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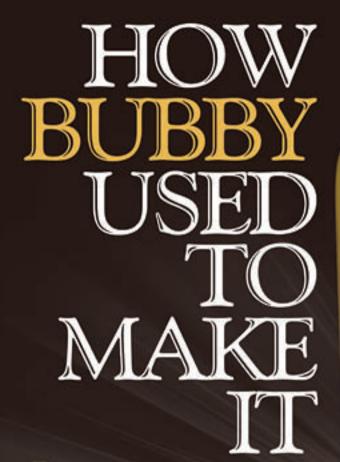
Great ads combine killer copy with beautiful artwork.

We've got the copy.
We're hoping you're our graphic designer...



Freelance graphic designers, let's chat!









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LADIES PROGRAMME

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Limited spaces | Ages: 0-2+ years





CHAZON PRESENTS



LADIES LEARNING PROGRAMME



Golders Green

TRUE GIVING

Rebbetzin Blimi Jungreis

Wednesday 23.2.22 ב"ג אדר 8:30pm **Golders Green** 

IT'S TIME FOR AN UPGRADE!

Dayan

Yehoshua Posen שליט"א

Tuesday1.3.22 ב"ט אדר 8:30pm Edgware

THE AIR

Rabbi Y M Guttentag שליט"א Wednesday 2.3.22 ר"ח אדר ב' 8:30pm



'∏ IN OUR LIVES

Rabbi Shraga Kallus שליט"א Tuesday 8.3.22 ו' אדר ב' 8:30pm Golders Green

WHY WE REMEMBER

Rabbi Shimshon Silkin שליט"א שבת פרשת זכור ט' אדר 12.3.22 4:45pm





If you are not yet registered contact
Klalchazon.org | reconnect@chazon.org.uk | 07545 367 975





## THIS SUNDAY & MONDAY

YOU CAN MAKE THE DIFFERENCE

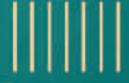


י"**ט - כ' אדר א'** 20-21 FEBRUARY

YOU know them, they know YOU!



י"ט - כ' אדר א' 20-21 FEBRUARY





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THE SUPPORTER OF BRITISH FAMILIES IN ERETZ YISROEL

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PGDK DROP 1 HAS ARRIVED!
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CHECK OUT OUR JILL& p-1nt SS22 COLLECTION!

WINTER SALE!

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Sunday-Thursday 10am-6pm Friday 10am-1:30pm



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HENDON	136
OTHER	47
EDGWARE	33

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ירושלים	523	עפולה	13
קרית ספר	247	Zen	12
בית שמש	189	גבעת זאב	11
בני ברק	146	קרית יערים	10
שאר	96	חיפה	8
אשדוד	59	נתניה	5
ביתר	48	ערד	4
אלעד	24		







THE SUPPORTER OF BRITISH FAMILIES IN ERETZ YISROEL

## HELPING REGULAR PEOPLE IN IRREGULAR CIRCUMSTANCES



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presents

## Descending into

### HOGWARTS

Join our cast of Descendants on their magical journey to Hogwarts in their quest to find the most powerful spell for good to conquer evil!

### **Auditions:**

Sunday 27th Feb chorus & 6th March lead parts

We will be auditioning for a cast of ladies and girls (age 10yrs plus) to make up the principle roles and to perform some show-stopping chorus numbers in our eagerly anticipated summer show!

To perform alongside our DWL dance school classes.

To register your audition and to find out more, email: info@dancingwithlouise.com

Show date: 10th July 2022



Ladies only



DANCE GYMNASTICS

Starting 24th February

TO JEWISH + BEATY MUSIC for girl

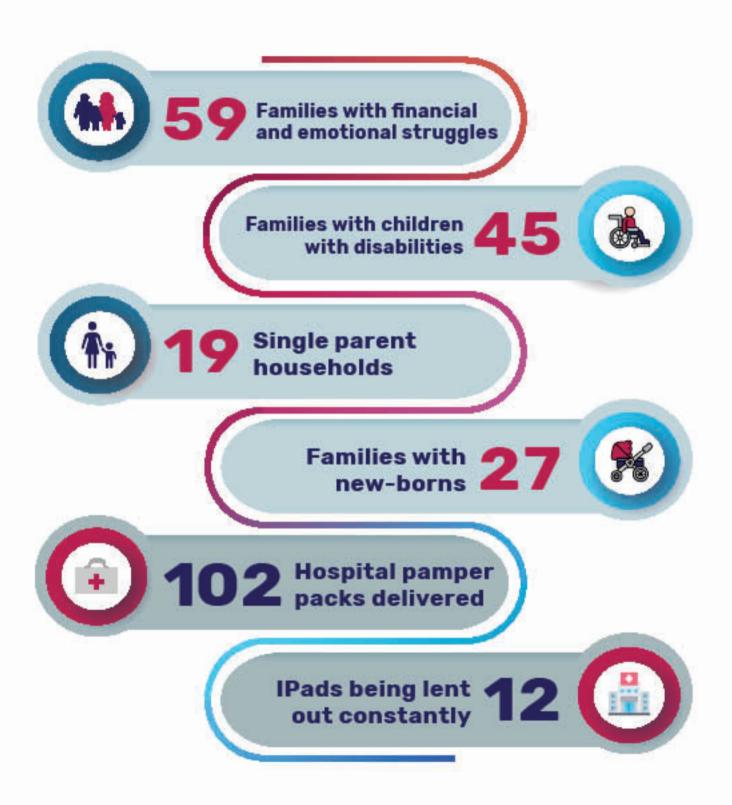
Thursday

at Mathilda Marks Kennedy School, Hale Lane, NW7 3RT 5.05 - 5.50pm: 5-7 years

5.55 - 6.40pm: 8-11 years



## THIS YEAR 150 FAMILIES RECEIVED WEEKLY OR DAILY SUPPORT



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Strategies

## Parent



#### PARENTING BACK ON TRACK

#### Schedule for the community

20

Rabbi M Herman "

Striking the balance between love and discipline

27

February

Rabbi M Herman

Sibling Rivalry 06

March

Rabbi D Brezak "

Chutzpah Part 1

13

Rabbi D Brezak "

Chutzpah Part 2 20

March

Rabbi D Brezak "

Chutzpah Part 3

#### Geared to parents of younger children

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ZOOM MEETING

ID: 890 1561 6926

PASSWORD: 613

MEETING TIME:

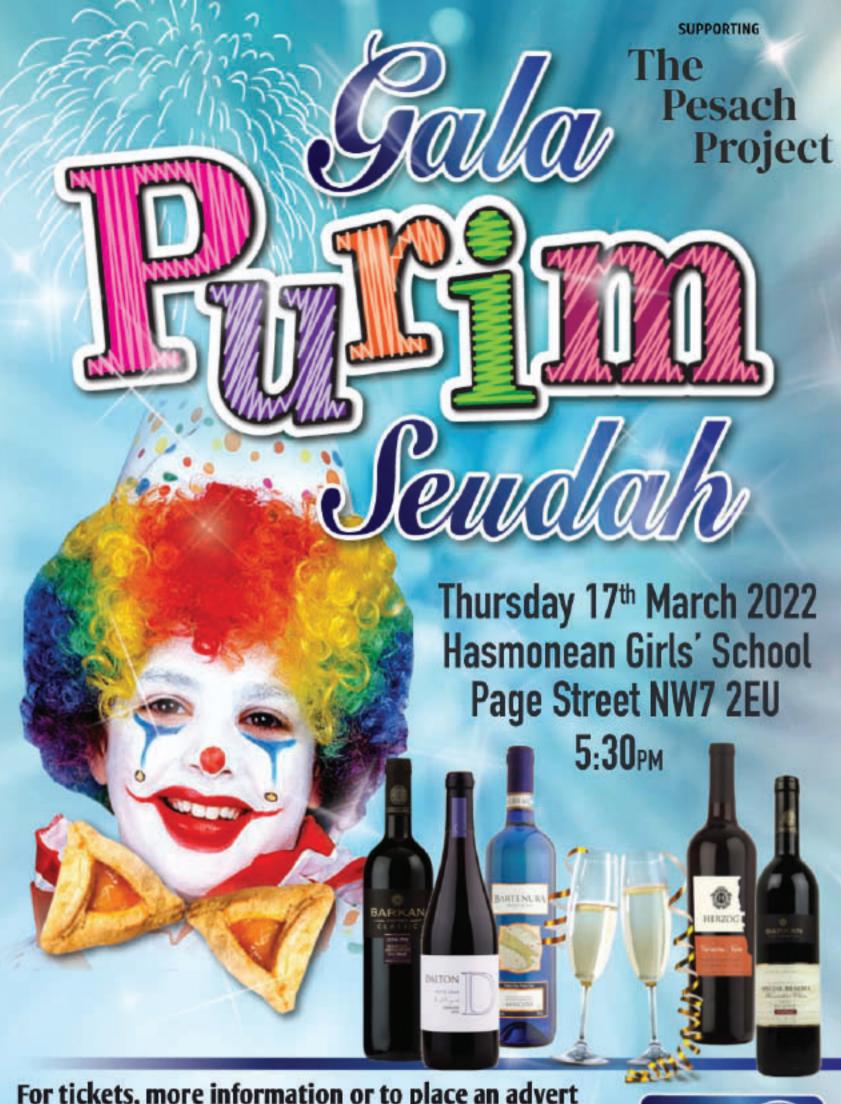
9:00 PM UK



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OG FOREVER MANCHESTER Questions for the speaker can be submitted to: admin@dorldor.co.uk 0754 3470 028



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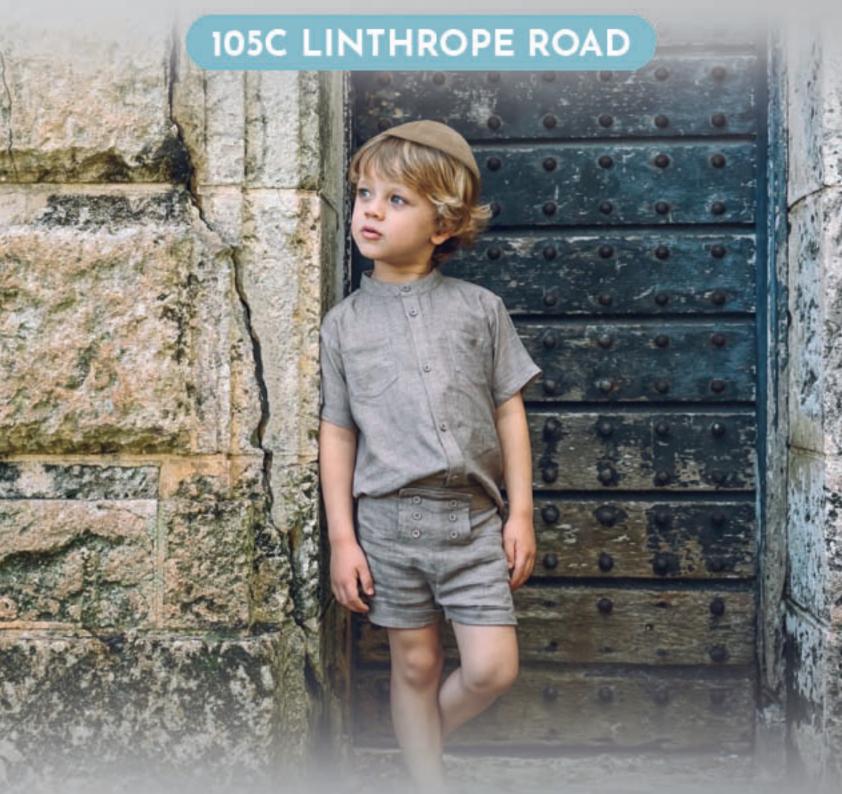




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Haray Refael Abuchatzeira shiita

Head of the Maskil L'Dovid institutions in Meron











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Mobile: 07425.517.469

Email: meronluton2022 @gmail.com

## Say Goodbye to Sick Days!

When you or your child has either the flu, a sore throat, a cough or a cold this will help getting better quickly!





Please call 020 8806 3027

### ADHD recognition and management in the mainstream school

"The Route to academic success in Kodesh and Chol for the child with attentional difficulties."



Dr Federico Campos The role of diet and sleep in attentional difficulties



Dr Giovanni Giaroli Medication and attention: What do we need to know?



Avremi Rosenberg Academic success for the child with attentional difficulties

Sunday 6th March 2022 Venue: Tiferes Shlome School Hall, Danescroft Avenue. NW4 2ND HENDON

Time: 8:00pm - 10:00pm

Monday 7th March 2022 Venue: Yesodey Hatorah Primary Girls School, Hurstdene Gardens, N15 6NA STAMFORD HILL

Time: 8:15pm - 10:15pm Free Entry-Men & Ladies welcome

The Giaroli Centre are a dynamic team of Consultant Child and Adult Psychiatrists. The clinic is leading in innovation and evidence based medical treatments for attentional difficulties and autism spectrum conditions.

Avremi Rosenberg is a qualified and BACP accredited counsellor. and coach specialising in the treatment of attentional and behavioural issues presented by children with autism and ADHD.



For more details email **Avremi Rosenberg** 

info@avremirosenberg.co.uk

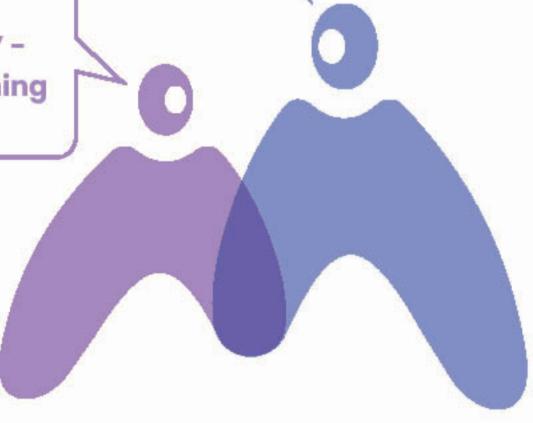




### Warning: Myth Alert!

You've been really low for months; are you okay?

It's just the 'Baby Blues' there's nothing I can do...



#### Let's Bust 3 Baby Blues Myths

Myth 1: Baby Blues can persist long after birth.

Fact: Whilst unpleasant, the Baby Blues that accompany postpartum hormone changes are a normal part of life. In 80% of women they resolve within 14 days.

Myth 2: The Baby Blues need to be treated.

Fact: Whilst feeling awful at the time, Baby Blues don't need treatment unless your mood feels uncontrollable, or you're not sleeping - which for some women may be a sign of something worse.

Myth 3: They always go away by themselves.

Fact: In most cases Baby Blues resolve within 14 days with no need for treatment. If symptoms do persist beyond 14 days, call us for a chat; it could be something more serious and early intervention can help prevent escalation.

www.menucha.info

Under the guidance of Rabbi S FZimmerman and endorsed by local Rabbonim.

Menucha is here to provide understanding, non-judgmental advice, specialised therapy services, and referrals.

Call us on

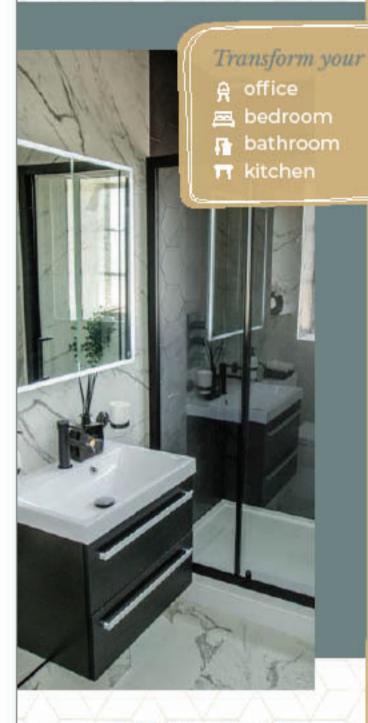
0300 222 5764

Monday - Friday: 9.30am - 1.30pm Monday - Thursday: 8pm - 10pm



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\*Including Ikea, Wayfair etc.



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## Unexpected expenses throwing you off balance?

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2-3 March // ער"ח - ר"ח אדר ב'



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and morel

Sunday 27th of February 7pm till 10pm The OneStonegrove Centre, 5 Hayling Way, Edgware HA8 8BN

Support local business and Mother to Mother 0203 745 0955 · office@mtom.org.uk





Wishing our dear sister/aunt

Alice Laufer

# הצלחה Much

with the opening of



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Francis Klajman, Jecheskel & Nelly Ebert, Moishi & Shira Klajman, Leiby & Channa Friedlander, David & Rivka Liebermann, Danny & Ayala Markovic, Zvi & Dvora Ebert and Elozor & Hadassa Ebert



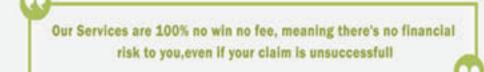


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Travel disruptions happen, but that doesn't mean you have to accept them.



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course

#### Our course covers:

- · What makes a charity
- · Who can set up a charity
- · How to set up a charity
- Benefits & restrictions of charities
- · What trustees do
- Financial record-keeping
- Compliance

The course will take place on

Tuesday 1 March 2022

11:15am - 1:15pm via Zoom

To book your place:

www.interlink-foundation.org.uk/before-you-start

or call the Interlink office: 020 8802 2469

Men only

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- Time management
- Create efficient processes
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  - Our experience was exceptional and consistently over delivered. A lot of time was spent listening and understanding how our organisation works and together with serior management set a clear vision for growth. A practical plan was then drawn up with much attention to detail. The results were beyond our expectation!
    - -M Cohen, Box Menachem







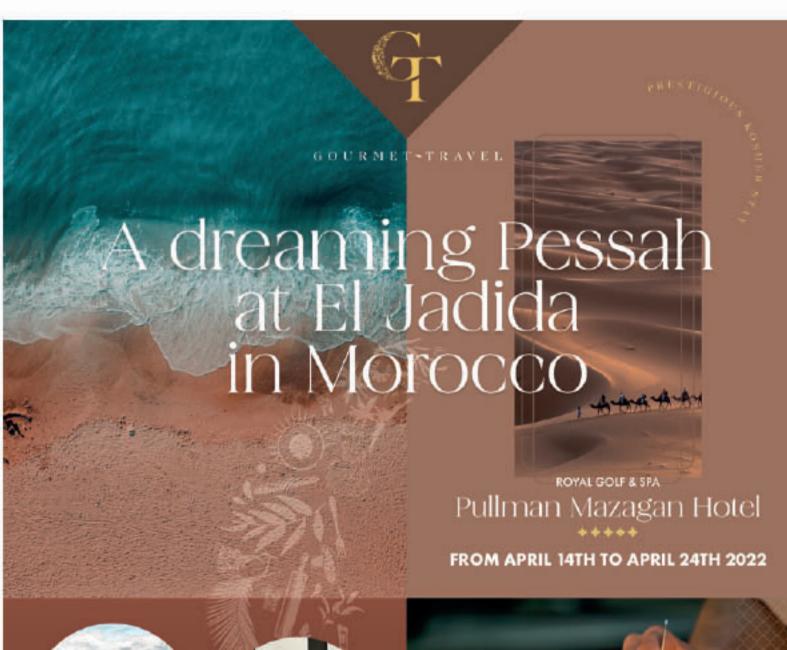
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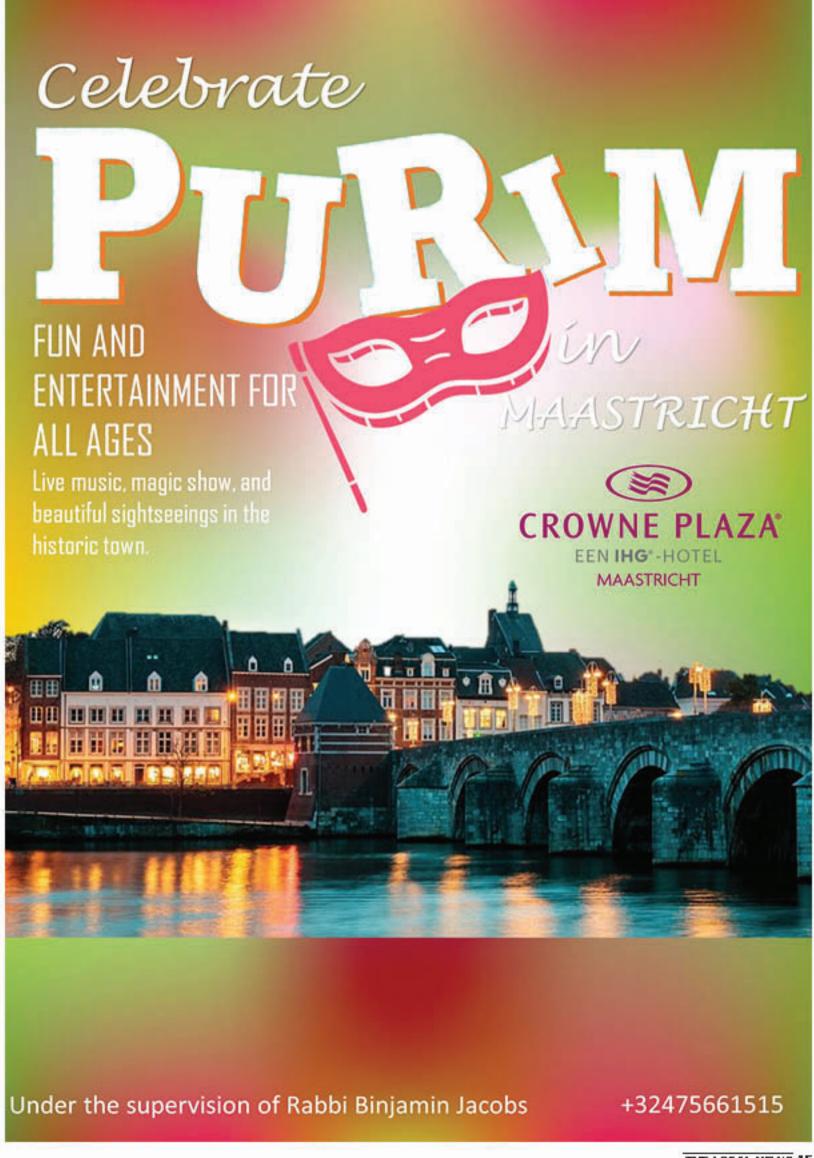
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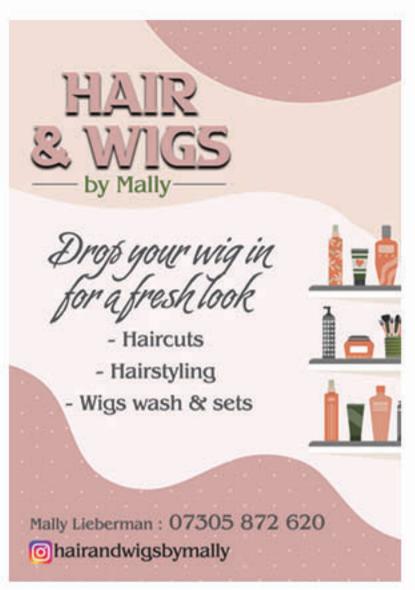
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No need to be registered for business rates

\* The grant will be awarded on a first-come-first-served basis

ICO protected



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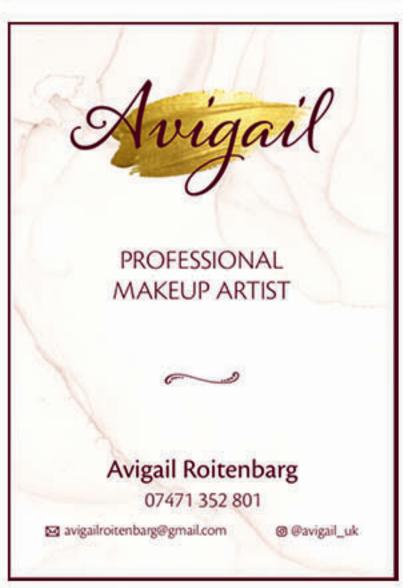
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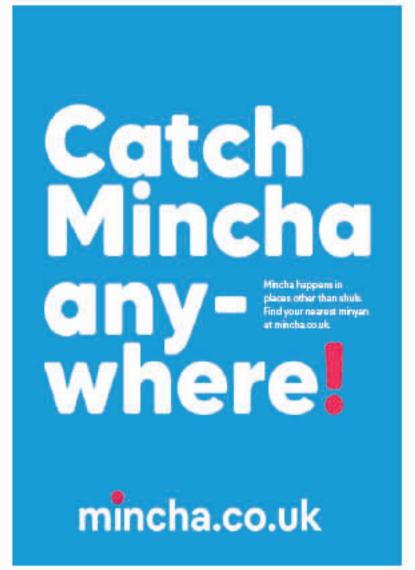
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Searching for your next job?

Our jobs board is bursting with opportunities!

Drop in for coffee, cake and a friendly chat with our advisers to work out which is right for you!

Taking place in our office WE Hub, N3

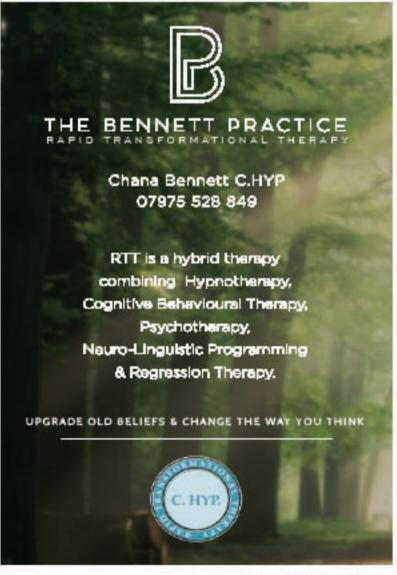


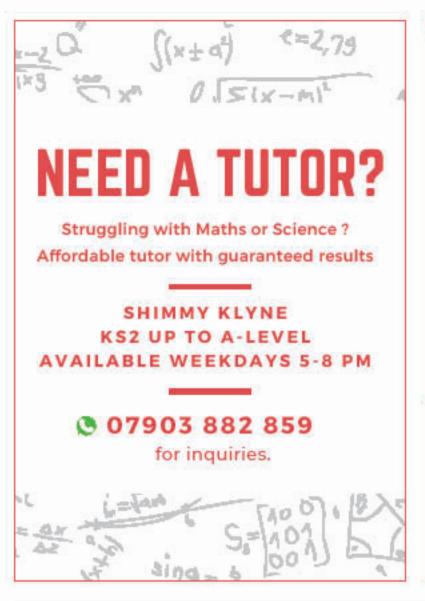


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http://personalempowermentservices.org/jportal.php

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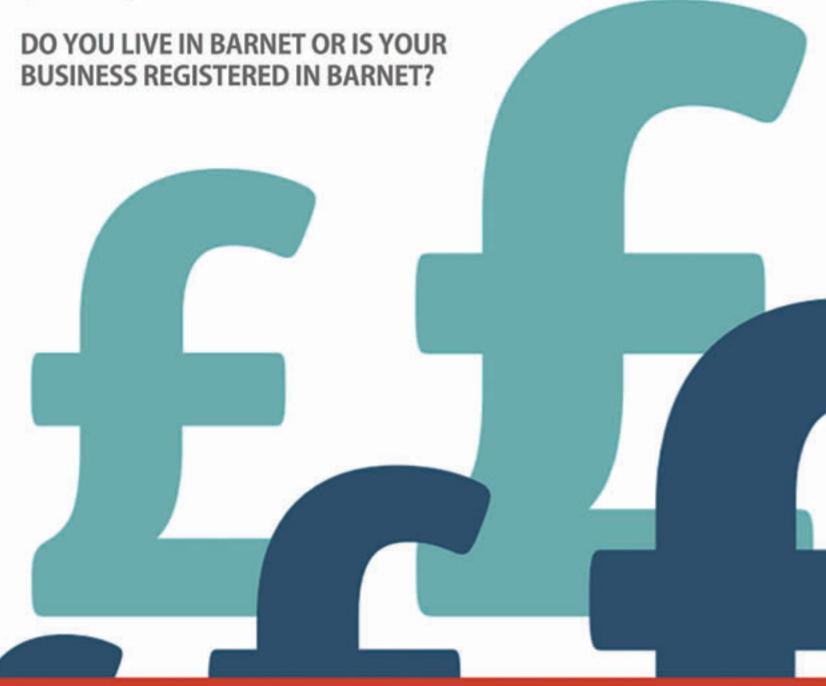
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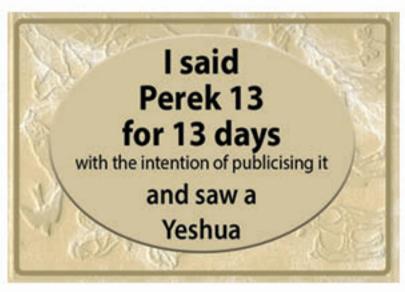
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Shema Koli supports victims of abuse and educates the community about staying safe.
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#### HELPLINE HOURS

Monday

3.30pm - 5.30pm

Tuesday

11.30am - 1.30pm

Wednesday

7.30pm - 9.30pm

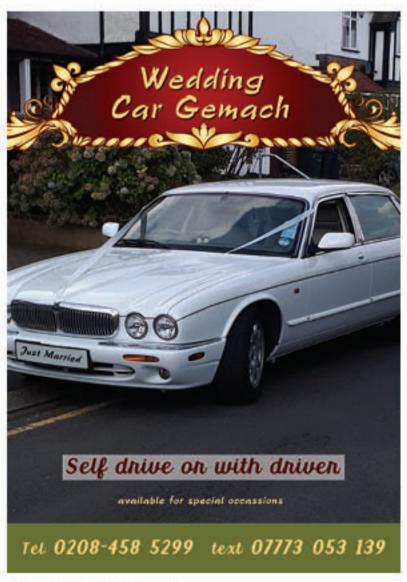
Thursday

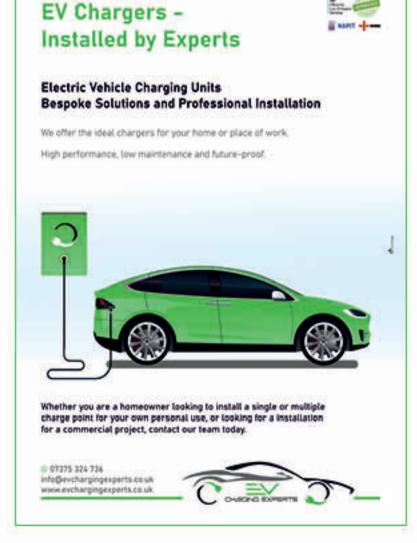
11.30am - 1.30pm















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We are seeking an experienced Operations Manager to join our Senior Leadership Team. The Operations Manager will be responsible for ensuring that the school operates efficiently and effectively, leaving the Leadership Team to focus on teaching and learning. The role covers the business functions of our school, including health and safety, human resources, compliance and administration.

- Managing facilities and line managing all non-educational staff
- Responsibility for compliance and health and safety within the school
- Managing the procurement process, including service contracts, licences and insurance
- Advising the Menahel, Headteacher and Governors' in financial matters

We offer an excellent working environment where staff are happy and positive. We are well-resourced and have a dedicated and knowledgable team.

Our school offers excellent training and a wide range of career development opportunities.

For more information and an application pack, please contact the School Office by emailing ecohen@beisyaakov.barnet.sch.uk or by phoning 020 8905 9590

Our School and all its personnel are committed to safeguarding and promoting the welfare of the children. This post is subject to an Enhanced Disclosure Application to the Disclosure and Barring Service.

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#### Featuring Ilana Toweg

a Shmitah-observant farmer featured recently in Family First magazine and at the Agudah convention!

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A farmer keeping Shmitah for the first time

#### The power of their Bracha

Shmitah-observance brings with it powerful bracha. This is your chance to tap into that koach, by getting a bracha from a farmer. Did you know? Rav Chaim Kanievsky urges people in need of a bracha to also seek out a Shmitah-observant farmer.



Nords of spiration

For more information, contact: chaya@nsheikerenhashviis.com

To learn more about N'shei Keren Hashviis or sign up for the video series: www.nsheikerenhashviis.com



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#### Useful numbers

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#### **Organisations**

Contact Info

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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
CST	0800 032 3263
EZRA UMARPEH	020 8211 1010
BEREAVEMENT SERVICE (JBCS)	020 8951 3881
KOLHALASHON	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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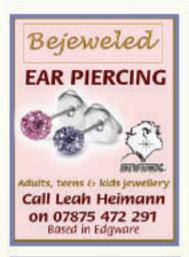


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#### **Business Directory**

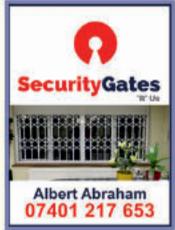




















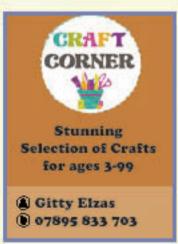




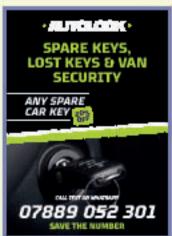












### Information Page

# Currency Exchange



Code	Currency	GBP \ Unit	Units \ GBP	
EUR	Euro	£0.83		
ILS Israeli New Shekel		£0.23	4.33	
CHF	Swiss Frank	£0.79	1.25	
USD	US Dollar	£0.73	1.35	

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### מנין צעטיל

#### פרשת כי תשא

#### שבת מנחה

א.בו בית אברתם, ברידום לי אב בו בין חיים, קחיליו אחל בקודו 25 Green Walk מית ישמר דוב, תורית משה Lee ed Cranbourne Gdns 1.30 770 1.45 BETTER TYPE BAR PRINT PRINT 3.15 איט מידו 3.34 ביה ישבר דום 4.34 4.35 ביה חפילה, עין חיים 4.46 בידי 88.8 בית אסרתם, קדילה אחל ביביר 517 WITTE 5.66 דאנספן רד, הודה חיים 18.8 מאמיב, המאדה ישראל 18.8 ביה ישראל, ביה שמואר ב"ע ב"ח, פחודקי חדש. heren ht. 6.10 100 1108 6.16 ביון ישבר רוב

#### ערב ש"ק

פנחה נדולה 201 1001 7/2 12.45 נק חיים 1.45 קהילה אהל משה מנחה וקבלת שבת אונה אברכים, אלכסנדר 100" "106 בית אמרכם, בית ישראל 7211 DISCOUNTED סיני, עין הרים קורלת אול משה DOME BYTE ברודוש ליין, מחזיקי חדם 5.04 נר ישראל, עלי פרון 12 בית ישכר דוכ 14.2 פור חדש, ראנסטן רד 2010 211 2010 / 0000 ממשרת הברשל 128 F110F 5.28 23 Green Walk

#### פרשת ויקהל

#### מעריב בחול

2 Danescroft Ave (1 - 2)

174 194 07 - 21

anse fora (272)

יוב, כ"נ ב"ד, מיר, השניאן עדה

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2200 6.11-6.86 14.6 ועב 0: בית ישמר דוב, מית שמאל וד ה): בית ישכר חב, בית שמואר

ישבר חבר ביו די

שמאל, ברווום לים

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217 7207 272 11.00

211 TOW 212 11.38 217 TOW 212 11.48

THE POWER

100" (73 (7 1)	6.15	10.00
171770	6.41	
person for the	6.10	
8781 NO 67 - 3)	6.25	
בית ישבר דוב, צי	1.00	
23 Green Walk	7.15	
בית ישבר רוב	T.20	
בית שמאל, ברוו	T.10	
בית ישכר דוב	T.40	
שוני, ק" אחל משח	T.43	
בת אברות, בית	8.00	
F 77880 (7 - 2)		
8711782 (1 - 2)	K18	
בית ישבר הזב	8.10	
אסרי שטר, מאסום	8.10	
בית יסכד דוב	8.40	
ברת ישכר רוב	9.00	
211 1201 712	9.19	
THE RESE	9.76	
277 7297 273	9:40	
חשראל עדת.	9.50	

#### מנחה כחול

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לו"נ הקדוש הכה"ח שפואל אליהו הי"ד ב"ר נתן פרץ יבלח"ט

# **Daily Times**

	Friday	Shabbos	Sunday	Monday	Tuesday	Wedesday
שקיעה	5:21	5:22	5:24	5:26	5:28	5:30
לילה	6:11	6:13	6:15	6:16	6:18	6:20

## Start a Campaign

Q

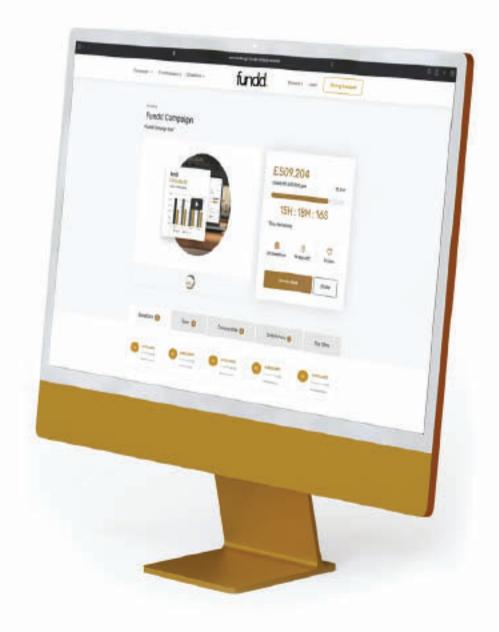
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