



I wonder what the word 'change' means to you. Is it the small coins you have handy for parking meters or children's pocket money? Or maybe it is a variation in what needs to be done? Less likely, I would suggest, is a sequence in a peal of bells.

We often hear the expression that we live in a world of change. Recently we have had a change of Government. We certainly know about technology change - today's must-have electronic device is obsolete tomorrow.

At Rosh Hashanah, we eagerly anticipate the year to come while, at the same time, review the one which has just passed. We look at what we have done, where we are now and, sometimes, think about how we can make changes in the future.

Change matters. It can give us another chance. But some people find it hard to cope with change. These are people who, through a variety of circumstances, find themselves in challenging situations. Sometimes there are things they can't change - the loss of a loved one, the end of a relationship, financial pressures. Perhaps they want to make personal changes - to improve their self esteem, to deal with being bullied.

If anyone you know is having difficulty with a particular change, maybe Raphael can help. At Raphael they can receive confidential support from a highly professional team of counsellors in the secure knowledge that, whatever their problems or financial circumstances, they will not be turned away.

Please help make change happen.

Roberta Coffer - Chairman

Raphael – The Jewish Counselling Service  
0800 234 6236  
[www.raphaeljewishcounselling.org](http://www.raphaeljewishcounselling.org)