

# JAT News



JEWISH ACTION AND TRAINING FOR SEXUAL HEALTH

Winter 2010/11



## From the Chair Ruth Hilton

Greetings Friends

During the six months since the last newsletter there have been some changes at JAT. Two of our long-serving Trustees Marlena Schmool and Nigel Sears resigned, both to follow new directions in their lives. We very much appreciate all their efforts on JAT's behalf over the years and thank them for their valuable contribution whilst serving as Trustees. Our very best wishes go with them for the future.

We gained a new Trustee when David Cline joined the Board. David is ex-JAT education worker and is now Assistant Head Teacher in a large secondary school and has already proved to be a practical and creative asset to the Board. Stacey Hart another long serving Trustee is now Hon. Secretary and Lesley de Meza is Vice Chair. The Trustees have been working to develop our Strategy document which includes both forward planning and a financial policy. To this end we attended a successful away-day facilitated by Stuart Morganstein – father of Hon. Treasurer, Louise Morganstein and an experienced Trustee himself. Fund-raising remains our biggest challenge and it looks as if this will be the case for some time to come. We are hoping to recruit a fund raising team drawn from members of the community beyond the staff, volunteers and trustees. If you are interested or know anyone who may be, please contact Janine Clements our Director at the office.

One of our part-time education workers Giselle Kendall left and the other Jennifer Weiner, has had her contract extended and will continue to work with Susie Fraser our Education Manager. There is increasing demand for our education work from schools, youth organisations and other interested groups and our school-based programme has successfully been adapted for schools and colleges with learning disabled pupils.

We continue to support clients both emotionally and financially and have recently recruited a new counsellor.

Following on from Chanukah, World AIDS Day and our biggest event ever to raise awareness of the issues we face and much needed funds – our World AIDS Day' Dinner organised in partnership with Ikamva Labantu – we wish you a healthy winter with many lights in your lives.



## Clive Lawton JAT Patron

Read his article for JAT on page 3

## World AIDS Day Fundraising Dinner



See page 2 for article & photographs  
Read some guest' feedback below

*A superb evening*

*A fantastic motivational and fun evening*

*So much fun we did enjoy it*

*Organisation brilliant, speeches great, food delicious, entertainment terrific the whole event went off so smoothly and with such warmth and sincerity*

*We all had a wonderful evening - you managed to create a really fantastic atmosphere, totally celebratory of the achievements of both organisations*





## World AIDS Day Fundraising Dinner

On the first night of Chanukah, which this year corresponded to World AIDS Day, JAT joined forces with Ikamva Labantu to raise awareness of how both charities are committed to improving the quality of life for those affected by HIV/AIDS and educate across the communities in which they work to prevent further hardship and illness.

One hundred people, aged from fifteen to eighty-seven, joined members of Alyth Synagogue in their Chanukah candle lighting ceremony. As part of the service an extra candle for Human Rights across the world was lit. The guests were then entertained by the Alyth Youth Singers whilst taking their seats for dinner. The evening included a tombola; speeches by volunteers from both charities; presentations of the charities' DVDs; an auction, ably administered by Dan Patterson and an after-dinner speech from television script writer Brian Leveson. We were also fortunate to experience the talents of George Fogel, piano and Luke Steele, double bass who played a set of stylish jazz standards during dinner.

After all outgoings are accounted for, the event will have raised approximately £7,000 which the charities will share. This is a meaningful amount of money to contribute to their projects and ongoing works. In addition we had the opportunity to introduce new people to the two charities and to the work being done in the field of HIV/AIDS at home and overseas.

Event Organisers, Janine Clements, JAT Director and Noeleen Cohen, Ikamva Labantu Trustee were delighted and proud by the success of the evening and thoroughly appreciated the efforts guests made to be there despite the elements. They would also like to acknowledge the generosity of purse and spirit by all those involved.



## A message from our patron, Clive Lawton

### Written in response to JAT's World AIDS Day Dinner held in partnership with Ikamva Labantu December 1st 2010, which corresponded with first night of Hanuka

Hanuka celebrates the wonderful, miraculous multiplication of light, from a tiny source. Not only did the small cruse of oil, sufficient for one day, last for eight - the story of that miracle has lit innumerable lights ever since all around the world.

But JAT focuses its work on Hanuka's dreadful mirror image, a small spot of darkness, multiplying itself, bringing darkness and despair to ever growing numbers. How can we put these two things together? How can we dare to speak of hope in the face of despair, of light in the face of darkness? Of course, Jews in our dogged optimism, and Africans in their rich cultures of warmth and mutual support know that in fact there is no better time to be hopeful than when things seem hopeless. Despair is not an option.

And indeed we now know that things are not as hopeless as we once feared. Human ingenuity, care and self-respect have ameliorated what once seemed a death sentence to a deep challenge. Certainly the battle is not won. There are many, far too many, who careless of themselves and others - or worse, enacting their hatred of themselves and others - continue to spread this darkness. But that is by no means the whole story, or perhaps even the main story. Many now live good full lives while living with HIV/AIDS, babies born to mothers with HIV are increasingly born infection free\*, more and more people are getting the message that it is possible to protect oneself from this potentially extinguishing threat. And we all know that the capacity to improve the situation lies within our grasp, that we can spread brightness and enhance life with just a little more determination and support.

So what do we do? We follow the spirit of Hanuka. We light lights - in our hearts and in the hearts of each other. We gather together and multiply our courage, our hope and our determination, through co-operation, clarity, good science and, above all, education.

It is perhaps no coincidence that the Hebrew word for Education is Hinukh. That's the same root as Hanuka - dedication, purposefulness, focus. Education in the Jewish mind is not just for knowing stuff. It's for improving ourselves and the world. No better time for JAT to renew its mission and seek to spread light and hope, confidence and health around the world.

### JAT Interns: Anna Reuling and Margaret Baker



Working at JAT was a great and unforgettable experience for me. Within the framework of a "stay abroad" programme from my university in Dortmund, Germany, where I study English and Catholic Theology with a view to becoming a secondary school teacher, I was able to work at the charity for five weeks during the summer 2010. Whilst there, I had the chance to get deeper insights into Anglo-Jewish culture in London; Jewish values and Judaism in England in general.

I really appreciated being able to connect both my university subjects on an everyday basis by speaking the English language and getting to understand further the Jewish religion. This was enhanced by my being able to live with a Jewish couple in North London who offered me wonderful

hospitality and, perhaps more importantly, access to their comprehensive library of Jewish books.

Through witnessing one of JAT's sexual health and relationships' workshops at a Youth Movement summer camp, I realised the great responsibility JAT undertakes. The professionals and volunteers actively work together try to overcome prejudices and challenge stigma. It is essential that they continue to encourage others to speak openly and acknowledge the need and advocate for sex and relationships education within the Jewish community.

I was very impressed by the energy and dedication each of JAT's team put into their work and I would be very happy to come back and join this friendly, open and motivated organisation again in the future. I had a great time working with JAT and will always be thankful for what I've learnt during my stay. Best wishes and keep going - you are doing a great job!

**Anna Reuling** 2010



Through my college in Minnesota, USA I feel so lucky to have had the opportunity to work with JAT during my Study Semester Abroad. I have learned so much about the Jewish faith, British culture and the importance of education to further benefit youth and their future. Although I have volunteered for charities at home, I have never had such wonderful learning opportunities as I did whilst working with JAT. Part of my work has involved organising the Multi-Faith Education Forum Workshops in which health workers and educators were able to learn more about different religions and their attitudes to Sex and Relationships Education (SRE).

I also had the great opportunity of working close with Janine, the Director, coordinating a fundraising dinner for World AIDS Day in partnership with Ikamva Labantu. The skills and experiences I have obtained while working with JAT will prove indispensable and will be most useful in my future career and personal life. I cannot express how grateful I am to the entire staff at JAT and everyone I have met and worked with through their programmes and events. Leaving JAT at the end of semester will be difficult but I plan to keep in contact and stay involved with all the great work that JAT does for years to come. **Maggie Baker** Winter 2010



## Director's Diary

Janine Clements

It has continued to be a very busy and productive time for JAT – my activities, outside the overall operational management of the charity, include;

- Attending the HR forum and CEO Forum and JVN Co-ordinator training day as part of my connection and sharing of practice with other Jewish community organisations
- Supporting the Education Team delivering workshops in schools and synagogues
- Representing JAT at the Sex Education Advisory Group Delivering one-to-one SRE for an adult with learning disabilities
- Attending an NHS Providers' Engagement event to ascertain what the new Government would mean to the Voluntary Sector
- Delivery of the Community Orientation Day for professionals working across the Jewish community in partnership with the HR Forum
- Attending Stonewall's 'Education for all Conference'
- Attending external mentoring with a leading health professional
- Delivering one-to-one Sex and Relationships support to two adults with learning disabilities
- Liaising with a volunteer based in South London and attending the South London Forum at Nightingale House
- Partnership working with LEAT and NAZ London to create and deliver workshops for teachers and health professionals on delivering SRE from a faith perspective – these include Islam, Jewish, Hindu and Christian
- Recruitment of a new counsellor
- Delivering a workshop, 'How Can Teaching Respond to Faith Needs' as part of Merton's Community Cohesion initiative
- Working in partnership with Peter England, Krumb and Slikk Productions to create a JAT DVD
- Recruitment and induction of our current interns Anna Reuling and Maggie Baker and also JAT's new education volunteers and sessional workers
- Preparation and submission of fundraising bids to new and existing funders
- Working in partnership with Ikamva LaBantu to arrange our World AIDS Day Fundraising dinner
- Coordinating two projects as part of Mitzvah Day to raise awareness of JAT's work and to create decorations for the World AIDS Day fundraiser



## Education Highlights

Susanne Fraser Education & Training Manager

- From June until November 2010, through all JAT education programmes we had face-to-face contact with 2351 people. Some of these sessions were 'Training the Trainer' so even more people have benefited from JAT training than this!
- At the end of our busy summer period we had to say goodbye to Giselle Kendal who moved on to pursue further study but were fortunate to secure Jeni Weiner as the Education Worker. We have also had more volunteers and sessional workers join the JAT Education Team.
- JAT ran successful sessions in several primary schools in the summer term including a session with a new partner Matilda-Marks Kennedy Primary School.
- A busy summer saw JAT training youth leaders and running sessions on summer camps. Plans to do much of this again next summer are underway.
- JAT was invited to run staff training at Kisharon which was well received and feedback indicates a desire for further sessions.
- Following the consultation from earlier in the year, we ran training for staff at King David Primary School in Liverpool with a focus on a whole school approach to PSHE. This is hoped to be the just the beginning of the work JAT will be doing with the school.
- Research into training for people with physical and learning disabilities led to the delivery of 'Train the Trainer' sessions with staff from Langdon College in Manchester and Norwood Ravenswood's Residential Village in Berkshire. JAT has also developed and provided the two organisations with workshops and materials to run with their students/residents.
- After much anticipation the first Lifeskills training day at JCoSS took place. It was very successful and the feedback from staff and students has been extremely positive. We look forward to further developing the relationship between JAT and JCoSS.
- As part of World AIDS Day, JAT ran sessions in the Jewish societies of mainstream schools through JAMS (Jewish Assemblies in Mainstream Schools).

## Client Testimony

I was first diagnosed with HIV the day after my birthday in 2002. A former partner informed me the week before this that he had tested HIV positive and suggested that I should get myself tested. After many years of choosing ignorance over since I felt compelled to take the test. The rest as they say is history.

Living with the virus has often been a lonely, frightening and panic stricken experience. My many lows have mainly been attributable to never knowing exactly when the virus would finally dominate.

Whilst modern medicine has made significant advances the drugs are still very toxic and often have serious side effects, but with the love care and support of my partner and friends I have remained balanced in mind over the virus. Equally as important has been the support, patience and genuine understanding of support groups and charities such as JAT.

Being a gay man often conflicts with traditional religious values. As a person of Jewish heritage - my grandfather was a Rabbi - I have been unreservedly welcomed without judgement or hesitation by JAT regardless of my sexual orientation. Interestingly enough I have never fitted neatly into any category, this I have found to my detriment.

The long shadow of HIV is ever present and is undoubtedly a difficult challenge for anyone, but through JAT I feel that my identity and soul as a Jewish gay man has been strengthened.

## A Mother's Story

If we were introduced by mutual friends you would think I was very similar to you; Jewish, probably a parent and you would be right. But there the similarity ends, because I have a secret. I am the parent of a grown up child that is HIV+

Its not something I would share with you; it's a secret that keeps me apart, not because I am ashamed but because I am sad that my child did not value themselves enough to stay safe.

I so wish I could turn back the clock, to let my child know how their action has affected our lives. I wish I could explain how the pain of finding out made my heart break into a thousand pieces never to be fully repaired again, and how it put our family in a place where keeping a secret is part of normal life. A secret that my other children do not share with their friends, forcing them to become part of the biggest secret this family has ever had.

When I needed help to understand and come to terms with having a child with HIV, JAT were there. They supported me personally and helped to rebuild our lives.

It is now my turn to repay them, and by exposing my secret to you I am in turn asking you to help. Help to keep JAT funded so that they can continue their work of educating our children and supporting families.

I don't like keeping secrets, with your help perhaps another Jewish mother may not have to undertake a journey like mine.

## Please give generously

### How your generosity will help us do more:

£20 – Two-hours training a new JAT sessional worker

£200 – 500 educational STI leaflets

£2,000 – One year's financial aid for 3 people living with HIV who are in need

£20,000 – Annual education programmes for 2 schools: Yrs 7-13

Other - All donations help to sustain our education and support projects – no amount is too small to help JAT make a difference.

### Send your donation to JAT or click Give Now on our website [www.jat-uk.org](http://www.jat-uk.org)

JAT - Jewish Action & Training for sexual health

Berkeley House – First Floor

18-24 High Street

Edgware, Middx, HA8 7RP

NAME:

ADDRESS:

Signature:

I would like to know more about how I could be involved in JAT's work e.g. volunteering, sessional work, fundraising &/or Friends of JAT

I confirm that I am a UK tax-payer & able to Gift Aid my donation to JAT

Charity No. 327936