



ChevrahKadisha

Dear Friends,

Knowledge is always strength and in these trying times, perhaps more so than ever.

While the entire pandemic is unprecedented and defined by uncertainty and guesswork, there are areas in our lives that we still have to manage.

Many of us would benefit from some good guidance and sound professional advice.

With the imminent approach of Pesach, and the understanding that many families will experience a very unfamiliar yom tov and others will, sadly, be entirely on their own, we attach two brief articles (1st can be viewed [here](#) and 2nd [here](#)) that our social workers have put together for you. We hope they will offer some comfort and inspiration.

Please also see below links to other articles of a more general nature below:

- [Tips on working from home during the lockdown](#)
- [Being apart from your elderly family](#)
- [How to keep your child calm during the corona virus pandemic](#)
- [Tips on staying mentally healthy during quarantine](#)
- [Just you and me and lockdown](#)
- [Coming face to face with myself in lockdown](#)

Here are some easily accessible ways to connect and get help:

Volunteer service: If you are elderly and stuck at home, the Chev has set up a volunteer service for residents and community members who require assistance with shopping, or who are feeling isolated and would like to chat to someone. Our aged population can call us on 078 971 1460 and we will pair them with a volunteer who is keen to help. If you would like to volunteer, please WhatsApp us on the same number. This number operates during office hours.

Helpline: We continue to operate our 24-hour Helpline 082-499-1010. The line is manned by social workers who can offer emotional support to anyone feeling distressed, isolated or lonely in these difficult days.



Registered as Johannesburg Jewish Helping Hand & Burial Society



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e-cards: Remember that being separated doesn't have to mean being disconnected. You can still send love, good wishes and virtual hugs to family and friends online to wish them Chag Sameach. Log on to www.jhbchev/ecards.

We wish you a kosher and joyous Pesach. May you and your families keep well and stay safe.

Saul

Saul Tomson
Chief Executive Officer
Chevrah Kadisha Group

Arcadia

Selwyn
Segal

Our
Parents
Home

Sandringham
Gardens

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