

THE NW LONDON LOCAL NEWS

Issue 550

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7th April 2022 || פרשת מטות - שבת חנוכה תשפ"ב
Starts: 19:30 Ends: 20:40 (RT: 21:01)

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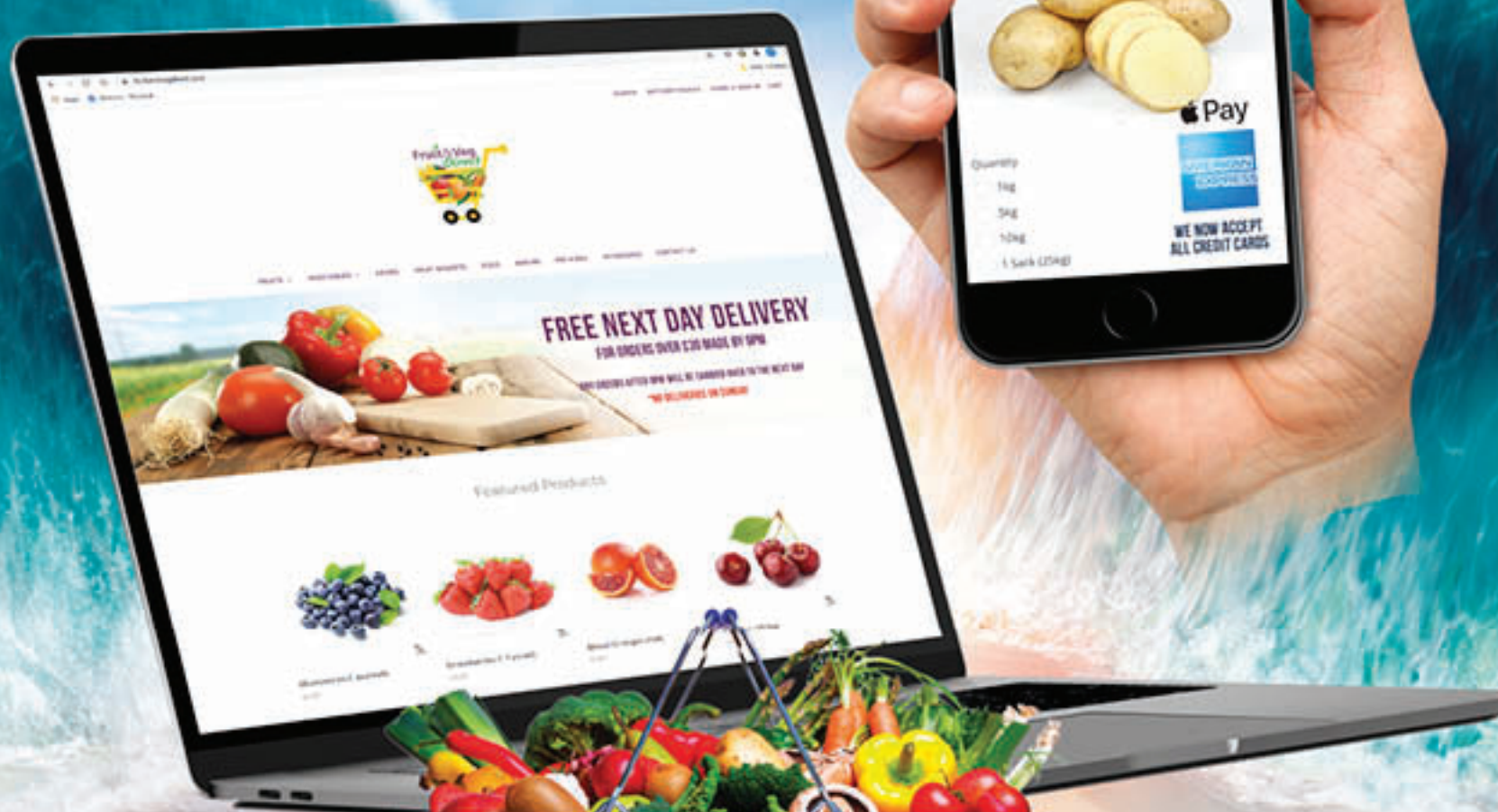
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ON SITE SUPERVISION BY RABBI YM GUTTENTAG שליט"א

Please ensure all items for kashering are clean and have not been used for 24 hours. Though maximum care will be taken, the Federation takes no responsibility for any damage to persons or property.



For more information email HK@federation.org.uk
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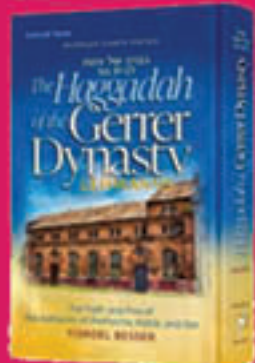
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Edgware:	44 Wolmer Gardens, HA8 8QD
Borehamwood:	20 Chandos Road, WD6 1UZ
Stamford Hill:	81 Lordship Rd, N16 0QY

MON 11TH – THURS 14TH APRIL | 09:00 – 17:00

Hendon:	The GIFT Hub, 61-63 Watford Way, NW4 3AX
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Minced Salmon

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Tuna Salad

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Shabbos Afternoon 9th April | ח' ניסן | 5:45pm

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This shiur is for our beloved Mrs Steinberg
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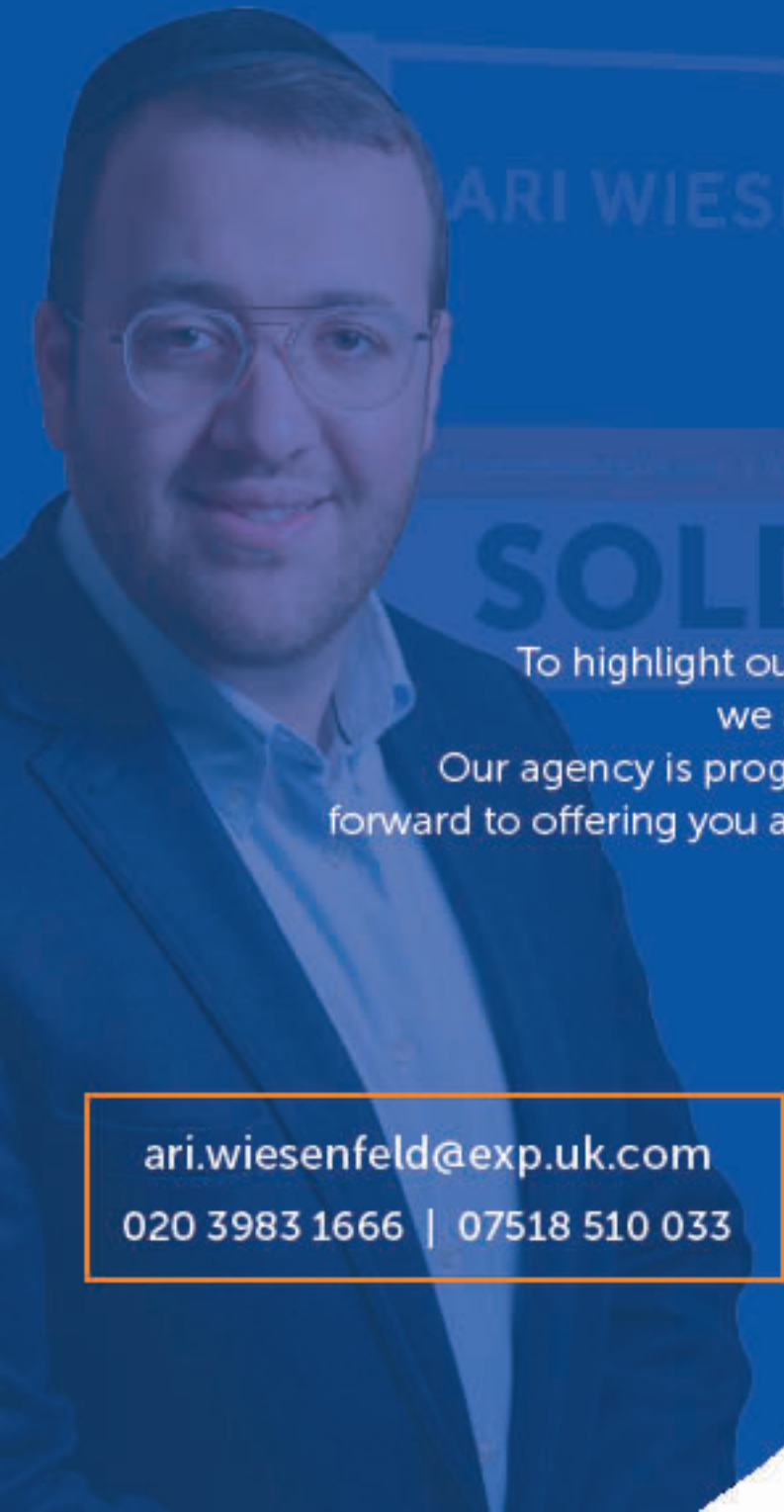
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Tuesday 3rd May 9pm

Stamford Hill, London

Sunday 8th May 8pm

Stamford Hill, London

*open day attendance is free of charge



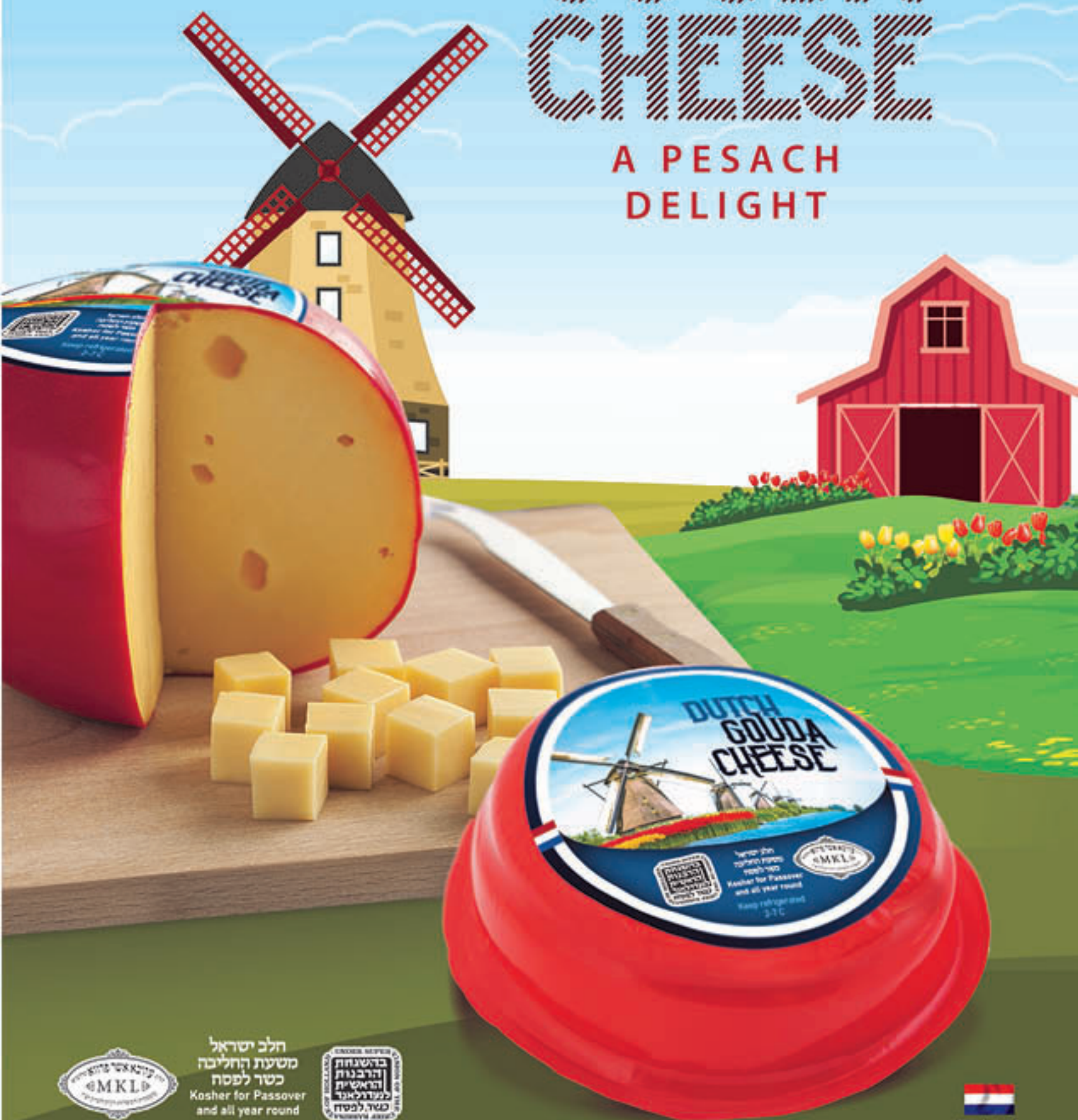
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2 WEEK

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&
Rabbi Aubrey Hersh*



IN CONVERSATION

HOSTED BY: RABBI MENA REISNER

RABBI MOSHE CHAIM LUZATTO

The Ramchal

THE HISTORY, TORAH & CONTROVERSIES



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Rabbi Dr Akiva Tatz

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Science & Conspiracies

HISTORY FOR THE CURIOUS

Rabbi Aubrey Hersh

16TH CENTURY POLAND III

Ukraine & Ashkenazi Identity

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TUE 10AM-4PM

EVENINGS: SUN 9-10.30PM

MON, TUE & WED 8-10.30PM

97 HIGHFIELD AVE NW11

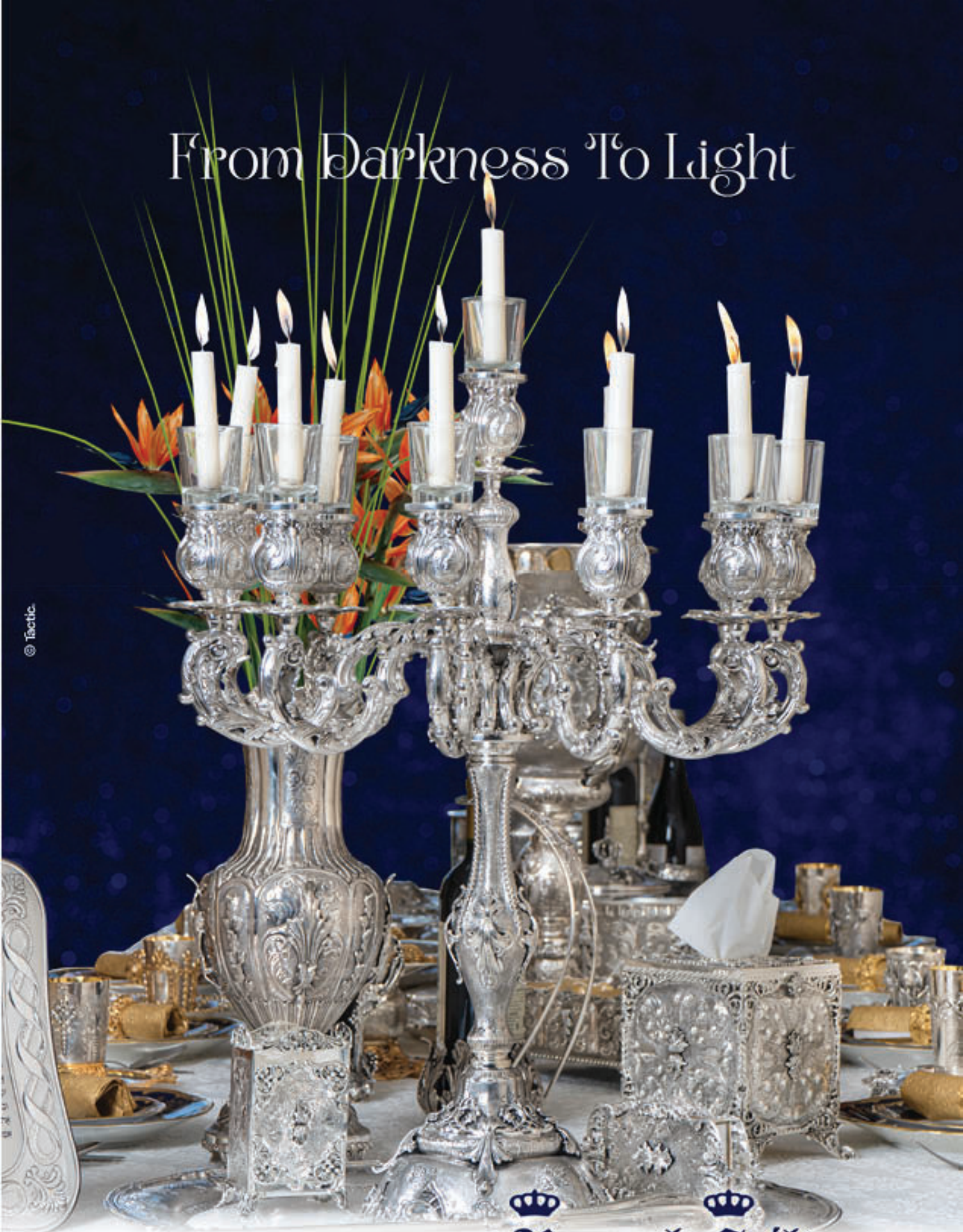
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by דברי פתיחה
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8.00pm (Doors Open 7.30pm)

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To get your reservation link



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There was a Bochar in Radin who was already over 50 years old, and he was very kind. One year, after the winter ended on Yom Tu B'Shvat, the children went over to spend time with him. The Bochar enjoyed 'shvach' and spending time with the children. It was no rush to leave. The children found it strange that their Rebbe chose Yom Tu B'Shvat, the holiest night of the year, to be a suitable time for chatting and socializing. It just didn't seem appropriate. It wasn't long before they understood. A short while later, whilst talking to a friend, the Bochar commented 'Yom Tu B'Shvat are the days when I feel personally connected to some my loved ones. It wasn't on such these beautiful nights. But when I am invited to my family I enjoy them. Have the children to be with me.' The children were very happy to hear this.



Sara shares her packet of
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HOW WE ARE HELPING THE TEENAGERS OF OUR COMMUNITY

BY RABBI YAAKOV BARR,
PSYCHOTHERAPIST AND FOUNDER OF JTEEN.



Can you tell me what Jteen is?

Jteen is a non-profit, volunteer-led organization committed to helping Jewish teens receive the emotional support they need. Our main service is Jteen Support, a text support service available every weekday from 6pm until midnight. Our trained volunteer counsellors and qualified therapists are ready to provide teenagers with confidential non-judgemental support and empower them for the inevitable emotional challenges they face.

How does it work?

Any person from the age of 11-20 can text in completely anonymously. We can't see their number, and neither will we ask for names. This aspect is fundamental for a community service where there is still a lot of stigma around mental health. Our trained volunteer counsellors and qualified therapists are there to help the teen with whatever emotional challenges they face, no matter how big or small. We will offer non-judgemental support and help the teen figure out ways that they can feel better. Sometimes we will signpost a teen to a more appropriate resource or service or empower him/her to reach out to parents and teachers.

Why did you choose text?

We chose text, because it is a format with which teens are both familiar and comfortable, whilst at the same time it enables us to maintain strong standards of supervision. We have found that the anonymity and confidentiality that text provides has enabled teens to share their inner most feelings in ways that I never thought possible. However, we also recognise that not all teens have access to text or prefer this medium and therefore we are opening a phone line too, after Pesach IYH.

Why did you set up Jteen?

Quite simply, the period of adolescence is the most vital within a person's life. If our teens are hampered by emotional challenges, they may well be affected for their entire life. As a psychotherapist seeing teens from across the community, I have always felt that too many teens are not reaching out for help and, even when they do so, very often there is no help available. Covid has only exacerbated the situation and many teens are suffering from anxiety, stress and low mood. Adolescence is also a time when teens are striving for independence and are conscious about how they are perceived. This means that many teens struggle to reach out and share the problems they face with family members and people they know. The solution is improving education in wellbeing within schools, as well as our text support service offering privacy and high-quality emotional support.

Have you found that teens have been responsive?

The interest and enthusiasm has been unbelievably positive. Teens have reached out when they are in their darkest places, or just when something smaller has been bothering them. In just over a year since we have opened we have been contacted by teens over 2,300 Jewish times! Yet, our research shows us that there are still far too many teens

who are reluctant to reach out and are uncomfortable sharing their emotional challenges with anyone. so, our work has only just begun. I must add that the whole community has been extremely enthusiastic and keen to support Jteen. Rabbonim, school leadership teams, teachers, doctors, mental health experts and, of course, parents have all been overwhelmingly supportive.

There will be some parents who will be uncomfortable for their child to reach out. How can you allay their fears?

Like every parent, we hope, of course, that our children never feel they need to reach out for help and that they will come and talk to us. However, experience shows that teenagers do often find themselves facing emotional difficulties. It is so inspiring that we are now seeing many more teens who are contacting us because their parents encourage it. We pride ourselves in the knowledge that Jteen operates within the highest of standards both in terms of hashkafa and professionally. Where a hashkafa or halachic issue arises, we are guided by our Rabbinical Board which comprises a team of highly regarded Rabbonim and Rebbetzins from within N.W. London, led by Rabbi S.F. Zimmerman (Head of Federation Beis Din). Our clinical advisory board contains experts in mental health and is led by John Cameron OBE, the former head of the NSPCC helpline. We also have a board of trustees including Mr Avi Barr, Mr Eli Seliger and Mrs Riki Greenberg, who ensure that our organisation is run and managed effectively in line with our objectives.

All our volunteer counsellors have received extensive counselling and call-handling training from our training programme. Qualified therapists as well as safeguarding officers are on hand for, supervision, more complex problems, or potential safeguarding issues.

Do you think there is still too much reluctance within the Jewish community to tackle mental health issues?

The world has taken great strides in recent years in reducing the stigma of emotional health. However, within communities the challenge is greater. The peer pressure and pressure to conform unfortunately means that so many issues are still being ignored and buried in the hope that they will just "go away." As we all know, in most cases untreated issues or traumas only get worse. I was recently involved with a teen who was suffering from an eating disorder. She had to be admitted to hospital because her life was at risk. Most tragic was that I had advised the parents some years prior that their daughter had all the signs of an early onset eating disorder, but they couldn't come to terms with the fact that someone from their "picture perfect family" needed psychological help. So yes, we are making progress in breaking down the barriers but there is still so much more we must do as a community. Specifically, we need to accept the importance of sharing one's struggles and not judging those who seek help to improve their emotional wellbeing.

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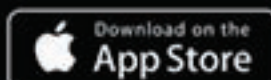
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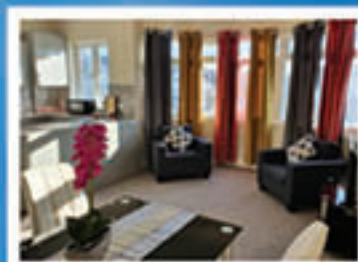
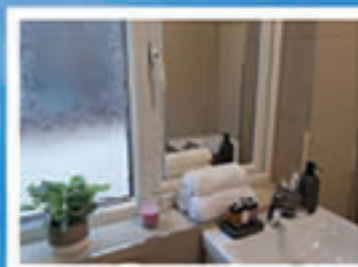
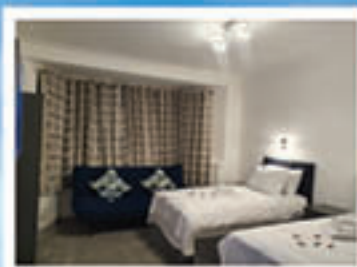
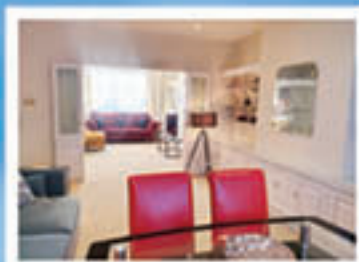
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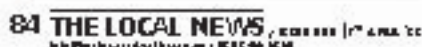
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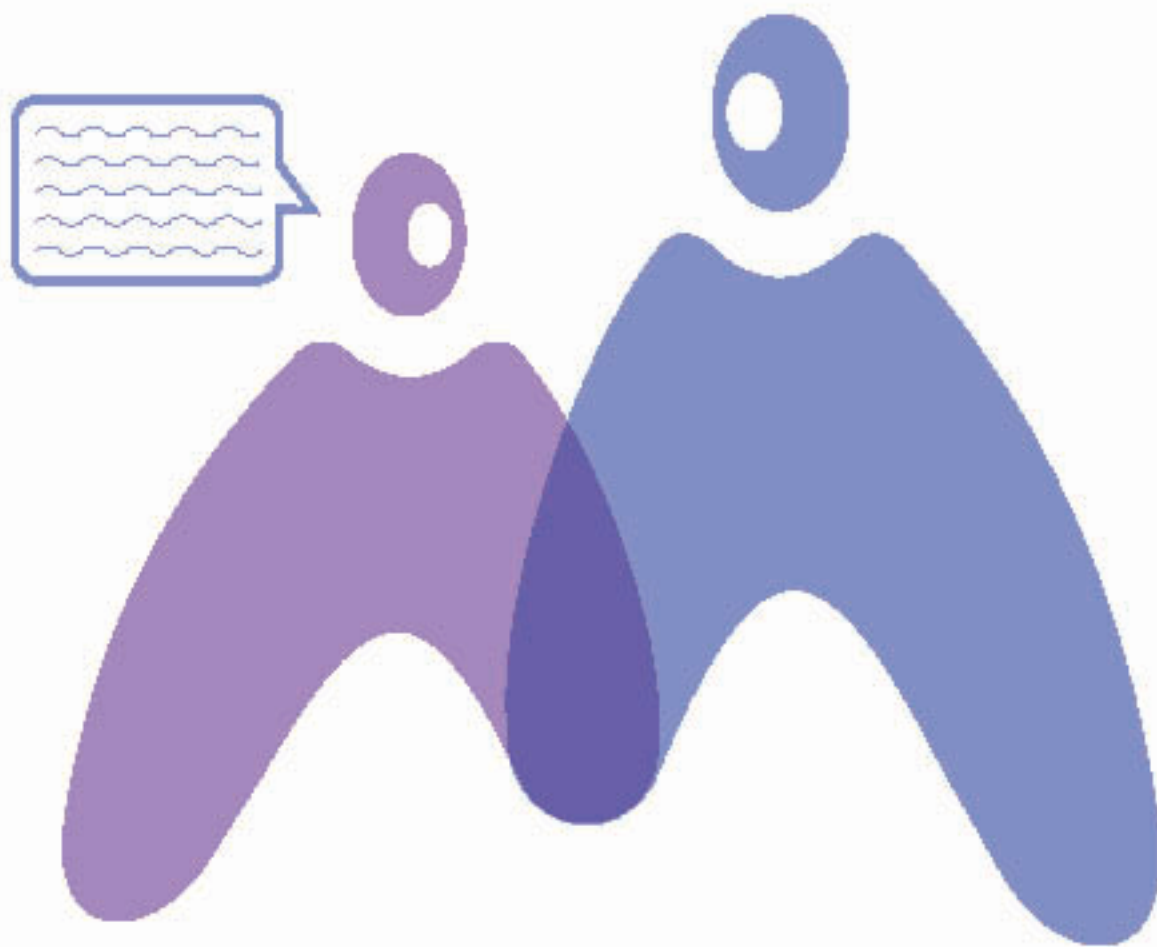


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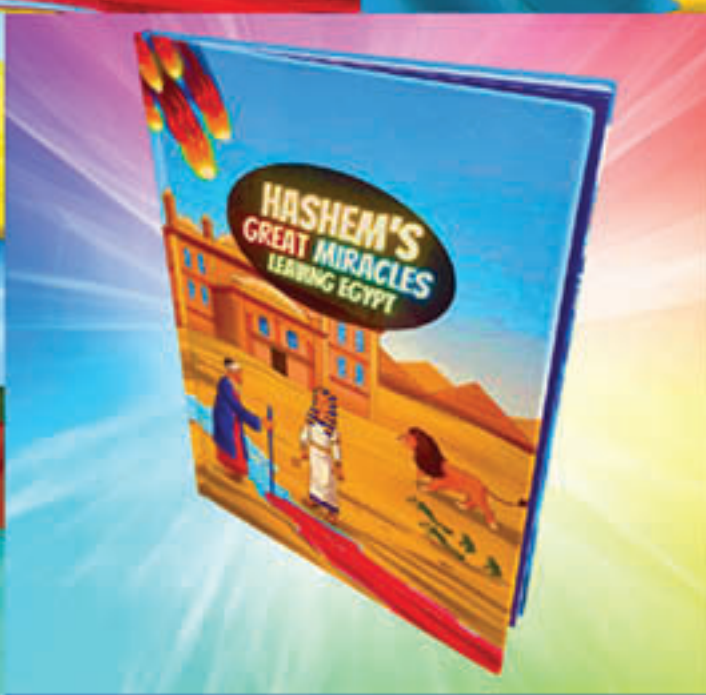
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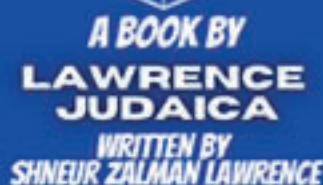
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