



Peace of Mind Programme at Hampstead Synagogue

29th April – 5th May 2018

This information is as known 28th February 2018 and is subject to change.

Our group is a special unit of Golany brigade (PALSAR GOLANY). Yehuda Shacham will lead the group, he is a very experienced psychologist. There are about 17 soldiers, who are around 35 years old, 2 of whom are religious.

Their preliminary workshop has been set for the 15-16.3.18. After this workshop we will be sent more specific information about the group including final numbers and short bios by POM in Israel. The whole programme lasts for 9 months as it continues with the unit meeting for therapy session in Israel. The cost of the entire project for one unit is £40,000; we need to raise that from our community!!

The group's daily routine -

- The men need to arrive at Hampstead Synagogue every morning at 08:15 for their therapy sessions. The hosts do not have to take them there – just help them find their own way. Therapy sessions are every day and most afternoons. They are in the therapy room for up to 40 hours during the week, up to 7 hours in any day.
- The Shul will provide refreshments (tea, coffee, cold drinks and biscuits and fruit) and lunch.

Programme for the week -

Sunday 29th April.

Representatives from the Shul need to collect the men from the airport, and the shul will provide a late lunch upon arrival there at about 3-4pm. This is followed by a 3-hour therapy session. Host families meet and collect their men at 19:30. Men spend Sunday evening at hosts for dinner.

Monday.

Therapy until 4:30pm. Evening, one host family (possibly Rabbi Harris & Judith) opens their home to all the men and all the hosts, to create the wider family and provide a welcome. This would be an informal buffet style meal in which the community are introduced to the whole team, and hear briefly from the men and their lead therapist.

Tuesday.

Therapy day, and an activity TBA for the afternoon. Darts evening 'Flight Club', Shoreditch booked.

Wednesday.

Therapy day, and an activity to be planned for the afternoon. 'Lion King' booked for the evening.

Thursday.

Therapy until 4:30pm. Free time thereafter, dinner at each individual host family.

Friday.

Therapy followed by a community Friday night dinner held at the Shul.

Saturday.

The men all come with their host families to the Shabbat service. The men can speak to the community. Normally there would be a 3-hour therapy on Saturday after Shabbat, followed by the hosts coming together for a last night communal evening. To be confirmed.

Sunday May 5th.

Farewell. Coach departs for the airport from the Shul – usually late morning.

Typical afternoon activities still to be arranged:

- Sports, playing football and hikes and walks locally.
- Visits to the local pubs, shopping, local tourist attractions.