



Sheimos first for Federation

► Chaim Zelig

THE Federation of Synagogues has launched its first Sheimos Bank. The Sheimos L'Geniza service is now installed at the organisation's Beis Hamedrash Nishmas Yisroel shul on Brent Green in Hendon, with more planned at other locations in the near future.

The Sheimos L'Geniza service is free of charge, although donations will be welcomed in order to help defray the cost of transporting the sheimos for burial at the Federation Cemetery. Helpful guideline sheets as to what should actually

be deposited in *geniza* have been prepared by the Federation Beis Din and will be readily available in a box on the side of the Sheimos Bank. Rabbi Dovid Tugendhaft, Rov of Nishmas Yisroel, said: "We are very grateful to the Federation for allowing us to host this facility which benefits the entire community."

"On the very day it was installed our 6.30-7.15am Omud Yomi shiur was up to Massechta Sotah Daf Chof Omud Alef which mentions things that are put in Geniza. We took it as an incredible *siman brocha* for being involved in this worthy endeavour!"

Care centre rededicated

► Chaim Zelig

THE Minister of State for Care and Support, Alistair Burt MP, and Chief Rabbi Ephraim Mirvis joined Jewish Care supporters to open the organisation's latest redevelopment: The Betty and Asher Loftus Centre.

The three-year programme costing a total of £17 million has resulted in the creation of one of, if not the, largest care communities in the UK providing residential and day care to over 250 people every day.

The care community officially named it

as a dedication Centre to Betty and Asher Loftus for their ongoing support and the Loftus family's generosity. Among the guests at the launch event was 99-year-old Betty Loftus who sat alongside her three sons, their wives, children and great grandchildren.

The Loftus family have been involved with Jewish Care for many years. Betty's late husband Asher was instrumental in acquiring the Friern Barnet site and relocating residents from the 'Home and Hospital for Jewish Incurables' in Tottenham to Jewish Care's Lady Sarah Cohen House.

Chicken soup is not enough

► Dina Rosell

EMINENT colorectal surgeon Mr Richard Cohen captivated his audience at Kinloss Community Centre when, under the title of *Chicken Soup: Jewish Penicillin?* he outlined a range of common sense details combined with medical knowledge concerning diet, lifestyle and disease prevention.

The evening also celebrated the official launch of *Jewish Digest*, a website set up by Deborah Eckstein and Jonathon Jay with the support of Dr Adam Levine, to help and encourage people to cope with the debilitating illnesses Crohn's and Ulcerative Colitis which are prevalent in the Ashkenazi community.

Mr Jay spoke of the incredible medical advances designed to help people, including many children and adolescents, cope with the challenge of living with these lifelong diseases. "Since Crohn's and Colitis sufferers crave information that might alleviate the symptoms, a wide variety of professionals write regularly for *Jewish Digest* including its own resident gastroenterologist Dr Stephen Mann as well as Dr Adam Levine and Dr Elena Schiff," (both currently involved in a research project into inflammatory bowel disease in the Jewish population at University College Hospital, London).

Jewish Digest also offers gut-friendly recipes and contributors' insights into individual ways of dealing with IBD, inflammatory bowel disease. An award from the Big Lottery Fund has enabled *Jewish Digest* to engage the services of a specialist IBD nurse to respond to queries from members on a dedicated helpline.

Mr Cohen firmly established the responsibility of every Jewish person to take care of his health. Smoking - "the worst thing you can do" - heads the risk factors

for a lifestyle with uncertain and preventable outcomes. Smoking, which also exacerbates Crohn's disease, and is a major cause of cancer, heart disease and amputations, "outweighs everything else, although obesity, inactivity and alcohol follow close behind". The Rabbinical Council of America took upon itself to condemn this widespread addiction that goes against the halocho of guarding one's life.

Is nature or nurture more powerful? Are we programmed to inherit certain conditions or do other factors trigger disease? Mr Cohen considered the role played by familial conditions likely to exert an influence on future health.

Two thirds of the UK population is overweight, a shocking truth that helps account for the prevalence of Type 2 diabetes as well as the fact that one in six patients in hospital suffer from obesity related illnesses.

Radiation - caused not only by scans and X rays but also by the level of radon in some parts of the country - and stress both have detrimental effects that could lead to heart disease. With regard to inflammatory bowel disease, long term inflammation can cause cancer. Patients with these conditions should have frequent colonoscopies and if necessary, biopsies.

Exercise, particularly for those with sedentary occupations, is key to a healthy lifestyle, in which overeating, large amounts of red meat, alcohol and above all, smoking are avoided. Fish is good for you, protecting against bowel cancer, and so is coffee and fibre rich foods. Aspirin, which provides a measure of protection, has some detrimental effects.

Finally, although Bobba's chicken soup may not achieve quite the same therapeutic properties as penicillin, it smells delicious, gives off restorative warm vapours and comes highly recommended.

Business hub takes off



Mr Mark Morris, Chairman of Work Avenue and founder of WE Hub, speaking to new members of WE Hub at the community launch.

► Chaim Zelig

THE WE Hub in Finchley is now open to the public after being officially launched.

The building in Redbourne Avenue is managed by the charity Work Avenue, and assists people in creating long term sustainable incomes either through creating employment or building business. It currently helps over 2000 people every year.

Over 120 members of the community gathered at the launch to view the offices for themselves.

Situated on the site of the old Finchley Central Synagogue, WE Hub welcomed the shul's Rov, Rabbi Yaakov Hamer and previous long-standing members.

Chief Executive, Mr Shraga Zaltzman, welcomed everyone to the community launch, saying that the goal of WE Hub

is to help strengthen a person to become self-sufficient and financially secure so that he need not rely on others. "This principle shapes each and every activity of the organisation."

He added that WE Hub was not about a building, "but rather about creating an environment where people come together, share ideas, and work collaboratively towards ensuring that each and every person has the opportunity to earn a living, supporting themselves and their families with dignity".

Mr Mark Morris, Chairman of Work Avenue and Founder of WE Hub, personally took guests on tours of the stylishly furnished three-floor building and informed them of the specialist services offered including career guidance, job readiness coaching and advice on starting a new business.