננעמען פינאנצישע הילף אדער מאלצייטן פון דער עסנווארג באנק, דאס איז נישט איירע שולד און א סאך אנדערע זענען אין דער זעלבע מצב.

דאווענען מיט כוונה, איז נישט נאר וויכטיג פאר וואס עס איז, נאר עס האט אויך טעראפיאטישע עפעקטן. זיך אפרוען, שפאצירן אינדרויסן ווען מעגליך און א געזונטע מאלצייט, מיט פלייש אדער פיש, ניסלעך, אייער, פרוכט און גרינצייג און א סאך וואסער זענען זייער רעקאמענדירט דורך מומחים שוין יארן לאנג און עס איז באוויזן געווארן אז עס העלפן די פיזישע און נפשתיגע געזונט. נישט געזונטע עסנווארג אדער נאשערייען, צוקער און אלקאהאל קענען ערגער מאכן אונדזערע שטימונגען.

מיר דארפן זיך נאך אלץ צוהאלטן צו די געזונט כללים אין דער קומענדיגע צייט, וואשן הענט, אפהיטן מענטשליכע דערווייטקייט א גאנצע צייט און בלייבן אויפמערקזאם. איר זאלט ממשיך זיין צו האלטן די כללים כדי צו באשיצן דער געזונט פון אייערע משפחה און קהילה. אפהיטן די הלכות פון פיקוח נפש איז אלעמאל נייטיג.

אויב איר דארפט מער שטיצע, קענט איר רעדן מיט אייער רבי אדער אייער דאקטער, אדער קאנטאקטן איינע פון אונדזערע העלפליינס (ביים סוף פון דער בריוו).

יישר כוח,

דזשיי כארארא, פסיכאלאג און רב ארנאלד סאונדערס אין איינזאם מיט סאלפארד געזונטע קהילות

MANCHESTER-BASED HELPLINES



**Salford
Healthy
Communities**

Neshomo

A befriending service for people with ongoing mental health issues in the Jewish Community

www.neshomo.co.uk

07741 625345 (men)

07512 578587 (women)

JAMH (Jewish Action for Mental Health)

Collective organisation representing most mental health organisations in Manchester, helping to find you support
hello@jamh.org.uk

07510 204 844

Pathways Nesivos

Guiding you on how to reach the best counsellor for your needs

0161 696 4511

Care Concern Bereavement Counselling

0161 796 0807 (leave message)

Jewish Women's Aid

For Jewish women aged 16 or over, whose lives have been affected by domestic abuse

www.jwa.org.uk (includes for 'web chat')

0808 801 0500

העלפליינס אין מאנטשעסטער:

נשמה

א פריינדשאפט באדינונג פאר מענטשן מיט רפואת נפש שוועריקייטן אין דער אידישע קהילה

www.neshomo.co.uk

07741 625345 (מענער)

07512578587 (פרויען)

JAMH (Jewish Action for Mental Health)

אידן טוען פאר רפואת נפש

אן ארגאניזאציע וואס רעפרעזענטירט רוב רפואת נפש ארגאניזאציעס אין מאנטשעסטער, וואס העלפט אייך טרעפן שטיצע

hello@jamh.org.uk

07510 204 844

נסיבות Pathway

אנווייזונגען ווי אזוי צו טרעפן דער בעסטער קאונסעלאר (counsellor) פאר אייערע באדערפענישן

0161 696 4511

Care Concern Bereavement Counselling

שטיצע פאר די וואס האבן פארלוירן באליבטע

0161 796 0807 (לאז א מעסעדזש)

Jewish Women's Aid

הילף פאר אידישע פרויען 16 יאר אדער עלטער, פאר די וואס האבן געליטן פון שטוב-געוואלד (domestic abuse)

דאס האט דער מעגליכקייט צו שמועסן (www.jwa.org.uk) מיט מעסעדזשעס אנליין

0808 801 0500

דערגרייכן Achieve

שטיצע פאר דערוואקסענע אדער יונגע מענטשן וואס ווילן זיך היילן פון דראג און אלקאהאל אפהענגיקייט.

דערוואקסענע **0161 358 1530**

יונגע מענטשן **0161 358 1858**

PROJECT Involve

Project **INvolve** is an **INitiative** from the Jewish Representative Council to **INclude** and **INvolve** to listen the views of Delegates, Affiliates, the Community relating to the JRC.

We would like to hear your views on how the JRC as an organisation communicate to the community.

- Does your Shul or organisation forward to you our weekly communications
- Do you follow us on social media at Jewish Manchester on Facebook?
- What are your views on RepPresents?



Please email office@jewishmanchester.org with your comments and any relevant information