

This Rosh Hashanah, could you help us make life even sweeter for someone like Harold?

We have just received the sweet news that we are the **first** Jewish home to receive an "Outstanding" rating from the government's care regulator the Care Quality Commission following their recent inspection – making us the first Jewish home in the UK to receive such an award and putting us in the top 1% of care homes nationally.

At Rosh Hashanah we dip apples in honey and wish each other a Happy and Sweet New year. As you prepare for Rosh Hashanah, please could I ask for your support to help us make life even sweeter for our residents?

Residents like 86-year-old Harold Sobell who grew up in the East End and worked for over 30 years in the clothing industry as a pattern grader. Harold never married and has no children but as he grew older and frailer he struggled to live alone. Life was anything but sweet.

Fortunately Harold knew about the specialist care we offer at Nightingale Hammerson. His mother had lived at Nightingale many years ago and he had regularly supported us with donations.

Four months ago, Harold moved to Nightingale Hammerson and no longer has to worry about coping alone. When I sat down to chat to him recently, Harold told me about some of the ways his life is now sweeter since becoming a resident.

Companionship was the first thing he mentioned. In the tailors shop there had always been plenty of lively chatter, he told me. As Harold got older, however, he struggled to get out much and started feeling more and more isolated. *"But at Nightingale Hammerson the staff are always smiling and friendly now I never feel alone".*



Harold Sobell, 86

Thanks to your support, we can offer specialist residential care to over 180 older people such as Harold this year.

Please turn over...

Nightingale Hammerson Trustee Company Limited
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NightingaleHammerson
 @NGHHammerson

INVESTORS IN PEOPLE

Please can you help to make life even sweeter for our residents.

Please return your completed form using the envelope provided, alternatively you can call us on **020 8772 2333** to make your donation.

I/We wish to donate £ _____ to **Nightingale Hammerson**

I/We would like to pay by cheque / charity voucher made payable to **'Nightingale Hammerson' OR**

Please debit my:

Visa Mastercard Amex Debit Card

Name on Card _____

Card No: _____

Expiry Date: _____

Start date: _____

Security No*: _____

(*Last three digits on signature strip. For AMEX cards there are four digits above the card number.)

Signature: _____

Date: _____

We would like to keep you in touch about our fundraising appeals, events and our continuing work to support older people from the Jewish community via email but need your consent to do so. If you would like us to please provide your email address here

Or you can email us giving your consent to: fundraising@nightingalehammerson.org. You can of course unsubscribe at any time. If you are happy for us to continue to contact you by post please tick here. Our Privacy Policy can be found at <https://nightingalehammerson.org/privacy-policy>

Please amend details if incorrect.

Mobile: _____

Email: _____

Make your gift worth 25% more

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If you are a UK taxpayer, Nightingale Hammerson can reclaim the tax on your donation and receive an extra 25p for every £1 donated.

Yes, I would like Nightingale Hammerson to treat this and all donations I have made in the 4 years prior to this year, and all future donations, as Gift Aid donations.

Signature _____

Date _____

You need to have paid at least as much UK income and/or Capital Gains Tax as the amount to be reclaimed on all your charitable donations in the appropriate tax year. Please inform us if you no longer pay UK tax after the date of this declaration.

Continued...

“My mother often told me not to throw away our Jewish traditions so it means a lot to me to have a synagogue at the home too,” he said. *“I like the synagogue services here. They are quiet and intimate.”*

Harold will be participating in the services over the High Holy days, he will also be enjoying freshly baked honey cake in addition to apples and honey.

Before he came to Nightingale Hammerson, Harold used to worry about being too frail to get to his appointments with the optician, dentist and doctor. *“At Nightingale Hammerson, they arrange for health professionals such as these to come to the home. It’s so much less stressful”* he said.

Harold enjoys the stimulating activities programme, especially the regular ‘body warm up’ exercise classes. *“I like knowing that every day there are things to join in with, if I feel like it”.*

Harold also told me about “a really special added bonus” – the children at the on-site Apples and Honey Nursery who come into Nightingale daily as part of our ground-breaking intergenerational programme.

“They come in to see us after our body warm up classes. We have a singalong and do the actions together and it’s just fun. I love their little smiley faces.”

Today, with your help, Nightingale Hammerson is caring for over 180 older people from our community – offering kind, compassionate care, 10% of whom are over 100 years old.

It’s because of supporters like you that we can offer such outstanding care to people like Harold. **This Rosh Hashanah please make a gift to Nightingale Hammerson so that we can make life even sweeter for our residents in the year ahead.**

On behalf of everyone at Nightingale Hammerson can I wish you and all your loved ones a very happy and sweet New Year.

Yours sincerely



Andrew Leigh
Director of Operations

“
My mother always said to me: ‘Be happy, but not too happy’.
”

Harold Sobell, 86

nightingale hammerson

How a gift this Rosh Hashanah could help to make life sweeter for someone like Harold.



£25	Could pay for a Namaste well-being session for three residents
£50	Could buy a new Tallit and Kippah for our Synagogue
£100	Could buy honey cake for New Year for all our residents
£150	Could pay for five one-to-one physiotherapy sessions
£250	Could pay for a day of drama therapy for a group of older people
£500	Could train a healthcare assistant in person centred care
£1000	Could fund six months of activities for one resident, including arts and crafts, concerts and music therapy.

Thank you so much for your support. Happy New Year.