



A Liberal Judaism Congregation. Registered Charity No. 1053565  
[www.norwichljc.org.uk](http://www.norwichljc.org.uk)

August 2023

Dear Friends,

Yet another tough year for so many. The rising cost of food and fuel has taken not just an economic toll on folks, but also an emotional and mental toll on people, including those within the wider Jewish community and also closer to home. That's why Council has named Jami, the specialist provider of mental health services in the Jewish community, as well as our own progressive community, as worthy recipients of your support. Please give generously if you can. We thank you.



**Jami - Mental Health for our Community** [jamiuk.org](http://jamiuk.org)

Regardless of age or circumstance, poor mental health can affect us all, often when we least expect it. And it can be challenging to reach out for support. Jami enriches and saves lives impacted by mental illness in the Jewish community. It helps people navigate the mental health services, providing emotional support and expert advice. It provides professional, person-centred treatment for young people, adults, and families and carers. Jami helps to equip people with the skills and knowledge to be resilient, inclusive and better able to support mental illness and distress, reduce stigma and build mutually supportive relationships across the Jewish community.



**Norwich Liberal Jewish Community** [norwichljc.org.uk](http://norwichljc.org.uk)

We also ask, as we have in the past, to support your community. Many of you already do this, through serving on council, safeguarding, pastoral care, organising events, providing kiddush ...the list is long. But a community such as ours cannot survive on good will alone. That is why we're asking you to remember NLJC these High Holy Days and give what you feel you can to keep ours a vibrant and sustainable community. We have recently celebrated our 30th anniversary. Let us ensure that NLJC continues to serve the Jewish community in Norwich and the region, most importantly our youngsters, for another thirty!

Please complete the form below and return it to our Hon. Treasurer Donna Frankel at: [donnafrankel30@gmail.com](mailto:donnafrankel30@gmail.com) (postal address available on request). Cheques should be made payable to "The Norwich Liberal Jewish Community."

With thanks and best wishes for good health, peace and prosperity.

Shanah tovah um'tukah—may you have a good and sweet New Year!



**NLJC HIGH HOLY DAYS APPEAL 2023 / 5784**

**I/We hereby pledge** £

- in favour of
- 1) Jami - Mental Health for our Community
  - 2) Norwich Liberal Jewish Community

The amount received will be apportioned equally unless you indicate otherwise.

Name(s) (please print):

Tel / Mobile:

Email:

