

Putting the in Mitzvah

JVN BNEI MITZVAH PROJECTS

CHARITY	PROJECTS	NOTES/COMMENTS
 ALL ABOARD opened its first shop many years ago and now has 19 shops in London & Manchester. Unlike a normal retail shop, the stock at All Aboard is made up entirely of donated goods from the public. All donations of saleable clothes, shoes, toys, books, bric-a-brac are gratefully appreciated. Volunteers are of all age groups, gladly offering their time to perform highly rewarding roles, which contribute to the day-to-day running of the shop – sorting, labelling, pricing, window-dressing and, of course, serving customers.	1. Make something e.g. jewellery for selling with All Aboard; All Aboard will track the sales and log how much you make; this could be certificated as well as the hours you spend doing it. 2. As a group you could donate or collect saleable goods for All Aboard and again be informed of the amount raised as a result and where the money went.	• Anyone under 14 years old is not allowed to work in All Aboard premises.
 Edinburgh House is an independent residential care home in Wembley. It is a registered charity that provides accommodation and care for elderly Jewish men and women, both Sephardi and Ashkenazi, with facilities for religious observance. There are 51 bedrooms and they look after a mix of people ranging from very independent to physically frail, and people with dementia.	1. A team of volunteers (3 or 4) to help with decorating; 2. Arrange a performance for residents 3. Art work for residents 4. Baking with residents 5. Storytelling/ reading to residents	• Anyone under 16 or a group of under-16s must be accompanied by an adult

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 Emunah helps thousands of children in Israel on a daily basis through its network of residential homes, high schools, day care centres and therapy and counselling centres. Emunah is one of the main social welfare organisations in Israel.	1. You can do a collection and then give them to Emunah's online shop. 2. Help with packing or taking photos of items. 3. Organise and carry out activities to raise money; you will be told where the money goes. 4. Take part in a twinning programme - pair up with a child in 1 of their homes in Israel. Emunah can help with translations. 5. Emunah will tailor to your area of interest.	• Emunah will provide any necessary training • They have a lot of school age helpers; "a treasure trove".
 GIFT's twin objectives are to inspire and educate people to give whilst simultaneously helping those in need.	1. Packathons are held every other Thursday; 6-7pm or, during holidays, Tuesday, Wednesday & Friday mornings at 09.00 in Hendon; this involves packing up food parcels. They will also organise a special packathon for you as a whole group at a time suitable for you. 2. Food boxes are often placed outside shops; you can stand in small groups outside a shop once a week for an hour to encourage people to donate food. 3. Collect toiletries, food, sport equipment, household goods and donate to orphanages etc. You will be given a Gift box for collections and get a certificate. 4. Visit an old aged home (in a small group) and meet with, and talk to, the people there. You will be accompanied at first until you are confident to visit on your own.	
 GOODS4GOOD focuses on collecting clothing and shoes from British Industry and the community. It packs and sends goods to benefit those living overseas in abject poverty eg to provide boots or snow shoes for children who can't go to school without them. Requests have come from, for example, Ukraine, Serbia, Moldova, Belarus, Kurdistan, Philippines, Israel, Poland and Romania.	1. You will be given a list of goods which are desperately needed those in need. 2. You can then design a colourful flyer to promote your own campaign. 3. Tell at least TEN people and ask for their help to get everything on their list - especially parents, aunties, uncles, grandparents, cousins/friends. (Most of the items can be found at home or at other people's homes). 4. Collect the new goods at home, (put them in the garage or in a spare room) and possibly promote your success on FB if you have a page, or twitter, or snapchat (if allowed to by your parents).	• Projects can be run from home with the help of parents

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	- Because it costs a lot to send things overseas, you could ask each of your donors to give a few £s at the time the goods are brought over to them. - Perhaps you could also ask for your BM gift to be money to send the goods out. - Once you have collected as much as you can, you then go to the warehouse to deliver the goods and help pack the goods for despatch.	
 Jewish Care is the largest provider of health and social community based services to the Jewish community through community centres, residential homes and specialist day services for with dementia and mental health, home care, social work, family carers and community support and information and advice. Services are delivered to 7000.	- Help with events - Assist with library projects e.g. deliver books to Jewish Families (kids' books). - If a group of about 6 of you are interested in helping Jewish Care, they will put together a volunteering project for you. - The opportunity is for a group that would meet about once a month, probably on a Sunday, at a care home. The number of weeks would correspond to the number of people involved (e.g. 8 kids = 8 weeks). It is for kids with parents. Each session would be delivered by a different parent and child according to their choice (baking, arts and crafts, quiz, etc.) to benefit the residents; session ideas could be suggested by the staff at the care home and support would be given as required	- Can customise a project or programme to meet needs of the youngsters. - Need support of parents
 The Jewish Museum London is for people of all backgrounds and faiths to explore British Jewish heritage, identity and culture. The museum brings the Jewish story to life, placing it in a wider context of British history. Their education programmes, exhibitions and events encourage a sense of discovery and creativity and tell the story of Jewish history, culture and religion in an innovative and compelling way.	- You can do 1 or 2 week placements to help with school workshops (Mon-Fri term term). - Help with family activity days (particularly this summer whilst the Judith Kerr exhibition is on) - Embark on a Film Project – over the course of a week you pair up to create a film of your favourite object in the museum. You work with the Learning and Curatorial teams to choose an object, do the research and storyboard your film idea. You then work with the Marketing team to film your idea as well as learn to edit and subtitle the film using specialist software. The film is then uploaded onto the Jewish Museum YouTube account for members of the public to watch. Please see here for a recent example: https://www.youtube.com/watch?v=VHg2fv9aKEQ . This project requires a lot of independent work.	- The Learning Team always interview young people for volunteer placements. They do this as they consider it to be great experience for you and also an opportunity to ensure that expectations and aims have been openly discussed. - All young volunteers are assigned a mentor whilst on placement.

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 Tikun offers “wisdom about life and encouragement to get involved in improving our world”. As well as offering education and advice they help support volunteering by helping those less fortunate than ourselves	1. De-clutter your home and donate your adult clothes, make up and toiletries to those in need. - See more at: http://www.tikun.co.uk/making-a-difference/#sthash.wS3JTM8A.dpuf 2. Come with a parent and run a cooking club for adults with learning difficulties. All food goes to a shelter. This takes place once a month on a Tuesday evening. From 7.15-8.30pm	• They are also happy to set up a project to meet specific needs and interests.
 Hadassah Hospitals Medical Clowns Project: Medical Clowns work in a very special way to harness the power of laughter; they have success where Doctors and parents falter, encouraging children to eat, have injections, drips and other medical interventions at a times when they are scared and very sick. • Medical Clowns help reduce time to anaesthetic as well as recovery times. • They enable children to forget their illness for a short time and just be a child again. • Being involved is a wonderful and inspiring way for children to support other children, through a project that they can completely understand. • Medical clowning costs around £36 per hour- a small amount to assist Doctors and nurses in their stressful and demanding roles and bring a smile to the face of many children.	1. Running a child-led circus skills/clowning workshop for disabled/disadvantaged children (Norwood?) and gaining sponsorship for it. 2. Creating a sponsored art project to send pictures to hospitalised children in Israel. 3. Miming clowning online for kids to watch in Israel- with direct sponsorship/ads 4. Other ideas are welcomed	•
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More projects to come from other charities -----

For more information or assistance, please contact Mike Silverstone on Mike@jvn.org.uk
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