



# LEGACY MATTERS

SUMMER 2019



## A warm welcome from Director of Legacies Carolyn Addleman



We have had a busy few months here in the JNF UK Legacy Department and our team has grown.

I would like to take this opportunity to welcome Aviva Ryan who joined our team in March as my Personal Assistant and Team Administrator.

I also offer a warm welcome to Ann Bergman who is supporting Director of Community Relations David Goodman with client visits and community engagement.

This issue begins with KKL solicitor Andrew Bowman explaining the importance of Lasting Powers of Attorney and how they can protect your hard earned assets. Aviva Ryan gets us craving cheesecake for the Jewish festival of Shavuot and David Goodman summarises some of the many JNF UK projects that we are supporting in the Negev.

If you feel like giving your fitness regime a bit of a boost we have included some suggestions on page 8. Although they're aimed at the over 50s, those of you under 50 might find some of them useful too.

For those of you looking to while away a few minutes over a cup of tea, we have included a JNF UK wordsearch.

We also look back at our many client events since the last issue of *Legacy Matters* and give you notice of upcoming events that we have planned for you.

In October, we will set out once again for a carefully crafted Legacy Mission to Israel, where we will tour the length and breadth of the country and visit the JNF UK supported projects (do get in touch for more information and to book as places are limited).

We hope you enjoy reading this issue. As always, if I or any member of the KKL team can be of any assistance, please do not hesitate to be in touch on 020 8732 6126 or via email at [carolyn@kkl.org.uk](mailto:carolyn@kkl.org.uk)



# LASTING POWERS OF ATTORNEY



By Andrew Bowman

Have you thought about who would look after your finances if you couldn't manage?

In today's world, where medical science has advanced and healthcare is much improved, we are

living longer. As a result there has been an increase in the number of people with dementia, most commonly Alzheimer's disease. According to the Alzheimer's Society, there are more than 700,000 people in the UK with Alzheimer's, resulting in many becoming incapable of managing their own financial affairs.

Up until 2007, under an Enduring Power of Attorney (EPA), you could give a third party (an Attorney) authority to act on your behalf in relation to financial matters. Although it is no longer possible to create an EPA, those executed before 1st October 2007 are still valid.

The Mental Capacity Act 2005 created a new Lasting Power of Attorney (LPA) in place of the EPA (in effect from 2007). The LPA gives the Attorney power to deal with the donor's property and affairs, and so long as it has been registered with the Office of the Public Guardian, it can be used immediately. An LPA also allows for an Attorney to make decisions regarding the donor's healthcare and personal welfare. These decisions can only be taken once the LPA has been registered and the donor has lost capacity. Any decision made under an LPA must be in the best interests of the donor who has given them the power.

## HOW DOES AN LPA WORK?

Once the LPA has been signed by both donor and Attorney in the presence of a witness, it must be registered with the Office of the Public Guardian (OPG). A complete register of LPAs is maintained by the OPG who can refer any matter of concern on to the Court of Protection. Court fees are payable on registration. The Court of Protection will have overall control over LPAs and provide support and guidance to Attorneys and give protection to the donors by monitoring the decisions taken by Attorneys. A certificate of capacity, which is attached to the application, will have to be given by a person, other than the Attorney, who has known the donor for at least two years and must confirm that the donor understands the form and that the authority is being given of their own free will. The certificate also states that no undue pressure has been used to make the donor sign the form.

The LPA forms are long and complex but they do, however, give extensive powers relating to personal welfare as well as financial affairs and offer **significant protection** for the donors against any abuse of the power.

The benefit of putting an LPA in place is that it gives **peace of mind and provides the mechanism for care should you need it in the future**. Hopefully the signed document will sit in a drawer for many years without anyone having to use it. Carolyn or I would be happy to discuss this important issue with you and offer help or advice in drawing up an LPA. Please contact the office on 020 8732 6101.



# SHAVUOT

## (FEAST OF WEEKS)



**By Aviva Ryan**

Have you ever wondered why Shavuot, the holiday that commemorates the giving of the Torah, is celebrated with cheesecake? Shavuot is a holiday for eating dairy, but it makes me wonder: With so many delicious dairy options

to choose from – cheese boards, ice cream, grilled cheese, and cheese fondue – what makes cheesecake the food of choice on Shavuot?



Maybe it's because it's sweet, resembling the milk and honey of the Promised Land. (Early cheesecake recipes, in fact, were made with milk and honey, in Greece, and fed to the Olympian athletes.)

Or perhaps its popularity is due to the invention of New York Cheesecake. In the 1930s, Arnold Reuben, a German-Jewish restaurateur, became known not only for inventing the Reuben sandwich, but also for his (genius!) decision to use cream cheese instead of milk curd in cheesecake for the first time. It was all the rage. It could follow that cheesecake immediately became a popular holiday treat in New York, especially on Shavuot, the holiday for dairy foods.

As my search for the cheesecake connection continued, I stumbled upon an article by Rabbi Ismar Schorsch, which explores why Shavuot has fewer rituals than all other Jewish holidays. He explains: "Shavuot is ritually bereft...There is nothing comparable to the Seder or Sukkah for Shavuot, no absorbing home ritual that might unite family and friends in preparation and observance."

Oddly enough, Shavuot's lack of celebratory rituals – like candles and latkes, Seders and songs – might also explain the cheesecake question. Clearly, this text-centred holiday needed something fun and fancy, deliciously rich with dairy. Cheesecake, with its crust, waterbath, cooling and setting, might just be the "absorbing home ritual" that Schorsch was looking for.

**We credit Gift Aid directly into your account, saving you time and giving you maximum control over how and where you donate.**

**It's really simple:  
Just sign up, deposit your funds and start giving**



**Higher rate taxpayers can use our tax reclaim service to get an additional 25%**



**SIGN UP NOW FOR FREE:**

[www.smartgiving.org.uk](http://www.smartgiving.org.uk)

0800 358 1191 | [info@smartgiving.org.uk](mailto:info@smartgiving.org.uk)

[facebook.com/smartgivers](https://www.facebook.com/smartgivers)  
[@smart\\_giving](https://www.instagram.com/smart_giving)

SmartGiving, Mountcliff House, 154 Brent Street, London NW4 2BF

**SmartGiving**  
Don't just give. SmartGive.

\* Terms and conditions apply. See website for details.  
SmartGiving is the trading name of KKL Charity Accounts (Charity No. 1105998 and a Company registered in England No. 5118360).

# KKL EVENTS 2018-2019

## September – Rosh Hashanah Tea

Around 80 KKL clients and friends enjoyed an impassioned guest speech from leading Jewish composer and conductor Malcolm Singer. He spoke about the music he has written with Jewish themes and how as Musical Director of the Zemel Choir he had uniquely visited and explored different Jewish communities throughout Europe, and their own distinct methods of practicing Judaism.

Malcolm also talked about Yehudi Menuhin, who founded a specialist music school in Surrey where Malcolm was Director for almost 20 years. According to Malcolm, Yehudi had

an ambivalent relationship with Israel but believed that music could bring peace to the Middle East. In his earlier life, Yehudi played the violin at the recently liberated concentration camp at Bergen-Belsen for former inmates and German soldiers to help bring reconciliation.

Carolyn Addleman had welcomed guests by marking the upcoming 45<sup>th</sup> anniversary of the Yom Kippur War and – on behalf of all present – thanked those who fought in that war, along with today's soldiers, for their efforts in securing and defending Israel.

## October – JNF UK Legacy Mission to Israel

Some of JNF UK's valued supporters had a chance to see directly where their money is going, and how the charity is transforming the lives of many Israelis. The ten-day programme took participants across the length and breadth of the country, from Be'er Sheva to the Castel National Park in the Judean

Hills to the Golan Heights and Hula Valley in the Upper Galilee.

One participant said: "I'm sure that most visitors to Israel, and even Israelis themselves, would not be aware of the wonderful projects that JNF UK are involved in."

## November – Theatre Trip – Momma Golda

Clients and friends paid a visit to the Kings Head Theatre to see Momma Golda - a play telling the story of Golda Meir – and saw the remarkable 93-year-old Thelma Ruby, a fellow client, play Golda Meir down to a tee.

## Meet the Pioneers Lunch

Clients were given an opportunity to join us at our offices in Hendon for lunch and meet Dan Shapira and Sagui Dekel-Chen, JNF UK's Israel representatives, and hear about our many projects.

## December – Chanukah Tea

Over 50 KKL clients and friends of KKL were treated to a Las Vegas-themed extravaganza for Chanukah.

Carolyn Addleman launched the party with some powerful opening remarks, in which she discussed the relevance of the traditional Maoz Tzur song to current times.

Hosted at the Hendon Hall Hotel, which has sadly now closed, the party saw entertainment provided by Antony 'The Voice of Vegas' Myers, who offered standout vocal impressions of timeless classics from Frank Sinatra, Elvis Presley, Dean

Martin and Neil Diamond, to name a few.

Myers' performance was followed by a mouth-watering spread that included doughnuts, latkes, pastries, sandwiches and fish balls, before the lighting of the Chanukah candles.



## January – Theatre Trip – Rosenbaum's Rescue

Another enjoyable evening was had at the theatre, this time at the Park Theatre in Finsbury Park for Rosenbaums Rescue, a sold out production written by Alexander Bodin Saphir and directed by Kate Fahy.

Moving and funny, this sharp and intriguing play unravelled the stories of two childhood friends and one of history's most compelling mysteries: how 7,500 Danish Jews managed to flee to safety from the Nazi regime in 1943.

## February – Jewish Museum Exhibition – Roman Vishniac Rediscovered

KKL clients had a curator-led tour of an exhibition of Roman Vishniac's work at the Jewish Museum in Camden.

There was a delicious and plentiful lunch before the tour of the Russian-born American photographer's images that have profoundly influenced the contemporary notions of Jewish life in Eastern Europe. Many clients fed back

that it was a "fascinating" exhibition, supported by curator Morgan Wadsworth-Boyle's "fantastic delivery".



## April – Pre-Pesach Seder

Led by KKL's David Goodman, this year's Seder was once again enjoyable and meaningful, especially for clients who would otherwise have been alone this Pesach. Clients warmly participated in the reading and singing of the Haggadah and shared experiences of past Seder nights.

One client recalled how her late grandfather liked to start the Seder with dessert, saying that it was just in case he died before the end of the meal! David Goodman said that this was also a shared custom when he was in the IDF in the 1970s and its aim was to keep everyone engaged. David also spoke a little about how the Israeli army currently

prepares for Seder night. It includes ordering no less than 86 tonnes of matzah!

Rabbi Ginsbury from Hendon United Synagogue was a guest speaker and spoke about Ma Nishtana's connection to the rest of the Seder service.

Through their close ties with JNF UK, those in attendance were not only able to mark the historic story of the exodus of the Jewish people from Egypt, but also helped celebrate their own part in strengthening Israel's future on the day this year's Israel election results were announced.



# FORTHCOMING KKL EVENTS

We would be delighted if you would join us at one or more of our exciting forthcoming events:



## June - Day Trip to The National Holocaust Centre and Museum, Notts

**Date:** Thursday 27 June 2019

**Time:** All day



## September – Rosh Hashanah Tea

Please join us for an enjoyable afternoon to celebrate the Jewish New Year, speaker TBC.

**Date:** Wednesday 25 September 2019 (TBC)

**Time:** 3pm

**Venue:** NW London venue



## October – JNF UK Legacy Mission to Israel

Join our sought after Legacy Mission! With an exciting and inspiring itinerary, we will once again tour the length and breadth of the country in style and comfort and visit JNF UK supported projects in the Negev.

**Date:** 28 October – 6 November 2019

## How To Book

To reserve your place for any of our events or for more information, please call Sherri on **020 8732 6129** or email [sherri.hoppen@kkl.org.uk](mailto:sherri.hoppen@kkl.org.uk)

# THE POWER OF THE INTERNET



By Ann Bergman

Peter is the son of two refugees from Vienna who came to England in 1939 to escape the Holocaust. His mother was the eldest of three, of which the two younger sisters travelled via the Kindertransport. Peter's father was an only child who, at the age of 21, managed to

escape just before the outbreak of war, leaving the rest of his family behind. They were trapped in Vienna until they were eventually deported to Riga in 1942 and Peter was left with no surviving grandparents.

Peter's father died suddenly at the early age of 45, when Peter was just 14 years old, and had never previously shared his experience of escaping Vienna. He never got a chance to talk to him about his family life back home and assumed that the story died with him.

18 months ago, Peter received an email from a woman in Israel claiming to be compiling a family tree for an elderly woman named Siddi. She intimated that Peter may have some connection to this woman and wanted him to disclose his paternal grandfather's name which, of course, he did. One month later, Siddi contacted Peter again, exclaiming that she was his father's cousin! With the help of the resistance, she and her mother had escaped across hostile Europe in 1940, making a two-month trek across Turkey and Greece and eventually made her way to Palestine. She then settled in Jerusalem, where she currently lives with her son, grandchildren and great-grandchildren.

When they spoke on the phone a few weeks later, Peter was dumbfounded that he had discovered the only living person who grew up with his father and knew his

grandparents. At 93, Siddi is still as bright as a button and, at the time, was planning her annual family trip to Vienna later in the year. This seemed a significant place for their first meeting and so the flights were booked.

Peter met all the family at the Westbahnhof railway Station, the same place Peter's mother had left to come to England, the same place his aunts had boarded the Kindertransport, and the same place where his grandparents had been sent on their last journey. Siddi was able to relate stories about Peter's father's family that Peter had never heard before. She also gave him the address of his father's childhood home, which immediately sent him searching. It was not long until he found the home and was able to finally visualise his family roots. As he approached the door he noticed a metal plaque set in the pavement below the doorstep. The plaque was engraved with the names of Peter's grandparents and the dates of their deportation to Riga. This bronze memorial is one of 67,000 "Stolpersteine" or "stumbling stones" in Europe. It is part of a project started in 1992 by German artist Gunter Demnig, and is still ongoing to this day.

The Stolpersteine commemorate thousands of Holocaust victims from all over the world, Jewish and otherwise. They are usually embedded in the pavements in front of a victim's last known home before their arrest by the Nazis. In Vienna, about 1,000 Stolpersteine have been laid so far and it was very emotional for Peter to discover the one in memory of his grandparents.

Siddi is wonderful; a powerful matriarch and a beautiful person. Thanks to the internet, Peter has not only acquired a whole new family, but managed to gain history that he thought was lost forever.

# WORDSEARCH



By Sherri Hoppen

Hidden below are the names of some of JNF UK's projects or areas in the Negev that we are developing. See if you can find them.

## JNF UK Project Wordsearch

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | K | C | E | I | C | A | R | P | E | A | M | O | N |
| I | E | E | H | E | A | H | M | I | H | I | O | O | Y |
| T | A | D | E | A | A | T | I | T | N | O | R | E | N |
| Z | B | D | E | Y | I | M | A | A | T | E | M | T | S |
| P | I | R | I | R | R | A | F | I | F | Z | E | M | D |
| E | K | F | R | E | E | O | C | E | Y | M | O | I | E |
| R | U | T | M | A | H | C | U | R | E | Y | P | A | R |
| A | R | R | M | Z | H | I | H | I | D | I | H | E | O |
| M | I | E | S | U | D | I | C | E | M | U | I | M | T |
| O | M | M | I | A | O | D | I | Y | R | H | R | I | R |
| N | E | I | E | U | E | I | I | P | A | E | T | D | R |
| Y | M | Y | E | D | M | O | Y | T | A | M | T | C | R |
| Y | A | D | T | A | M | A | R | F | M | I | I | Z | E |
| A | O | D | O | A | L | S | A | Y | Y | I | D | T | E |

BIKURIM  
OFANIM  
SDEROT  
DERECH ERETZ  
AMIT  
OR ME'OPHIR  
AL-SAYYID  
MITZPE RAMON  
YAD TAMAR  
YERUCHAM

For more information about any of JNF UK's projects, please visit [www.jnf.co.uk/projects](http://www.jnf.co.uk/projects) or call 020 8732 6100

This wordsearch can also be downloaded from <https://thewordsearch.com/puzzle/577468/jnf-uk-project-wordsearch/>

# EXERCISE FOR THE OVER 50s

## - WHAT'S THE MOST EFFECTIVE?



*Adapted from gransnet.com by Sherri Hoppen*

### THE BENEFITS OF EXERCISE OVER 50

Keeping fit is beneficial at any age, but exercising over 50 is essential in maintaining a healthy lifestyle as you grow older. Here are just some of the benefits of working up a sweat:

- **It keeps your mind sharp.** Regular exercise improves cognitive function, including memory.
- **It improves your mental health.** Far from just having physical benefits, taking the time to exercise can significantly improve your overall wellbeing too, with the NHS noting that exercise can help those with mild depression.
- **It can help maintain muscle mass.** Incorporating strength training into your exercise regime is key to slowing down the loss of muscle mass that comes with ageing. Keeping active is also important for your bones, as maintaining bone density can reduce the risk of falls.
- **It may reduce your risk of certain illnesses.** The risk of heart disease, certain types of cancer and diabetes developing can be reduced by regular physical activity.

### 8 BEST EXERCISES FOR THE OVER 50s TO LOSE WEIGHT OR BUILD STRENGTH

Firstly, it may be a little harder, but it absolutely is possible to shift weight if you're over 50. Most would agree that a comprehensive exercise plan will have the best results. That is one that includes cardio that gets your heart rate up (running/brisk walking, etc.) as well as resistance training (weights, resistance bands). As in the case of all new exercise routines, remember to check with your GP first, especially if you have any medical issues.

#### 1. Walking

Obviously an idle amble isn't going to do as much good as a brisk walk, so to really reap the benefits you should aim to get the blood pumping and a light sweat on. The joy of walking is that wherever you live - urban or rural - there will be somewhere nearby to explore. And it's free.

#### 2. Running

Running provides a wide range of physical and mental health benefits, from decreasing the risk of heart disease to lowering stress levels. Again, you can tailor your running routine to suit you - whether that's choosing to run outdoors or in a gym, and also opting for the length and speed that suits you.

### 3. Pilates

Pilates is an excellent core body workout and has added benefits in helping back pain and improving posture. It's become increasingly popular amongst over 50s in recent years, and its influence doesn't appear to be slowing down soon.

### 4. Tai chi

A wonderfully relaxing exercise with numerous health benefits, both physically and mentally. Many over 50s love this low-impact activity which is easy on muscles and can help with mobility and flexibility.

### 5. Yoga

Excellent for flexibility and balance, yoga is a favourite for good reason. With a multitude of health benefits, there's research that suggests this exercise can prevent high blood pressure, heart disease, and prevent aches and pains. Plus, it's a stress-buster too, making it a great way to unwind after a tough day.

### 6. Resistance exercises

Strength training is a key type of exercise that's important as we get older as it helps maintain muscle mass. You can use resistance machines at the gym or try weight training with light dumbbells. It's worth investing in a session with a personal trainer so you make sure you do the right exercises to meet your goals and execute them with the correct form to avoid injury.

However, there are plenty of other options that don't require any equipment at all, and which can easily be done at home. Annie Deadman has some recommendations in her best-selling book, *The 21 Day Blast Plan*.

### 7. Swimming

Swimming is one of those few exercises that gives a full body workout, and helps to strengthen different muscle groups, depending on the style you do, whilst also improving your cardiovascular system. If doing the same movement for your entire workout doesn't sound appealing to you, why not try an aqua aerobics class? It's a fun, social way of incorporating aerobics and strength training into your exercise regime.

### 8. Zumba or dance-based exercise classes

Perfect for those who get bored easily and find listening to music helps with motivation, ZumbaGold classes are aimed at people who are 50+, and offer low impact exercises with the same benefits as the original version.

## HOW TO MOTIVATE YOURSELF TO EXERCISE

Feeling motivated to exercise regularly can be tricky, but here are a few tips to help you get started.

### 1. Find an exercise you actually enjoy doing

- If you love being outside instead of in a gym, then a brisk stroll or run around your local park or neighbourhood is the thing for you.
- If you love music and dancing, Zumba is a definite must.
- If you like being part of a team, then you could consider joining a running club.
- If you're competitive by nature, perhaps tennis or a similar sport would be the right thing for you.

### 2. Find a partner in crime

Never underestimate the power of peer pressure. Rope in a friend, neighbour or better yet, a dog! Anyone you can convince who would benefit from a bit of exercise. Be each other's support and motivator as they could help you to work harder and burn more calories. But do choose your exercise partner well.

### 3. Set realistic goals

If you want to run a marathon, that's great, but if you currently can't walk round the block without collapsing, then it's probably not achievable in the short term. The best motivator is to achieve smaller goals step by step and then move on to the next stage.

Try Couch to 5K if you're interested in running, or pick a yoga move that you'd like to master and use videos to work on it a few times a week. Once you've achieved those goals, move on to the next. This way you'll be climbing a mountain in bite-size stages instead of sprinting to the top but running out of air halfway up.

### 4. Make it a habit

The secret to creating a new habit is making the action as easy as possible. So, if you're planning on exercising first thing, lay out your workout gear and trainers the night before. Promise yourself you'll stick to the routine for just two weeks. After that time, you're very likely to have slipped into a routine and, hey presto, the exercise habit is formed.

### 5. Treat yourself

Clearly a piece of cake or glass of wine after each workout will probably negate all your efforts, so try rewarding yourself when you reach your goals with a new pair of trainers or an early night with a film.

**If you're looking to get active without it feeling like a workout, try incorporating exercise into your everyday routine.**



# PROJECTS REPORT

**By David Goodman**

A number of years ago at a Harvard graduation ceremony, Steve Jobs, founder of Apple, ended his speech by saying: "In life we often join the dots up backwards". True in some circumstances but during a recent visit to projects in the Negev I can firmly say that JNF UK are joining the dots up forward.

In 2005 the government of Israel made a 20-year strategic commitment to populate the Negev. The aim is ultimately to make towns in the south of Israel, such as Kiryat Malachi, Yerucham and Sderot attractive to all, encouraging Israelis and new olim to focus less on the centre of the country and move down south.

For over 50 years, towns in the south of Israel were neglected. However, today when visiting the Negev, one can feel the vibrancy and change. The incredible high-tech campus based alongside the modern train station in Be'er Sheva is just one indication of 21<sup>st</sup> century initiatives.



## JNF UK making a difference to the lives of the people of Israel

### NORTHERN NEGEV

#### *Kiryat Malachi*

**Project:** Amit High School – Educational Hub

**Purpose:** To provide modern and engaging teaching methodologies.

**Impact:** 600 pupils. Intake is 90 new pupils each year. The Educational Hub will provide all pupils with the skills needed on how to use and access the most up-to-date information technology.

**Project:** The Otensooser Young Adults Centre, named after a legacy client

**Purpose:** A youth hub which will offer social events throughout the day and evening, also providing academic and employment guidance in a dedicated suite of offices.

**Impact:** The neighbourhood in which the centre is based lacks a place the youth can call their own, leaving them to congregate in local parks and cafés. Acting as a magnet to the youth, the centre will allow programme leaders to support and engage with participants in a meaningful way.

**Project:** Renovation of 33 municipal kindergartens

**Purpose:** Repairing infrastructure, providing air-conditioning units, installing shade, playground equipment and soft surfaces for safe outdoor play.

**Impact:** The kindergarten is a child's first step into the world of education and it is critical that they enter an environment which is clean, bright and has all the amenities and facilities they require.



*A renovated Kiryat Malachi Kindergarten*



Ramat HaNegev

## WESTERN NEGEV

### Ramat HaNegev

**Project:** Further Education Centre

**Purpose:** To provide young adults with the opportunity of gaining skills and qualifications following their army service.

**Impact:** Increasing learning and employment opportunities in the southern region's largest municipality.

### Kmehin – Derech Eretz

**Project:** Creating a building which will act as a central hub within the Derech Eretz campus

**Purpose:** To provide sufficient space for events accommodating over 100 participants.

**Impact:** Derech Eretz is a six-month pre-army programme offering youngsters, who have not achieved academically, an opportunity to increase their independence and crystallise life-shaping decisions before entering the army. They in turn will make a more positive contribution during their military service and benefit from what the army has to offer them in relation to training and personal development.

## SOUTHERN NEGEV

### Mitzpe Ramon

**Project:** Transforming a dilapidated former youth hostel into a vibrant Music Centre

**Purpose:** With around 5,500 residents, Mitzpe Ramon is one of the most isolated towns in Israel. The centre will increase the facilities the town has to offer the next generation.

**Impact:** Learning to play an instrument is something often considered a luxury. With the support of musicians from the centre of Israel, Mitzpe Ramon aims to become a dynamic and vibrant Music Centre of the south.



Mitzpe Ramon

## CENTRAL NEGEV

### Ezra Le'Marpeh – Sderot

**Project:** Providing specialist medical services to the residents of Sderot and surrounding towns

**Purpose:** The new Medical Centre aims to address the severe shortage of health and rehabilitation services in the region.

**Impact:** It was not uncommon for residents of Sderot to have to travel to Be'er Sheva for particular medical services, including therapies. The Ezra Le'Marpeh Medical Centre is a state-of-the-art rehabilitation day centre that includes a hydrotherapy pool, ambulance service and a dedicated physiotherapy suite funded through the generosity of KKL legacy clients. This new rehabilitation facility serves the entire Negev region, benefitting approximately half a million people by providing life-changing care that would otherwise not be available to them.



Or Me'Ophir

### Or Me'Ophir

**Project:** Developing and renovating Ethiopian further education dormitories

**Purpose:** Or Me'Ophir is a four-year Hesder programme attended by over one hundred Ethiopian students between the ages of 18 and 23. It is an academy of both educational and social importance giving participants a chance to improve on their schooling, leading to higher educational achievement.

**Impact:** Students leave with vocational qualifications, increasing their employability and earning capacity.

JNF UK  
**LEGACY  
MISSION**  
TO ISRAEL

28 Oct  
-  
6 Nov  
2019

Limited  
availability

**CELEBRATE**  
Israel's history

**DEVELOP**  
Israel's  
future



Jewish Legacy

JNF Charitable Trust Reg. No. 225910.  
Company Reg. No. 355248

## BOOK NOW

so you don't miss  
out on the Israel  
trip of a lifetime

For more information  
please contact the JNF UK  
legacy department

**TEL: 020 8732 6129**

**EMAIL: [legacymission@jnf.co.uk](mailto:legacymission@jnf.co.uk)**

- ☆ Accompanied by an experienced guide
- ☆ Experience first-hand the projects in the Negev supported by JNF UK, realising Ben-Gurion's dream
- ☆ Tour the length and breadth of Israel in luxury and comfort
- ☆ £1,500 per person excluding flights (no single supplement)