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פרשת בהר תשפ"ד || 23 May 2024

הדלקת נרות 20:44 | מוצאי שבת 22:10 | לר"ת 22:18

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2.6 11am-5pm 8PM-10PM	3.6 10.30am-5pm 8PM-10PM	4.6 10.30am-5pm	5.6 10.30am-5pm 8PM-10PM	6.6 10.30am-5pm	7.6 11am-2pm
9.6 11am-5pm 8PM-10PM	10.6 10.30am-5pm 8PM-10PM	11.6 Erev Shavuot 11am-2pm	12.6 Shavuot CLOSED	13.6 Shavuot CLOSED	14.6 12pm-2pm

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If you're claiming universal credit and your combined household income is less than £793.17 per month, your payment could be capped.

On 13 May 2024 the UC AET has increased, if you're not exempt from working, and want to avoid weekly appointments, individuals will need to earn a minimum of £892 a month and couples £1,437 a month.

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- 📖 Shiur followed by chazora bechavrusa
- 👤 Rosh Chabura:
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Grandmother? Friend? This is for YOU too!

Menucha's
**Big
Talk**

Wednesday 29th May

If you're a Grandmother or friend of someone expecting or with a baby, you'll be especially welcome at Menucha's Big Talk. Why? Because if you're not knee-deep in nappies, now's the time to find out how best to help the 25% of women who struggle with perinatal mood disorders.

Until recently, women suffered in silence – maybe even you or someone you know. Now that this issue is more widely acknowledged, more women's lives are being changed by not only Menucha, but also Grandparents and friends who are there for them.

Join Women of All Ages on Wednesday 29th May in N3

World-class speakers. Expert's Panels. Women's Health Exhibition. All-day light refreshments.

PROGRAMME:

- 10.00am** Exhibition opens
- 12.30pm** Harmony With Hashkofah: Rebbetzin Y Hamer
- 1.30pm** Expert Panel: Perinatal Mood Disorders Q&A
Mrs Rivki Dwek, Dr Sheryl Kaplan, Mrs Sue Schraer, Rebbetzin R Simon, Mrs Susie Weisz, and Rebbetzin CR Zimmerman
- 3.30-7pm** Break
- 5.30 - 6.30pm** Expert Panel: PCOS; Your Questions Answered
Rebbetzin C Melber (Tahareinu), The Nova Health Clinic, Dr Sheryl Kaplan, Mrs Esther Donoff (Nutritional Therapist)
- 7.00pm** Exhibition Re-opens
- 8.30pm** Women Today: Rebbetzin S Tugendhaft
Plus, Q&A joined by Rebbetzin CR Zimmerman and Dena Sanger
- 9.15pm** Managing Life-Change Challenges: Rebbetzin R Simon
Plus, Q&A joined by Rebbetzin CR Zimmerman and Mrs Sue Schraer
- 10.00pm** Breakout Discussions
- 11.00pm** Close



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2023 facts & figures

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professional guidance

819

subsidised
therapy sessions

225 hours

signposting

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177

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- Art Therapy Groups
- Home Assessments
- Partnership working with other Social Welfare organisations
- Liaison with Beis Din, Rabbis and Schools

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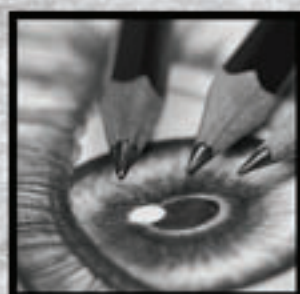
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What is Shmeichel?

We are a group of dedicated volunteers available to cheer up men, women and children.

Some of our Shmeichel volunteers can also play an instrument and we love spreading smiles and music (not to mention the gifts and treats!) wherever we go!

Where are we based?

Shmeichel reaches all around London - from hospitals to care homes, apartments to old age homes and anything in between to brighten up people's days.



Who can we support?

If you know of someone homebound, admitted to hospital, a child unwell, an elderly family member or neighbour who could do with some company and cheering up - REACH OUT TO US!

Why does Shmeichel operate?

People are often lonely in hospital or live far from friends and family. Families are so comforted to know that their loved ones have received a boost of joy in their otherwise long bleak day. We step in to cheer people up and bring a good smile!

How can we be of service to YOU?

Shmeichel has toys, games and gifts for children who are in hospital and patients who are bed bound. We distribute chocolate and treats for hospital and care home staff. We also have ipads and videos available to lend or rent.

Be in touch today to join our **amazing group of volunteers** or to **request a visit** from our dedicated team...call/email **020 8800 0008** or email **admin@thecheerupsquad.org.uk**

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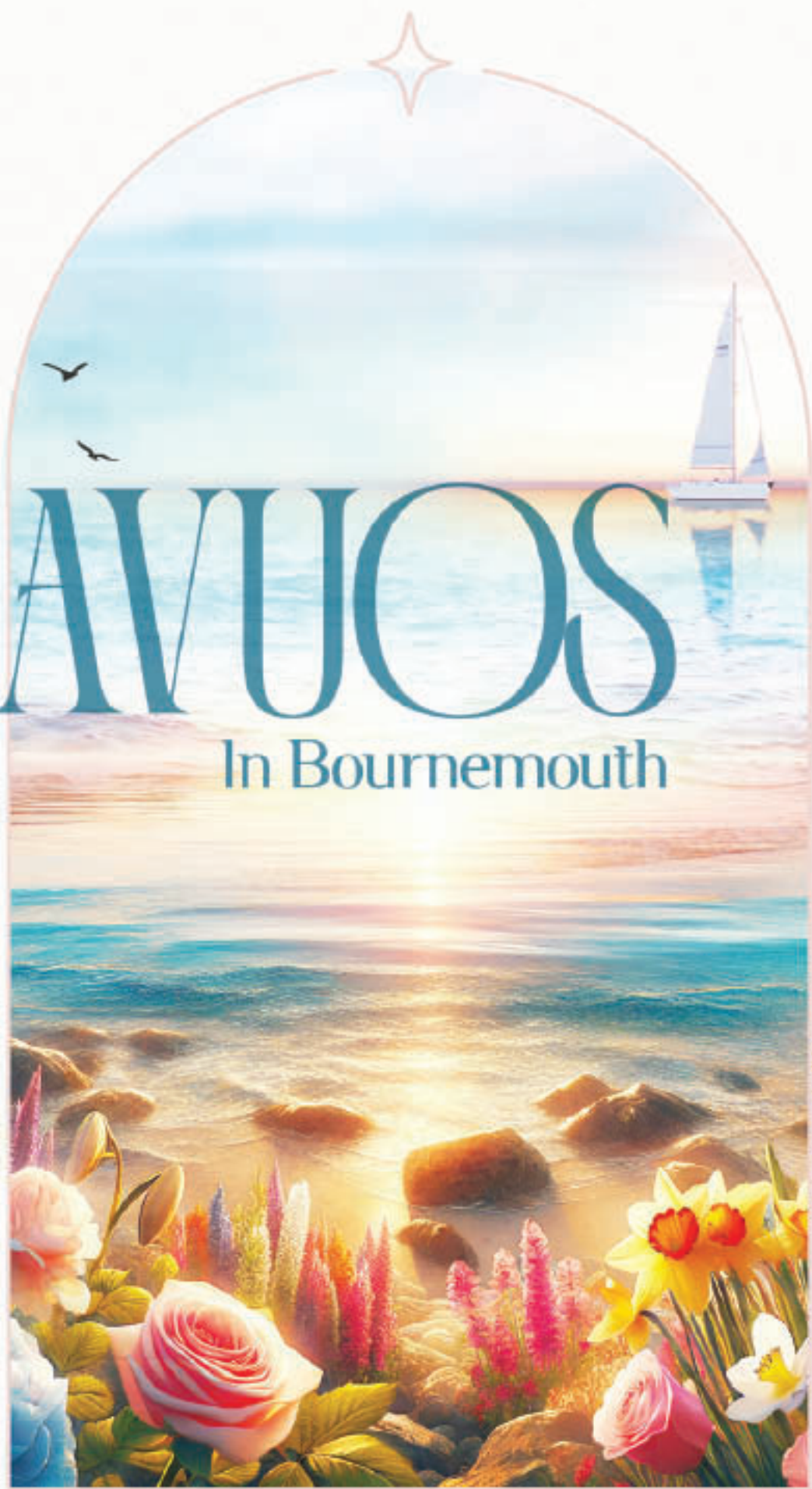
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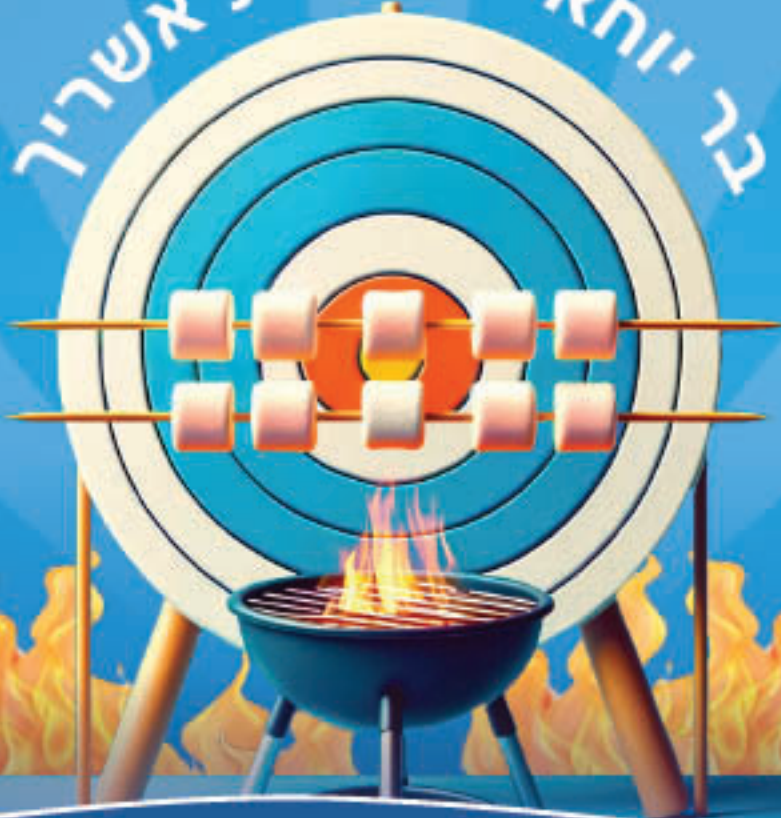


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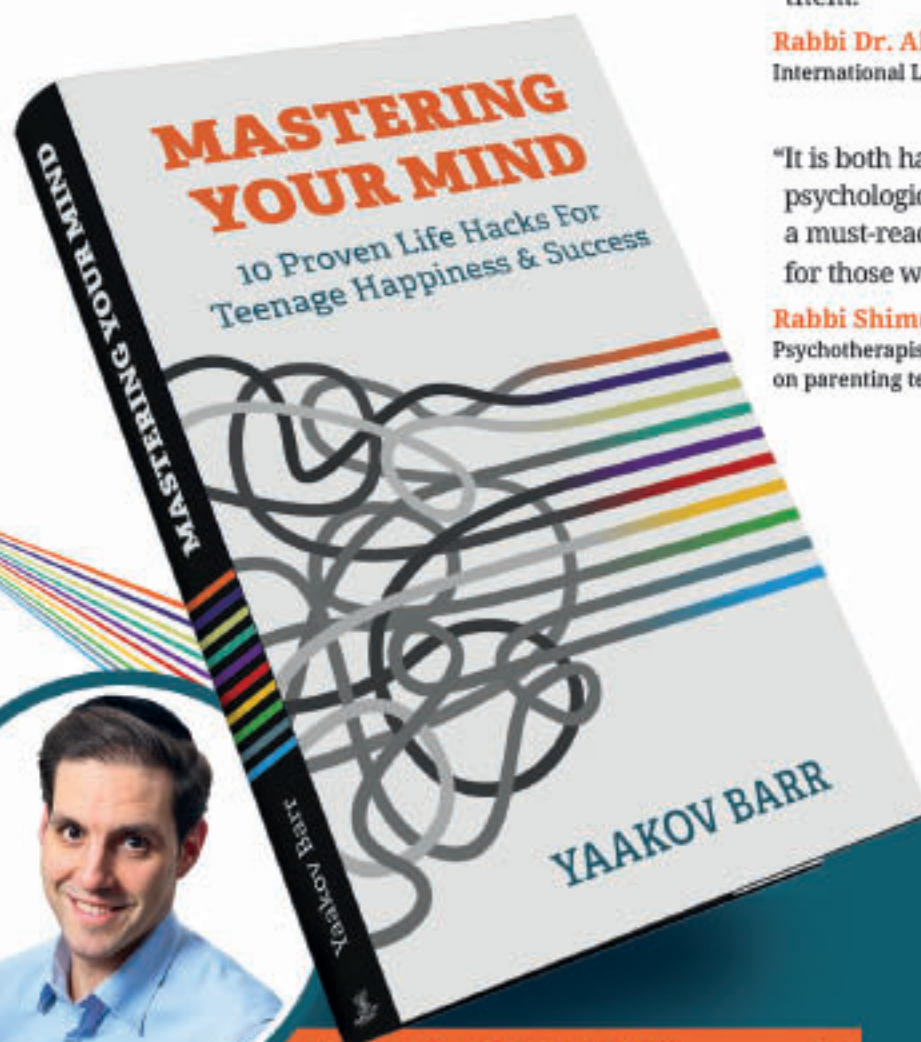
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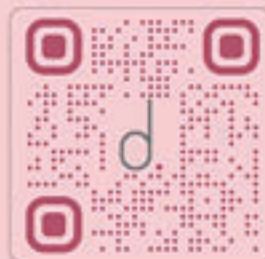
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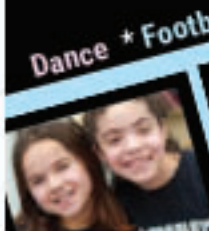


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PLAYGROUND SUPERVISOR SEPTEMBER 2024

Naima JPS, a small independent preparatory school in Maida Vale, requires a Playground supervisor to join our positive, friendly and dynamic team from September 2024. This is a part-time position from 10.00am-2.30pm daily during term time. Or it could be a full time role with the playground supervisor supporting in classes when not in the playground.

Generous remuneration for suitable applicant.
Experience in working in a school environment would be an advantage.

For a full job description, application form and person specification please contact our Director of Studies, Sue Saddington: ssaddington@naimajps.co.uk. Alternatively, to arrange a visit to the school or to find out more about the role please contact Sue by email or on 020 7328 2802. Closing date for applications is 3rd June 2024.

Naima JPS is committed to safeguarding and promoting the welfare of children and it is our expectation that all staff share this commitment. It is an offence to apply for the role if you are barred from engaging in regulated activity relevant to children. You will be asked to complete a criminal conviction/disclosure declaration on interview.

AAC
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Job Opportunity: Head of Finance

We are recruiting a Head of Finance to ensure that our finance function continues to offer our members an outstanding service.

- Full time (Part time will also be considered)
- Salary of £50K – £60K (pro rata) depending on experience and qualifications
- NW London location (Hendon)/Remote



To find out more and apply, visit
achisomoch.org/head-of-finance or scan this QR code.

Closing date for applications is Friday 31st May.

Reg. Charity No. 278387

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TEACHER OF ENGLISH

We are looking for an enthusiastic and motivational teacher of English to join our school.

An ideal opportunity for someone looking to develop their teaching career.

- Make a genuine contribution to a kehilla school
- Convenient working hours (11.00 a.m. start negotiable)
- Excellent remuneration
- Opportunities for career progression

Previous teaching experience is of great benefit. However, if you have a good grounding in the subject, we will provide training for you.

You will be supported by senior leadership who are focussed on building the future of the NW London Kehilla.

To find out more please contact office@menorahgrammar.org

Menorah Grammar School is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. The successful candidate will be required to undertake child protection screening, including a Disclosure Barring Service (DBS) check as well as providing proof of their right to work in the UK.



Ateres Beis Yaakov

מחלקת חינוך ופיקוח

Headteacher: Chof Mrs M Roth I. Kodesh: Mrs S Kaplan

Ateres Beis Yaakov is looking to employ:

Year 4 Chol Teacher

The ideal candidate should:

- Add significant value to English teaching and be responsible for curriculum development, implementation and raising standards
- Be able to drive forward the quality of the English curriculum and able to cultivate staff content knowledge to maximise learning across the school
- Be a teacher who believes in creating a stimulating, enabling learning environment

We offer:

- A thriving happy school
- A welcoming, positive and friendly staff team, dedicated to enriching the lives of the children at our school
- A warm, calm atmosphere with nurturing values
- Motivated, well behaved and enthusiastic learners
- Opportunities for professional development

Please contact the school office to discuss the position or request an application pack:

office@ateresby.co.uk
0208 059 6528

Ateres Beis Yaakov are committed to the safeguarding agenda and the position will therefore be subject to enhanced DBS checks.

Address: 27 Green Lane, NW4 2NL
Tel: 0208 059 6528
Email: office@ateresby.co.uk

**BBL Windows are seeking to employ an office manager to join our team:
Full time, office based.**

Candidate Requirement / Role:

- Must be highly organised.
- Enthusiastic.
- Computer literate.
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- Have good communication skills.
- Liaise with clients and suppliers.
- Overlook warehouse.
- Manage teams of fitters.
- Good English required.
- Training will be provided.

Please email CV to:
esther@bblwindows.co.uk

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Shiras Devorah High School are looking to employ a

SEWING TEACHER
for immediate start

For more information please call Mrs Holles on 020 7183 4858 or email admin@sdevorah.org

Shiras Devorah is committed to safeguarding and promoting the welfare of children and young people and expects all employees to share our commitment. Successful candidates will be subject to checks with past employment and disclosure and barring services.

1011 Finchley Road London NW11 7HB
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DE No: 302/0016



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Menorah High School for Girls

Headteacher: Mrs E Pearlman

Menahel: Rabbi Y Levenson

Job Opportunities

We are looking to fill the following part-time teaching vacancies from September 2024:

Science

KS3, KS4 and Biology A-level

English

Health and Social Care

Business Studies

If you are an enthusiastic and highly motivated individual with excellent communication skills, please contact the school on 020 8208 0500 or email admin@menorahhigh.com for further details.

Menorah High is a high achieving voluntary aided secondary girls' school in north-west London and offers attractive rates of pay (inner London payscale).

We work together as a close and caring school community and offer a high level of professional support and mentoring.

If you are not already a qualified teacher, we can provide access to a range of routes to achieving that goal.

OFSTED-registered crèche on-site

Menorah High School for Girls is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment. An enhanced DBS check is required for successful applicants.

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Lubavitch Senior Girls School has the following part time vacancies from September 2024

History - KS3 & KS4
English - KS4
Business Studies - KS4
Maths - KS3 & KS4

To commence September 2024

We are looking for positive and enthusiastic teachers to join our dedicated team of staff at Lubavitch Senior Girls' School in a warm, friendly and supportive environment.

ECTs will be considered.

For an application pack or more info please contact Chani at

admin.seniorgirls@lubavitchmat.uk

020 8049 1899 ext. 2003

Deadline: 12th June 2024

The Trust is committed to safeguarding and promoting the welfare of children and young people and expect all staff to share this commitment. The appointment will be subject to pre-employment checks, including Enhanced Level DBS Clearance.

107-115 Stamford Hill, London N16 5RP

020 8049 1899

admin.seniorgirls@lubavitchmat.uk

Executive Headteacher: Mrs J. Nemeth

Principal: Rabbi S. Lew

Headteacher: Mrs H. Freeman

 the lubavitch
multi-academy trust
senior girls' school

Camp Simcha exists to make a difference to seriously ill Jewish children and their families. Our mission is to ensure that no such child or their family, anywhere in the UK has to suffer without our support.



Social worker

Camp Simcha is looking for an experienced social worker with relevant qualifications, registered with Social Work England, to be responsible for undertaking assessments of families we support. The social worker will work closely with the social worker manager, head of family liaison and head of services, conducting initial assessments with families, reviews for families that have been supported by Camp Simcha for some time and also providing support for complex cases.

Working hours: 30-40 hours per month

Salary: £38,000-£40,000 (FTE)

Job type: Permanent part time
(London- based - out of office)

The full job description and candidate brief can be viewed on our website
campsimcha.org.uk/jobs.

To apply, please send your C.V. and a covering letter to
simone@campsimcha.org.uk or
contact the office on **020 8202 9297**.

Closing date: Friday 14th June 2024

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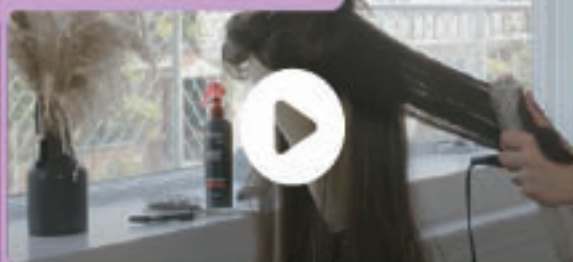
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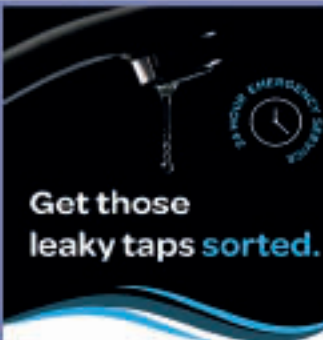
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Useful numbers

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Ricky: 07973 360 274
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Please call 07528 075 951

FOUND: a black mens hat in Woodlands Court last week.
Please call 07984 287 523

FOUND: Baby's right foot black patent leather shoe.
Please call Yitzchok at 07866 494 250

LOST: Mens blue XL M&S exchanged for a black one. **Please call 0781 3210511**

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10.00 בית שמואל, הענדאך עדה

(א.ב.ו.) בית ישעיה דוב

10.05 גייג ביה

(ד.ה.) בית ישעיה דוב

10.10 עץ חיים

10.15 נעטח ישראל, סאדורא, סיני

קדילה אהל משה, שערי תפילה

10.20 בית ישעיה דוב

10.30 בית אברהם, בית ישעיה דוב

10.40 בית ישעיה דוב

11.00 בית ישעיה דוב

11.20 בית ישעיה דוב

11.40 בית ישעיה דוב

12.00 בית ישעיה דוב

שבת בחול

1.00 בית ישעיה דוב

1.20 בית ישעיה דוב

1.40 בית ישעיה דוב

1.60 בית ישעיה דוב

1.80 בית ישעיה דוב

2.00 בית ישעיה דוב

2.20 בית ישעיה דוב

2.40 בית ישעיה דוב

2.60 בית ישעיה דוב

2.80 בית ישעיה דוב

3.00 בית ישעיה דוב

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4.00 בית ישעיה דוב

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4.80 בית ישעיה דוב

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6.00 בית ישעיה דוב

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6.80 בית ישעיה דוב

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7.80 בית ישעיה דוב

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8.60 בית ישעיה דוב

8.80 בית ישעיה דוב

9.00 בית ישעיה דוב

9.20 בית ישעיה דוב

9.40 בית ישעיה דוב

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9.80 בית ישעיה דוב

10.00 בית ישעיה דוב

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10.80 בית ישעיה דוב

11.00 בית ישעיה דוב

11.20 בית ישעיה דוב

11.40 בית ישעיה דוב

11.60 בית ישעיה דוב

11.80 בית ישעיה דוב

12.00 בית ישעיה דוב

בהר

שבת

1.00 בית ישעיה דוב

1.20 בית ישעיה דוב

1.40 בית ישעיה דוב

1.60 בית ישעיה דוב

1.80 בית ישעיה דוב

2.00 בית ישעיה דוב

2.20 בית ישעיה דוב

2.40 בית ישעיה דוב

2.60 בית ישעיה דוב

2.80 בית ישעיה דוב

3.00 בית ישעיה דוב

3.20 בית ישעיה דוב

3.40 בית ישעיה דוב

3.60 בית ישעיה דוב

3.80 בית ישעיה דוב

4.00 בית ישעיה דוב

4.20 בית ישעיה דוב

4.40 בית ישעיה דוב

4.60 בית ישעיה דוב

4.80 בית ישעיה דוב

5.00 בית ישעיה דוב

5.20 בית ישעיה דוב

5.40 בית ישעיה דוב

5.60 בית ישעיה דוב

5.80 בית ישעיה דוב

6.00 בית ישעיה דוב

6.20 בית ישעיה דוב

6.40 בית ישעיה דוב

6.60 בית ישעיה דוב

6.80 בית ישעיה דוב

7.00 בית ישעיה דוב

7.20 בית ישעיה דוב

7.40 בית ישעיה דוב

7.60 בית ישעיה דוב

7.80 בית ישעיה דוב

8.00 בית ישעיה דוב

8.20 בית ישעיה דוב

8.40 בית ישעיה דוב

8.60 בית ישעיה דוב

8.80 בית ישעיה דוב

9.00 בית ישעיה דוב

9.20 בית ישעיה דוב

9.40 בית ישעיה דוב

9.60 בית ישעיה דוב

9.80 בית ישעיה דוב

10.00 בית ישעיה דוב

10.20 בית ישעיה דוב

10.40 בית ישעיה דוב

10.60 בית ישעיה דוב

10.80 בית ישעיה דוב

11.00 בית ישעיה דוב

11.20 בית ישעיה דוב

11.40 בית ישעיה דוב

11.60 בית ישעיה דוב

11.80 בית ישעיה דוב

12.00 בית ישעיה דוב

ערב ש"ק

מנחת גדולה

1.00 בית ישעיה דוב

2.00 עץ חיים

7.20 פלג המנחה (לפני)

8.01 פלג המנחה (תחיל)

8.41 תפילת המנחה

מנחה וקבלת שבת

6.55 בית אברהם

6.59 עץ חיים, שערי תפילה

7.00 בית ישראל, בית שמואל

7.04 בית תפילה

7.05 אור חדש, אמרי שחר

7.10 הענדאך עדה, וויזשניטשקא

7.15 בית אברהם, מחזיקי הדת

7.16 בית אברהם, מחזיקי הדת

7.30 גייג ביה, דאנסטן רד, עטרת צבי

7.35 מאורות חיים, סיני

7.50 בית אברהם

8.00 הענדאך עדה

8.01 שערי תפילה

8.05 עץ חיים

8.55 בית ישעיה דוב

9.00 23 Green Walk

9.15 בית שמואל

ל"ג הקדוש חברה שמואל אהרן ח'רד ב"ר מנחם מנחם

Currency Exchange

Code	Currency	GBP \ Unit	Units \ GBP
EUR	Euro	£0.86	1.18
ILS	Israeli New Shekel	£0.21	4.68
CHF	Swiss Frank	£0.91	1.16
USD	US Dollar	£0.79	1.27

Based on Wednesday's Rates | Midmarket Rates

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E: DOLLARFX@AOL.COM



Friday

24th May 24



19° \ 8°

Shabbos Sunday Monday Tuesday Wednesday Thursday



121°\12°

19°\11°

17°\10°

18°\12°

20°\12°

20°\12°

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DAILY TIMES

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	8:59	9:01	9:02	9:03	9:04	9:06
לילה	10:08	10:09	10:11	10:13	10:14	10:16

office.uk@tahareinu.com

THIS MONDAY & TUESDAY



27 & 28 May

י"ט - כ' אייר



הקמפיין הונצח

לזכר ולע"נ נשיא ומייסד הכולל מו"ה ר' חנוך ב"ר ישראל עהרנטרייט זצ"ל
ולזכר ולע"נ פטרוך הכולל ר' יצחק ב"ר אברהם סמיט ז"ל



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