

NEW JEWISH ANTENATAL CLASSES ARRIVE IN NORTH WEST LONDON

THERE IS AN EXCITING NEW ARRIVAL AT THE JEWISH COMMUNITY CENTRE FOR LONDON.

THE FIRST CROSS COMMUNAL JEWISH ANTENATAL CLASS BEGINS ON FEBRUARY 21, WHERE EXPECTANT PARENTS WILL BE GUIDED THROUGH THE MAZE OF CHILDBIRTH AND EARLY PARENTHOOD BUT WITH A JEWISH FOCUS.

NCT TRAINED ANTENATAL TEACHER EMMA BLOOM IS RUNNING THE CLASSES IN NW11, WITH ADELE STOWE-LINDNER, A RENOWNED JEWISH EDUCATOR WITH OVER 15 YEARS EXPERIENCE.

“AS WELL AS COVERING ALL THE USUAL ANTENATAL TOPICS THE CLASSES WILL ALSO FOCUS SPECIFICALLY ON THE JEWISH WAYS OF CELEBRATING THE BIRTH,” EXPLAINS ADELE.

“THE OBVIOUS ONE IS THE BRIT MILAH BUT I WILL ALSO BE TALKING ABOUT WAYS YOU CAN CELEBRATE HAVING A DAUGHTER AS WELL. WE WILL DISCUSS HOW YOU CAN PERSONALISE CEREMONIES SO THAT THEY REALLY MEAN SOMETHING TO THE PARENTS AND THEIR FAMILIES – MAKING REFERENCES TO FAMILY MEMBERS PRESENT AND ABSENT AND CHOOSING READINGS BY ISRAELI OR JEWISH AUTHORS WHICH SAY WHAT THEY WANT TO SAY.”

THE CLASSES WILL ALSO CREATE A UNIQUE ENVIRONMENT TO BRING NEW JEWISH PARENTS TOGETHER.

“THEY WILL COME TO THE CLASSES AS INDIVIDUALS BUT WE HOPE THEY WILL LEAVE AS A COMMUNITY,” SAYS EMMA.

NOTE TO EDITORS

THE JEWISH COMMUNITY CENTRE FOR LONDON

THE JCC FOR LONDON AIMS TO PROVIDE JEWS WITH A LASTING SENSE OF COMMUNITY AND TO PROMOTE THE BEST OF JEWISH VALUES. IT SEEKS TO ATTRACT JEWS OF ALL AGES, PERSUASIONS AND LIFESTYLES, AS WELL AS THEIR NON-JEWISH FRIENDS AND FAMILIES, BY CREATING A WELCOMING ENVIRONMENT IN WHICH ALL FEEL AT HOME.

AT ITS CORE IS BUILDING JEWISH LIFE, THROUGH CULTURAL, SOCIAL, EDUCATIONAL, AND RECREATIONAL JEWISH ACTIVITIES. SOCIAL ACTION IS ALSO CENTRAL TO THE JCC MOVEMENT – HELPING THOSE IN NEED BOTH WITHIN AND OUTSIDE THE JEWISH COMMUNITY.