



בא השת ב - 21" January 2021 Starts: 16:17 Ends 17:29 (17:48)

reundtree 020 8203 2111 www.theroundtree.com

Affordable Plans
 Flexible Options
 Company Policies







020 3846 6745 info@samplanning.co.uk



$Hamps\underline{h}ireHeig\underline{h}ts$

Property Management

020 3976 8331 www.hampshireheights.com





Having a robust healthcare plan isn't a luxury. It's a must for anyone who could ever be ill and need the best care, in the fastest possible time, with doctors of their choice and no lengthy waiting lists.



Invest in your health today. Schedule your 15 min free consultation.

Yitzy Feiner
Executive Committee Member

Phone: 020 3348 9868

(Aspect Healthown Link is Authorized and Regulated by the Francial Conduct Authority (FCA), under first software sunder \$650.



Email: info@lifepointhealthcare.co.uk www.lifepointhealthcare.co.uk

PARK HALL SUITES

LUXURY APART-HOTEL IN MANCHESTER!!!!

Daily/Weekly/Monthly Stays - Hotel Style - Luxury Flats and Houses

Is the shouting at home hurting you?







B.E.S.T would like to thank...



..together with all of their shoppers for supporting the "round the pound" initiative. With your help BEST have been the recipients of significant funds during 2020, which have helped us support local schools with funding for new classrooms, playgrounds, educational software, computer equipment and much more!





Keep rounding the pound, you can make a difference!

B.E.S.T Supporting your local schools



COVID SECURE VIRTUAL WINTER SALE

12% OFF ENDS THIS SUNDAY 23RD JANUARY

COLLECTION AND DELIVERIES ONLY STRICTLY NO VOUCHERS . EXCLUSIONS APPLY

0208 209 1017

07957 162717 WHATSAPP, TEXT OR CALL

CHAIMBOOKS@BTINTERNET.COM

Answering your calls 10am to 9pm during lockdown









One off opportunity!

Buy 2 at half price 3rd ONE FREE

Gowns up to 60% OFF

1 WEEK SUN 24TH -SUN 31ST JAN



RRIVALS JUST IN FOR SPECIAL OCCASION WEAR

CALL & COLLECT

Daily between 11am & 4pm

For service & flair call Iti 020 8731 6065 - 07812 189 680

33 Highcroft Gardens NW11 | itigorgeousgowns@gmail.com





Conjunction







Fear and Faith in times of Crisis



Rabbi YY Jacobson

Thursday 28th January 8:30PM UK **3:30PM EST**

חיים הלל מאנוס בן יעקב משה, יהודה בן מרדכי, הענדל דבורה בת שרגא פייויש, צ'ארנא בת בצלאל רפואה שלמה: שלום ברוך בן רינה מרים

רפואה שלימה שרגא בן סלווי

הודו לה' כי טוב There are no words to thank 'n For all His wonderful proon Avi Yodaiken and family



Bank Details: Haderech Sort code: 20-16-08 Acc. 13774252





TorahAnyTime.com/ Haderech

The Yeshiva.net/7914

Call In:

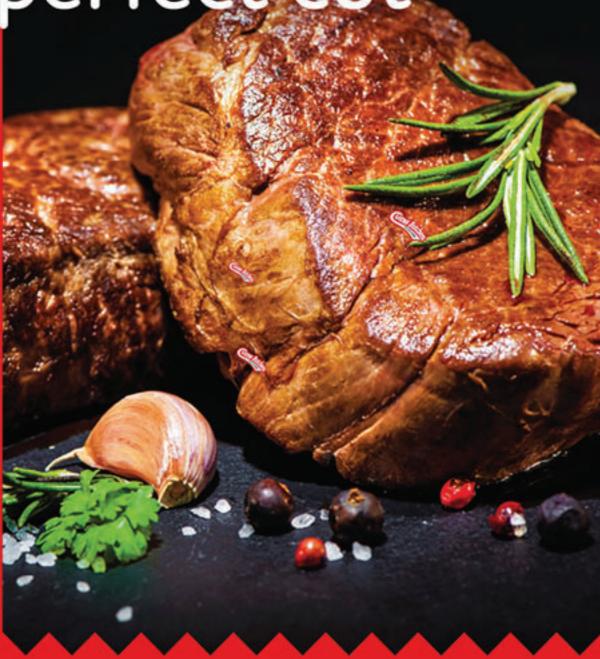
Step 1: 0208-080-6591

Step 2: Press 740-802-2530

For More Info: Chizukshiurim@gmail.com | +44(0)7837-330-622 | +44(0)7946-370-936



It starts with the perfect cut







020 8455 666 | GROSSMEAT@GMAIL.COM 6 Russel Parade, Golders Green Road, NW11 9NN









It's Time B (0880 M)

कारी सकारी की बीचाका स्टिक्टि को बीच

Fabulous offers on dried fruit & nuts
Great selection of exotic fresh fruit
Platters of 15 varieties



HIGH QUALITY LOW VOLTAGE



D. Sobel

- **2** 020 3514-6189
- **07380-437-118**
- info@esssecurity.co.uk
- www.esssecurity.co.uk





For a good night's sleep

Your Number One Mattress Experts!



- High quality
- Affordable prices
- Personal service

0333 305 2223 / 07837 666 201

sales@heimannbeds.co.uk





EST 1998

ORDER FOR TAKEAWAY & ON DELIVEROO

Sunday-Thursday 1150-2200 Fridays 115-1 hour before sunset



■ REUBENS



Park on York St or Bickenhall St to avoid congestion charges

www.leesidelingerie.co.uk

DELI

Advanced fitter





www.shuvu.org.uk



STUDYING AT SHUVU

It may have been a while since any of us studied for or went to a Bar or Bat Mitzvah, but do parents ever look as proud as when their child has shown that they are a true son or daughter of Israel?

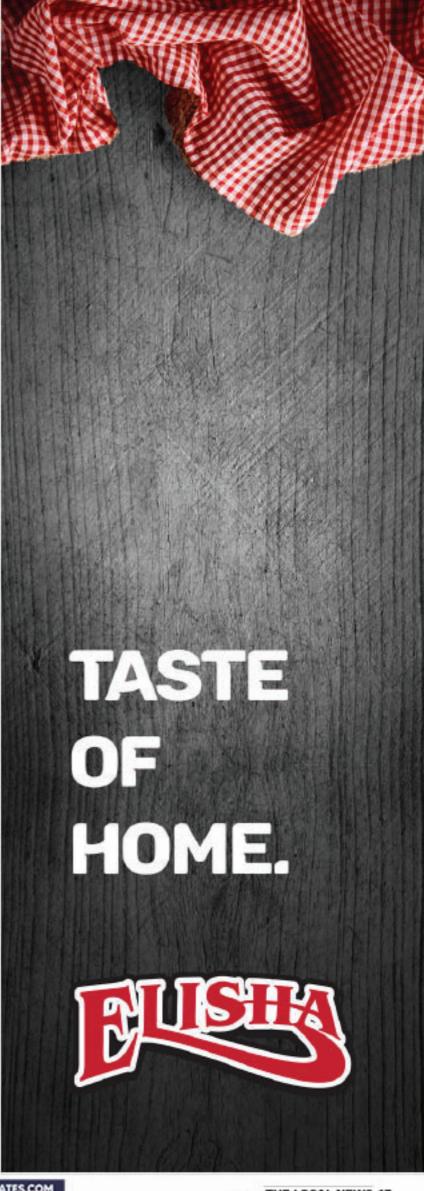
30 years ago children arrived at Shuvu unable to recite the Shema, but we've gone from 2 classes hosted in caravans to 77 schools with students eager to learn the Shas.

Shuvu sees their students as individuals, not as statistics. Every Jewish child gets to experience the joy of learning in a supportive environment at Shuvu. To celebrate our 30th anniversary every part of the Tanach and Shas will be learnt by a Shuvu student and a partner overseas.

Contact us if you'd like to learn more and join the celebrations!

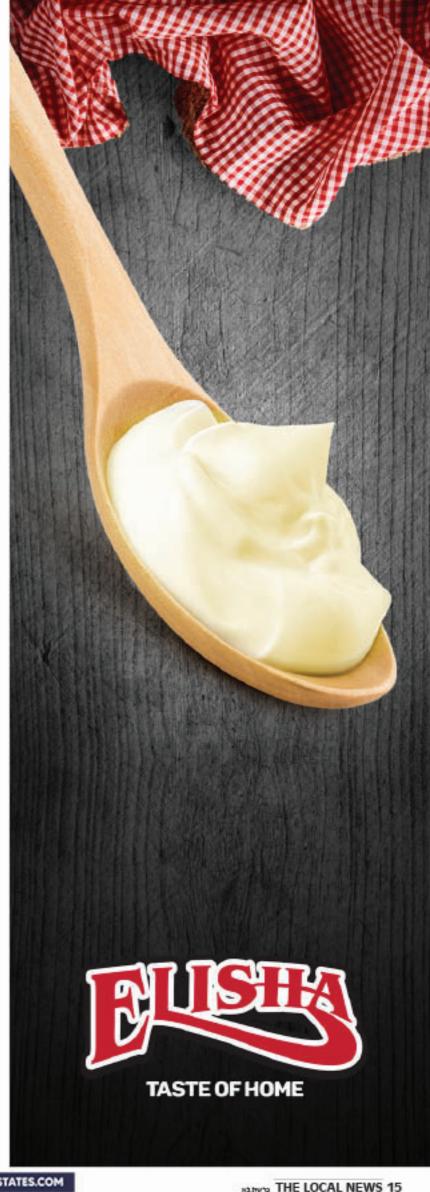
17 Golders Court, Woodstock Road London NW11 8QG | T: 0208 209 3010











NEWLY RENOVATED LUXURY ACCOMMODATION IN BOURNEMOUTH











MANOR GATE

RESIDENCE

5 bedroom house in Bournemouth - sleeps 12

Available for Shabbos, an upcoming simcha, yom tov, a mid week break

2 mins walk from Normandie Hotel 2 mins walk from the sea front Off street Parking

Call 01202 83 66 73 | manorgateresidence@gmail.com



SecurityGates

KEEPING UK HOMES SAFE

SECURITY GRILLES ■ SECURITY GATES ■ DRIVEWAY GATES







COLLAPSIBLE WINDOW GATES, AUTOMATED DRIVEWAY GATES, SECURITY WINDOW GRILLES, BAR GRILLE DOORS

Same day free site consultation and survey 10 day installation!

Wohl Building 2B Redbourne Avenue London N3 2BS

Tel: 020 8432 2999 | Mob: 07401 217 653

Email: albert@securitygatesrus.com www.securitygatesrus.com







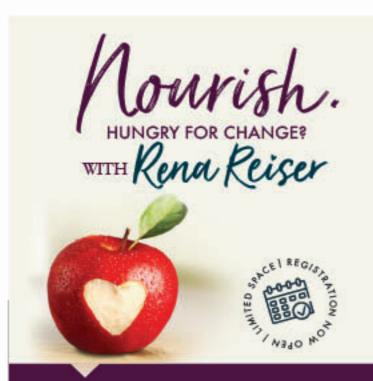












A STEP-BY-STEP PROCESS TO CREATE A HEALTHY RELATIONSHIP WITH FOOD (AND YOURSELF).

This is WoT a food plan.

THIS IS AN INNER JOURNEY TO UNCOVER WHAT YOU'RE REALLY CRAVING AND RECLAIM YOUR POWER OVER FOOD.

What participants say

"Before working with Rena, I over-ate regularly...

After working with Rena, I am a lot more grounded and calm. Besides the emotional toolbox that Rena gave me, I have a real understanding of why I'm turning to food...I am much more confident and accepting of myself and others.

Thank you Rena!"

6 - WEEK ZOOM/PHONE PROGRAM START DATE:

MONDAY, 1 FEBRUARY
10:00AM UK
(RECORDINGS AVAILABLE)
FOR WOMEN AGES 18 - 120

EARLY BIRD DEADLINE: MON, 25 JAN

RENA REISER IS A MIND-BODY & COMPASSION COACH, SPEAKER, FACILITATOR, WRITER AND HOST OF THE "TUNE IN" PODCAST.

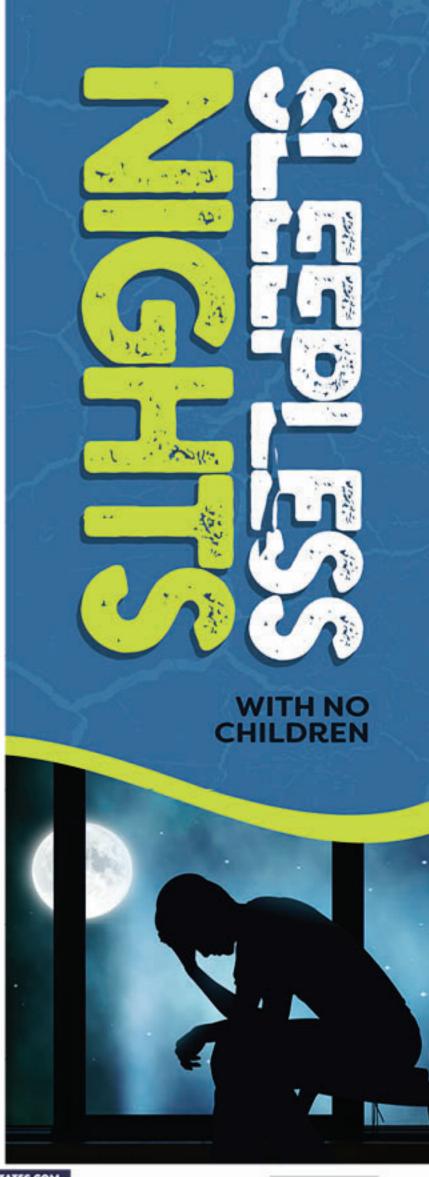
WE'LL BE USING THE FOLLOWING TOOLS AND PRINCIPLES: Self-Compassion | The Focusing Technique | Mindful Eating | EFT | Guided Imagery | Inner Child Work | Re-parenting | Polyvagal Theory

Download your free journal + meditation: www.tuneinjournal.com

To listen to a sample class or register for the program: +1(641) 715-3800, Access Code: 285348#

rr@renareiser.com

WWW.RENAREISER.COM





CORONAVIRUS BENDING THE RULES COSTS LIVES

The new variant of Covid-19 is spreading fast.

It is now highly likely that someone near you has it.

And they could be spreading it without knowing.

Stay home, only go out if it is essential.

Stop the spread, stick to the rules.

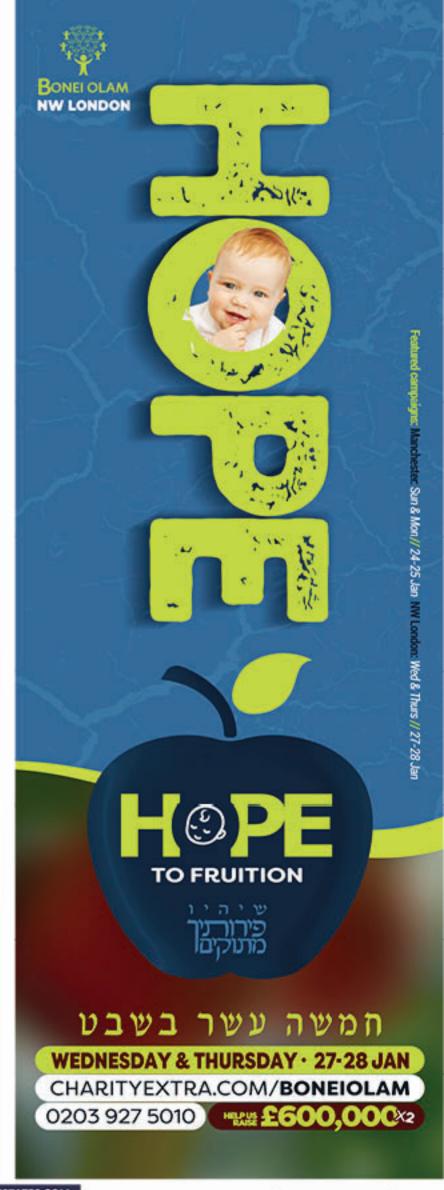
If you bend the rules people will die.

Find out more at gov.uk/coronavirus

STAY HOME > PROTECT THE NHS > SAVE LIVES







Meet our Kehilah in an unprecedented musical production



A PROJECT OF



building our shul through

Join us for our מוצ"ש | יא' שבט

VIDEO LAUNO

Motz"sh Jan. 23 2021 | 6.45 PM

This year has taught us how every Yid longs for shul...

At Kehilas Avreichim in Har Nof, a community of Anglo Bnei Torah led by the renowned Ray Avigdor Brazil, we have known that longing for years; we've been working to build a shul of our own.

Now our families have come together to raise the final funds for our building with a very special project – a powerful music video expressing Klal Yisrael's yearning for shul.

For tefilah. For togetherness.

Watch it. Be inspired. Join us as we build our shul.







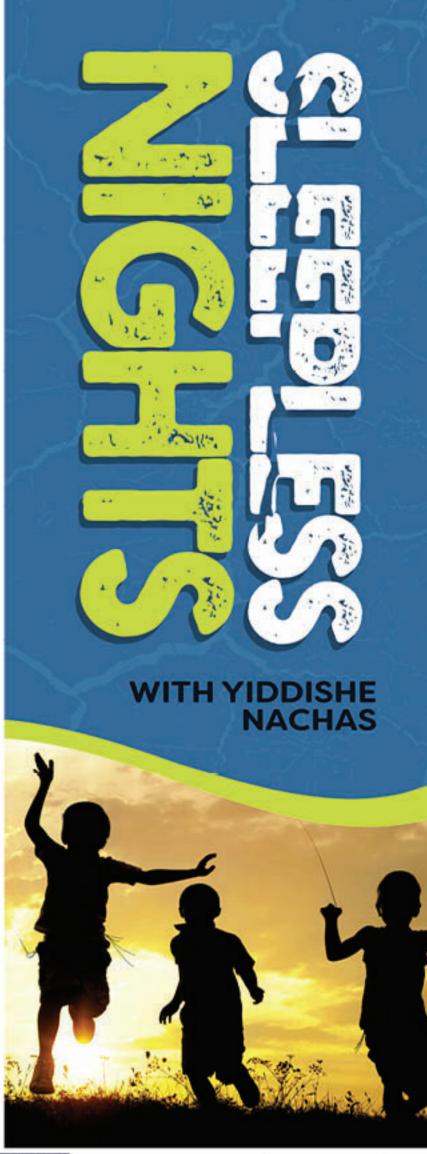
Rapid Covid Tests

Rapid Covid tests available at low cost price. Results within 15 min.

Pick up from Golders Green

TEXT 07973 197 898





With insufficient funds for the bare basics children of poor families in Eretz Yisroel v tattered clothing that were often ill fitting



DISPENSING RESPECT, DISPENSING HAPPINESS.



sics, the el wore ing and torn

When Darkei
Chesed made its
debut 10 years ago
they revolutionized
the appearance of
these impoverished
children by massproducing clothing
in China.

TODAY, THOUSANDS OF CHILDREN'S ATTIRE HAS BEEN TRANSFORMED-FROM

THREADBARE
HAND-ME-DOWNS

RESPECTABLE CLOTHING!

ET Ox CLO THING

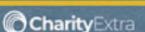
CHILD

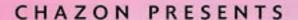
TRANSFORMING LIVES WITH DIGNITY.

Ensuring every child is "attired" respectably.

SUN-TUES | 24-26 JAN

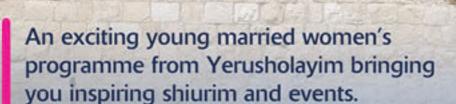
020.3519.7772







RE CONNECT



Under the Hadracha of Ha'Rav Nissan Kaplan Shlita

New Series

Starting 2nd February כ' שבט Every Tuesday 8:30pm GMT

BRINGING HASHEM לכנדי רוציר אוווי הוא אוויים וואו וואוים וואויים וואויים אוויים וואויים אוויים וואויים אוויים אווי

Welcoming participants from the UK and beyond.

Bringing אווירה דארץ ישראל to you with our world class speakers!



Rav ZEV LEFF Shlit"a Rav SHARAGA KALLUS Shlit"a

Rebbetzin MICKY KALLUS Rav YOSSI COHEN Shlit"a

JOIN VIA 🕞 zoom

Entry link will be sent on the day of each event.

If you are not yet registered with Chazon/Reconnect,
email reconnect@chazon.org.uk or by contacting us at 07545 367 975





BE PART OF ITS REGENERATION





24-25 JAN **36 HOURS** £500,000



HELP THE GIRLS HAVE HOT LUNCHES



A PURPOSE-BUILT FULLY EQUIPPED GYM



SPACE FOR DESPERATELY NEEDED CLASSROOMS

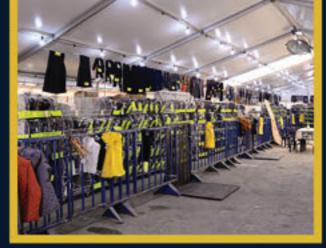


CREATION OF AN IT SUITE, SENCO SUITE & LIBRARY



HELP BBY LAY NEW FOUNDATIONS TO CONTINUE ITS GROUNDBREAKING WORK IN THE COMMUNITY







ITEMS OF CLOTHING

for more than 8,400 LARGE FAMILIES each season!



ANEW SEA



JUST £38 PER CHIL

DISPENSING RESPECT, DISPENSING HAPPINESS.







#1

Darkei Chesed meets with a group of top-notch designers to create beautiful clothing.

#5

#2

The clothing is manufactured under halachic guidance to ensure suitability.

THE **FABRIC TO** WARDROBE PROCESS:

Each family leaves overjoyed, having received clothing for little to no cost.

Darkei Chesed #3 organises extensive distribution sales both summer and winter. These operate like regular stores to retain the dignity of beneficiaries.

Prior to the sale thousands of families across Eretz Yisroel receive coupons awarding them an 80% or 100% discount for their "purchases".

#4

TRANSFORMING LIVES WITH DIGNITY.

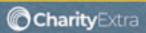
ET Ox CLO

CHILD

@t2/ 3/21 Ensuring every child is "attired" respectably.

SUN-TUES | 24-26 JAN

020.3519.7772







A great variety to meet your demand

All fried fish & deli items AVAILABLE PRE-PACKED



Can't go out? We can deliver!* *small charge applies







FRESH FISH

FRIED FISH

SALADS

Jacobs

We care about you!

At Nat Jacobs we are taking every precaution to keep our customers and staff safe. We strictly follow the rules set for by the Government and

> т.020 89 585 585 E: sales@natjacobs.co.uk w: www.natjacobs.co.uk

PERINATAL MOOD DISORDERS

Mental health issues triggerd by pregnancy or birth





YOU MIGHT BE EXPERIENCING

Prolonged Low Mood Intrusive Thoughts Anxiety Panic Attacks Rage Depression

Our strictly confidential helpline is launching
1st FEBRUARY 2021

You are not alone. You are not to blame. THERE IS HELP. YOU WILL GET BETTER.

Contact Menucha Office officeadmin@menucha.info 07563051580 www.menucha.info





Under the guidance of Rabbi S F Zimmerman and endorsed by local Rabbonim

Menucha aims to support and guide women experiencing perinatal mood disorders





You want to know you are buying a good car!

Save £££ in the long run!

Qualified Inspector and Vehicle Technician

Health Check

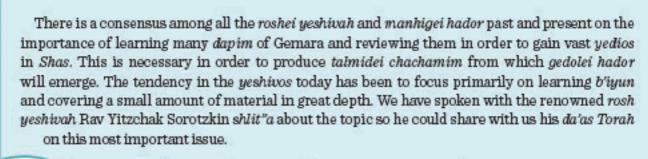
- Vehicle History Check

 MOT History Check And Much More!



How to Become a Talmid Chacham A Proven Path to Success

PERETZ EICHLER



Interview with Ray Yitzchak Sorotzkin

Rav Moshe Shmuel Shapiro, the famed rosh yeshivah of Yeshivas Be'er Yaakov, would quote a Sifri that says that there is a unique yetzer hara to stop a person from engaging in chazarah. The reason there is such a yetzer hara is because it is so important to do chazarah, and the yetzer hara tries to fight things that are very important. He explains that this is why it is so difficult for people to chazer.

There is a separate mitzvah to chazer what you learn, as brought down in the Smag. Chazal make it a mitzvas assei.

Rav Moshe Shmuel writes very, very strong words about the *inyan* of *chazarah*. He says that there's an *inyan* of learning and understanding what you're learning, but for a *bachur* or a *yungerman* to really *shteig* and to become a *gadol*, he must *chazer* and he must know what he learns.

He says that the the lack of *chazarah* is the reason we are not being *zocheh* to see true *gedolim* like we used to. He mentions this a few times throughout his *drashos* and in his writings. He stresses that *chazarah* is such an *ikar*. For a person to really know what he learns, to be *koneh* it and to grow to greatness, he needs *chazarah*. He writes that there is no *shiur* to *chazarah*.

When Rav Chaim Volozhiner was a bachur, he came to the Gaon and told him that he'd learned through Seder Mo'ed 14 times, but he still didn't feel like he had mastered it.

The Gaon answered, "Do you expect to have clarity in Seder Mo'ed after learning through it fourteen times?"

"Does Rebbi mean that I should learn 101 times?" Rav Chaim asked.

The Gaon answered, "No. There's no shiur to chazarah. Kol yamecha b'amod v'hachzir ka'i."

It's a known fact that when a bachur wanted to enter the Gaon's yeshivah, the Gaon would test him to see how he chazered. He wanted to see if the applicant had a geshmak in chazering. If the bachur had a geshmak in chazering, the Gaon knew he was a candidate for his yeshivah. If, however, the bachur did not, he felt that he would not grow to greatness.

There is an amazing story that took place with the great Rav Chaim Volozhiner that shows how he valued *chazarah*. Rav Chaim was once sitting and learning with *talmidim* when suddenly, somebody walked into the *beis hamidrash* and Rav Chaim stood up to his full height in honor of this person.

The *talmidim* were amazed to see that Rav Chaim was standing up for this person. Rav Chaim explained that although this person was not known to be a big *talmid chacham* or someone who knew what he learned, there was something special about him. Rav Chaim explained something fascinating:

"There are many people that print Shasim, and some of them may have a lot of mistakes. Despite that, the Shas is still a Shas. It may not be on the level of the other Shasim, but it is still a Shas. This Jew chazers so much, and

For a person to really know what he learns, to be koneh it and to grow to greatness, he needs chazarah



he knows Shas. Even if he does not understand it well and even if he is not klahr in it, when he will come up to the beis din shel ma'alah, he will get to know all this even though now he does not. However, if you don't learn all that and don't retain it, when you come upstairs you will not be able to know all the different areas of Torah that they are going to try and teach you, so you will be missing out on so much."

Rav Chaim Volozhiner respected a Yid that was learning gemaras over and over, although the man did not even know them well and did not even have a strong clarity in pirush hamillim. Clearly, Rav Chaim held that chazarah is of utmost importance.

Many people think that the great Rav Chaim Brisker did not treasure chazarah. Let me share the reality about Rav Chaim.

Do you know that Rav Chaim Brisker had a seder every day when he would sit for half an hour and chazer 150 blatt a day? He had a special seder of chazarah! Rav Chaim would relate that when he was a bachur, he used to spend two hours a day chazering, and he also would chazer a velt of Gemara! When he was a bachur, he would chazer 80 blatt a day! Rav Chaim was constantly chazering all throughout his life!

It is fascinating to hear what the great Rav Isser Zalman Meltzer said about the way they learned in Volozhin. In Volozhin, the bachurim used to chazer whatever they learned 12 times. Ray Isser Zalman said that being that he was a big amkan, he cut off four times of chazarah—instead of chazering 12 times, he only chazered eight times because he wanted to get a better depth of understanding. He said, "Those four times that I didn't chazer then, I am regretting tonight. I am missing it today. I'm missing the girsa d'yankusa because I didn't utilize the time in yeshivah to chazer."

When one of the gedolei hador was getting older, he decided that he had to become a baki. He felt that he had to chazer in order to know things, to prepare for the time when he would come to the beis din shel ma'alah. This great man chazered a masechta 15 times, and yet, he still did not feel that he had mastered it. He then traveled to Volozhin to Ray Chaim Brisker's father-in-law, Ray Refael Shapiro, and said to him, "I don't know what to say! I chazered fifteen times and I still am not so fluent in what I'm learning! I'm wondering what's happening."

In response, Rav Refael laughed. "You think learning it fifteen times is chazarah? When I learn, the first fifteen times are just called learning! When I learn it just fifteen times, that is not even starting the chazarah!"

It is known that the great Rav

Volozhiner, who had a photographic memory, used to chazer things 250 or even 300 times. That is the way they learned in the olden days.

When I was a bachur in yeshivah, there was a big stress on chazarah. That was the way it was done in those days. There was a stress on covering ground and a stress on chazarah. Slowly, that petered out.

Rav Moshe Shmuel Shapiro explains a phenomenon that may occur nowadays, when a person stays in learning his whole life. In the olden days, when a person got older, he didn't have the opportunity to learn. Therefore, a person knew that he had to do all the learning when he was younger. Today, a bachur may have an excuse why he is not covering so much and why he is not chazering, but when he is a yungerman and getting older, he has to make sure to learn and to cover ground and to chazer.

Everybody understands that there is a tremendous chashivus to chazering and that it is very important.

Rav Shraga Feivel Mendlowitz told Rav Shlomo Heiman that he wanted the bachurim to know what they were learning. He wanted them to chazer what they learned well, and he wanted them to take bechinos because he wanted them to retain what they were learning.

That is the way people used to learn. People were careful to make sure to remember what they learned because only if a person has a good knowledge of all of Shas can he



really understand what he is learning, as it says, "Divrei Torah, aniyim b'makom echad v'ashirimb'makom acher."

It is crucial for everybody to chaser; there are no exceptions to the rule. Everybody has to recognize that if you want to really grow to greatness, you have to work on retaining what you learned.

I am familiar with Rabbi Sender Dolgin's program and it's an excellent program. It may be hard in the beginning. A person may think it is too difficult; however, it

Everybody has to recognize that if you want to really grow to greatness, you have to work on retaining what you learned

is the same, really, with everything. You have to shteig into it.

The Midrash explains the difference between a wise person and a fool. A fool sees such a big thing in front of him and he gets turned off. He looks at Shas and all that there is to learn and he pulls himself away. He doesn't want to start because he is afraid.

The smart person understands that if he works on it slowly, day by day, he's going to be successful. Maybe you're not up to the level of chazering all these eight blatt that Reb Sender does, but if you work on it, you'll slowly get to it and then you'll build yourself up.

That's the way that anybody who reached great heights did. They worked slowly and finally they got to that high level. The more you learn, the more you get siyata d'Shmaya and the easier it becomes for you.

There is a famous *mashal*: A person sees a big ladder and he wonders, "How will I get all the way to the top of this ladder?" Then, as he starts going up, he finds out that when he gets halfway up, he is carried up.

You get siyata d'Shmaya and then you see that the Ribono Shel Olam helps those who are trying hard.

When you try hard, the Ribono Shel Olam will give everybody siyata d'Shmaya to be matzliach and to grow to greatness, to be able to retain and to chazer. You don't even realize how much you really can do because you tend to believe that you don't have those kochos, but the Ribono Shel Olam will help you be able to accomplish if you really want it badly and undertake to do it.

Hatzlachah.

For more information or to view uplifting interviews/videos and receive a free review booklet, please visit www.shaschabura.org. or Shas chabura app.com or call 732-447-4201 or 732-730-9496.

In Eretz Yisrael call 052-762-4449 or 02-587-1819. In England call 0208-099-9136.

Accessible to Everyone

To make the Shas Chabura review program accessible to everyone, Rabbi Sender Dolgin has suggested the following eitzah which many have found very successful and which has brought their ahavas hatorah to a new level:

There is a one-volume masechta in Seder Mo'ed consisting of the five masechtos Beitzah, Ta'anis, Megillah, Chagigah, and Mo'ed Katan. These deal with familiar topics, such as muktzah and halachos of Yom Tov. and have some fascinating Aggadeta. They consist of approximately 150 blatt, or 300 amudim. Taking into account 65 off days per year for weddings, bar mitzvahs, etc., a person will be able to make a siyum on these five masechtos in one year, learning two hours a day, i.e., 45 minutes to an hour for the new amud and 15-20 minutes for chazarah for each amud. based on the Shas Chabura review program. In addition to completing the masechtos, he will review them each three to five times, finding simcha with each review. Each review builds on his past learning as well as increases his yedios haTorah and understanding of the sugges.

I strongly advise those who have difficulty following the complexity of the sugya, especially if the topic is unfamiliar, to use one of the many aids available, such as ArtScroll or Schottenstein, to guide him through the sugya, point out the important Rashis and Tosafos, and give him background necessary to understand the gemara.

One final point: What you don't understand today, you will understand in the future (the next day, week, month, etc.). As your scope of knowledge increases, so will your understanding of the previous day's learning, and b'ezras Hashem you will be on a path to become a true talmid chacham and a Shas Yid with a clear and attainable goal, and a proven plan to achieve it.

ARE YOU FINDING YOUR CREDIT CARDS OR BANK LOANS TOO MUCH TO MANAGE

We may be able to assist individuals and companies to get debt under control either by way of a settlement or by arranging affordable token monthly payments with all interest and charge frozen.



Manage your Correspondence Ltd

49 St Kildas Road, London N16 5BS Tel: 020 8802 7788 | Fax: 020 8802 6040 Email: manageyourcorrespondenceltd@yahoo.com

MYC is not authorised to give financial advice.





Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White stats, 5n















**Mehadrin Light Nontat Greek Yogurt: 80 Cal, 0g of Fat, 13g of Protein Per Serving | Regular Lowfat Yogurt: 130 Cal, 2.5g of Fat, 6g of Protein Per Serving





Building & Renovations

Loft conversions

Extensions

Electric & plumbing

Kitchen & Bathroom

Garden & Patio

Doors & Windows

Painting & decorating

Call us today for a FREE QUOTE



Yonathan: 07412 921 114 | Ari: 07751 675 139 Office: 0203 209 0033 | admin@ayconstruction.co.uk

Gael's dermalogical BEAUTY TREATMENTS

Dermalogica Skin treatment from £30

Dermalogica Pro Power Peels

from £40

Pedicure £25 all equipment fully sterilised

Half leg wax £12

Full leg wax £20

Full leg and bikini £25

Hollywood wax £15

Under arm £6

Electrolysis £7 for 10 min

Eve brow tint £6

Eve lash tint £7

Massage £20

Tea tree wax for sensitive skin

Call/text 07787 854 462 www.yaelsbeautytreatments.com

Opening hours:
9am - 10pm (Sandays too)
FREE parking



@yaelsbeautyuk

19 years experience Women only





AVAILABLE NOW

PARVE PIZZA BASES

How will you create yours?

SUITABLE FOR MILKY, MEATY PARVE



MANUFACTURED EXCLUSIVELY FOR





Mirif & Alterations

New location

in the heart of Golders Green - easy parking

ALTERATIONS

For a professional & speedy service please book an appointment

DETACHABLE WATERPROOF HOODS

FOR ANY COATS - buttons supplied NEW colours gold silver grey and brown Also black navy beige white and cream NEW pouches to keep hoods in your handbag



MATERNITY SKIRTS

Very comfortable washable fabrics.
CUSTOM MADE MATERNITY SKIRTS
LAST SEASONS SKIRTS REDUCED







- RATS MICE COCKROACHES
- ANTS
 WASPS
 BEDBUGS
- FLEAS MOTHS SQUIRRELS

FAST DOMESTIC & COMMERCIAL SERVICE

Tel: 0800 334 5643 (**)
Mob: 07855 531005

Email: MonarchPCS@btinternet.com

AAAAAA Monarch Pest Control





07789 774 365

KEHILLA שבת גוי



WITH THE GUIDANCE OF LOCAL RABONIM

0300 0700 999

A KEHILA SECURITY GUARD FOR OVER 10 YEARS WILL BE DRIVING ROUND FRIDAY NIGHT 6:00 - 10:00PM IN A WHITE CAR WITH AN ORANGE FLASHLIGHT. HE WILL BE WEARING A HIGH VIZ JACKET.

His route will start at 6pm and run every hour as follows.

HE WILL BE MAKING STOPS AT THE FOLLOWING LOCATION ALONG HIS ROUTE GOLDERS GREEN: CARMELL, GROOZ & SADIGER.

HENDON: HENDON ADASS, MR BAKER, VICTORIA ROAD, ALEXANDRA ROAD, GREEN LANE, SHIREHALL LANE & SHIREHALL PARK.

GOLDERS GREEN: PPA, BRIDGE LANE, LEESIDE CRESENT, TEMPLARS & RAVENSCROFT.

MAKE HIM NOTICE YOU WHILE STANDING ON THE SIDE OF THE ROAD.

CHECK WITH YOUR NEAREST ROY WITH ANY SHAILOS YOU MAY HAVE BEFORE ASKING DRIVER.

DRIVER BY THE NAME OF ZABI WILL KNOW WHO TO CONTACT IF HE CAN'T DEAL WITH A PROBLEM HIMSELF.

For updates follow Cheverin Whetstep Status by sending your number to 0500 0700 999

JER CIS

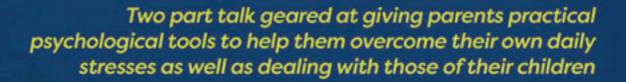
2 for

CREATING CALM NACHAOTIC WORLD

PRESENTED BY: YAAKOV BARR CONCLUSIONS OF THE PROPERTY OF THE P

STRESS MANAGEMENT AT HOME

FOLLOWED BY Q & A



DATE:

PART 1: SUNDAY 24TH JANUARY 8:45PM

PART 2: SUNDAY 7TH FEBRUARY 8:45PM



ZOOM MEETING ID: 930 4328 0973 PASSWORD: GEMATRIAH OF לחזק (3 DIGITS)

Yaakov Barr is a fully qualified and accredited clinical supervisor and psychotherapist, holding a Masters degree (MSc) in Cognitive Behaviour Therapy (CBT) from the University of London and a Post Graduate diploma (PG Dip) in Counselling. He is a psychology columnist for the Hamodia newspaper and currently supervises and lectures in CBT.

Yaakov trained in the NHS and is also a former; member of the All Parliamentary Group on Cannabis and Children and a reviewer for the highly acclaimed BABCP international journal. He is also a musmach of Haray Moishe Sternbuch Shlita.





Please note, all questions must be submitted by Sunday 10am to

info@lechazek.org.uk











Pick up and drop off service

Email Picture for quick quote

gavinberlin@ yahoo.co.uk





קריאה / Kriah Support

- Has your child's Kriah suffered from Lockdown /Isolation/ Quarantine
- Experienced Rebbe available to support your child with kriah.
- 30 minute Zoom /Video sessions
- Resources provided.

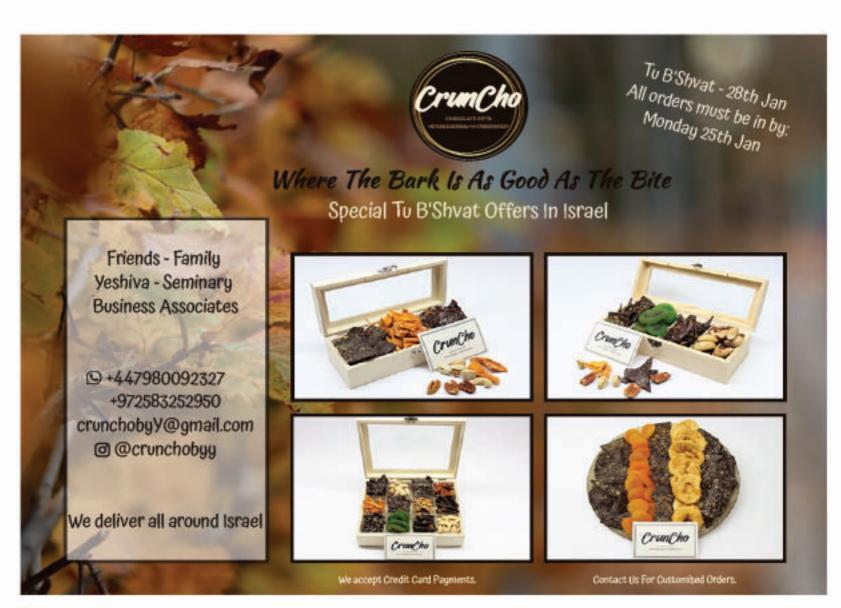
Email: 613kodesh@gmail.com
Text: 0776 573 7630













CHECK OUT OUR

New Magazine IN YOUR LOCAL SHOP



AVAILABLE FOR FREE ACROSS THE UK EVERY THURSDAY

STAMFORD HILL | GOLDERS GREEN | EDGWARE HENDON | CANVEY ISLAND | WESTCLIFF | MANCHESTER





To recieve the newsheet magazine weekly via email.

Please Email:

subscribe@newsheetmagazine.co.uk



MANCHESTER PROPERTY

RARE OPPORTUNITY

in yiddishe area for **Genuine Quick** Performing **Cash Buyers only**

> Please call 07446983554



Bishops



Holidays, Short Lets, Mechutonim Manchester - Prestwich

- · A NEW state of the art luxurious home now available in the heart of Prestwich
- Modern new kitchen with all amenities
- 10 beds & 1 cot
- · Hotel quality bedding & towels included
- 5 min walk to shuls & kosher shops
- · 5 min to Heaton Park
- · Wi-Fi
- · Relax in style with all your home comforts & facilities

Minimum Stay.

- · Perfect for visiting Mechutonim with their families
- · Ideal for a Chosson & Kallah - No Contract
- Just right for that Holiday, Yom Tov or a Shabbos away with the family in Manchester

For rates & availability call Rochel 0777 277 9756

www.bishopslodges.com



is now recruiting for the following positions

Part time teachers for the following subjects:

MATHS, SCIENCE, GEOGRAPHY

ADMIN - maternity cover

Closing date for applications: Wednesday 3 February

The successful candidates will be positive, enthusiastic and professional, with an understanding of the ethos of our school.

Join a remarkable team of staff in a warm and caring environment, with well-developed Kodesh, Chol and Extra-curricular departments.

Application forms are available from s.wittenberg@bjgs.org or by calling the school office







Stratford Road, London NW4 2AT



תורה תמימה

צ"יש ר' אבנדור חורש ז"ל

Torah Temimah Primary School

KS1/2 TEACHING ASSISTANT

Required to start as soon as possible, full time preferred but part time may be possible

This is a fantastic opportunity for bright and motivated people to join our superb staff team, supporting children's learning in both Kodesh and Chol classes.

We'd love to meet you if you are:

- someone who loves working with young children, and who is determined to ensure that every child can flourish
 eager to work in a supportive, friendly orthodox Jewish school
 - confident, energetic, resilient, creative and able to make a good rapport with others
 - keen to learn new skills and play an important part in the class team

Your attitude and attributes are more important to us than your experience: training and support will be provided.

We have a committed and experienced staff team, supportive senior leadership, a thriving, popular and successful school with good travel connections, parking and location, and a commitment to investment in ongoing training and professional development.

We offer generous salaries in line with rates in other Brent schools.

For an application pack or further details please call Mrs Dinah Herman on 020 8450 4377, or email secretary@torahtemimah.brent.sch.uk. Applications will be processed as received.

Torah Ternimah is committed to safeguarding and promoting the welfare of all children and expects all staff and volunteers to there this commitment.

Appointments will be subject to a satisfactory Enhanced DBB check.

Parkside, Dollis Hill, London NW2 6AJ Tel: 020 8450 4377 email: admin@torahtemimah.brent.sch.uk מנהל: Rabbi E Klyne MA (Ed) שליט'א Headteacher: Rabbi Y Freeman BSc



תורה תמימה

ע"ש ר" אבנדור הירש ו"ל

Torah Temimah Primary School

TEMPORARY CLASS TEACHER: KS2

Immediate – full time / part time Salary: Main/Upper Pay Range (Inner London)

We're looking for an experienced, capable Chol teacher to cover for a member of staff absent as a result of injury. Duration of the post may be up to the end of the Spring term 2021 and possibly longer. During the current lockdown we have a small number of children in school and we're teaching remotely via a telephone-based system and pre-recorded videos. We have a well-structured topic-based curriculum and there is support available for planning units and teaching materials.

We're a very warm, friendly, supportive school, winning a reputation in the Torah community for excellent provision during lockdown and a safe working environment.

Please contact us a.s.a.p. to discuss the position or to ask for an application pack.

Call Mrs Dinah Herman on 020 8450 4377, or email secretary@torahtemimah.brent.sch.uk.

Application deadline a.s.a.p.: applications may be processed as received.

Torah Timinah is committed to safeguarding and promoting the welfare of all children and expects all staff and volunteers to share this commitment.

Appointments will be subject to a satisfactory Enhanced DBS check.

Parkside, Dollis Hill, London NW2 6RJ Tel: 020 8450 4377 email: admin@torahtemimah.brent.sch.uk אלינוא Rabbi E Klyne MA (Ed) שלינוא Headteacher: Rabbi Y Freeman BSc



JOB VACANCY

COORDINATOR

Gateshead Yeshiva Alumni is a London based organisation working with and supporting Gateshead Yeshiva.

We seek an enthusiastic, driven and charismatic Ben Torah to manage programmes and projects of the organisation as well as an involvement in coordinating the ongoing administration of the GY Alumni. This role would suit a candidate based in Gateshead or London.

The successful candidate will:

- Be highly motivated and able to work on own initiative
- · Have good interpersonal and communication skills
- Have a passion for working for and with the public to make a difference
- Have a strong appreciation for Gateshead Yeshiva its heritage and its standing
- Good organisational skills with attention to detail
- · Competent level of IT literacy
- Good understanding of Yiddish language is a plus

This is initially a part time position with flexible hours. Opportunity for further advancement and a full time role with progress and achievement.

Good remuneration for the right candidate.

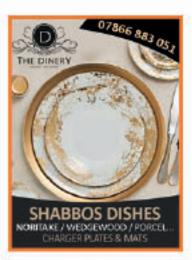
For more information and to apply please email admin@gyalumni.org

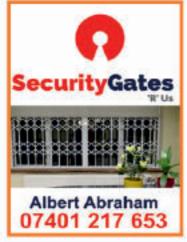
Business Directory





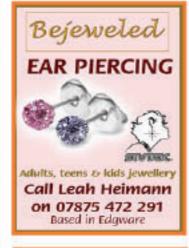








0771 874 8038



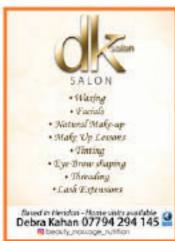




















The perfect appetiser







FIND IN THE FREEZER SECTION OF YOUR LOCAL GROCERY



Classified

Misc.



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

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 www.bishopslodges.com



אחינו אחינו אחינו אויינו Acheinu Cancer Support with you in every way Tel: 020 8806 7227 Email: info@acscancer.org.uk Tel: 020 8806 7227 Tel: 020 8806 7227 Tel: 020 8806 7227 Tel: 020 8806 7227

Organisations Contact Info

HATZOLA	0300 999 4 999
HATZOLA EDGWARE	0303 888 9999
SHOMRIM 24 HOURS	0300 999 1234
CHAVEIRIM	0300 0700 999
EMERENCY	999
BONEI OLAM	020 8455 3421
CHANA	020 8201 5774
CHAI CANCER CARE	020 8202 2211
CST	0800 032 3263
EZRA UMARPEH	020 8211 7999
KOL HALASHOM	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
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 3150 1536
	020 0100 1000

DISCLAIMER

The Local News does not endorse any advertisement found in this publication. We are not responsible for typographical or grammatical errors and any loss or harm incurred as a result.

in London NW11 area.

Direct sale, No agent, No fees, No fuss.

Are you selling and want a quick direct sale with a serious buyer?

Please email me on nw11londonhouse@gmail.com

IN THIS CRITICAL TIME....

the most important thing we need to do בעז"ה is focus on building our immune system so it has support to fight the disease.

MAXI HEALTH
IS RECOGNIZED AS ONE OF THE LARGEST,
MOST ADVANCED LINES OF PREMIUM
KOSHER VITAMINS, MINERALS AND HERBS

We are recommending you get the powerful vitamins –which will provide all the nutrients you need to build and fight anything that comes your way!!

For more info and to order please call



020 8806 3027

Information Page

Currency **Exchange**



Code	Currency	GBP \ Unit	Units \ GBP	
EUR	Euro	£0.89	1.11	
ILS Israeli New Shekel		£0.23	4.30	
CHF	Swiss Frank	£0.82	1.21	
USD	US Dollar	£0.73	1.36	

Besed on Wednesday's Rotes



INTERNATIONAL TRANSFERS FOR PERSONAL & CONFIDENTIAL SERVICE

T: 020 8305 5101 M: 07976 297 891 E: DOLLARFX@AOL.COM

Weather **Forecast**













מנין צעטיל

פרטת כא

שבת טנחה		ערב שבת	
בית אברהם			
22 Green Walk		ובן חים	2.45
תורה משה בית ישכר הוב	1.0f 1.1! 1.4!	1.17 חדלקה חטרות מנוחה וקבלת שבת אכרסים, אלסנדוי אכרי שפר, בית אכרהם	4.17
2.46 מנחת קצות קין חיים בית תפילה סיני		בית חפילה סיני, עץ חיים תורת מעה בית יעסר דוב	
אור חדים בית אברהם אלסמנדר	4.11		4.20
תפארת ישראל בית שמואל פערערייען בית ישסר דוב	4.21	WING 5.18	

פרשת בשלח

Next week times were not ready when we went to print

Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wedesday
טקיעה	4:32	4:34	4:36	4:37	4:39	4:41
לילה	5:27	5:29	5:30	5:32	5:34	5:35

- בית מדרש- $\mathrm{E}\,\mathrm{L}\,\mathrm{Y}\,\mathrm{O}\,\mathrm{N}$



SUNDAY & MONDAY

31 JAN - 1 FEB



@FWDesc

Here for all your Planning, Architecture, and Engineering needs.



We are the retained Planning Firm for homeowners, property developers, schools & institutions.

We are regarded as a leader in submitting planning applications, producing engineering and building regulation drawings.

DO IT ONCE! DO IT RIGHT!

SPECIAL
OPPORTUNITIES
OPPORTUN

#ThePlanningPeople







