



# THE TRIBE SCRIBE

RE'EH: TAKE CARE!

IN THIS WEEK'S PARASHA THE TORAH EXPLAINS THE **MITZVAH** OF CHARITY AND THE IMPORTANCE OF LOOKING OUT FOR EACH OTHER. THE TORAH REMINDS US TO REACH OUT AND HELP WITH WHATEVER ANOTHER PERSON MIGHT NEED.

**US CHESED** HAS LOADS OF DIFFERENT OPPORTUNITIES FOR GETTING INVOLVED IN YOUR COMMUNITY. CHECK OUT SOME OF OUR FAVOURITE WAYS TO HELP OUT!

**DID YOU KNOW?** US Chesed and Tribe are both part of Jewish Living at US

Our communities need volunteers. This year, show that you care, please pledge your time.

Whatever what amount of time you have you can make a difference- and volunteers gain as much as they give. There is a task to suit everyone. Here are some of the ways you can help.

- Phone calls - staying in touch with members.
- Volunteering - visiting community members in their homes.
- Shopping - helping members with their shopping, either with or without them.
- Providing Shabbat/ Yom Tov hospitality - hosting individuals or families in your home.
- Making meals - to help at times of need eg after illness, bereavement or the birth of a baby.
- Taking to hospital members, to social.

US Chesed Here to Help

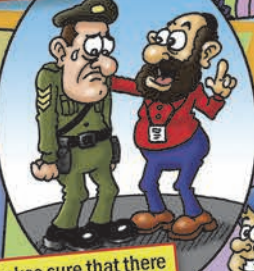


"Knowing that my local United Synagogue care team is there for me is such a wonderful thing - thank you!"

**US Community Cares:** Everyone is part of the community and we can help them feel connected in so many ways. We can phone or visit someone who is lonely, help with shopping or offer someone a lift to a doctor's appointment or shul event. We can invite them for Shabbat or walk them to shul.



**Jewish Visiting:** US Chesed makes sure that there are visitors and chaplains to visit Jewish people in hospitals and prisons. They also provide assistance to chaplains of the military.

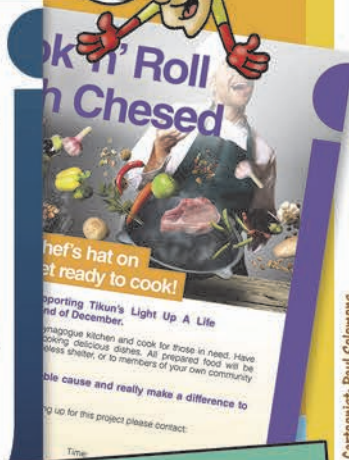


Some of our favourite social action projects are part of **US Chesed** too!

- Collection for foodbanks
- Cooking for homeless and shelters
- Asylum seeker drop-in centre



**DID YOU KNOW?** For some children, summer holidays are a time of stress as they have less to eat with no school meals. You can easily help them by donating to a **foodbank**. Look out for the **foodbank** collection boxes at the Tribe Summer Camp Coach Stops.



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**tribe**  
www.tribeuk.com

Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.