



Covid-19 Lockdown: community message Rosh HaShanah 2020

“Tichleh shanah ve’kileloteha; Tachel shanah u’virchoteha!”

***“May the old year go and take its plagues with it;
may the new year begin and bring only blessings!”***

It is incredible to think that it is already six months since normal life, both individually and communally, had to be put on hold. In Jewish terms, the first effect of the emergency was to prevent us spending Pesach as we had planned, but fortunately there was just enough time for the community to come together as never before to make sure that, as the Haggadah promises, “all who were hungry were able to eat”. The entire community must express its gratitude to all those volunteers who did so much to help tackle isolation and ensure that no-one was left without support.

And now Rosh haShanah, Yom Kippur, and Sukkot are upon us. There were glimmerings of the regulations being relaxed, and the hope that we might be able to meet and celebrate with some semblance of normality, but that was not to be. Unfortunately recent weeks have seen local lockdowns, and now new blanket restrictions on any gatherings of more than six people. Fortunately the few exceptions include for places of worship, so most shuls will be holding unconventional services – some on Zoom, some in shifts, some in parallel, mostly pared back to the bare minimum. The shofar will be sounded outdoors or in a different room from the congregation; most of us will observe Yom Kippur on our own; we can make no plans for family visits on Sukkot.

Still, SCoJeC and other communal organisations are here to help. This page and the rest of the special Lockdown section of our website summarise the help that is available. SCoJeC exists to support Jewish people in Scotland. Although we do not provide any welfare services ourselves, we will help point you in the right direction to obtain assistance. The SCoJeC Helpline is there to help answer questions – e-mail scojec@scojec.org or ring 0141–638 6411 (except Shabbat and festivals) and someone will respond as soon as possible.

See www.scojec.org/lockdown.html for comprehensive information about support available in the Scottish and UK Jewish communities.

Many Scottish synagogues and other communal organisations have measures in place to help their members. All Scottish communal facilities are listed in our [Guide to Jewish Facilities in Scotland](http://www.scojec.org/guidebook.pdf) (www.scojec.org/guidebook.pdf) – see page 2 of the Guide for the very comprehensive index of synagogues, communal organisations, and other resources.

See also www.scojec.org/links_1.html for contact details for Scottish communal organisations, and www.scojec.org/links_2.html for links to UK organisations.

You may also find these numbers useful:

SCoJeC Helpline: 0141 638 6411 (if necessary leave a message and we’ll will ring back)

Jewish Care Scotland : 07552 468 580 (Mon–Thurs 9am-5pm; at other times leave a message)

Cosgrove Care: 0141 471 1806 (Mon-Fri 9am-5pm, Sat-Sun 10am-3pm)

Pulling Together: A local group of volunteers will help with groceries and prescriptions. If you need help or to volunteer, contact Ethne on 07703 566 484, ethnewoldman@hotmail.com. or Joe Freedman 07771 777 976.

Other care services: Service users at home should contact their care provider direct.

Jewish Helpline: If you feel anxious, depressed, or just need someone to talk to: 0800–652 9249

Kosher food: Available from all normal sources including supermarkets. If you require prepared meals then take away food is available and can be delivered by:

Mark Deli	0141 638 8947
Gary's Kosher Kitchen	07590 292 418
L'Chaim's Restaurant	0141 638 6116

JAMI: Specialist mental health services in the Jewish Community: 020–8458 2223

Jewish Women's Aid Helplines: Domestic Abuse 0808–801 500; Sexual Violence 0808–801 0656

Synagogues etc: ~~No~~ A limited number of shul services are being held in Scotland, and these are also restricted as to the number of people attending. Synagogues will have been in touch with their members, and you should contact them direct for further information – see SCoJeC's [Guide to Jewish Facilities in Scotland](#) (www.scojec.org/guidebook.pdf).

For more local information from your own community, contact:

Aberdeen	07955 706 333	communitysupp.asjcc@gmail.com
Edinburgh Hebrew Congregation	07734 291 836	secretary@ehcong.com
Edinburgh Liberal Jewish Community	0131 777 8024	contact@eljc.org
Glasgow	0141 577 8200	office@glasgowjewishrepouncil.org
Tayside and Fife	01333 311 367	taysideandfife@scojec.org
Jewish Students	07791 292 790	scotchaplain@mychaplaincy.co.uk
Israelis in Scotland	–	info@scotil.org

See Online Communal Activities section of www.scojec.org/lockdown.html for information about planned livestreamed events, Zoom support group calls, a virtual Jewish art club, and more.

For general advice and guidance:

see www.scojec.org/lockdown.html for comprehensive information about support available in the Scottish and UK Jewish communities.

OR phone us on **0141–638 6411** (except Shabbat and festivals)

send an e-mail to scojec@scojec.org

use the Contact form at: www.scojec.org/contact.html

and someone will respond as soon as possible.

We want your questions so that we know what the community's concerns are, and how we can best respond. We understand that there are issues not dealt with here, such as the closure of schools and educational facilities. We do not yet know how these matters will be addressed but will issue further information as soon as it becomes available.

Finally, if you would like to speak to us about volunteering or offering any other assistance during this challenging time, please email us at scojec@scojec.org

And most importantly, be well!

NB: This leaflet does not replace any information you have received from the Government, the NHS, or local authorities. Please note that we are unable to offer medical, legal, or financial assistance, although we will do our best to point you in the right direction. If you are feeling unwell please follow the current government guidelines, which can be found at <https://tinyurl.com/nhsinform-coronavirus>



Representing, connecting, and supporting Jewish people in Scotland

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