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What is Mitzvah Day?

Mitzvah Day is the largest multi-faith day of social action in the UK. This Jewish-led day brings thousands of people together, of all faiths and none, to give our most valuable possession - our time. On Mitzvah Day, and throughout the year, we strive to make a positive difference to the community around us and celebrate volunteering.

On Mitzvah Day, participants engage in a wide variety of social action projects such as: visiting the elderly, environmental projects like tree planting, collecting clothing to donate to refugees (collectathons), replenishing foodbank stores, cooking for homeless people and many, many more. All of these social action projects help to build genuine connections between each of the local communities and the charities they support.

Partners running a Mitzvah Day include office groups, young professionals, schools, mother and baby groups, university students, youth movements, faith institutions and synagogues, and a wide range of interfaith groups.
## Key figures

<table>
<thead>
<tr>
<th>Count</th>
<th>Description</th>
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<tr>
<td>40,000</td>
<td>volunteers (giving 150,000 hours of their time)</td>
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<tr>
<td>694</td>
<td>Mitzvah Days across the world</td>
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<td>412</td>
<td>Mitzvah Days in the UK (creating 1,200 UK projects)</td>
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<td>83</td>
<td>interfaith projects</td>
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<td>27</td>
<td>MPs giving their time</td>
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<td>24</td>
<td>countries holding Mitzvah Days</td>
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<td>8</td>
<td>different faiths participating</td>
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<td>1</td>
<td>amazing day of social action</td>
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A mitzvah, literally, is a commandment in Jewish law. However, it is often used to mean a good deed or an act of kindness and that is the basis for Mitzvah Day. It’s an integral part of Jewish life.

What we do
On Mitzvah Day, we give our time, not our money, to make a difference to the community around us. We introduce people to social action, to their neighbours and to local charities setting up projects that address real needs. Jewish-led, we bring people of all faiths and none to volunteer side by side, with fun and laughter, with our community, to get to know each other.

Our vision
Guided by the Jewish values of tikkun olam, gemilut chasadim and tzedek, our vision is of Jews and non-Jews coming together to build more cohesive neighbourhoods and to strengthen civil society.

Our values
Mitzvah Day is rooted in Jewish values that underpin our projects and partnerships so that they have a real, lasting impact.

1. Tikkun Olam
The Hebrew translates as ‘healing’ or ‘perfecting’ the world to instil a shared responsibility in the welfare of society at large - helping others, looking after our environment, and addressing diverse human rights.

2. Gemilut Chasadim
The Hebrew literally means ‘the giving of loving-kindness’ which knows no bounds and not only teaches the art of giving but also not to expect to receive something material in return. Acts of kindness are engraved in a Jewish way of life, where individuals give selflessly their time and of themselves. Every year on Mitzvah Day, thousands do just that, through projects based on the principle of doing acts of kindness.

3. Tzedek
The Hebrew translates as ‘righteousness’ and ‘justice’ and, can manifest itself through social action and acts of loving-kindness; not because it feels good but because the Jewish faith commands that it is the right thing to do.
A challenging year for us all
Laura Marks OBE, Founder and Chair

Every year people ask me “what makes this Mitzvah Day different from all other Mitzvah Days?” The answer for 2016 is that while we made many positive changes, it was largely the world around us that has changed.

Given the recorded rise in hate crime since the Brexit vote in the UK and the Presidential Election in the US, and the heightened fear of the outsider, the need to bring people together has never been greater.

That’s why Mitzvah Day 2016 was focused, more than ever, on building bridges through doing projects which tackle the challenges of modern society, and which unite people who might otherwise stay apart. And it united more than 40,000 of us around the world. All of us working at the grassroots - in our synagogues, Jewish schools, organisations and offices.

And while the benefits of 1,200 social action projects in the UK alone is very visible - whether through a repainted care home or a three-course meal delivered to a local shelter - it’s the longer-lasting deeper relationships being built that I’m most proud of.

These are the relationships built with charities and partners, the relationship we, as Jews, have with the outside world and the relationships built with other religions.

It’s not often you see Jews, Muslims, Christians and people of all faiths and none, and of all generations, working together at a grassroots level - making real friendships and dispelling stereotypes we hold about the other.

For some, Mitzvah Day 2016 was the first time they really conversed with someone of a different faith or race. For others, it gave the chance to build on existing relationships by doing something practical together. For more still, it provided the opportunity to show there is more binding people of faith together than separating us. Mitzvah Day allows everyone to challenge the negative narrative.

Thank you for your support.

Mitzvah Day hasn’t changed this year, what has changed is the world around us.
When the Mitzvah Day Board invited me to become the charity’s first executive director at the end of 2015, I knew that this was an exciting opportunity I could not turn down - and what a year it has been!

Thanks to all of you, this was a record-breaking Mitzvah Day in every sense of the word - bigger and better, not just in quantity but, even more vitally, in quality.

The pictures, stories and statistics you will enjoy throughout this publication speak for themselves. So I wanted to let you know a little about what goes on behind the scenes on ALL 365 days of the year. After all, as I’ve found out first hand, Mitzvah Day is so much more than just a day.

After being appointed, my first challenge was to recruit a brand new team. I am very lucky to have been able to put together a very committed group of staff, who have all flourished, working hard to bring together people of all faiths and none, together, to share and learn from each other, giving their time to improve the world around them.

The Mitzvah Day team are working towards building relationships with communities every single day, in order to create sustainable partnerships that will have an impact all year round.

Another challenge in 2016 was launching a brand new website, taking into account all the feedback we’ve had from our volunteers and co-ordinators. I think everyone reading this will agree that the new site and user experience, launched in August, is much enhanced. And indeed, it allowed us to grow from 550 to 694 Mitzvah Days, across 24 countries worldwide.

A personal highlight for me was getting to see, and take part in, so many Mitzvah Day projects - from dancing with Holocaust survivors to sorting clothes for refugees and painting and redecorating a nursery. Reflecting on the year as a whole, what I have learned more than anything else is how much our volunteers look forward to Mitzvah Day, and how it has grown into an established day of social action and volunteering - both in the Jewish world and wider British society.

The team and I thank you all for your hard work and commitment, and we look forward to continue working with you in 2017.
8 different faiths getting involved in 83 projects!

There aren’t many days in the calendar that can unite eight different faiths, and all their varied denominations, but we can rightly say that Mitzvah Day is one of them. Over the course of seven days - taking in both Interfaith Week and Mitzvah Day - we saw 83 wonderful interfaith projects take place.

Faiths came together this year for a wide range of causes, from hosting refugees for tea in Bradford and Durham, to donating blood and joining the bone marrow register in London, all projects were designed with helping some of society’s most vulnerable in mind.

We saw Jews, Muslims, Christians, Hindus and people of all faiths and none, truly working side by side. One project I was deeply involved in, which I feel represents interfaith perfectly, was a group comprising many different faiths coming together to cook for homeless people. Volunteers expressed their enjoyment and appreciation of doing something meaningful together, supporting faith-led social action that already exists. The participants, sharing a mutual desire to help those in need, prepped food to a background of Bollywood music, shared recipes and had a wonderful heartfelt experience together - providing healthy food for those who are hungry.

Afterwards, everyone agreed that cooking food together was a wonderful way of sharing warmth and friendship.

And what’s our goal for next year? More faiths, more projects, more bridges built and more people helped.

Daniela Pears
Interfaith Chair
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Mitzvah Day Awards

All-Year Round Award: Dublin Jewish Progressive Congregation (DJPC)

Although Mitzvah Day is often seen as the preserve of faith communities and schools, many offices do projects each year. For 2016, Dropbox impressed the most. Doing Mitzvah Day for the first time last year, they gave away their lunch to the local St Mungo’s shelter. This year, they went much further - taking the day off work to go to St Mungo’s, serve lunch to the residents and give out greatly needed toiletries. The team at Dropbox told us how much they enjoyed their project, how it brought them together and how much more they can now do for this local charity.

Best Office Project: Dropbox

Communities Minister Lord Bourne judged this award and, out of 10 very worthy nominees, gave the trophy to Bradford’s Jewish and Muslim communities, who united on Mitzvah Day to host a tea for refugees. Lord Bourne said: “I was impressed to see the Jewish and Muslim communities coming together to reach out to asylum seekers and refugees in their community, representing the spirit of interfaith and the power of social action to encourage cohesion. A cup of tea is a simple thing, but in such circumstances can mean a lot.”

Best Interfaith Partnership (chosen by Communities Minister Lord Bourne): Bradford Reform Synagogue

Mitzvah Day is just as relevant in a all faiths and none school, our values are universal. Watford Grammar School for Girls split into groups of 10-15 people for three special projects. The first team of girls visited a care home to spend time/entertain/buy cupcakes for older residents. The next went going to Primark to purchase multi-packs of underwear and baby grows for Rwandan Sisterhood Charity and R2Recovery to help genocide victims and refugees. The third made welcome cards for refugee children arriving in the UK.

Top School Project: Watford Grammar School for Girls

This award is presented to a synagogue, organisation or individual who employs the Mitzvah Day ethos 365 days a year. Dublin Jewish Progressive Congregation does just that. After first working with Inner City Helping Homeless (ICHH) last Mitzvah Day - they now spend all year collecting and sorting clothes for the charity, as well as now also creating hygiene packs and training volunteers in outreach. So often, communities start a project on Mitzvah Day which grows, deepens and evolves. This was a great example of just that.
Jewish News Community Hero: Simon Cooper and Rebecca Woolfe

Simon Cooper was the epitome of a brave, selfless individual. Suffering from cystic fibrosis from birth, Simon was an ambassador for NHS Blood & Transplant, raising money for many different charities and, as a brilliant drummer and musician, devised the ‘Friday Night Rock’ service.

When Simon was diagnosed with lung cancer in January 2016 he planned to raise more money for good causes, together with his sister Rebecca Woolfe, by creating the ‘Simon says Let’s Party’ event – a fundraising dinner and dance.

After Simon sadly died in July, Rebecca took over the organisation and running of the charity event on her own - doing a wonderful job and raising more than £20,000 and counting.

All the judges agreed that: “It is impossible to read Simon’s story without being moved. This amazing young man achieved so much in his life and it’s even more special to see that his sister, Rebecca, is carrying on his work. The amount they have raised for charity, the causes they have fought for, and what they have done for the Jewish community as a whole makes them true heroes.”

Rebecca - who picked up the award with mum Angela and Simon’s wife Claire - said: “We all see Simon as a hero and inspiration in more ways than one. When you think about what he went through health wise, and what he achieved in his life, most people don’t achieve that in a lifetime of 100 years.”

The joint-runners up for the award were Arnold Levin and Harold Newman. Arnold’s new chapter’s social enterprise enables Langdon volunteers with learning disabilities to sell second handbooks on Amazon. This enterprise has changed the lives of these volunteers by helping them to gain skills and build confidence.

Harold spent more than six decades working tirelessly for the Jewish community, campaigning and fundraising.

What bigger impact can there be than 500 young Jews in the 30 JLGB groups in Glasgow, Cardiff, Birmingham, Manchester, Nottingham, Leeds, Liverpool and all across Greater London and Essex, spending the week of Mitzvah Day supporting Goods for Good, by making welcome cards and donating crayons for child refugees.

JLGB chose the project as the organisation’s roots and heritage are intrinsically linked to supporting and welcoming Jewish refugees.
As the UK’s newest Jewish congregation, from the moment it was formed in early 2016, the Durham and North East Liberal Jewish Community identified Mitzvah Day as a key part of its annual calendar. After months of preparation, the community held a hugely successful tea for refugees – thanks to the help of 150 local volunteers from the University of Durham’s Jewish Society, Islamic Diversity Centre, County Durham Local Government, the local Kurdish Society and Muslim, Bahá’í, Christian and Hindu leaders from the Interfaith Council. The tea was featured on the BBC One - Look North (North East and Cumbria).

Hava Fleming, Durham and North East Liberal Synagogue’s Mitzvah Day Coordinator, said: “It was a huge party. The idea is to give not money, but time... and a big smile!” This case study demonstrates how Mitzvah Day can act as a platform for bringing new people into a community, both Jewish and non-Jewish and also how even a very small community can benefit from running a Mitzvah Day.


Faith leaders

Chief Rabbi Ephraim Mirvis said: “Every single project is a most wonderful testament to the generosity, selflessness and community spirit shown by so many on Mitzvah Day. In our increasingly challenged world, this opportunity to celebrate the very best of society is of enormous value.”

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Bishop of Edmonton Robert Wickham said: “I met so many inspiring volunteers from all different backgrounds and faiths, all of whom were working to help those less fortunate in their local area. It was a day filled with energy, vision and fun and I truly believe that the actions of so many volunteers have contributed to making life better for thousands of people.”

Qari Muhammad Asim MBE, Chief Imam of Makkah Masjid, said: “Mitzvah Day is a fantastic way of bringing religious communities together, and volunteering for causes which really matter. The refugee crisis resonates with both the Jewish and the Muslim communities and can bind us together to tackle one of the biggest issues of our day.”

Mitzvah Day is a fantastic way of bringing communities together
Radlett United Synagogue

Radlett United Synagogue invited families from Bhaktivedanta Manor Hare Krishna Temple to join its Mitzvah Day activities. During the day, the volunteers worked together on various activities including a massive ‘Cookathon’. The food was prepared and delivered to Watford New Hope Homeless Charity. This case study shows how even communities who have run Mitzvah Day for many years, continue to grow and to take on increasingly challenging projects and to work with a range of faith partners. It demonstrates the importance of the coordinator and their understanding of the wider role of Mitzvah Day in a political context. Coordinator Michelle Becker said: “I think it’s important to bring people together and see that we have many things in common.”

Mitzvah Day in Belarus

The Together Plan Charity, based in the UK, works with communities in Belarus to help them learn how to self-develop. This year, for the first time, the charity introduced Mitzvah Day to the communities it works with. One key aspect of Mitzvah Day is to get everyone involved, wherever they are in the world. In this case, those putting on projects in Belarus were previously recipients of the charitable endeavours - something Mitzvah Day is seeing more and more of. The Belarus projects were also special as they helped teach a fractured community what it means to be Jewish. Debra Brunner, Director of The Together Plan, said: “In the past the communities in Belarus have only been able to watch as we take donations in the UK on Mitzvah Day and run our packing sessions. This year, they didn’t watch, they participated and were fully involved. In Belarus, there is a lot of work needed to help people understand what it is to be Jewish. To build back traditions that were destroyed by the Nazis and supressed by the Soviets. To teach what a mitzvah is and how it is an intrinsic part of who we are as Jewish people. And there is no better way to learn about mitzvahs than to do them.”

Britain’s political leaders

Britain’s Prime Minister Theresa May, Scotland’s First Minister Nicola Sturgeon, Leader of the Opposition Jeremy Corbyn and Liberal Democrat leader Tim Farron all gave their support to Mitzvah Day. In addition 27 MPs and many local councillors also took part.

Prime Minister Theresa May said: “On Mitzvah Day we see what makes our Jewish communities so special, as thousands of volunteers lead projects bringing together people of other faiths and those of none. Working side by side, these volunteers build bridges, challenge stereotypes and make a real difference to the communities around them.”

First Minister Nicola Sturgeon said: “Mitzvah Day is an excellent example of how people from all walks of life come together and show how easy it is to put Jewish values into action for the benefit of all communities.”

Jeremy Corbyn said: “Mitzvah Day is a beautiful example of Jewish values in action. This day of social action brings communities together, builds a stronger society and inspires us all. I’m proud to support it.”

Tim Farron said: “I’d like to congratulate the Jewish community and Mitzvah Day on once again seeking to engage people from across all faiths and religions in giving something back to their communities.”

St Albans Masorti Synagogue

Deciding that just one project isn’t enough, the community at St Albans Masorti took on nine! Some - such as recruiting stem cell donors and knitting woolly hats for the homeless - took place inside the shul, while others were ‘Put on Your Wellies’ projects taking place outside, such as the community tidying the local cemetery and planting trees in Heartwood Forest.

Some of these activities were repeated from previous years - showing how

Coordinator Nick Grant said: “Our community is learning from one year to the next on what to expect and what is expected from them. Our events were very well supported, with more than 25% of the synagogue membership getting involved!”
With thanks to our Mitzvah Day Partners

**Charities**

- Aleh
- All Aboard
- Camp Simcha
- Camp Veka Girls
- Chai Cancer Care
- Chana
- Chapter 1
- Chicken Soup Shelter
- Clara Nehab House
- Doorstep Homeless Families Project
- Enfield Food Bank
- FareShare London
- Friendship Circle
- GIFT
- Goodz for Good Global
- Haven House Children's Hospice
- Jami
- Jewish Blind & Disabled
- Jewish Care
- Jewish Women's Aid
- Kisharon
- KItAid
- Langdon
- Leonard Cheshire Disability
- LiS Drop-in for Asylum Seeker Families
- Maccabi GB
- Magen David Adom UK
- Marie Curie Hospice
- Mehr Panim
- New Horizons Youth Centre
- Noah's Ark Hospice
- Norwood
- One Child Ghana
- PJ Library
- Sadeh Farm
- Salisbury World Refugee Centre
- Save a Child's Heart
- Separated Child Foundation
- Shafar Foundation International
- St Mungo's
- St Mungo's Birkenhead Street
- St Mungo's Broadway
- St Mungo's Portishead
- St Mungo's Westminster
- St Philip's Centre
- Step by Step Kids
- Sue Harris Trust
- Sufra NW London
- Sunridge Court
- The Big Lunch
- The Bike Project
- The Joely Bear Appeal
- The Together Plan
- The Trussell Trust
- Thornton Lodge Care Home
- Tiku
- Woodland Trust
- World Jewish Relief
- #Spit4Mum & Save A Life
- Additionally, the many more recipient charities supported by our partners
- Chedairim
- Belsize Square
- Beth Shalom Reform
- Birmingham Hebrew Congregation
- Birmingham Progressive
- Brighton and Hove Reform
- Bromley Reform
- Brondesbury Park
- Bushy Park United
- Ealing Liberal
- Edgware United
- Edinburgh Hebrew Congregation
- Finchley Progressive
- HaKamor
- Hampstead Garden Suburb
- Lauderdale Road
- Liverpool Eta Chaim MATT
- Maidenhed
- Menorah
- Mill Hill
- Muswell Hill
- New North London
- Newcastle Reform
- North West Surrey
- Nottingham Liberal
- Or Torah Chadash
- Orot
- Radlett Reform
- Radlett United
- Shaarei Tzedek
- Solihull
- South Hampstead
- South Hampstead Youth
- Southgate Progressive
- St Albans Masorti
- St John's Wood
- The Liberal Jewish Synagogue
- The Village Shul Hampstead
- Watford and District
- Westminster
- Woodford Liberal
- Woodside Park
- Interfaith Partners
  - All Hope Foundation
  - Al Mizan
  - All Saints Friern Barnet
  - Ashford Place, Brent
  - Ba'al Futtuh Mosque
  - Bhaktivedanta Manor
  - Bloomsbury Central Baptist Church
  - Camden Fair Leaders Forum
  - Central Methodist Church, St Saviourgate
  - Collaboration House
  - Council of Christians and Jews
  - Durham Christian Partnership
  - Emmanuel Edgware Church
  - Golders Green Ahmadiyyah Muslim Community
  - Hampstead Unitarian Church
  - Heath Street Baptist Church
  - Hendon Mosque
  - Holy Trinity Church, Swiss Cottage
  - Husaini Islamic Centre
  - Interfaith Network
  - Islamic Diversity Centre
  - Ismaili Centre, North London
  - John's Cross Methodist Church
  - Kurdish Community North East
  - Leeds Interfaith Forum
  - Leeds Makkah Mosque
  - London Interfaith Centre
  - London Ismaili Community
  - LSE Faith Centre
  - Muslim Cultural Heritage Centre
  - Muslim Teachers' Association
  - Muswell Hill Baptist Church
  - Neasden Temple
  - Nisa Nashim
  - Nisa Nashim Harrow
  - Nisa Nashim Leeds
  - Nisa Nashim West Midlands
  - Oxford Council of Faiths
  - Parish of St Paul, North Marylebone
  - Pond Square Chapel, Highgate
  - Punjab Women's Association
  - Remark UK
  - Royal Free Hospital Chaplaincy
  - Salsam Shalom Soup Kitchen
  - Shalom St Albans
  - Shia Ithna'ashari Community of Middlesex
  - Sikhs for Labour
  - Sisters of Faith and Peace
  - Somali Bravanese Welfare Association
  - SOS (Sikh Sewa Organisation - Manchester UK)
  - Stanmore Baptist Church
  - St Barnabas' Church, Leeds
  - St Edward the Confessor Catholic Church
  - St. Gabriel's Ethiopian Orthodox Church
  - St James' Church, Muswell Hill
  - St Laurence's Lander
  - St. Mary's Church, Watford
  - St Mary's, Primrose Hill
  - St. Philip's Centre, Leicester
  - St. Theresa Parish in Elstree
  - UK Baha'i Office of Public Affairs
  - Unity - Faith, Hope and Community
  - Waddington Street United Reformed Church
  - Watford Interfaith Association
  - Watford and Three Rivers Refugee Partnership
  - Welwyn Hatfield Interfaith Group
  - Wightman Road Mosque
  - York Baha'i Faith Community
  - York Diocese

**International**

- Adaah Shalomi
- Africa Tikkan
- Afid
- Aki
- Bet David Synagogue
- Bet Shalom Barcelona
- Beth Hillel
- Bnai Brith - Lodge "Filson" Athens Greece
- Bobruisk Jewish Community
- Brest Jewish Community
- Bulawayo Jewish Community
- Caddieboztan Synagogue
- CEJI-A Jewish Contribution to an Inclusive Europe
- Chai FM
- Chabad of Tribeca/My Little School
- Comunidad Masorti Bet-El
- Cukunft Jewish Association
- Dor Vador
- Dublin Jewish Progressive Congregation
- Escuela Bet Yaacov
- Evelyn Peters Jewish Community Centre
- Jewish Liberal Union in the Czech Republic
- Jewish Fundacja Emuna
- Golden Age
- Goztepe Kultur Derneği
- Green Valley/Saharanita Mitzvah Day
- Javurá Reformista de Madrid
- JDC India
- Jewish Community of Brno
- Jewish Community Lodz
- Jewish Community of Thessaloniki
- Jewish Community of Wroclaw
- JCC Krakow
- JCC Warszawa
- Jewish Council of North Central Florida
- Jewish Relief Agency
- Jewish Youth of Thessaloniki
- Jüdische Liberale Gemeinde Or Chadash
- Kadiköy Synagogue
- Kerem Or Synagogue libérale de Lyon
- Khuïska Global Social Solutions NPO
- Kiev Masorti Community
- Kiev Community of Traditional Judaism
- "MASONET" Kuzgunçuk Synagogue
- La Journée de la Mitzvah à Aix-Or Chalim
- Lauder Athens Jewish Community School
- Ligu-Izmir
- Liberal Union of Czech Republic
- Marom Paris
- MesseSA
- Minsk-Jewish Community
- Mouvement Juif Libre de France
- Nairobi Hebrew Congregation
- Neder
- Neve Salim Synagogue
- Noam Mayanne Dr
- North Shore Teen Initiative
- One Child Ghana
- Or-Ahayim Jewish Hospital
- Ortakoy Synagogue
- Połtawsk Jewish Community
- Shirat HaYam
- Siktus-Jewish Community
- SOJA
- Talmud Tora
- Talmud Torah
- Temple Israel Cape Town
- Temple Shalom of Ontario
- The Harare Jewish Community
- The Jewish Youth of Athens
- Tzedeck In Ghana
- UUS-Jewish Schools
- Union of Jewish Women, Pretoria
- Union of Jewish Women, Cape Town
- Union of Jewish Women, Durban
- Union of Jewish Women, East London
- Union of Jewish Women, Johannesburg
- Union of Jewish Women, Port Elizabeth
- Zwi Perez Chajes Schule
It’s never too early to start planning for Mitzvah Day - so get ready for 19th November 2017!

There are also opportunities to volunteer all year round, as part of Mitzvah Day 365. Please get in touch for ways you can support great charities throughout the year.

Save the date!
19th November 2017

What Mitzvah can we do?
Join 40,000 people on 19th November 2017 to volunteer for the community around us