

THE PATRON

PATRONS' EXCLUSIVE NEWSLETTER



THE COMMUNITY ISSUE

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Your efforts to offer a varied spectrum of activities for Langdon Members is appreciated not only by those who can say so, but also by many who can't articulate it.

By opening up new experiences you are widening the worlds of many who would not have the opportunities to learn elsewhere.

It is also a powerful tool in strengthening the group, building teamwork and developing friendships, all of which are a challenge for adults with learning disabilities.

Thank you, on behalf of many!

- IRENE, A LANGDON PARENT

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Welcome

So long, farewell

It is with mixed emotions that I write this message, knowing that it will be the last time I speak to you from the pages of The Patron. I will be stepping down as Chief Executive of Langdon, after 5 of the most fulfilling years of my professional life. Having worked in the Jewish community and in social care for 33 years my decision to stand down has been a very personal one, to support my own daughter who has a severe learning disability in the next stage of her life.

I feel sad that I will be leaving such a friendly, aspiring and vibrant organisation. However, I know that I am leaving Langdon in a secure and stable position with ambitious plans for the future, and this gives me a great sense of pride and satisfaction.

I am also leaving just as Langdon embarks on one of the most exciting changes in its 30-year history, knowing that we will be achieving one of our key strategic goals of the past 3 years, which is progressing our proposed merger with Kisharon. I very much hope that, as Patrons, you will join the two charities on this journey, which you can read more about in an interview with our Chairman, Nigel Henry, later in this report.

In this edition, the focus is on the Social Care Programme we provide for our community of beneficiaries (who we call our “Members”). The scheme has undergone a transformative expansion since the pandemic. Our Members now have access to a wide and diverse range of activities, classes and experiences to stimulate

their interest, all of which develop their skills and self-confidence and enhance their wellbeing.

As I head on to pastures new, I will miss all the wonderful colleagues, parents and donors I have met in my time at Langdon, but it is the Members I will miss the most. Observing them overcome lifelong barriers and challenges and gain the skills, knowledge and friendships to live their best lives has been an honour and a privilege, and long may they continue to flourish.

Neil Taylor
CEO



Focus story: Langdon's Social Care Programme

Central to Langdon's unique 'Livingness' approach is supporting our Members to be an active part of Langdon and the wider community. Through a broad and varied programme we help our Members learn new skills, enhance their knowledge and increase their independence – all in a welcoming Jewish environment.

Many of our activities develop the valuable life skills Members need to secure a job or volunteering role, whilst others help them lead active, healthy lives. We listen to our Members and try to shape the activities we offer to reflect the things that matter most to them. Many Members choose to run sessions of their own, sharing their knowledge and skills for the enjoyment and benefit of others.

We also organise accessible holidays for Members, in the UK and abroad. For many, these holidays are their first time away from their families, providing a unique chance to spend time with friends and enjoy new opportunities for personal development.

In developing our current organisational strategy, our engagement with Members and their families told us that they wanted a wider range of activity options available to them, and healthy living was raised frequently as an issue. We therefore made it a strategy goal to refresh and expand the existing Members' activity programme, with a far greater focus on physical and emotional wellbeing.

Our Head of Social Care programming, Debbie Rees, joined Langdon in November 2021 with

a remit to build a programme that would significantly enhance the wellbeing of our Members. Today we offer speech and language therapy, relaxation and meditation sessions, martial arts training, women's health workshops, mental health 'check-ins' and discussion groups on anything from 'Healthy Relationships' to 'Understanding Nutrition'.

Our social programme also encourages Members to express their Jewish identity in a way that's meaningful to them. Members regularly host Shabbat in their own homes, where they are supported by Langdon staff to get the house ready and prepare meals. Communal get-togethers around Yom Tovim are especially popular, including our annual Purim party and our Mock Seder.

The heart of Langdon's programme in London is our Maccabi House Community Centre, in Edgware. This is a vibrant hub, where many of the Members' activities take place, as well as being a place they can hang out and catch up with friends. In Manchester, the garden at Rectory Lane is a focus for activity, and has just been enhanced with the installation of a new fully furnished activity hut.

Our Social Care programme empowers our members to live their best lives through learning, wellbeing, friendships and fun. It is entirely funded by voluntary income provided by donors. Thank you for your support, on behalf of everyone who feels its benefits, from Members and their families through to the wider community.





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I really enjoyed today's meditation session, it really helps me and makes me feel calm and relaxed every week.

- LANGDON MEMBER, "M"

It was good, with Amber (our Nutritionist). The food was yummy and Amber helps me make healthy choices.

- LANGDON MEMBER, "O"

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Orli's story: a Langdon Member

Orli has been a Langdon Member for 6 years; at first she lived in her family home and received outreach support. Then, in 2021, she moved into one of our flats in Borehamwood, and she hasn't looked back since.



Orli (right) and her flatmate Sara

Can you tell us a bit about your background?

I was born in Israel, but my family moved to the UK when I was 6. We lived in Hendon for 26 years, and then moved to Elstree, before I joined Langdon and moved to my flat in Borehamwood.

Why do you need support from Langdon?

In my twenties I was diagnosed with Aspergers, which helped to make sense of a lot of troubles in my life. I had been experiencing anxiety and panic attacks, both of which are associated with Aspergers.

Where do you live, and who do you live with, and in what kind of property?

I live in a modern flat in Borehamwood with my flatmate Sara, who is also a Langdon Member. It's a Ground Floor flat, which is vital, as neither Sara nor I do stairs very well. In addition to Aspergers, I have Myotonic Dystrophy, which affects the strength of my muscles, and means I struggle with climbing stairs and carrying heavy loads.

What kind of support do you receive?

I receive 3 hours of support every day, usually from my Key Worker, Marie. I need help with what I would call "the day-to-day": shopping, cooking, cleaning and - occasionally - travelling.

Do you go out to work and, if so, what do you do?

No, although I would like to. I have volunteered in the past, first in a nursery and then in a hairdressers, but now I would like to earn some money!

Which activities in Langdon's Social Care Programme do you participate in?

I go to the Arts and Crafts session every Wednesday at the Maccabi House Community Centre in Edgware. What we do in the class varies from week-to-week, but to be honest

I really go to socialise! On Thursdays I go to Hebrew classes in the morning - because I've forgotten all the Hebrew I knew when I was a girl - and then to the Singing and Drama group in the afternoon.

What difference do these activities make to your life?

It brightens up my week, mainly as a chance to meet my girlfriends - and the women who run the classes are adorable. Also, it's helpful to meet other Langdon Members, because it reminds me that I'm not alone in coping with challenges in my life.

What are your feelings towards Langdon?

When I first joined it was very scary, as I didn't know what I was getting into. But the staff were very kind and gentle, and didn't push me into anything I didn't want to do. And now I couldn't live without Langdon. I wouldn't have found Maccabi House and all the friends I have there, or my flat and my wonderful flatmate Sara!

What are your personal Ambitions for the future?

I guess I would say "living my life again". I was bullied for five long years at school, which took a huge toll on me, and I kind of gave up on life. My Aspergers diagnosis helped me turn a corner, but living at home with my parents was still limiting for me. Now with Langdon, my life has purpose again. As for the future, finding a job would be really nice. Finding a boyfriend would be even nicer!

Do you have anything you would like to say to our Patrons?

I am very grateful for everything you do!

Jane's story: a Langdon volunteer

Jane was a GP in Borehamwood for 30 years, and in her retirement she has started volunteering for Langdon, running sessions in our Social Care Programme.



Jane (left) with her husband Barry, and his late sister and Langdon Member, Debra

What first motivated you to volunteer?

Retirement posed a challenge for me, because I'm not the sort of person who likes to do nothing! Volunteering provides some structure for my week, as well as the opportunity to give something back to the community, using the skills I have developed over 30 years as a GP, especially in communication.

How did you first become aware of Langdon and our work?

I have a personal connection: my sister-in-law, Debra Rose, was a Langdon member for 10 years. I know what an amazing part of her life it was; she joined in every Langdon service, programme and event she possibly could, and especially loved the parties and the holidays!

Why did you choose Langdon to volunteer for?

Sadly, Debra died of COVID, right at the start of the pandemic, and Langdon very kindly arranged an event last summer, to celebrate her life. I attended with my husband, and I got chatting to Debbie, the Head of Social Care Programming, and she suggested the idea of volunteering.

What role do you play in our Social Care Programme?

I run a Current Affairs discussion group every week at the Maccabi House Community centre in Edgware. I normally prepare a discussion of a hot topic in the news that week, but the conversation can easily turn in any direction, depending on what the Members want to talk about.

Are the sessions you run well attended?

It can vary from week; on average we get between 2 and 8 Members at a time. That may not sound like many, but it has its advantages; a smaller group encourages the more reserved Members to contribute to the discussion. However, numbers have grown recently, as a regular cohort of around 10 students from Langdon College over the road now join us every week.

How do our Members respond to the sessions?

The College students are very vocal and especially like talking about gadgets and technology, so sometimes I have to be quite strict about letting others speak. As the Members have got to know me, they have become more comfortable, and seem to look forward to seeing me (as I look forward to seeing them!) and that helps to bring them out of their shells.

How do you feel about our Social Care Programme?

I can see that Langdon does so much for its Members, and I find it particularly interesting to hear about Members who have jobs in the community, which they love telling me about. I encourage this, as it clearly gives them a sense of pride and validation. Occasionally I also come across Members who knew my sister-in-law, and they talk about her very fondly, which is really nice to hear.

Are there any other Langdon Activities you would like to support or set up?

Earlier this year, with my medical hat on, I led a discussion group for female Members on Women's Health. It was very well received, so I would like to make it a regular event. I am also keen to get involved in activities about healthy eating and lifestyle advice, which I know Debbie is developing.

What would you say to any of our Patrons who might be considering volunteering for us?

It's very rewarding to be a volunteer for Langdon, as you can clearly see how Members' lives are enhanced by the activities and events in the Social Programme Calendar. I would say don't just give your money, give your time too!

If you are interested in volunteering for Langdon, please contact our Head of Social Care Programming, Debbie Rees, on 07846 524 900 or at debbierees@langdonuk.org

Debbie's story: Head of Social Care Programming



Debbie joined Langdon in November 2021 and here she describes our programme of activities, the people involved and the benefits it brings to our Members.

What is Langdon's Social Care Programming?

It's a calendar of educational, social and cultural activities for our Members, running Sunday to Friday all year round.

What is the purpose of the programme?

It is designed to support our Members to express themselves and make friends; to achieve and maintain a healthy lifestyle; to acquire skills and gain knowledge; to pursue hobbies and explore interests; and to practice their Judaism however they would like to do so.

What kinds of activities do you put on?

As an example, today I have just come from a Hebrew class, run by one of our Members. This afternoon our Singing and Drama group are meeting to rehearse their production of "Joseph". This evening it's pub night, followed by our Creative Writing Class. And that's just one day!



Do you use volunteers?

Yes! As part of my role, I also oversee volunteering at Langdon, and we are delighted that so many people offer to support us. For example, two wonderful volunteers are running our weekly Current Affairs Discussion Group, which the Members really enjoy.

How do you decide what to put in the programme?

I get to know our Members, their parents, our staff and a range of other stakeholders, to find out what they want. For example, many Members and families are currently hard-pressed by the cost-of-living crisis, so I devised a new activity called "Shop, Cook, Eat", to help Members budget carefully for their food shopping.

How many Members participate in the Programme?

Almost everyone joins the programme in some way. For one person it might just be Monday night football; for another it might be all about the parties around Jewish festivals; and then there are others who sign up for everything!

How have you developed the programme since you started in your role?

I was given a remit to widen the scope of the programme to actively promote confidence, independence and wellbeing in our Members. As an example, we recently ran a discussion group that looked at how to navigate relationships and the dangers of addictive behaviour. Members had a safe space to talk about subjects that are often avoided, and came away feeling much more informed.

How does the programme promote Jewish culture?

We enable our Members to live the Jewish life they want to. Some Members are Orthodox and shomer shabbat and we support them to lead

that life. Others choose to lead more secular Jewish lives, and we support them too. They are all united by their love of the festivals, so these are always celebrated – usually with a party – and next month we're starting communal Friday night dinners. Members are also keen to observe and commemorate occasions such as Yom Ha'Shoa and Yom Ha'Zikaron, and we organised two very moving events for both this year.

How can our Patrons get involved in the programme?

If anyone has a particular skill or interest, and they like the idea of sharing it with others, we would love them to put on a class. We also always welcome anyone who can volunteer to support the events we put on, like our Purim party and our Mock Seder meal.

What do you get out of your role?

When I can see that our Members have benefitted from programme, and they are developing as people, it warms my heart. There are some Members who might have found it difficult to join in to start with, but now they're used to me and the volunteers, they're actively participating and speaking up, because it's a safe space for them. This makes everything I do worthwhile.

If you are interested in volunteering for Langdon, please contact Debbie, on 07846 524 900 or at debbierees@langdonuk.org



Reflecting on our 2022 fundraising campaign

Last year was Langdon’s 30th anniversary and our annual fundraising campaign celebrated the partnerships which have sustained us throughout that that time. It was called “Together we are 30” and culminated in an online fundraising event on 23rd and 24th October. Many of you supported the fundraiser, either as Ambassadors or Benefactors - or both - all of which helped smash our original £700,000 target, raising a grand total of £800,214!

This money makes a huge contribution to the £1.6 million worth of voluntary income we need to raise each year, which funds our life enhancing services for Members. In the 7 months since the online fundraiser each of these services has gone from strength to strength.

Employment and Social Enterprise:

Our Wohl Employability hub has recently recruited 2 new Work and Learning Coaches, who have been providing employment support to both external clients and Langdon Members. 33 people are now registered with the service. Our bookselling social enterprise - “New Chapters” - listed 12,000 books in 2022, with sales totalling £87,000, while in Manchester, the team now has a stall at “Bygone Times”, an antiques and collectibles centre, where Members do stall dressing, stock taking, item pricing and product development. 46 Langdon Members are now in paid work, and 44 are in voluntary roles, which is 83% of all our Members.

Youth provision:

The younger community is served by our youth club, known as Langdon Brady, with a total of 39 Members currently attending schemes across

Edgware, Borehamwood , Elstree and Hendon. Activities include bread-baking, paper plane making, flip book drawing and photography, plus a visit to the Tottenham Hotspur Stadium! In addition, our winter scheme welcomed 27 Members to its week-long programme.

Social Care Programme and Volunteering:

You have read about our Social Care Programme earlier in this report, which is run by Debbie Rees. Volunteering at Langdon is also overseen by Debbie, and at the Jewish Volunteer Network annual awards in January, 5 Langdon Volunteers were nominated for awards in the “Team” and “Volunteer of the Year” categories. Debbie is ably supported by our Volunteer Co-Ordinator, Natasha, who hosted a warmly received and well-attended Volunteers’ Evening in February, as the first step towards our goal of recruiting and retaining 50 new volunteers this year.



Supported living:

We have embarked on a comprehensive programme of refurbishment and modernisation of our properties, involving person-centred adaptations and modifications, tailored to each Member.

Core costs:

Funds from our annual campaign are also applied to all the office and service delivery functions which go under the radar, but which are essential for maintaining a productive and well-run organisation. A pound for our back office is as important as a pound for our frontline services, as one cannot function without the other.

Thank you for supporting our Together we are 30 campaign, and making such a generous contribution to our voluntary income need.



The proposed merger between Langdon and Kisharon

In December of last year, Langdon and Kisharon announced an intention to merge. After a listening exercise with stakeholders, the formal process is now in motion; if all goes to plan, the new charity is likely to come into existence in the next few months. Here Nigel Henry, Langdon's Chair, answers some questions about the merger.

Where did the idea for a merger between Langdon and Kisharon come from?

Langdon and Kisharon - along with other charities - have been talking for many, many years; but it was only in recent times that people with the same vision happened to be at both Langdon and Kisharon at the right moment to make it possible.

What are the synergies between Langdon and Kisharon?

We both help Jewish people with learning disabilities and autism by providing education, employment and supported living services alongside social, community and wellbeing programmes.

Why is a merger desirable?

At present there is duplication of services between the two charities, which can lead to complication and uncertainty for families about which service is right for their child. By coming together, we will be able to offer one unified service, caring for people from their early years in nursery, through school and college, and on into supported living and employment in adulthood.

How have stakeholders reacted to the news of the merger?

Our donors have responded exceptionally well and our staff have been broadly positive. Our Members and their families were concerned at first, which is completely understandable; however, through our listening and consultation exercises we been able to demonstrate our vision for an improved service offer. By showing the greater capacity and reach we will have, families have felt much more comfortable with the idea of us coming together.

What have been the biggest challenges in the merger process to date?

The main challenge has been to ensure that we're doing it for the right reasons, and not just to save money. We have had to constantly question our motives and carefully scrutinise all the evidence and analysis to ensure that a merger will achieve the goal of improving our services. The different religious ethos of the two charities has also been a challenge. We have had to reassure stakeholders that the ethos of both will be protected when the two organisations come together, and I hope we have now put minds at rest.

Do you believe that mergers of Jewish charities are a good thing generally?

Where there is an overlap, yes, because a larger entity means a louder voice and a potentially greater impact. However, we should be wary of assuming that mergers are all about costs savings and reduced overheads. To be successful, a merger actually requires more investment in the short term in order to achieve greater returns in the long run.

What would you say to Langdon Patrons as they consider whether to continue to support us, as a merged charity?

Our needs haven't changed: we still want to do more to support our frontline staff to maintain the excellent services we provide for our Members. If anything, we need you more than ever, because in the first few years the costs of coming together are quite substantial, and the payback only comes later. So, if you believe in us, and what we're doing, please help us to set the right example for other charities to follow.





Dates for your diary

We would love you to join us at these events and make them even more special...

Langdon Velo

This year Langdon's annual fundraising bike ride takes place in the beautiful mountains of Northern Italy, bordering Switzerland. Among many exciting routes, the team aim to conquer the epic 'Passo dello Stelvio' which is thought to be the most exhilarating and spellbinding mountain accessible to cyclists. If you like a challenge, we would love to have you on board!

Sunday 11th to Thursday 15th June

Maccabi GB Community Fun Run

This popular annual event organised by Maccabi GB is now in its 17th year. Thousands of participants and spectators flock to the StoneX Stadium (the home of Saracens Rugby Club) for a fun-packed day of running events for all ages and abilities, all to raise money for a range of communal charities and schools. If you would like to sign up, please contact Maccabi GB directly, making sure that you nominate Langdon as the charity you are fundraising for!

Sunday 25th June • StoneX Stadium, Hendon

London to Manchester Bike Ride

For those looking for something a little less mountainous (and closer to home!) than the "Velo" in Italy, this UK challenge will cover the 360kms from our Maccabi House Community Centre in Edgware to our Rectory Lane hub in Prestwich.

Sunday 3rd to Wednesday 6th September

Golf Days

Last year's event was so popular that this year we're doing it twice! Prospective players have the option of 2 different days at the wonderful Hartsbourne Country Club, one of the best courses in the South East. Enjoy a fabulous day of golf and socialising, with breakfast and lunch included.

**Wednesday 13th and Thursday 14th September
Hartsbourne Country Club, Bushey**

Monopoly Evening

A networking event hosted by law firm Mishcon De Reya for property industry leaders and professionals. Guests have a fun evening playing the classic boardgame, while also enjoying a meal and drinks, all to raise money for Langdon.

**Tuesday 7th November, TBC
Mishcon De Reya, Africa House, 70 Kingsway,
London**

If you are interested in joining any of these events, please contact our Events Manager, Nicole Peppi, on **07377 416 472** or at nicolepeppi@langdonuk.org

Being a Langdon Patron

What you do

As a Patron you commit to make an annual donation to Langdon, which helps us to fund innovative and creative projects so we can stay ahead in the best developments in social care, invest in high quality homes and get our Members into employment.

What you get in return

- Opportunities to see our services and meet staff at the heart of delivering them
- Invitations to special exclusive events
- Regular updates on the difference you are making to our Members
- Inclusion, with your approval, on the Patron roll of honour board on our headed paper, our website and in our annual review
- Opportunities to invest in new and exciting projects, tailored around your interests and motivations

Langdon's Patronage levels

Ebony: annual donation of between £3,000 and £9,999

Benefits include Patrons' annual reception, The Patron newsletter and Annual Review and recognition on our Patron roll of honour

Topaz: annual donation of between £10,000 and £24,999

Benefits are the same as those of Ebony Patrons, plus an invitation to an exclusive annual strategic briefing event, hosted by our CEO

Platinum: annual donation of £25,000 or more

Benefits are the same as Topaz Patrons, plus an invitation to our exclusive Chairman's dinner and lifetime recognition on our Patrons roll of honour

For more information and to discuss how we can help in you realise your philanthropic goals please get in touch with our Head of Major Gifts, Daniel Stone. You can contact him directly on 07534 458 689 or email him at danielstone@langdonuk.org



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