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Did you know that some gynaecological cancer symptoms often mimic typical age-appropriate health signs? Learn what to look out for, when to seek assistance and how to deal with concerns.

#### Recommended for age 40+

Doors open at 8:00, Event starting at 8:30 sharp

Have your questions answered by the experts.

Free admission

A woman's only event.

Event introduced by Mrs Chaiky Halpern (Kallah teacher)

Dr Veronique Berman BSc PhD Scientific Advisor & Community Development Manager

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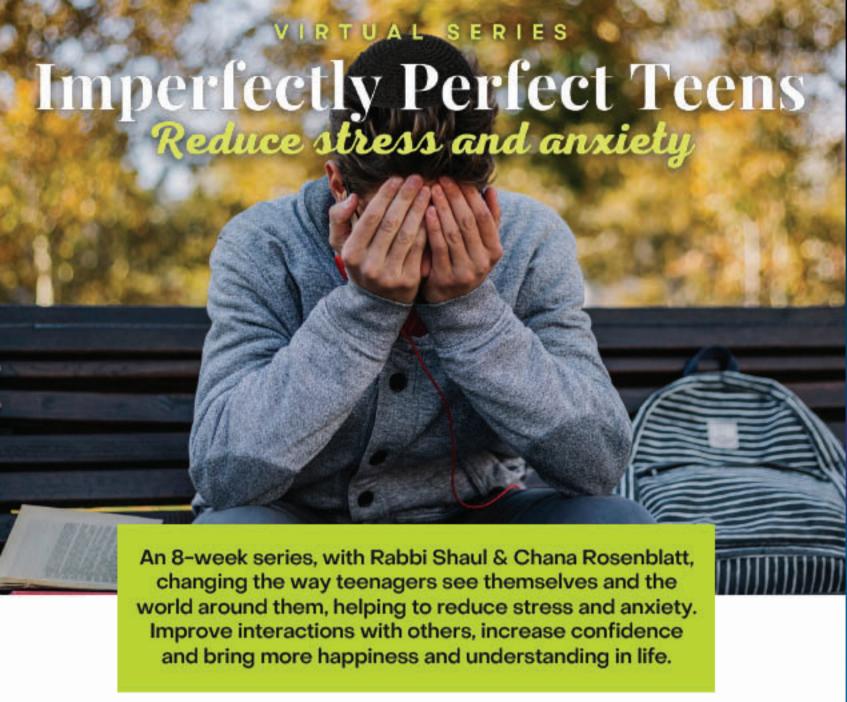
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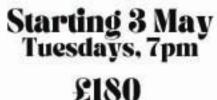
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Shaul: Director of Rabbinic Training Academy and Better World Charity. Chana: Founder, CR Practice, Three Principles Educator for 10 years. Chana is a regular presenter at seminars around the world and speaks annually at the 3PUK conference in London.



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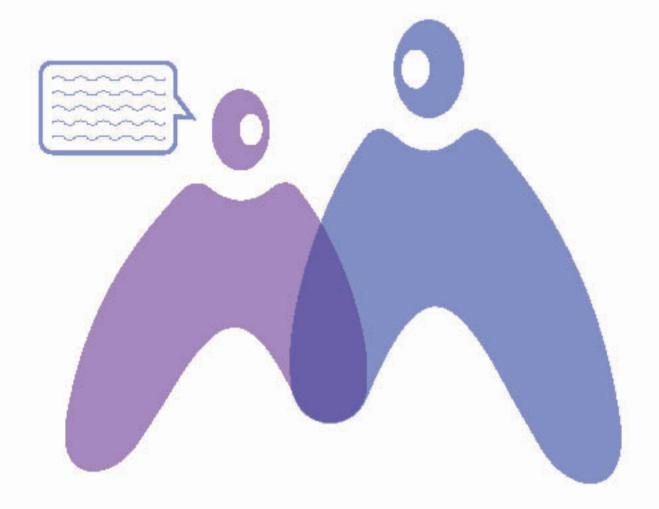
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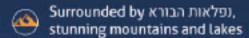


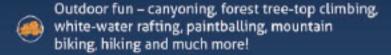
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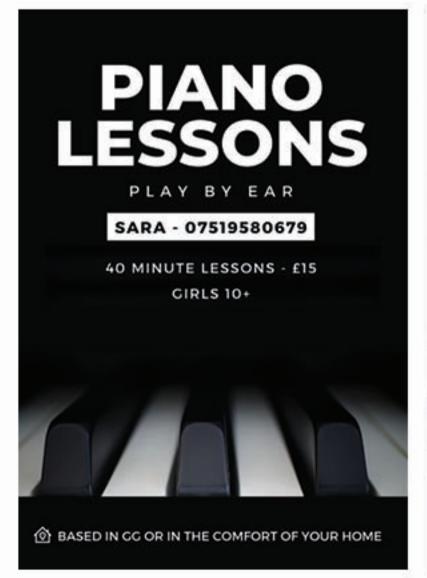


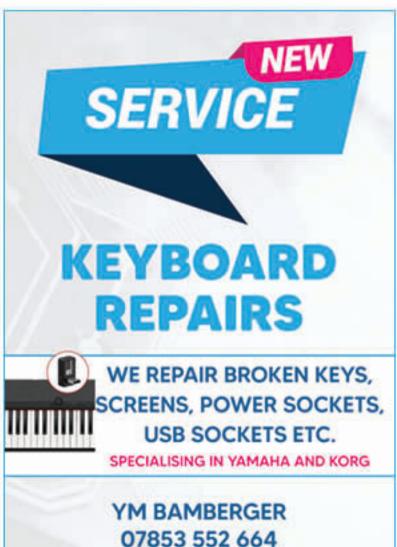
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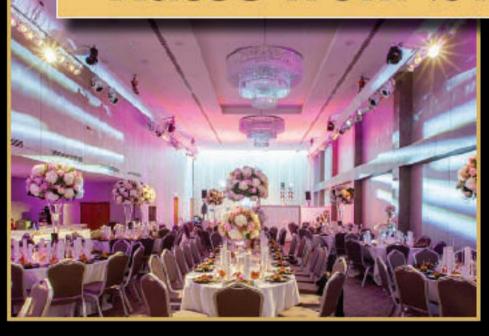
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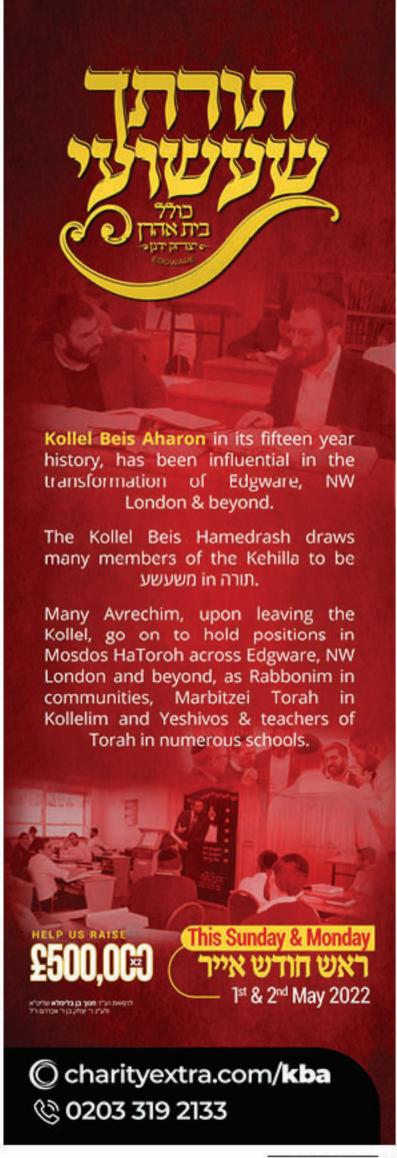


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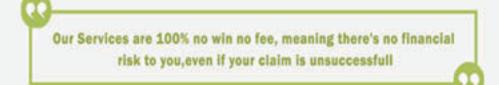


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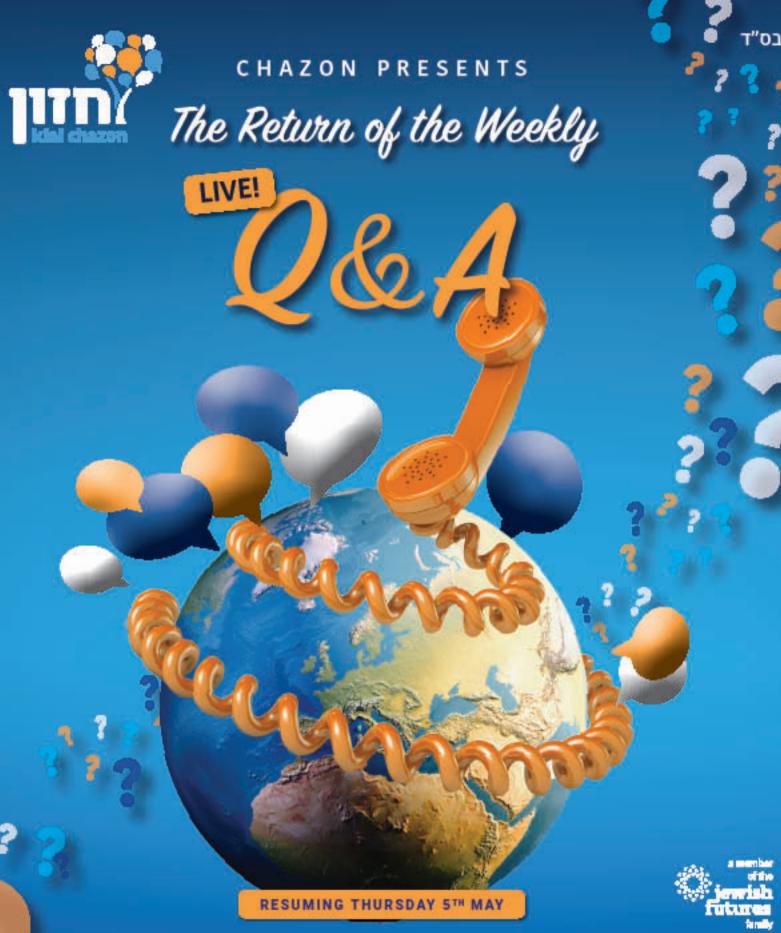
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info@ljfc.com | 020 8209 1117

## STAY AND PLAY

Monday, Tuesday, Wednesday, Thursday 10.00am-12.15, Monday, Tuesday, Wednesday, Thursday PM 2.00-4.15pm, Also Sunday 2.30-4.30pm. £4 per child per session

## MUSIC AND MOVEMENT WITH TALYA

Wednesday and Thursday mornings 10.15am-11.00 includes Stay and Play until 12.15pm £5.50 per child To book please call/text Talya on 07725 836 957

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(Avigayil Waller BSc (Hons) is an Occupational Therapist and Sensory Integration Practitioner)

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starting Monday 9<sup>th</sup> May, for 4 weeks course, must be prebooked, limited spaces, 12.45pm-1.45, for mums with babies who are not yet crawling. £7.50 per session, £28 if all 4 sessions are prebooked.

## **BABY CLINIC**

Thursdays, every 2 weeks (at the moment), starting 5th May Book an appointment by calling 020 8209 1117 or email info@ljfc.com, please bring your red book. 10.00am-12.00. no charge.

# SUNDAYS AT LJFC:

# BAKING WITH AVIVA

Sunday afternoons, 3.00-5.00pm Every first and third Sunday of the month starting 15th May.

# SUNDAY ARTS AND CRAFTS

Every Sunday afternoon 2.30-5.00pm

## STAY AND PLAY

Sunday 2.30-4.30pm.

Sunday costs: £6.50 per child for all activities. No family pays more than £30

Baking only: £5 per child | Arts and Crafts only: £5 per child

Stay and Play only: £4 per child

# CLAY CAFÉ

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For all Family Support Services please contact Miriam Coleman: email: miriam.coleman@ljfc.com | mobile: 07444 417 668.



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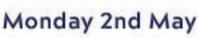


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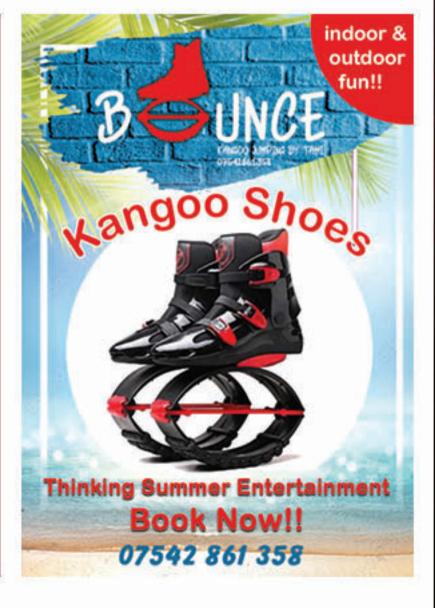
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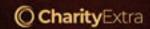
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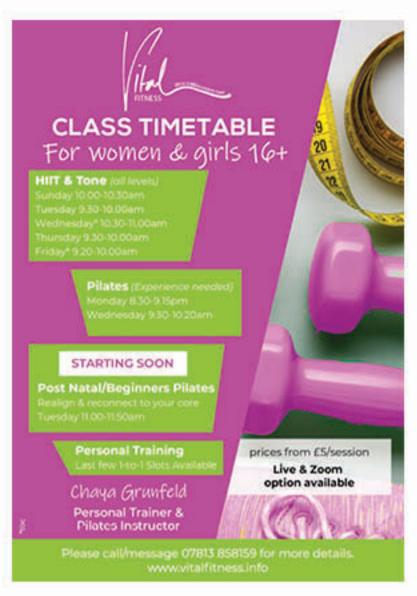
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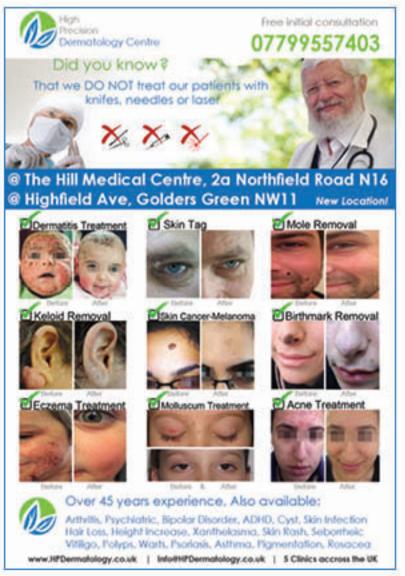
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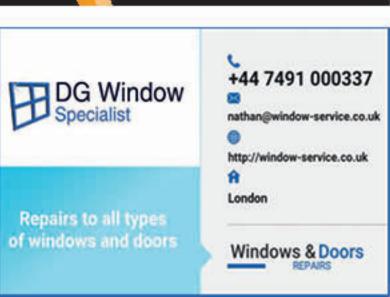
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For more info/to make an appt. call: Suri Elias Yerushalayim: 075.111.827.20 (Israeli Number - 972548429194.)

#### Classified

#### Misc.



Ovulation & Pregnancy test strips gemach 50p a piece. Please call or text: 07950 406 522

Have you or someone you know moved to Golders Green or Hendon? Please text us your / their details, name - address - phone number & we will give you / them a FREE welcome pack. Please call:

Ricky: 07973 360 274 Chani: 07779 061 385 Edgware text Tanya: 07506 274 540

The Clothing Drive. Collecting mens, ladies & children's clothing, shoes & linen in any condition. Shoes (only full pairs), pack separately. Towels, tablecloths, & linen, pack separately. £2 collection (more then 10 bags may be more). Call/text 07411 229 354 or 07411 227 673

### To Let



MANCHESTER, PRESTWICH: LUXURIOUS GUEST HOUSE, Sleeps up to 10 plus cot. Downstairs Bedroom, Shower, Toilet. Close to Shuls & Shops. Linen & Towels, Hot Plate.. Perfect for Visitors, Mechutonim, Chosson & Kalloh, or a Holiday.

Call/text 07772 779 756 | bishopslodges.com

2 X brand new one bed flats in central golders green, Kitchenware provided, Bedding provided Self check in + out, (min 3 days).

Available immediately. To book, please email shortstaygoldersgreen@gmail.com



#### Useful numbers

#### **Organisations**

Contact Info

HATZOLA	0300 999 4 999		
HATZOLA EDGWARE	0303 888 9999		
SHOMRIM 24 HOURS	0300 999 1234		
CHAVEIRIM	0300 0700 999		
EMERGENCY	999		
BONEI OLAM	020 8455 4321		
CAMP SIMCHA	020 8202 9297		
CHANA	020 8201 5774		
CHAI CANCER CARE	020 8202 2211		
CHEVRA KADISHA NW	0300 111 1122		
CST	0800 032 3263		
EZRA UMARPEH	020 8211 1010		
BEREAVEMENT SERVICE (JBCS)	020 8951 3881		
KOL HALASHON	020 8191 7000		
KASPA SECURITY	07880 435 747		
LECHEIRIS	0300 303 4747		
LEV ECHOD CANCER CARE	07870 351 436		
MARS REFUAH	020 3322 8586		
MESILA	0333 344 1711		
MISASKIM GG	0300 111 0333		
MISASKIM EDGWARE	07989 999 645		
MINYAN LINE NW	020 3670 6130		
NSHEI CHAYIL	07574 018 331		
PAPERWEIGHT	0330 174 4300		
RELIEF	03333 445 595		
SHEMA KOLI	020 3670 1818		
SHIDDUCH PROJECT	020 3240 0117		
SHMEICHEL	020 8800 0008		
TAG GG	020 7112 4848		
TAG EDGWARE	020 8952 5666		
TAHAREINU	020 3769 2941		



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#### TO LET Broughton Park Luxury Apartment in Prime Location

- 2 Bedrooms including exceptionally large Master Bedroom with luxury Ensuite Bathroom
- Located on Old Hall Road, overlooking Broughton Park/Lake
- Completely refurbished throughout to a high standard
- Brand new kosher Kitchen with 2 sinks, 2 ovens and dishwasher
- Available immediately on long-term basis

> Ideal for retired couple

£1250 PCM

Call/Text: 07800 863 146

# OFFICE SPACE TO RENT

172 Sq. ft (room in a shared flat - suitable for 2-3 persons) available with parking in the heart of Golders Green.

Rent £595.00 pcm.



Call David Blachman 07976 250 056

#### SHORT & LONG TERM LET

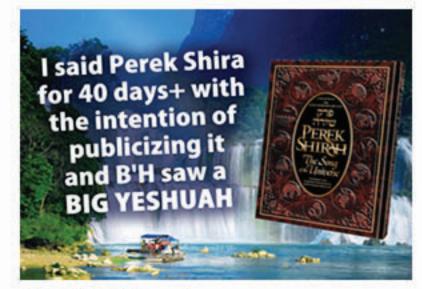
IN EDGWARE

2 bedroom hotel style little house, kosher kitchen/diner,own entrance, private garden

£70 per night (min 2 nights) |£420 per week|£1400 per month Available from 28th April

> Please contact 9587493@gmail.com 07815972427 | 02089584951











## THE SWISS METHOD

Join the most popular and comprehensive antenatal course

#### COURSE INCLUDES:

- Breathing, positions and exercises for labour
- Pain relief and interventions
- Deep relaxation techniques
- Private, group and skype courses available
- Working in conjunction with the labour coaches
- Your pregnant body
- Understanding labour
- Breastfeeding
- Post natal care
- Free labour pack



#### BOOK NOW FOR EXPECTED BIRTHS JUNE-AUGUST

'Sometimes we joke that we're raising 'J' with 'The Swiss Method' lots of love and counter pressure, and breathing through the difficult stuff:)' - Netanya

FOR MORE INFO PLEASE CALL TSIPPY, s.a.f.e. cert, spinning babies cert, rebozo, 02087317130 / 07530758887 or visit my website WWW.THESWISSMETHOD.CO.UK

#### Office Admin & Secretary Positions

Smartlet Estates, an Estate agency based in North London is looking to recruit a full-time office Admin and a Secretary to join our rapidly growing company.

The secretary is primarily responsible to take calls, schedule appointments, deal with incoming emails, data input etc.

The admin is primarily responsible to deal with new tenants, drafting tenancies, rent collection, billing, client communication, etc.

The candidates should be computer literate, have excellent customer service skills, be organized and able to work on own initiative.

There may be an opportunity to progress into a leadership role.

Great remuneration for the right candidates.

Experience preferred. Training provided.











# **JOB OPPORTUNITY**

A busy property office in Stamford Hill has vacancies in lettings and maintenance departments.

This a great opportunity for anyone interested in gaining experience in the property sector.

This job offers lots of potential in a nice female environment.

#### Applicant should be:

Organised

Passionate to work and be able to take responsibility Looking to commit for long term Work on her own initiative and as part of a team.

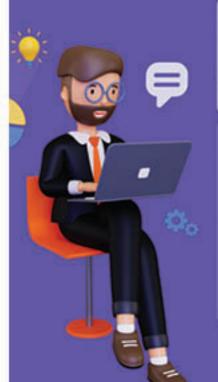
Experience is a plus however not essential and full training will be provided.

PLEASE SEND YOUR CV TO GGJOBVACANCY@GMAIL.COM



# WE'RE HIRING





#### Head of Sales/ salesman

Permanent position & full time

You must be:

- \*Highly organised and goal driven
- \*Able to take the business to the next level
- \*You must have your own car, be outgoing, and energetic

Administrator
Full time & permanent

You must have:

- \*Experience & Good knowledge with IT and excel
- \* Hands on
- Organisation and management skills
- \* car preferred

Edmonton N18
Send your CV to: info@sovafoods.com







תלמוד תורה פרדם

Pardes House Kindergarten

Hendon Lane London N3 1SA Tel: 020 8371 8292

#### LOOKING FOR FULL/ PART TIME STAFF

to start immediately

If you are passionate about working with children

Please send your CV to pardeskg@gmail.com or call 07806228541 for an application pack.

> Preferences will be given to qualified applicants.







תלמוד תורה פרדס

Pardes House Kindergarten

Hendon Lane London N3 1SA Tel: 020 8371 8292

#### LOOKING FOR FULL/ PART TIME STAFF

to join our team in September 2022

If you are passionate about working with children

Please send your CV to pardeskg@gmail.com or call 07806228541 for an application pack.

> Preferences will be given to qualified applicants.

# job opportunity

Property company looking for a secretary

please contact mendel.dlux@gmail.com



Recruiting

#### Part time Pre nursery (PM) keyworker

to start immediately

We are looking for enthusiastic, warm and caring staff member who will join our vibrant and dedicated team.

Excellent remuneration for the correct candidate. Creche on site.

For an application form please email the school office at earlyyears@peninim.co.uk or contact Mrs Liebowitz on 07508 521 456

Address: 37 Directoft Concent Landon NW11 972 Phone number; 520 9004 2234 | Small: earlyyears@perinim.co.uA

# DON'T GET BURNT TWEET

When fire wreaks its terrible destruction, the last thing you need is endless hassle fighting for your insurance payout. Knights expertly handles the entire process, maximising your settlement and getting your life back on track faster.



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- Claims handling
- Legal representation
- Emergency repairs

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E. info@knightsclaims.co.uk

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Knights Insurance Claims Consultants is the treding name of CBW Group Lide Nich is sufficient and regulated by the Financial Conduct Authority. (Firm Reference Number: 90:9027)

## Information Page

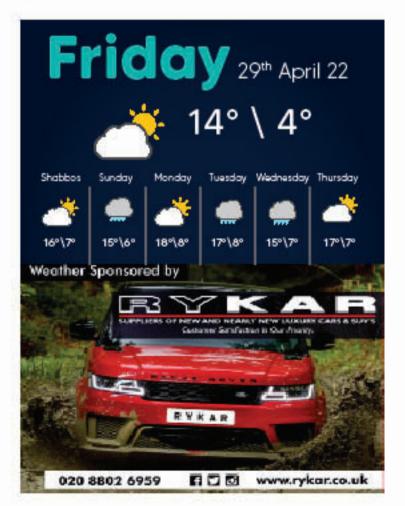
# Currency Exchange



Code	Currency	GBP \ Unit	Units \ GBP	
EUR	Euro	£0.84	1.17	
ILS Israeli New Shekel		£0.23	4.17	
CHF Swiss Frank		£0.82	1.21	
USD	US Dollar	£0.71	1.31	

Based on Wedsesday's Rates | Hidmarket Bates





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ISRAELI SIM CARDS

(No contract)

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7 Days 15 Days 30 Days £18.50 £24.50 £29.50

Option: UK number (+£6.50) You remain reachable at your home country's local rates Unimited Calls (fair usage) to all destinations in Israel 500 min

to mobiles and landines in UK, France, USA & Canada Texts

to mobiles in Israel 60 texts to UK, France, USA & Canada Data

10 GB high speed 4G+

Yearly Bundle: £185 Group orders welcome

#### KERNEL BIOLABS

Cheapest travel tests in NW London!

PCR test only £30
Antigen test only £10

Sunday - Friday: 9:30am - 12:30pm

Saturday: 30min - 75min after Shabbos ends

113 Shirehall Park, NW4 2QU

No booking required during these times, call for appointments at alternative times.

Same day results. Government approved fit to fly certificates.

Home visits: PCR £45, Antigen £25

Please call us on 0203 576 0177

to make an appointment

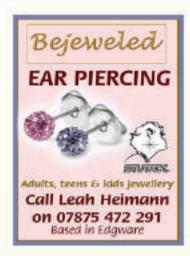
לו"נ הקרוש תבה"ח שפואל אליהו הי"ד כ"ר נתן פרץ יכלח"ט

## **Daily Times**

1	Friday	Shabbos	Sunday	Monday	Tuesday	Wedesday
שקיעה	8:20	8:22	8:24	8:25	8:27	829
לילה	9:18	920	9:22	9:24	9:26	928

### **Business Directory**

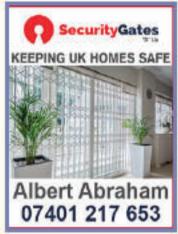














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# MINUTES WITH... REB DOVID NOACH OLSBERG Committee Chairman



You are known to be involved in many worthy causes in town. What made you become chairman of this particular committee?

It has been an honor to work with the Rosh Yeshiva, HaRav Yisroel

Aaron Schwalbe shlit"a whose passion and understanding of today's bochurim is unique. He has put in all the ingredients necessary for a bochur to really shteig in his learning. Boruch

Hashem his efforts have borne fruit with the flourishing yeshiva we see today.

Since when have you headed the committee, was it a recent development?

No. It actually began nearly 7 years ago when the Yeshiva opened with a small

group of bochurim. It has since grown to 3 shiurim with close to 40 bochurim. As well as 13 incredibly devoted Hanhola members, committed to developing the kochos of their talmidim in Torah veyiras shomayim.

So it must be quite a
source of nachas
for you to watch
the new building
develop?

Absolutely! It's been painful to see them cramped into

a converted residential house all this time and to be honest, I'm not sure how they managed. There aren't even adequate shiur rooms and the dining room is in a portacabin, which cannot fit all the bochurim at once.

The plan to move into this purpose built Yeshiva building is not a luxury but a necessity.



#### Apparently they're already at advanced construction stages, is that correct?

Yes, Be'ezras Hashem, with the generosity of Acheinu Bnei Yisroel, a large percentage of the construction has been completed. With the success of the upcoming crowdfunding campaign, they will be able to complete the rest of it.

This project is particularly close to my heart as I'm a talmid of the Manchester Rosh Yeshiva zt"l and it's so heartwarming to know that after all these years the entire building will once again be filled with the sweet sound of Torah.

#### Do you have a short parting message for the readers?

There's only so much the committee can do. It's really up to you!

I have seen firsthand the extraordinary success of the Yeshiva and concurrently the huge financial burden of daily expenses as well as construction costs. The z'chus of supporting such a choshuve Yeshiva is unfathomable.

May HKB"H repay all those that stand by the Yeshiva's side with kol habrochos hakesuvos batorah!





1-2 MAY THIS SUNDAY & MONDAY THE TITLE TO TH

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8 - 9 MAY