



125 years

LOOKING FORWARD TO THE FUTURE

THE BOARD
OF DEPUTIES OF BRITISH JEWS
PROUD TO REPRESENT THE COMMUNITY



Mitzvah Day

19th November 2017

This year for Mitzvah Day, Hampstead Synagogue is joining with The Board of Deputies to follow up the on the event we hosted with a local church earlier this year. We have organised activities to support C4WS and Feast! Both initiatives support the homeless: C4WS provides winter night shelters at seven churches across Camden and Feast! volunteers cook a hot meal each Thursday evening for and with residents of Conway House in Quex Road. We are asking for volunteers to collect food and other goods outside West Hampstead supermarkets and/or to join our interfaith cooking at JW3.

Contact Amanda Bowman to sign up: amanda@amandabowman.co.uk

How can you help?

- Cooking at JW3 from 10.00 – 1130
- Food Collections outside West End Lane supermarkets from 12.00 -1500
- Volunteers to collect food, etc. at Hampstead Synagogue from 11.30 -1500
- **OR** bring your food donations (see below for ideas) to Shul from 1130
- **AND** donate new socks, gloves and hats to help keep the cold out.

For Feast!

Tins of tomatoes
Herbs/spices
Other seasoning/condiments
Veggie stock
Cartons of custard
Onions and garlicks
Flour
Sugar
Butter/margarine
Cutlery and crockery
Cups
Oven gloves
Food containers
Decent knives/sharpener

For C4WS - www.c4wshomelessproject.org

Toiletries
New gloves, hats, socks