

NEWSLETTER

PURIM 2022

SUPPORTING SINGLE MUMS

0161 710 3310 • info@eemacare.uk • www.eemacare.uk

EEMA CARE IS GROWING

CELEBRATE GOOD TIMES

2021 was a BIG year for our new charity. Being established during the Pandemic meant that there were limits to what we could do, but once things opened up, we made sure we put on some fun face-to-face events and we have lots more planned for 2022. Our most recent gathering at Chanukah was a party for our mums and kids - a huge success, with over 70 guests attending and having fun together.



TOYS FOR ALL

Together with Yeshurun Synagogue in Cheadle and Chabad Whitefield Teen Volunteers, we organised a toy collection so that every child was able to receive a Chanukah present. Our wonderful volunteers from The League of Jewish Women along with local helpers, helped distribute to the families across Manchester who needed them most.



We also received generous donations of Gruffalo bath time goodies from Good Bubble. We still have a few sets in the office, so do get in touch if you would like one.

CASEWORK SUPPORT

We now have over 20 mums being supported on a weekly basis via our amazing volunteer Case Workers. These trained Counsellors who give their time to Eema Care are empathetic, helpful and organised.

They are helping our Mums to manage areas of their family lives that they simply could not do on their own. If you feel that you need a Case Worker to help you wade through the difficult situations you are facing, please email lisa@eemacare.uk



PARTY TIME

We are holding a Pre-Purim Party on March 8th at the BA Bayit from 5-6.45pm. Free entry and tons of entertainment... Please come along and join the fun!



RAGS TO RICHES

Eema Care were proud to be invited to the North Manchester Jewish Ladies Drama Group's production of Chani's Rags to Riches, to raise awareness and money for our project. Communications Manager, Tammy Shneck and Fundraiser Joanne Freedman made a speech before the show commenced, and a team of volunteers sold refreshments and collected donations in the interval. Over £300 was raised and so was our profile! Plus we all enjoyed a wonderful show, featuring our very own Lisa Jacobs.



NO PLACE LIKE HOME

Many of our Mums are struggling with the pressure of running a home, taking care of their kids and holding down a job single-handedly. Affording essentials like domestic help, childcare, house maintenance etc are just not an option for these women, let alone doing anything nice for themselves. So we are setting up a Home Support Programme this Spring – and we are launching a campaign to raise funds for this vital service.

Can you help us spread the word? We are looking for ladies to spread the word to ten of their female friends and family, with the aim of getting them to donate just £5 a week (or whatever they can afford) to help single mums have help in areas that others are fortunate enough to take for granted.

If you are willing to be an ambassador for this important campaign, please send a WhatsApp to 07803 084687.

All that will be required of you is that you forward the messages that we will provide you with, to your contacts when the campaign launches. It's as simple as that!



Purim is the most joyous day in the Jewish calendar, and commemorates the miracle that happened in 3395.

PURIM



The Four Mitzvot of Purim

Hearing the Megillah - Head to shul to hear the whole Megillah, aka the Book of Esther. You should listen to the public reading twice: once on Purim night, and again on Purim day. And pay attention—it is crucial to hear every word!

The Purim Meal (Seuda)- This does not need to be anything fancy, but if you can, decorate the table with a cloth and candles. Wash for bread or challah, and enjoy a meal and some wine with your family, with plenty of Jewish songs and joyous Purim spirit. It is a time to sing, drink, laugh and have fun together.

Sending Mishloach Manot - During daylight hours on Purim, send a package containing at least two different ready-to-eat food items and/or drinks to a fellow mum and make them feel appreciated. If your children are old enough, why not enlist their help as messengers, as the gifts are meant to be delivered by a third party. They may also like to make for their friends.

Giving Matanot l'Evyonim - On Purim, there is an emphasis on helping those who are less fortunate than ourselves. Give some money or food to at least two needy people during the daylight hours of Purim to fulfil this Mitzvah. Or place two coins in your tzedakah box and encourage your children to give too.

S'MORES HAMANTASCHEN

Give your Hamantaschen an American twist this year!

Who doesn't love S'mores??

Makes 20 hamantaschen

Dough Ingredients

- 1½ cups sugar
- 1 cup oil
- 4 eggs
- 2 tsp vanilla extract
- 1 tbsp baking powder
- 4½ cups plain flour
- ½ tsp salt



Filling Ingredients

- 1 cup marshmallow fluff
- 1 cup chocolate spread
- 4 digestive biscuits

Instructions

- Preheat your oven to 170°C fan / 180
- Combine the sugar, oil, eggs, and vanilla in a large mixing bowl.
- Add the baking powder, salt, and two cups of the flour.
- Mix until it resembles a thick batter.
- Add another two cups of flour and mix with your hands this time, until the dough forms a soft, but not sticky ball. (You may or may not need the additional half cup flour, do it by feel - you don't want it to be too dry and crumbly).
- Roll out the dough and cut circles using a cookie cutter or mug.
- Place a small spoonful of marshmallow fluff and a small spoonful of chocolate spread in the center of each round.
- Fold up the sides to form the triangle shape and seal well. Gently transfer to a parchment-paper lined sheet pan.
- Crush the biscuits into uneven crumbs and sprinkle over all the hamantaschen.
- Bake at 170°C fan for 15-18 minutes, depending on size.

SOMETHING FOR THE KIDS...

Across

- 2** He wanted to destroy all the Jews
7 Golden instrument held out by the king
9 Strong pleading
10 What relation was Mordacai to Esther
12 Number of days that Jews should fast
13 To be extremely sad
14 City where in what city was the decree given

Down

- 1** Mordeciai warned Esther about hold this.
3 The man that raised Esther
4 Biblical name for city or town
5 A kind of rough garment
6 Abstaining from food or drink
8 An expression of sorrow
11 Name of the servant sent to Mordacai





Ways That We Can Help You

- Advocacy
- Child Support
- Counselling
- Food packages
- Get/Beth Din support
- House and financial management
- Legal advice
- Referral/signposting service
- Shabbos/Yom Tov hospitality
- Shopping assistance

HOW EEMA CARE HAS HELPED ME

I was blindsided by my husband's announcement that he wanted to leave me a month into the Pandemic. The responsibility of being a single mum to two teenagers who have their own issues to deal with, owing to the separation and Covid, plus the financial burden of my new situation means that sometimes things can be very overwhelming.

Through advice and support accessed through Eema Care, I have taken control of my budgeting, and was also able to take charge and get my Get. I now know there is support out there, if I need it again. That is reassuring to know, as it can be really lonely being a single mum and making big decisions on my own.

Anonymous

If you would like to share your story, email info@eemacare.uk. All stories will be anonymous.

HELPERS NEEDED

Eema Care is always looking for able and empathetic helpers so we can reach out and help as many single mothers as possible.

If you or someone you know would like to get involved, please email info@eemacare.uk or call 0161 710 3310.

DONATIONS NEEDED

Our charity needs funds to continue offering the vital support we are giving to a growing number of mums.

We would greatly appreciate any donations, however big or small. Please send through via joanne@eemacare.uk or deliver to Eema Care, 49 Singleton Road, Salford, M7 4NA.



EMPOWERMENT

We want to empower all mothers to survive and thrive.

Communication, sisterhood, recognition and networking are huge support tools for single mums, and we facilitate that support through peer groups, group trips, get-togethers, focus talks and more.

Please visit our website to subscribe to our emailing list so you don't miss out!

Tel: 0161 710 3310

Email: info@eemacare.uk

www.EemaCare.uk

Eema Care is a project of Chabad Lubavitch

**WE ARE HERE FOR YOU
GET IN TOUCH - WE CAN HELP!**

If you, or someone you know is in need of support or advice, call **0161 710 3310** or email info@eemacare.uk