

THE NW LONDON

# LOCALNEWS

Issue 635

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29 February 2024 || פרשת כי תשא תשפ"ד  
חילוקת נרות 26:14 | סוציאלי שבת 18:33 | לר"ת 18:57

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**Hasmonean Boys**

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**Hasmonean Girls**

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CONWAY  
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**Thank You**

**TO ALL OUR AMAZING VOLUNTEERS. KEEP UP YOUR GREAT WORK!**



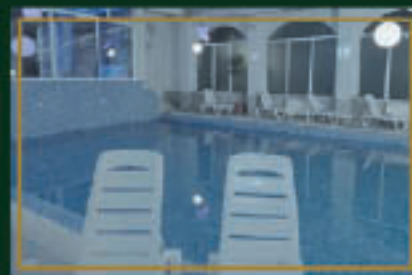
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**SIGN UP NOW**

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**2 JUNE 24**

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10  
תשע"ד - תשפ"ד  
2014 - 2024

YEARS  
SINCE  
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6 - 7 MARCH · כ"ו - כ"ז אדר א'

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תש"ע • 2010

תשע"א • 2011

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תשע"ב • 2012

Works commenced. Traditional door to door fundraising with £1.5 million raised.

תשע"ד • 2014

Works completed and new community Mikvaos opened creating an immediate positive impact on the entire Kehilla with waiting times practically eradicated. Deficit of £1 million still remains.

Campaign undertaken to reduce outstanding finance on the building of £1.2m. Loan reduced to £400,000

תש"פ • 2020  
(Covid-19)

תשפ"ד • 2024

Urgent campaign to address current extreme financial difficulties, reaching out to the Kehilla who have all benefitted in some way

Crowdfunding campaign on

**WEDNESDAY  
& THURSDAY**

**כ"ו - כ"ז אדר א'  
6 - 7 MARCH**

To continue providing this world class facility for the benefit of the entire Kehilla.

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REACH  
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**HIGH SCHOOL DIVISION**  
**YEARS 9-12**



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a Tale**



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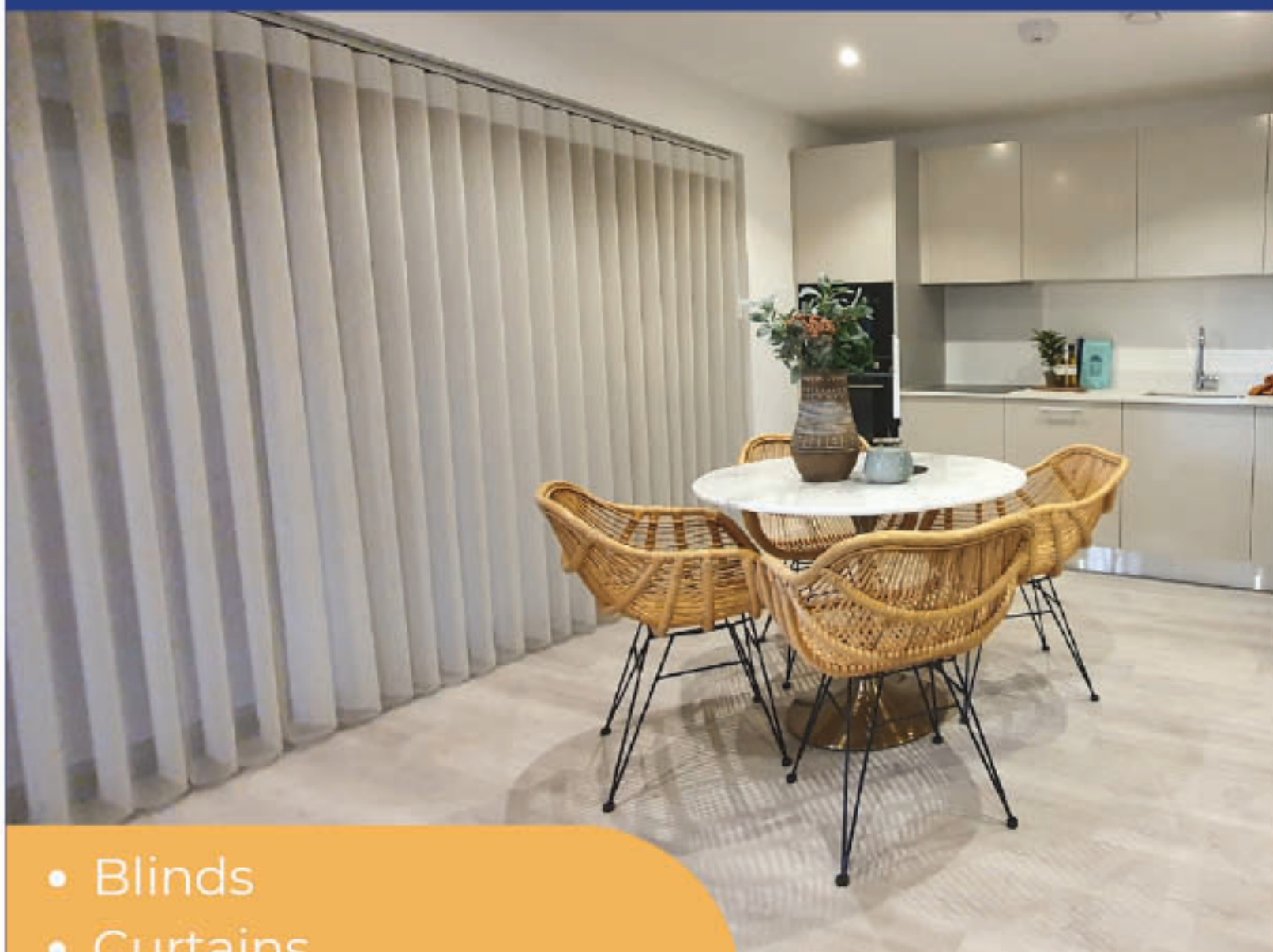
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three weeks or more?

**Check it out with your GP**

Our bodies often undergo short-term changes that may seem worrying, such as fatigue, muscle pain, loss of appetite and more. These symptoms are often caused by viruses and will usually disappear within a few weeks. However, if the symptoms persist after three weeks or more, make sure to check it out with your GP. **Remember, it may be nothing, but if it is, early detection is key.**





**BAR**  
— VINEY

IS N

ת הבד"ץ  
שלם  
החדש





BARKAN

WINE

HOW

בהשגחה  
פרטית  
מאדוקדקת



Float into Spring and Summer

# Queen of the Night

*All new wedding dresses  
2024*

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## Bridal Nights

Mrs E.G. Mendelowitz 020 8806 8847

Fine lace gowns | Designer inspired | Meticulously tailored | Tastefully on trend



SUNDAY & MONDAY

כ"ג-כ"ד אדר א'

3 - 4 MARCH 2024



# The London Mechina Sixth Form

מתיבתא דרבי אליעזר

ע"ש הגאון רבי אליעזר גורדון זצ"ל ראש ישיבת טלז

**The London Mechina, launched in 2023, offers the first ever educational initiative in the UK which provides both an intensive לימודי קודש programme and an excellent private school quality A Level offering.**

## **The main features of our school include:**

- סדר ערב until 15:00 and two weekly לימודי קודש
- Iyun shiur by Harav Elisha Koppel שליט"א an experienced מגיד שיעור Yeshiva
- Chol subjects taught by highly qualified teachers from 15:00 to 19:30
- Supervised in-school homework sessions with subject specialist tutors
- High staff to student ratio
- our תלמידים are steadily growing in their personal responsibility, accountability, work ethic, and עבודת התפילה
- Frequent assessments in all Kodesh & Chol subjects reported to parents

**The London Mechina Sixth Form is accepting applications for the 2024/2025 school year.**

To request an application or a meeting with the הנהלה,  
please write to [londonmechina@gmail.com](mailto:londonmechina@gmail.com)

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OVER 300 STUDENTS

OVER 90 STAFF

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SUNDAY & MONDAY

כ"ג-כ"ד אדר א'

3 - 4 MARCH 2024



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SUPPORTING

The  
Pesach  
Project

LAST REMAINING TABLES!

# Purim Seudah



Sunday, 24<sup>th</sup> March 2024  
Kinloss Banqueting Suite  
Kinloss Gardens N3 3DU

5:30 PM

Shpielers Welcome!



For tickets, more information or to place an advert  
in the brochure call **Rabbi Broder 07941 087 701**  
or email [purimdinner@gmail.com](mailto:purimdinner@gmail.com)

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occasions





# What they really want is real food

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Whether you're gifting someone special or  
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Order by 15 March - 020 8381 4450 - Pick up in store.

SCAN TO JOIN



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MANCHESTER!

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Pelvic floor  
dysfunction when  
laughing/sneezing



Pelvic/internal  
pain



Post natal  
pelvic floor  
weakness



Back or  
pelvic pain



Perinatal trauma  
(following a cut  
or tear)



Tummy  
muscle  
separation



Bladder  
or bowel  
problems



Heaviness/  
bulge in  
pelvis

**These symptoms are common but they're not normal.**

**Women's health physiotherapy will alleviate these symptoms and  
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**Clinics in Golders Green, Stamford Hill & Manchester**

**Recognised by most health insurance providers.**

**Rochelle Cowan B Phty (hons), PG Cert Phty (exs for women), MCSP, HCPC registered**

# NEW COURSE!

## Self-Care & Stress Management

*Part of our Spring Dates Now Open for Booking*

### Course Dates



#### MAR

Wed 6<sup>th</sup> @10am - Self-Care  
Wed 27<sup>th</sup> @10am - Self-Care

#### APR

Wed 10<sup>th</sup> @ 10am  
Depth Intro

#### MAY

Wed 1<sup>st</sup> @12pm - Topline Intro  
Wed 15<sup>th</sup> @12pm - Self-Care  
Mon 27<sup>th</sup> @8pm - Topline Intro

(All courses 90 mins except 10<sup>th</sup> April)

Hundreds of people have joined one of our FREE professional 90 minute or 3-hour Zoom training sessions. Places are limited so book now and learn how best to care for your own and others' mental wellbeing.

**Book now at [projectlily.org.uk](https://projectlily.org.uk)**

# SAVE THE DATE



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PRESENTS

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**DR SHERYL KAPLAN**  
GP, EDGCARE

**DR. KATY JACKSON**  
PSYCHOLOGIST & COUNSELLOR

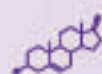
**ROCHELLE COWAN**  
WOMEN'S HEALTH PHYSIOTHERAPIST

**REBBETZEN RUTHIE HALBERSTADT**  
MACHZIKEI HADAS

**FABIANA ABADI**  
MIDLIFE WOMEN'S HEALTH EDUCATOR

**ESTHER DONOFF**  
NUTRITIONAL THERAPIST

## HEAR ABOUT



**UNDERSTANDING  
HORMONAL CHANGES**



**COMMON SYMPTOMS**



**TENDON, BONE  
& PELVIC HEALTH**



**MENOPAUSE  
HORMONE THERAPY**



**SUPPLEMENTS**



**OPTIMAL  
NUTRITION**



**SPIRITUAL CHANGES**



**LIFESTYLE  
MODIFICATIONS**



**MENTAL HEALTH**

**KNOWLEDGE IS POWER**



SUNDAY  
**10<sup>TH</sup> MARCH**  
AND **17<sup>TH</sup> MARCH**



**7:30 - 10:15 PM**



**NW4 LOCATION**  
ATTENDANCE VIA  
ZOOM AVAILABLE



**£60**  
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IF BOOKED AND PAID  
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who donated and helped ensure no family gets left behind this Pesach

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who fundraised so tirelessly

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# £143,000

## A SPECIAL THANKS TO

Mr B Rosenbaum, Mr L Schapiro, Mr M Rogoff, Mr B Stern,  
Mr C Lindner, Mr Y Roitenbarg, Mr H Peretz, Mr Y Strohli & Mr S Chontow

**Your support made this possible**

With gratitude,

Rabbi H Hager, Rabbi G Dunner,  
Meir Simcha Krauss, Moshe Weiss & Family

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to help as many  
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**LAST CALL!**  
RAFFLES DRAWING  
THIS SUNDAY 8:30PM!

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MIDDLE  
PAGE

# GRAND

## Chinese Auction

— 2024/3 "דען" —



**YOU CAN  
ONLY WIN IF  
YOU'RE IN!!**



Ladies event  
& raffle evening

 **Sunday 3<sup>rd</sup> March**  
שבת 3 במרץ 2024

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**TICKET SALES END  
THIS SUNDAY 8:30PM!**

**GRA**  
Chinese  
— 2024/



### Canon Powershot Camera

Win a Canon SX740 Powershot digital camera & SD card (donated anonymously)



### Top Home Appliances

Win a Bosch food processor, Dinner Done cookery book (donated anonymously) & a Tefal steam generator iron (donated by Weigo)



### Stack of Games & Books

Win £250 worth of games sponsored by Yvettes & £250 worth of sefarim or books sponsored by Hasefer



### Wheels for

Win a set of wheels for all the family  
£200 Bike, Micro 3-Wheeler Kid's Cozy Coupe, Scooter

**£15**



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Win an air conditioning unit (CIAT air con wall unit), donated, supplied and installed by Lytco



### Dream Holiday Package

£1,250 towards your dream holiday Plus 3 luxury suitcases



### £1500 of Silverware

Win £1500 of silverware sponsored by Eichlers



### £2000

Win furniture Singapore



All raffle proceeds go to Tashbar Manchester Mothers' Committee which supports the Cheder's essential SEN department and pastoral services.

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Cash**

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# AND

## Auction

### 3"000 —



For All

wheels  
family:  
ro Scooter  
s Scooter  
cuttle Bug



**£1000 of Jewellery**

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**Amazon & Tesco Vouchers**

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voucher plus a £500  
Tesco voucher



**£2000 of Furniture**

Win £2000 of  
Furniture sponsored by  
Singleton Furniture



**Dress Your Family  
for Yom Tov**

Win: £500 at Bleemys,  
£500 at Little Me, £350 at Accessory World,  
£500 at Suited, £150 of Shoes at Boutacelli Classica  
All clothing & shoes have been sponsored by the above shops



**Eretz Yisroel Trip**

Win 2 return tickets to  
Eretz Yisroel plus £1000  
spending money



**Sheitel By Rachel**

Win £2000 towards a sheitel  
sponsored by Rachel



**Split  
The Pot**

Winner takes half the pot

1 TICKET - £10  
3 TICKETS - £20  
15 TICKETS - £50  
36 TICKETS - £100

# Ticket Purchase Specials (v Split The Pot)

- |                      |                                 |
|----------------------|---------------------------------|
| All £5 Prizes - £15  | 1 Ticket in all Prizes - £150   |
| All £10 Prizes - £25 | 2 Tickets in all Prizes - £250  |
| All £15 Prizes - £40 | 5 Tickets in all Prizes - £360  |
| All £20 Prizes - £70 | 20 Tickets in all Prizes - £500 |

## How to Enter?

### Drop Off or Post:

**PRESTWICH**  
Abenson - 43 Kings Road, M25 0LN  
**SALFORD**  
Rosenbaum - 17 Stanley Road, M7 4EG  
Benedikt - 51 Symons St, M7 4AW  
**GATESHEAD**  
Rosenthal - 197 Rectory Road, NE8 4RQ  
**STAMFORD HILL**  
Lande - 83 Heron Drive, N4 2FS



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By Phone:

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## Important Information

Winners who are not present at the time of the drawing will be notified by phone.

We offer a door to door delivery service of larger prizes in **Manchester only**.

Images pictured are not always the exact prize, but very similar. Terms & conditions apply. For description of prize, see accompanying text. No refunds, exchanges or cash alternatives.

All flights exclude high season, are subject to availability and must be booked within 6 months.

Cheques should be made payable to Tashbar

**NO RAFFLE TICKETS TO BE SOLD AT THE EVENING**

For more information:

- Mrs Rose on 07968 550895
- Mrs Rosenbaum on 07984 954792

**EXTENDED DEADLINE SUNDAY 3<sup>RD</sup> MARCH**

Paper orders: 7:30pm | Online Orders: 8:30pm

### £5 PRIZES

- ☐ Canon Camera
- ☐ Top Home Appliances
- ☐ Wheels for All
- ☐ Stack of Games & Books
- ☐ £15 - 1 IN ALL

### £10 PRIZES

- ☐ £1000 Jewellery
- ☐ Yom Tov Food Package
- ☐ Amazon & Tesco Vouchers
- ☐ £25 - 1 IN ALL

### £15 PRIZES

- ☐ Air Conditioning
- ☐ Dream Holiday
- ☐ £1500 of Silverware
- ☐ £40 - 1 IN ALL

### £20 PRIZES

- ☐ Furniture
- ☐ Clothing Package
- ☐ Eretz Yisroel Trip
- ☐ Sheitel
- ☐ £70 - 1 IN ALL

### £36 PRIZE

- ☐ £3,600 Cash

### SPLIT THE POT

- ☐ £10 - 1 Ticket
- ☐ £20 - 3 Tickets
- ☐ £50 - 15 Tickets
- ☐ £100 - 36 Tickets

The following exclude Split the Pot

- ☐ £150 - 1 Ticket in All Prizes
- ☐ £250 - 2 Tickets in All Prizes
- ☐ £360 - 5 Tickets in All Prizes
- ☐ £500 - 20 Tickets in All Prizes

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

TEL: \_\_\_\_\_

I HEREBY ENCLOSE: £ \_\_\_\_\_

DATE: \_\_\_\_\_

I AM PAYING BY: Cheque ☐ Card ☐ Cash ☐



Other \_\_\_\_\_

CARDHOLDER NAME: \_\_\_\_\_

CARD NO:

EXP DATE:  /  CVC:

BILLING ADDRESS \_\_\_\_\_

POSTCODE: \_\_\_\_\_

PURCHASE WITH TEAM: Family Name \_\_\_\_\_ (Street \_\_\_\_\_)

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# Brrrrrrrrrr.....



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For info and to order  
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If no answer please leave a message.



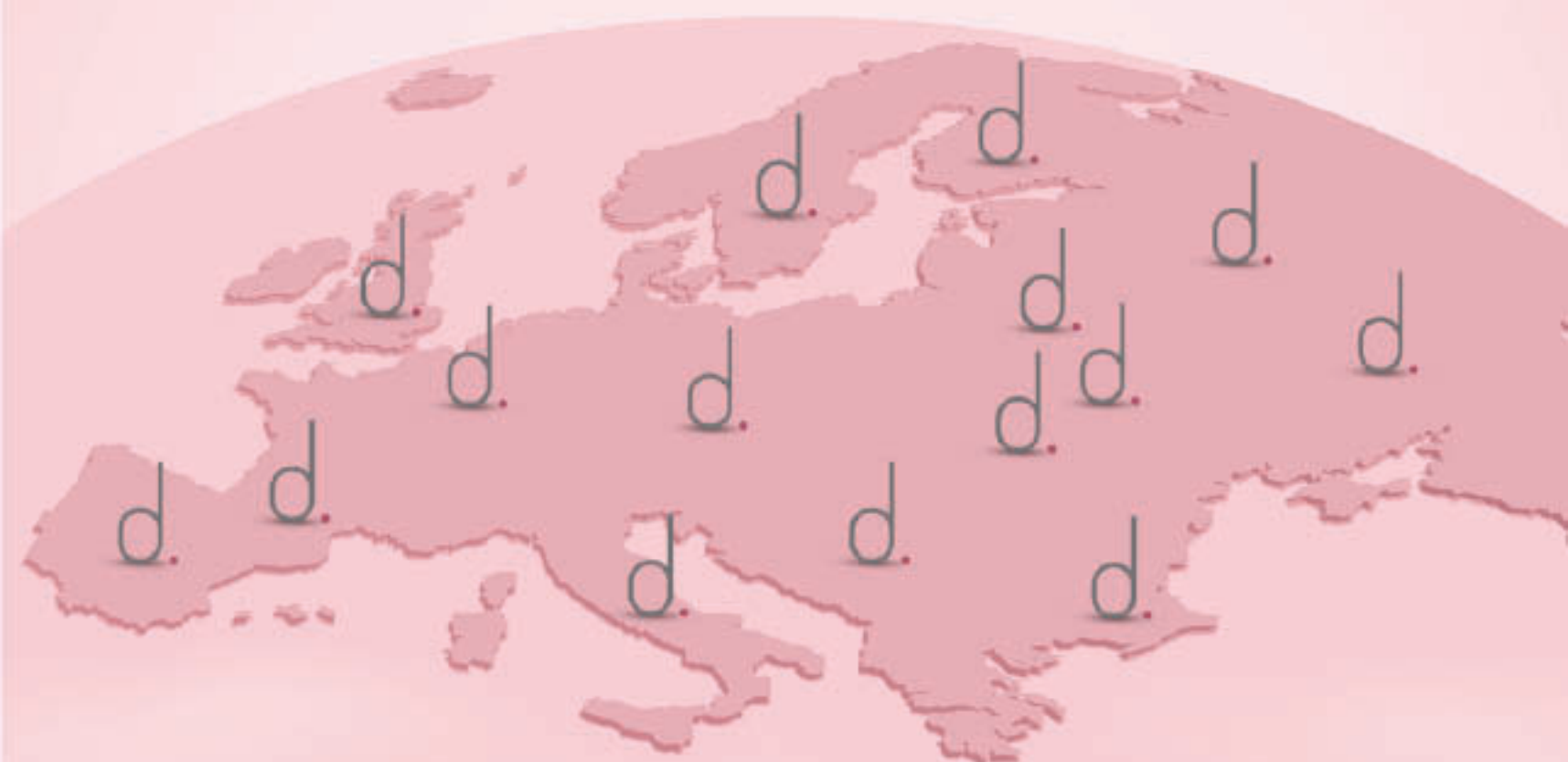
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dressed.

LAUNCH ONE AVAILABLE ONLINE NOW



**Work Avenue – the Jewish community's leading employment and business support organisation – is aiming to raise £750,000 over a 36-hour period.**

Here CEO Debbie Lebrecht tells us more about the charity and their campaign.

### **What is Work Avenue?**

Work Avenue exists to help transform the lives of members of the community who are unemployed, struggling with their career or experiencing issues with their business.

We believe in empowering individuals, providing them with essential lifelong skills to support themselves and their families.

In the past year, we have supported more than 3,000 people, from all parts of the community, to find jobs, change careers and start or grow their own small business.

### **How do you help people?**

We have a range of free workshops, events and one-to-one employment or business advice.

We also offer training for our clients which then enables them to find freelance work, often working for the businesses we are supporting. In this way, our clients earn money, gain valuable experience and provide a reasonably priced service for many fledgling local businesses.

### **How can people donate?**

Please visit the Charity Extra website (<https://www.charityextra.com/workavenue>) on 3-4 March - and every pound donated will be doubled by generous matchers!

*Together, we CAN make a difference.*

**3-4  
MARCH**



**TRANSFORMING LIVES**  
**£750,000**



# PESACH 2024

## ZIMBALI RESORT SOUTH AFRICA



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AFTER PESACH  
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ON SHABBOS  
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SEFARDIC AND ASHKENAZI SHUL

ORGANIZED ACTIVITIES ON HOL HAMDED



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*Choose from our beautiful collections of vases in different colours, sizes and styles to complete your simcha.*

**Contact Chana 07874 186 981**

## THE VASE GEMACH

Leilu Nishmas Mrs Anita Gutstein A"H  
(חנה שרה בת אליעזר)

*Photos  
available  
of vase  
choices*

## Use my Building Team!

With the upcoming completion of two large development projects, I have a solid building team that I put together, which will soon be out of work. You can now benefit from my efforts in vetting and screening builders from diverse trades so that you can start on the right foot, building safely, wisely and economically.

Please contact me to discuss your project.

**07761811520 | [jon.konits@gmail.com](mailto:jon.konits@gmail.com)**



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Partner

07855 306 720

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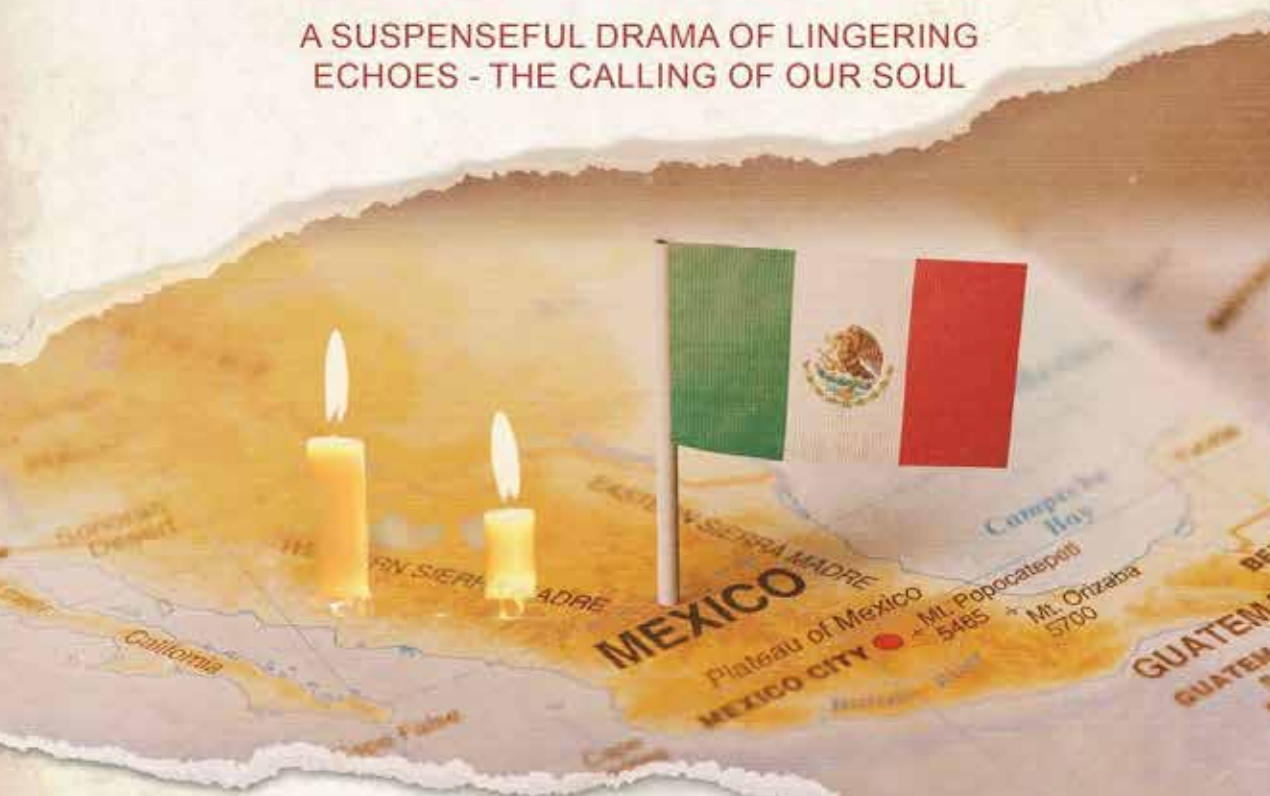


PRESENTING

# LIVING LINKS

שבכל דור ודור

A SUSPENSEFUL DRAMA OF LINGERING  
ECHOES - THE CALLING OF OUR SOUL



**SUNDAY 10<sup>th</sup> MARCH**  
DOORS OPEN: 3.30PM  
SHOW STARTS: 4.00PM

**MONDAY 11<sup>th</sup> MARCH**  
DOORS OPEN: 7.15PM  
SHOW STARTS: 7.45PM

**EXCITING RAFFLE AT  
EVENT!**

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Tickets for both shows can be collected from  
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# the PRODIGY



Sun Afternoon  
10 March - 30 Adar 1  
Doors open 2:30pm  
Show starts 3:00pm  
£8 - Kids show

Sun Evening  
10 March - 30 Adar 1  
Doors open 7:30pm  
Show starts 8:00pm  
£12

Mon Evening  
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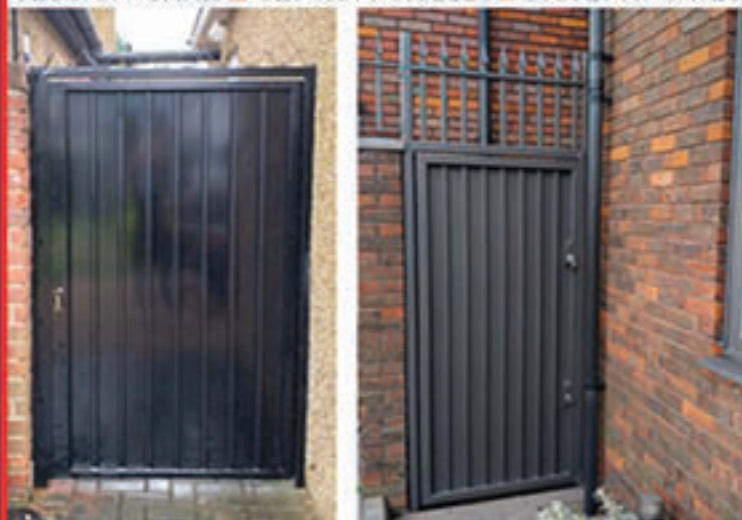


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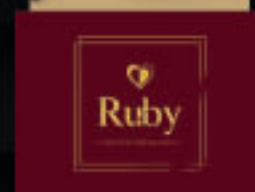


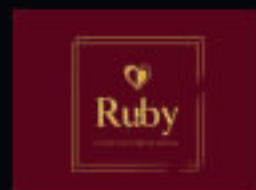
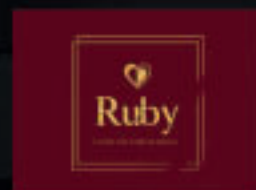


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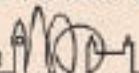
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**Purim Inspiration**  
**music and juggling with**  
**Rabbi S Erlanger** £4

**13th March**  
**Painting Wokshop by Batsheva**  
**Please reserve 20th March**  
**Purim Party Lunch**  
**and entertainment**

Miriam Rachel Wohl Hall The Riding NW11  
11-12 30pm  
*Looking forward to greeting you*

# MEDITERRANEAN CABBAGE SALAD

RECIPE CORNER BY

THE NW LONDON   
**LOCALNEWS**

2 (16-ounce) bags of coleslaw mix  
(shredded cabbage and carrots)

1/2 cup finely diced red onions or shallots

5 to 6 large red radishes, sliced thin

1 red pepper, sliced thin

1 yellow pepper, sliced thin

1 cup chopped fresh dill

1 teaspoon Haddar Kosher Salt

2 tablespoons Haddar Dijon Mustard

2 cloves garlic, minced or 2 cubes  
Gefen Frozen Garlic

1/4 cup Kedem Red Wine Vinegar

1/3 cup Tonnelli Avocado Oil (can swap  
for EVOO)

1/2 teaspoon sumac (for color and  
enhanced flavor)

toasted sliced almonds or crushed  
pistachios for topping

1. Mix up the salad ingredients in a  
large bowl and add the dressing.

2. Top each personal salad with toasted  
sliced almonds or crushed pistachios.



SALAD

DRESSING

DIRECTIONS

בס"ד

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NURTURING

OFFERING SUPPORT & ENCOURAGEMENT

PARTNERING

HOLDING YOUR HAND THROUGHOUT

# Classified

# Useful numbers

## Misc.



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We are organising a private group for women interested in becoming an accredited play therapist through Chichester University/APAC. For further information or to sign up, **please call 07933877782.**

## Lost & Found

**Found** Keys found on Leaside last Friday.

**Pls call 07851 582 743**

**Found** Amex credit card outside Windsor Court, GGR. **If yours please call 07836 258 634**

**Exchanged:** Ladies black river island coat mistakenly switched at Goldmeir-Lieberman wedding on Feb 22. **Please check that you do not have my coat! Please call 0797 189 7802**

### Found:

If you know the lady who left her shopping bag with eggs on the bus from hendon to golders green at 4.15pm yesterday. **Please call me on 07814166321.** She was about 50 or 60 years old and was wearing a beret, she went down at the bus stop near princes park avenue she was running after the bus and knocked on it but the driver did not stop, so I took her shopping at the next stop but could not find her anymore.

## Organisations

Contact Info

|                                    |                |
|------------------------------------|----------------|
| HATZOLA NW LONDON                  | 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  |
| CHIZUK                             | 020 8800 7494  |
| CST                                | 0800 032 3263  |
| EZRA UMARPEH                       | 020 8211 1010  |
| BEREAVEMENT SERVICE (JBOS)         | 020 8951 3881  |
| GIFT                               | 020 8457 4429  |
| KOL HALASHON                       | 020 8191 7000  |
| KASPA SECURITY                     | 07880 435 747  |
| JEWISH FAMILY CENTRE               | 0208 209 1117  |
| HAND IN HAND FORMERLY SHABBAT WALK | 020 3670 1818  |
| LEV ECHOD CANCER CARE              | 07870 351 436  |
| MARS REFUAH                        | 020 3322 8586  |
| MENUCHA                            | 03002 225 764  |
| 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                         | 07506 750 023  |
| 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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NHS England and North Central London Integrated Care Board are proposing to close the maternity unit at Royal Free Hospital.

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# Business Directory

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The Voice of East London

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[info@chromconnections.co.uk](mailto:info@chromconnections.co.uk)

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[Ykbeauty.uk](http://Ykbeauty.uk)  
**07896079934**

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כעתירות

הנהלת הכוללים

## Currency Exchange



| Code | Currency           | GBP \ Unit | Units \ GBP |
|------|--------------------|------------|-------------|
| EUR  | Euro               | £0.85      | 1.16        |
| ILS  | Israeli New Shekel | £0.22      | 4.54        |
| CHF  | Swiss Frank        | £0.91      | 1.11        |
| USD  | US Dollar          | £0.78      | 1.26        |

Based on Wednesday's Rates | Midmarket Rates

### INTERNATIONAL TRANSFERS FOR PERSONAL & CONFIDENTIAL SERVICE

#### THE CURRENCY EXCHANGE

T: 020 8905 5101

M: 07976 297 891

E: DOLLARFX@AOL.COM



### כי תשא

#### מנחה שבת

|                    |       |
|--------------------|-------|
| בית אברהם, בית שמש | 13.45 |
| בירושלם, עץ חיים   | 13.45 |
| בית אברהם, בית שמש | 13.45 |
| 23 Green Walk      | 13.45 |
| בית יוסף, בית שמש  | 13.45 |
| 63 Cranbourne Gate | 13.45 |
| בית שמש            | 13.45 |
| בית אברהם          | 13.45 |

#### ערב שבת מנחה גדולה

|                   |       |
|-------------------|-------|
| בית יוסף, בית שמש | 13.45 |
| עץ חיים           | 13.45 |

#### 5.26 חולדת חנוכה מנחה וקבלת שבת

|                    |      |
|--------------------|------|
| בית אברהם, בית שמש | 5.26 |
| בירושלם, עץ חיים   | 5.26 |
| בית אברהם, בית שמש | 5.26 |
| 23 Green Walk      | 5.26 |
| בית יוסף, בית שמש  | 5.26 |
| 63 Cranbourne Gate | 5.26 |
| בית שמש            | 5.26 |
| בית אברהם          | 5.26 |
| בית אברהם, בית שמש | 5.26 |
| בירושלם, עץ חיים   | 5.26 |
| בית אברהם, בית שמש | 5.26 |
| 23 Green Walk      | 5.26 |
| בית יוסף, בית שמש  | 5.26 |
| 63 Cranbourne Gate | 5.26 |
| בית שמש            | 5.26 |
| בית אברהם          | 5.26 |
| בית אברהם, בית שמש | 5.26 |
| בירושלם, עץ חיים   | 5.26 |
| בית אברהם, בית שמש | 5.26 |
| 23 Green Walk      | 5.26 |
| בית יוסף, בית שמש  | 5.26 |
| 63 Cranbourne Gate | 5.26 |
| בית שמש            | 5.26 |
| בית אברהם          | 5.26 |

### ויקהל

#### מערב בחול

|                    |           |
|--------------------|-----------|
| בית אברהם, בית שמש | 6.33-6.36 |
| בירושלם, עץ חיים   | 6.33-6.36 |
| בית אברהם, בית שמש | 6.33-6.36 |
| 23 Green Walk      | 6.33-6.36 |
| בית יוסף, בית שמש  | 6.33-6.36 |
| 63 Cranbourne Gate | 6.33-6.36 |
| בית שמש            | 6.33-6.36 |
| בית אברהם          | 6.33-6.36 |
| בית אברהם, בית שמש | 6.33-6.36 |
| בירושלם, עץ חיים   | 6.33-6.36 |
| בית אברהם, בית שמש | 6.33-6.36 |
| 23 Green Walk      | 6.33-6.36 |
| בית יוסף, בית שמש  | 6.33-6.36 |
| 63 Cranbourne Gate | 6.33-6.36 |
| בית שמש            | 6.33-6.36 |
| בית אברהם          | 6.33-6.36 |
| בית אברהם, בית שמש | 6.33-6.36 |
| בירושלם, עץ חיים   | 6.33-6.36 |
| בית אברהם, בית שמש | 6.33-6.36 |
| 23 Green Walk      | 6.33-6.36 |
| בית יוסף, בית שמש  | 6.33-6.36 |
| 63 Cranbourne Gate | 6.33-6.36 |
| בית שמש            | 6.33-6.36 |
| בית אברהם          | 6.33-6.36 |

#### מנחה בחול

|                    |       |
|--------------------|-------|
| בית אברהם, בית שמש | 13.45 |
| בירושלם, עץ חיים   | 13.45 |
| בית אברהם, בית שמש | 13.45 |
| 23 Green Walk      | 13.45 |
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| 63 Cranbourne Gate | 13.45 |
| בית שמש            | 13.45 |
| בית אברהם          | 13.45 |
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| בית שמש            | 13.45 |
| בית אברהם          | 13.45 |
| בית אברהם, בית שמש | 13.45 |
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| בית יוסף, בית שמש  | 13.45 |
| 63 Cranbourne Gate | 13.45 |
| בית שמש            | 13.45 |
| בית אברהם          | 13.45 |

# Friday

1st March 24

8° \ 3°



Shabbos Sunday Monday Tuesday Wednesday Thursday



8°\0°



9°\1°



9°\1°



11°\5°



14°\6°



13°\7°

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## DAILY TIMES

|       | Friday | Shabbos | Sunday | Monday | Tuesday | Wednesday |
|-------|--------|---------|--------|--------|---------|-----------|
| שקיעה | 5:41   | 5:43    | 5:45   | 5:47   | 5:48    | 5:50      |
| לילה  | 6:31   | 6:33    | 6:35   | 6:36   | 6:38    | 6:40      |

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