

Volunteer Newsletter



A Message from Carol Hart, Volunteer Coordinator

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I hope this issue of our Newsletter finds you all in Good Health. It is an incredibly busy time here at the moment with so many Jewish Holidays making the working week very short.

Recently the AJR had a very successful tea at the Hilton Hotel in Watford and it was lovely to see so many of you there.

Over the Summer I had to say goodbye to my last intern Corey, her farewell is on page two and we are continuing

with the new layout she introduced for this Newsletter. I was very fortunate to have Lauren Freilich, a JFS 6th former with me on work experience. She was able to write two of the interviews for this newsletter.

In September my new American Intern, Samara Wolinsky, joined us and she has also written two articles. I hope you enjoy reading about other volunteers and staff who are part of the AJR family.

Please try to come to our next training session. Details about the session, led by Margi Abeles, can be found on the enclosed flyer. I have heard Margi take training sessions before and I really feel it will be a very good morning.

Wishing you all a belated Happy and Healthy New Year.

Thank you for all that you do for the AJR and our members.

Carol Hart



Volunteer Training
Thursday 17
November
@10.30 am

Volunteer Training

Family therapist, Margi Abeles, will be facilitating the upcoming volunteer training session. She will be discussing "Clients and their families: Issues for volunteers."

Please see the attached flyer for more information.

Thank you all for the continuing support and volunteer time you give to the AJR and their members; it is greatly appreciated. We would like to extend a special thanks and warm welcome to our NEW VOLUNTEERS:

Eve Willman, Esther Freen, Marcia Elton, Barbara Fraser, Simon Jachnowitz, Hannah Reichenstein, Gail Reed, Amanda Greenberg & Carlos Dela Huerta

17 November is the next Volunteer Training!!

Volunteer Highlight: Sandra Fattal

Interviewing Sandra Fattal has helped me gain a clear understanding of what it truly means to be a volunteer. Not only is it the act of aiding others and forming friendships, but for Sandra, it is about how she and her 'client' help one another.

In fact, it was Sandra's background that first inspired her to become a volunteer. Her mothers' side of the family originated in Germany; and therefore, she felt it was up to her to give something back to Jewish refugees. She found out about the AJR volunteering programme by searching the internet. When coming across the AJR website she felt it best suited her.

Although Sandra has only been a volunteer for a few months, she already realises how worthwhile it has been. Volunteering through AJR has given her the opportunity to "meet a

nice lady" and form a special friendship, different from one she has ever experienced. Additionally, Sandra has found that the programme has taught her how to appreciate the smaller things in life and that "even just going for coffee is rewarding".

Through volunteering, Sandra hopes to bring companionship and a friendly face to those she has the ability to help. Never considering this to be a chore or burden, Sandra and her companion look forward to their meetings. Not only does Sandra help her companion by assisting her while shopping and picking up her prescriptions, but when the weather is nice they enjoy going out for coffee, or if it is raining they love to drive around and see the outdoors. Sandra calls the lady she assists on a weekly basis just to chat about anything and everything.

Sandra is sporty and

loves to go out. Other interests of hers include travelling and reading. When asking Sandra how she fits volunteering into her schedule she replied, "although at first it is difficult to find time, you make time because she becomes a friend and therefore you are motivated to fit her into your life and so it's not a problem for my routine."

This is Sandra's first volunteering job and is a very new experience for her. Even though she previously considered volunteering, Sandra had never made the first step. However, after dedicating her time to someone else, she clearly sees the benefits of her actions and has found a great, new friend.

Lauren Freilich

"Volunteering through AJR has given her (Sandra) the opportunity to 'meet a nice lady' and form a special friendship different from one she has ever experienced."

Farewell from Corey Simon

Hello lovely AJR Volunteers! By the time you read this article, I will have probably been home in Boston for a few months. I just wanted to extend my sincere thanks to you all for the hard work and commitment you put into volunteering for the AJR. I truly enjoyed my time working in the AJR office with Carol Hart

and the rest of the staff. I will sorely miss everyone and promise to come back and visit.

Carol has taught me lifelong lessons about what it means to do work you love. She puts mitzvot (good deeds) in place everyday and has changed countless numbers of people's lives. I will miss her

most of all. Take care of each other.

Cheers,

Corey Simon
Clark University
Worcester, MA
USA

Trustee Highlight: Eleanor Angel, Honorary Secretary

Meeting with Mrs Eleanor Angel was a truly delightful experience. Eleanor, who is a member of the Board of Trustees for the AJR, has been involved with the organisation since a young age. Both of Eleanor's parents were refugees, and her father, Theo Marks, was the past AJR Chairman. Having helped out as a receptionist at the Day Centre, Eleanor subsequently was able to develop within the organisation, eventually becoming a part of the management committee and a member of the Board of Trustees.



As a trustee, Eleanor is constantly in direct contact with the AJR's headquarters. Her foremost concern is the happiness of the AJR's members and being able to provide them with as much comfort as possible in their advanced age. Along with social services,

Eleanor is greatly concerned with encouraging the further education of Jewish history.

Since Eleanor's parents were refugees, helping Jewish refugees is a large part of her life and she feels that it is her duty to give back to the community.

Along with being a trustee at the AJR, Eleanor works at the family-owned business, Angels Costumiers, and is the Chairwoman of Women of the Year Organisation.

Samara Welinsky

"When asked to volunteer and help another refugee, Leo and Helena were more than delighted to undertake the position."

Member/Volunteer Highlight: Mr. & Mrs. Horn

While walking out of Mr. and Mrs. Horn's flat and onto the street I cannot help but think about how people in this world never cease to amaze me. After meeting the Horns this morning I have come to two realisations: one can overcome whatever life brings, and it is never too late to give back to the community.

Mr. Leo Horn, now a member and volunteer for the AJR, was born in Berlin prior to the Second World War. Leo, the youngest of six children, lived with his family in Berlin until 1939 when he traveled to England as part of the Kindertransport to escape from Nazi persecution. Although his five siblings all managed to leave Europe, his parents did not. In total, nineteen family members, including Leo's parents, were murdered by the Nazis.

Upon arriving in England, Leo was sent to Swansea, South Wales, where he lived until taken in by a Jewish family. In

1942, after studying at a technical college, Leo went to London to stay at a Beit Chalitiz. There, he would prepare to make his move to Israel in order to help the baby nation grow. At the Beit Chalitiz, Leo learned of the horrors taking place in the Nazi concentration camps across Europe and decided to join the British Army to fight against Germany. Leo fought in Europe until he was wounded just prior to reaching the German line.

At the end of the war, Leo was transferred to the Intelligence Corps where he worked as an interpreter of the German language. After being demobbed, Leo realized that he lacked money, a job, and a place to live. Leo was forced to find solid ground, and slowly, he was able to do so.

Since he had attended technical college, Leo acquired a job repairing

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We're on the web!
www.ajr.org.uk/volunteers.htm

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"Nomi is 'enjoying it enormously working in a supportive, warm environment.' She also states that the work is fascinating and rewarding on a personal level."

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electric motors of sewing machines, and eventually was able to open his own business as a sewing machine dealer. He would own the business for the next 42 years retiring and handing the business over to his son. Although happy to have retired, Leo finds that he often misses his work and the daily routine of owning a company.

Leo joined the AJR as a Jewish refugee and soon became a member of the Regional Groups Committee. Leo and his wife, Helena, are a part of the North London Regional Group where they handle the planning


 and refreshments for the committee. When asked to volunteer and help another refugee, Leo and Helena were more than delighted to undertake the position.

Every fortnight, Leo and Helena take their AJR member out to her place of choice, usually to the Brent Cross shopping mall, the place where she used to go with her husband years before. When speaking of their lady, Helena's face lit up with excitement and it became extremely obvious how delighted she is to volunteer every other week. Helena said

with a smile, "We always have a good laugh, and she loves Leo's jokes!"

Their lady is lucky to have such wonderful people spending time with her. It is amazing how such a small act of kindness can go so far.

Samara Welinsky

Interview with Nomi Lackmaker: AJR Social Worker

Through interviewing Nomi I have gained a greater insight as to how things perform within the AJR. Although Nomi has only worked here for three months, she is extremely involved and I have had the ability to see what is involved within the social work department.

Nomi previously worked with a group similar to the AJR, the Holocaust Survivor Centre. There she was inspired and decided to continue and expand her interest within the field. Nomi is "enjoying it enormously working in a supportive, warm environment." She also states that the work is fascinating and rewarding on a personal level. Her job involves visiting clients and assessing their current needs, writing reports, and liaising with other agencies. Although only in the introductory stage of her work, Nomi has been able to form strong bonds with her clients.

By joining the AJR as a social worker, Nomi has had the opportunity to express her interest in a slightly different form. After working at the Holocaust Survivor Centre for 11 years, her job at the AJR was a big change of environment. Previously, Nomi would talk one-on-one with her clients rather than over the phone or in other various forms. However, she felt that after eleven years it was time for a change. Nomi has been doing wonderfully since choosing to join the AJR and is enjoying her new position.

Samara Welinsky