

JMUMS Evening Events

For a couple of hours each month, escape from your busy life. Enjoy, unwind and learn something new from our evening events.

Here is a taster of events past and future:

- Accidents can happen— baby and child first aid. The session was run by St Johns Ambulance.
- Fashion tips from a GMTV style guru - learn how to look your best and feel great. Advice and tips from an expert.
- How to manage your mother in law.
- Indulgence and Pampering Evening
- Cookery with Denise Phillips
- Sometimes we have evening socials where we can just chat .



Top photo shows the J-Mums Committee and their families which are continuously expanding.

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JMUMS

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JMUMS
Jewish mums make a difference

JMUMS
is a group set up by the
League of Jewish Women



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**A mums' group for the
whole family.**

Who we are

We are a young group of sociable Jewish Mums. The importance of Jewish mums mixing with other Jewish families and together Talks

We organise:

- **Playgroups**
Giving mums and children time to chat and play
- **Baby Clothes and Toy Bank**
Providing for those families in need
- **Family Events**
Held on Sundays to celebrate Jewish festivals. It is an exciting way to introduce children to Jewish culture and celebrate festivals
- **J-Mums Buddy Scheme**
Being a new mum doesn't have to be daunting. We have help at hand
- **Evening Events**
New ideas are always greatly appreciated.



Planting bulbs at the play group to mark Tu B'shvat

Play group with a difference



The J-Mums baby and toddler group is held at a Jewish Care residential home and the children are encouraged to interact with the residents. Below resident demonstrating how to blow the Shofar.

Our group is held bimonthly in a residential home, which may sound unusual, however, the elderly love to come and join us for a short while. It's great to be able to provide some joy to their day, as well as the little ones having the chance to play with their friends (and mum's to chat too, of course).



If you have more than one child, playgroups can be a bit frantic, needing eyes in the back of your head and two pairs of arms to keep the little ones safe. Help is at hand, upon request, from our willing set of responsible volunteers. Throughout the year, craft and music activities are organised to celebrate the festivals. Kosher biscuits, juice and a caffeine fix are also on the menu.

Events for all the family

Weekend social occasions for all the family,

Family Fun includes:

- Crazy Crafts and Puppet Making
- Story telling
- Soft play areas for the 0-12 months.
- Music for under 5's
- Activities for the over 6's
- Teddy Bears picnic
- Parties for the Jewish festivals with music, craft activities and refreshments. What better way to celebrate, Your children will learn whilst having fun.
- *Unless stated most of the photos were taken at the J-Mums Chanukah party.*

