

THE LOCAL  ISSUE 495
LOCALNEWS
 020 8455 5259 | INFO@LOCALNEWSADVERTISER.CO.UK
 WWW.LOCALNEWSADVERTISER.CO.UK

Here to **protect** you.

PROTECT
 020 8800 9492
 e.info@protect-me.net
 or www.protect-me.net

פרישת בשלח - שירה
 Starts: 16:29 Ends 17:40 (18:00)

roundtree
 real estate
020 8203 2111
 www.theroundtree.com

ELI-G
 ESTATES
 Estate Agents you can trust!
 Specially: Golders Green & Hendon
 CALL NOW: 020 3633 8567
 eli@eligestates.com | www.eli-gestates.com

E7 Parcel Service
 Golders Green
 Stamford Hill

swiftee
 020 8800 8090

THE PLANNING PEOPLE
 020 3846 6745
 info@samplanning.co.uk

 PLANNING SERVICES
 Part of the SAM Group

HampshireHeights
 Property Management
 020 3976 8331
 www.hampshireheights.com


 **PARK HALL SUITES**
 Luxury Suites in Broughton Park Manchester Tel: 0161 792 5786
LUXURY APART-HOTEL IN MANCHESTER!!!!
 Daily/Weekly/Monthly Stays - Hotel Style - Luxury Flats and Houses

 **Floors DOCTOR**

BRINGING WOODEN FLOORS BACK TO LIFE!

BEFORE  **AFTER** 

BEFORE  **AFTER** 

WE ALSO OFFER:

TILE & GROUT CLEANING  **CARPET & UPHOLSTERY CLEANING** 

- ✓ DUSTLESS WOOD FLOOR SANDING PROCESS
- ✓ LOW ODOUR, FAST DRYING FINISHES (BONA, LOBA, OSMO FINISHES)
- ✓ WOOD FLOOR STAINING & WHITE WASH

FREE QUOTE & SITE VISIT
 0207 846 0258 / 0745 028 6712
 www.FLOORSDOCTOR.co.uk

 **Checkatrade.com**
 Proud members of
 Where reputation matters

Are you feeling
frightened
 at home?

shemakoli
 Your safety is our priority
 CALL OUR HELPLINE
 020 3670 1818

Every *J*teen can text.

text us now on:

07860 058 823

Jteen support is a completely confidential and anonymous text-based helpline aimed at supporting the emotional wellbeing of our community teens from the ages of 13-20. Jteen support is made up of trained volunteer counsellors, and qualified therapists. It is endorsed and guided by leading northwest London Rabbominim, educators and mental health experts.



@jteensupport



Www.jteensupport.org





FOR ALL YOUR PROPERTY NEEDS IN THE NORTH WEST

OVER 10 YEARS' EXPERIENCE
& INTIMATE KNOWLEDGE
IN THE LOCAL AREA

For all Enquiries
Please Call:
Avi
07966 871 581

BACK BY POPULAR DEMAND!

מלווה
מלכה



THE VIRTUAL
MELAVE
MALKA

via  zoom

Boys Years 9-12

PREPARE
FOR PURIM

A 4-Part Programme

8:00PM GMT

מוצאי שבתות פרשיות

בשלח - יתרו

משפטים - תרומה

30th Jan, 6th Feb

13th Feb, 20th Feb



If you are not yet registered with Chazon, sign up
for access info via klalchazon.org or text 07878 158 547



PCS
Security Ltd

YOUR COMPLETE SECURITY SOLUTION

IS YOUR HOME & BUSINESS PROTECTED?



WE OFFER A
RANGE OF
OPTIONS TO
FIT ALL
BUDGET
TYPES

Contact Us

for a no obligation quote

020 3404 9242



PROTECT YOUR HOME AND BUSINESS WITH ADVANCED CCTV AND ALARM SYSTEMS

Ability to view your cameras from
your mobile, tablet or laptop



info@pcs-security.co.uk
www.pcs-security.co.uk

chocolate Boulevard
gifts & presentations

Check out
our Instagram
page!
@chocolateboulevarduk



07943-525-246

www.chocolateboulevarduk.com

sales@chocolateboulevarduk.com

ICE CUBE
FASHION

MEGA
SALE

New Tznais
clothing shop
for woman & girls
in Hendon

Dresses, skirts & tops

Click & Collect service
to maintain social distance
Tel: 07550 203 551

M&M
SHOES

THE
SALE YOU
CANNOT
MISS



07866 512 934
1109 Finchley Road, NW11 0QB
0208 458 1158
www.mandmshoes.co.uk

Now up to
70% off

בס"ד



13 St John's Road
London NW11

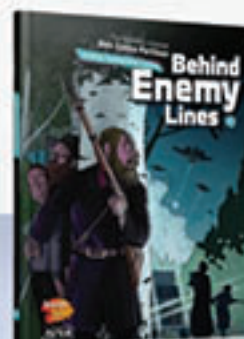


Feeling
locked up in
LOCKDOWN

NEW!



LET US DELIVER THE LATEST
BOOKS, CD'S, SEFORIM
TO YOUR DOOR.
**THERE'S SOMETHING
FOR ALL THE FAMILY.**



JUST CALL US OR EMAIL TODAY

0208 209 1017

07957 162717 WHATSAPP, TEXT OR CALL

CHAIMBOOKS@BTINTERNET.COM

DOORSTEP COLLECTIONS DURING OPENING HOURS

Answering the phones 10am until 9pm during lockdown.

Looking forward
to serving you!



GORGEOUS GOWNS

Clearance sale
70% Off

**ON ALL WINTER
COLLECTION**

UP TO 70% OFF GOWNS

**NEW ARRIVALS
JUST IN**

LONG | MIDI | SHORT



CALL & COLLECT

Daily between 11am & 4pm

For service & flair call Iti 020 8731 6065 - 07812 189 680
33 Highcroft Gardens NW11 | itigorgeousgowns@gmail.com

FULL CERTIFICATION.
NO IF'S, NO BUTS

GAS SAFETY DONE.

We'll get you certified in one working day and, if your property isn't gas safe yet, we'll take remedial measures to get you there.



- Certificates within 24 hours
- Testing reminders
- Boiler service and repairs
- Boiler installation



Capital Energy Certificates

020.8458.7444 | www.cecenergy.co.uk | info@cecenergy.co.uk

SHABBAT WALK *Volunteers* OF THE MONTH

JANUARY
★ 2021 ★
AWARDS

*For excellence in chessed in the community and
never missing an opportunity to help others*

Menorah High School

SHELLY
SHEINFELD

Hasmonean High School
for Boys

MEIR
GUNSBERG

Menorah High School

SARA
COWEN

Hasmonean High School
for Girls

CHEVY
BLOCH

Beis Yaakov Grammar
School

ROCHEL
KARP

Beis Yaakov Grammar
School

RACHELLI
JACOBS

בית שבת WALK

Volunteering. Giving. Changing Lives

office@shabbatwalk.org

07506 750 023

Thank you
to all our
amazing
volunteers.
Keep up your
great work!

**ALL-APPLE TASTE
BY THE SPOON...
NOT BY THE BITE!**



GOGROUPNY.COM



MADE IN THE USA
Distributed in the UK
by S.J. Sales



A family trusted brand since 1939

HIGH QUALITY LOW VOLTAGE



..... CCTV



..... DOOR ENTRY
SYSTEMS



..... ACCESS CONTROL



..... NETWORKING



D. Sobel

020 3514-6189

07380-437-118

info@essecurity.co.uk

www.essecurity.co.uk

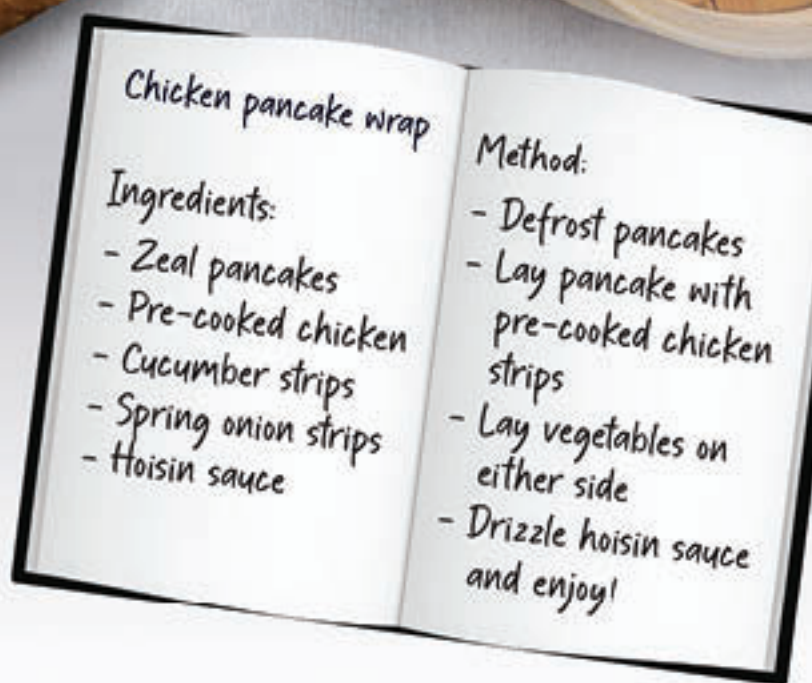


The perfect appetiser



**NO
COOKING
REQUIRED**

FIND IN THE FREEZER SECTION
OF YOUR LOCAL GROCERY



STEINSFOODS
gourmet & natural foods
0208 900 1000 | www.steinsfoods.com



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.

MYC



LOANS AND CREDIT
ASSISTANCE

MYC

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.



SecurityGates
"R" Us

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



**Checka
trade**

Leeside

THE LINGERIE SPECIALISTS



Personal appointments



Local



Qualified advanced fitter
with over a decade's experience



Flexible hours



We're safe

For your personal appointment call **020 8458 7001** or text **07816 327 556**

Advanced fitter



EST 1998

www.leesidelingerie.co.uk



ת"ד 15

PERSONAL TRAINER



PERSONAL
TRAINING

YOUR
JOURNEY
STARTS HERE

***PRICES AS LOW AS £40ph**

Weight Loss
Strength Training
Cardiovascular Training
Muscle Gain & Toning
Nutrition & Supplementation Advice
***limited time only**

CONTACT NATAN TODAY

✉ natan_pt@outlook.com

☎ 07894 902 066

📱 [natanpt](#)

BUYING, SELLING OR JUST CURIOUS GET IN TOUCH WITH ELI-G ESTATES

Welcome TO THE ULTIMATE PROFESSIONAL TRAINING BY SHUSHU MAYER!

(Shushu Mayer's School for advanced training in Wig Design & Hair styling will prepare you to be a shaitel macher in real life. The day you Graduate You can start working.)



ARE YOU READY?

**VERY SOON YOU WILL BE
A SOUGHT-AFTER SHAITEL MACHER!**

WIG SEWING/CREATING

Choosing hair, straightening, washing, terraces, building, hand-made baby-hair, alterations

SHAITEL MACHER

Washing, rollers, blow-dries, babyfiss, haircuts, styling, dyeing /chemicals, customizing to features, business tips.

Call for an appointment between 10am-1pm & 8pm-10pm

07367 032 785

LOCATED IN EDWARE

① Sales ② Styling ③ Setting ④ Dyes ⑤ Japanese Hair Straightening ⑥ Highest Quality Products

ShuShuSchool HIGH STANDARD WIG DESIGN SCHOOL

shushuwigs.co.il



TASTE OF HOME.

ELISHA

Fish'licious!

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

**Nat
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 the Department of Health in accordance with the Covid-19 guidelines.

T: **020 89 585 585**
E: sales@natjacobs.co.uk
W: www.natjacobs.co.uk

7 The Promenade, Edgwarebury Lane Edgware HA8 7JZ



Feeling chilly or
isolated during
lockdown?

Know someone
who'd appreciate a
delicious treat?

INTRODUCING...



JUST SOUPS

Homemade soups
to warm your winter!

ALL NATURAL INGREDIENTS, MADE FRESH DAILY

FLAVOURS: Butternut Squash / Vegetable / Leek & Potato

SIZES: 16oz for £3 / 32oz for £5

FREE DELIVERY within GG/Hendon/Edgware



ORDER NOW!



Chana: 07905672323



baby jogger



Place your orders
on the phone or online

020 8201 8870

info@yummykids.co.uk

www.yummykids.co.uk

Baby Jogger
20% off
on selected lines!

CALL AND COLLECT



ELISHA

TASTE OF HOME

KEEPING YOU AHEAD ON EPC

We are the one stop solution for all your properties. Whether you are selling, buying, leasing, or renting a property, and remember an EPC is a legal requirement.

Our competitive service is equally effective for estate agents, solicitors, landlords, and tenants.

Order Your EPC

£50

For 3+ flats on
the same building

£40



Residential epc's • Commercial epc's • Gas safety certificate
Electric certificate • Pat test • Floor plans • Lease plans
Water calculation • Legionella certificate



020 3601 4260
07506 000 347
info@speedyenergy.co.uk
www.speedyenergy.co.uk



SPEEDY
ENERGY *Safety
Inspections*

SCHOOL
unlimited

QUALIFY WITH A LEVEL 3 IN EDUCATION AND TRAINING

- Online, flexible hours
- For post-sem/married ladies
- Run by school leaders from the Kehilla
- Supportive group learning
- For unqualified teachers and TAs
- Takes only 6 weeks
- Special Discounts for groups and school bookings

Mrs Ruchi Fulda, QTLS
07598 250 503

Mrs Julia Silver BA, QTS, NPQH
07970 485 294
julia@schoolunlimited.org

**SPECIAL
OFFER**
Bring a
friend and
get 10% off
each!

QUICK STITCH *By Miri* NEW! In Edgeware

Taking in all
Alterations

DesignStudio



Affordable
prices



Many Years
Experience



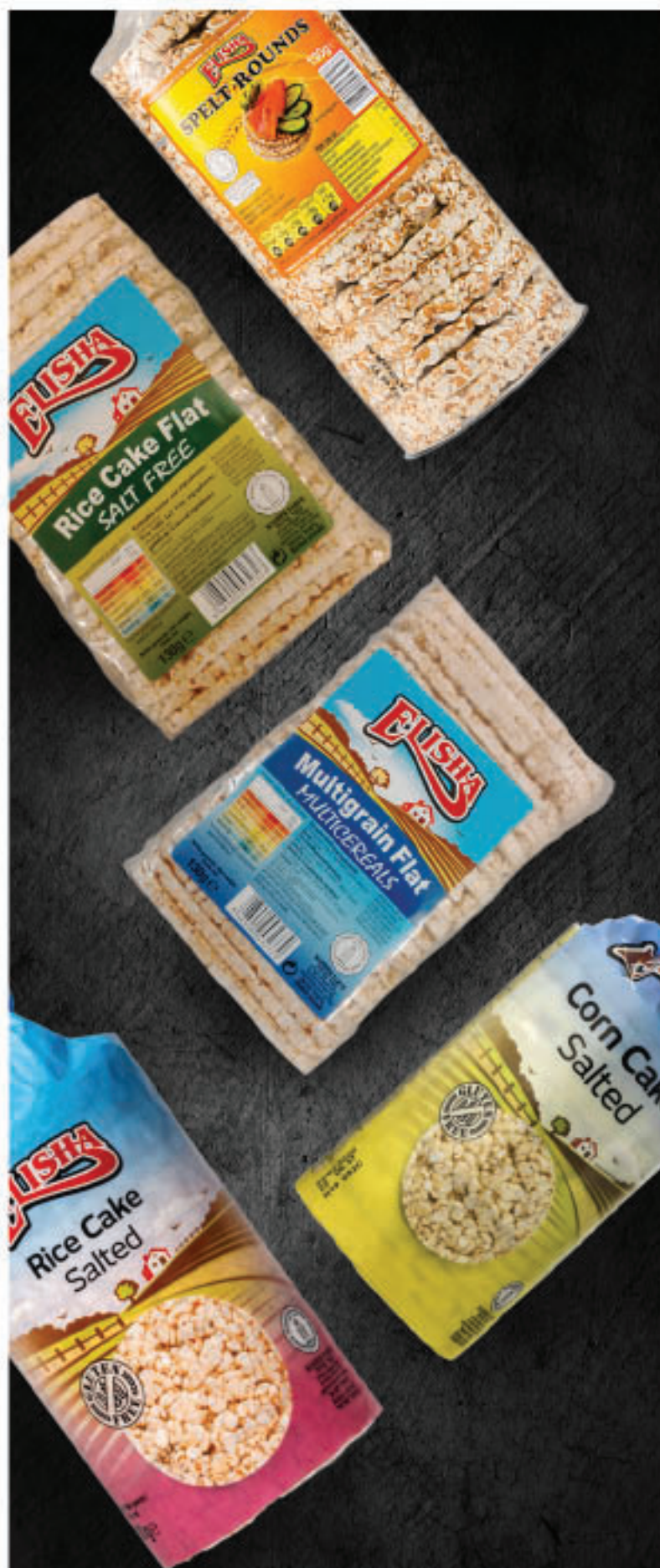
Express
Service

Covid safe



07756141859

-ALTERED TO PERFECTION-



ELISHA

TASTE OF HOME

Available at your local grocery
Imported & distributed exclusively by:
YNL by Drumstick Products Co Ltd.

SHUVU INVITES YOUR ENTIRE FAMILY TO:

MISSION: SIYUM

VIRTUAL KICK-OFF EVENT · SUNDAY, JANUARY 31



FEATURING:

Musical entertainment by **JOEY NEWCOMB** • Chizzuk from **RABBI EPHRAIM ELIYAHU SHAPIRO**
"THAT'S MY PSAK" TORAH TRIVIA with special guests, hosted by **RABBI ARI SCHONFELD** of Night Seder America
Exciting prizes • Message from our Shuvu students • and more!
Divrei Bracha from HoRav Reuven Feinstein, HoRav Yisroel Meir Lau and HoRav Elya Brudny

HOSTED BY: Shlomo Reich & Akiva Herskowitz

LIVESTREAM BEGINS AT 8PM ON 1/31 ON

 **matzav.com**
for Jewish content and inspiration



AND ON **MISSIONSIYUM.ORG**

For more information visit: **[MissionSiyum.org](https://missionsiyum.org)**



 **SHUVU**
חזון אברהם

EVENT SPONSORED BY:

 **Bell Works**

INSPIRED
BY GROWING REAL, POSITIVE, AND JOYFUL

MISSION: SIYUM

A SIYUM LIKE NO OTHER

In honor of Shuvu's 30th Anniversary, the entire Shas and Tanach will be completed by students who, before coming to Shuvu, had no connection to Yiddishkeit. This has never been done before - and you can be a part of it!

"We're learning Perek Eilu Metzios in school, but now I'm also able to learn some of Masechet Sukkah with my Chavrusa!"

— *Adiel Mamshay*
6th grade

"I feel part of something gigantic! Just like me, there are children in all of the Shuvu schools around the country who are learning together!"

— *Yariv Abramov*
6th Grade

"It's so exciting to be part of a Siyum of Kol HaTorah Kula! The whole thing! I even received my very own Gemorah which I take home and learn from, and now my father started learning with me too!"

— *Ohr Pinkhasov*
6th Grade

"To think that someone in chutz la'oretz is learning along with me! Wow! It's a very special feeling."

— *Netanel Chanimov*
7th Grade



SHUVU
חזון אברהם

WANT TO GET INVOLVED? You can partner with the children of Shuvu by choosing a section of Torah to learn! Sign up or learn more at MissionSiyum.org

Get your car maintained & save hundreds of pounds on a repair bill.

Breaking down on the motorway, flat tyres, seized engine or a dead battery can all be prevented by looking after your car.

We check and refill:

- **Engine oil** not having enough can seize the engine
- **Antifreeze coolant** keeps your car cool
- **Fill up air** in your tyres, to the correct level
- **Check the tread** to make sure it is safe and grips the road adequately according to governments minimum requirement
- Inset a **special petrol system cleaner**, to help improve fuel efficiency, help pass the MOT & improve the life of the engine



Call **Moshe** now on **07538 190 368**



THIS COULD BE YOURS.



DID YOU KNOW? THE AVERAGE CARPET CONTAINS ABOUT 200,000 BACTERIA PER SQUARE INCH.

**DOMESTIC & COMMERCIAL
CLEANING SPECIALIST**

CARPETS • RUGS • CURTAINS • UPHOLSTERY

CALL SHRAGI:



020 8502 1162 | 07909 256014



MANDKCLEANING.CO.UK



Low
Mood

OCD

Birth
Trauma

Anxiety

Intrusive
Thoughts

WHAT ARE
PERINATAL MOOD
DISORDERS
(PMDs)

Pre &
postnatal
Depression

**We Listen
We Care
We Are Here**

**Our strictly confidential
helpline is launching
1st February 2021**

**Menucha Helpline
0300 222 5764
Mon - Fri 9.30am - 11.30am
Mon - Thurs 8pm - 10pm**

menucha
putting the emotional health of mothers first

Contact Menucha main office
officeadmin@menucha.info - 07683061680 - www.menucha.info

Under the guidance of Rabbi S F Zimmerman and endorsed by local Rabbanim
Menucha aims to support and guide women experiencing perinatal mood disorders





HM Government
UK TRANSITION



NEW RULES ARE HERE

**DOING BUSINESS WITH EUROPE
HAS CHANGED.**

**USE THE BREXIT CHECKER TOOL
TO GET PERSONALISED ACTIONS
FOR YOUR BUSINESS.**

[GOV.UK/TRANSITION](https://www.gov.uk/transition)

- ✓ Check
- ✓ Change
- ✓ Go



LOOK HIM IN THE EYES

**AND TELL HIM
THE RISK ISN'T REAL.**

Tony Covid-19 patient

Around 1 in 3 people who have Covid-19 have no symptoms and are spreading it without knowing. Are you absolutely positive you're not one of them? Only go out if essential. Sticking to the rules stops the spread.

STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

Fenetre Kool Blinds

For one month only! Must end 28th Febraury!

Everything ordered will be done for Pesach!

We are offering 70% off everything!

the latest duo-double blinds in 8 fabulous colours which can be fitted ready for use.

Measure the area you wish to cover i.e the width and the drop consult the table and this will give you the price for the blinds

Height CM	100	125	150	175	200	225	250
100	£70	£80	£90	£100	£110	£125	£135
125	£72	£85	£95	£110	£120	£130	£140
150	£75	£90	£100	£115	£130	£135	£145
175	£80	£95	£105	£115	£135	£140	£150
200	£85	£100	£110	£115	£140	£140	£160
225	£87.50	£105	£120	£120	£145	£145	£170
250	£90	£110	£13	£130	£145	£150	£175
275	£95	£120	£130	£140	£145	£160	£180
300	£100	£130	£140	£150	£160	£170	£185



Swing into Spring!

**Specialist Screen blinds and bespoke
black out blinds at 50% off RRP!**

We have all kinds of blinds at 25% off retail price of these brands.

| Decora | Styline | Illusion | Lonsdale

***Give us the size of the expanse that you
want to cover and we will give you an estimate
over the phone.***

To speak to Philip persoanlly please do not hestitate

to call him directly on **07958 733 984**

or email philplewis6@icloud.com

25% OFF

ALL FABRIC AND MAKING OFF OUR BESPOKE BLINDS AND DRAPERIES BY PHILIP LEWIS

Experience our beautiful curtains at
25% off our normal prices for one month only!
Must end 28th February 2021. All delivered by Pesach.

Philip Lewis has a fine reputation for 30 years in both communities for making hand made curtains & pelmets in both traditional and contemporary styles. We offer a full design service in the comfort of your own home. We will bring a full range of fabrics, nets and sheers, hand made roman blinds and fabric frames, Uber bedheads and throws, specialist curtain and pelmet styles. Lucite, metal and wood poles. A full fitting service once you have selected your design, style, fabric and accessories. We will measure your window, make curtains and blinds to your exact measurements.
When complete bring to your home and fit ready for use.



All prestigious, Ashley Wilde, Kai fabrics reduced by 25%

To speak to Philip personally please do not hesitate
to call him directly on 07958 733 984

א גאנץ 'אהר סוכות...

 **DESIGN**

 **MANUFACTURE**

 **FITTING**

 **SERVICE**


THE **SUKKAROOF** PEOPLE

Call MY Fordsham on
0191 500 6262
07973 783 045
E: sukkarooofs@bsd ltd.co.uk



Yael's **dermalogica** 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

Eye brow tint £6

Eye lash tint £7

Massage £20

Tea tree wax for sensitive skin

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



 [yaelsbeautyuk](https://www.instagram.com/yaelsbeautyuk)

19 years
experience
Women only

Call/text **07787 854 462**
www.yaelsbeautytreatments.com

DOVES
CONTRACT CLEANING LTD
dedicated to service



PROFESSIONAL.
RELIABLE.
EFFECTIVE.



CARPET &
FLOOR
CLEANING



WINDOW
CLEANING



DECONTAMINATION,
DEEP CLEANING &
FOGGING



POST BUILDERS/
TENANCY CLEANING

SPECIALIST CONTRACT CLEANING SERVICES
For our full range of services please visit
www.dovescc.co.uk
020 8455 0036 | 07973 932846



PENINIM DEFINED.

PENINIM PRIMARY SCHOOL.

WORDS WITH SO
MUCH MEANING.

JOIN US AS WE
FLIP THROUGH THE
DICTIONARY,
AND FIND THE
PERFECT WORDS
THAT DESCRIBE
OUR SCHOOL.

LET'S HAVE A
WORD.

THE COMPLETE
DICTIONARY



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

BED & MATTRESS FACTORY

We source the most
trusted bed brands to
guarantee you a

**perfect
night's
sleep**



Visit: www.bedmattressfactory.co.uk

**CALL US ON
020 7101 3135**

info@bedmattressfactory.co.uk



HELP LINE

Experienced nightnurse

with excellent references
is available

- Night & Day service with live-in
(best prices)
- Service after birth also for twins

Please make your reservation before 10th January

For more info & reservations please call
Mrs Ch Berkovitz on 07309 010 590

השבת אבדה

By mistake I left
some jewellery in a
pocket of a light grey
ladies suit/jacket which
I donated to Family
World.

If you came it across
can you please call
Family World
on 07970 076550

Thank you

Enlighten

YOUR NEXT EVENT

CUSTOM DESIGNED CANDLES
FOR EVENT DECOR,
PARTY FAVOURS
AND THE PERFECT GIFT.

CHOOSE FROM A
SELECTION OF
DIFFERENT SIZES



CANDLZ

07586 353276
MBCANDLZ@GMAIL.COM

PENINIM DEFINED.

CAMPUS



ACADEMIC

/aka-demik/
Adj.

Peninim Primary School
provides a high calibre,
quality schooling.

From Early Years
through to Year 6, our
students receive a
broad and balanced
education in Kodesh,
Chol and an
ever-increasing range
of extra-curricular
activities.



כ"א - כ"ב שבט | 3rd - 4th February

symphony

Chocolate



Exclusive Mishloach Monos



36 Theydon Road E5 9NA | 0207101 4001 | info@symphonychocolate.co.uk



BE PRODUCTIVE!
THIS IS A GREAT TIME TO UP YOUR SKILLS

BECOME A

**GRAPHIC
DESIGNER!**

IN JUST FOUR MONTHS

Live or Recordings

**JOIN THIS INTENSIVE,
LIVE HANDS-ON TRAINING**

Study with Chaya Murik, award winning designer and graphic instructor, and receive individual attention in a small group setting.



SOFTWARE



DESIGN



MARKETING

TESTIMONIALS

"When I need to hire a designer I call PSDesignSchool for alumni recommendations. Their students are well trained and their knowledge is up to date."

RAYZEL BROYDE
Art Director Moshe Press

- ➔ **BECOME** adept in Adobe InDesign, Photoshop, and Illustrator
- ➔ **LEARN** design principles such as color theory, visual hierarchy, gestalt theory and typography
- ➔ **UNDERSTAND** and apply the design process
- ➔ **COMPLETE** several significant projects including brochure design, identity design, and photo manipulation
- ➔ **JOIN US FOR LIVE** scheduled classes, plus bonus recordings
- ➔ **GRADUATE** with an impressive portfolio

**READY FOR A MORE
RIGOROUS OPTION?**

**BUNDLE THIS COURSE
WITH OUR EXTENSION
OPTION TO UPYOUR GAME
AND INCREASE YOUR SKILLS.**

**ASK ABOUT OUR
APP & WEBSITE
UX / UI DESIGN COURSE**

Learn from Fortune 500 designer
Miriam Isac and join the fastest growing
field in web and graphic design.

prϕessionalstandard

design school

FOR MORE INFORMATION CALL 07432 795 923

graphics@chayamurik.com • www.psdesignschool.com



see student work

**PENINIM
DEFINED.**

INNOVATIVE

/ina-vay-tiv/

Adj.

Peninim Primary School
is constantly on the
lookout for, and eager to
embrace new and fresh
ideas.



כ"א - כ"ב שבט | 3rd - 4th February



Now it's your turn!

Which recipe do you like best?

Vote for your best recipe and help us choose a winner who will receive this fantastic pizza maker!

Deadline for votes: Monday 1st February
email to recipe@sovafoods.com



SWEETCORN QUICHE

LEAH AND ALIZA CHALOMISH

Ingredients:

For The Pastry:

125 gr butter or margarine
175gr plain flour
A pinch of salt
1 tbsp icing sugar
2 tbs ice water
A squeeze of lemon

For The Filling:

One large onion chopped
8 oz grated cheese
1 tbsp flour
3 eggs
8 fl oz single cream
2 tins of Sova sweetcorn (1 of which is optional)
Salt pepper nutmeg.

Method

Rub the butter or margarine with flour, until your mixture looks like breadcrumbs. Add in the salt and icing sugar and rub a couple minutes then add in liquid to make a ball of dough. Roll out the dough to a circle shape and place in greased quiche tin.

Prick the dough with a fork

Fry the onion in oil. After a few minutes add the sweetcorn. Fry for 5 to 10 minutes on medium heat. Meanwhile mix the tablespoon of flour and grated cheese and place on top of the dough. Place the fried onions and sweetcorn on top. Whisk the cream and eggs with a fork. Add your spices to the cream mixture. Pour the mixture on top of the sweetcorn, let it run until it covers the whole quiche.

Either place in oven at 200C for 15 minutes and then 160C for 20 minutes until golden brown.

Or place in oven at 200C for 15 minutes. Remove from oven and make design of your choice with Sova sweetcorn (not fried). Return to oven for 30 mins at 160C.

Enjoy!



Delicious Hearty Corn Soup

Esti Rokach

This soup is so quick to make, yet it's as filling as a whole meal. Nutritious and appetising in one bowl.

Ingredients:

Half cup Flour
(I used Luliks spelt but can be made with any)
Half cup oil
Tin of sova corn drained
1 chicken breast cut into small pieces
Bunch of spring onions sliced
2 eggs beaten
Dash of salt
1 tbs Onion soup mix

Method

Mix the flour and oil on low heat to create a roux. Add 1 cup water and keep mixing so that the bottom of the pot shouldn't burn. Add the Sova corn, spring onions, and pieces of chicken breast. When the soup is boiling, slowly add the beaten egg, without mixing, until its cooked. Add spices and enjoy this delicious, hearty soup



Upscale Marinated Salad

Liba Fried

Ingredients:

1/2 cup vinegar
5 tsp water
3 tsp salt
3/4 cup sugar
1/3 cup oil
Cucumber (sliced)
Carrots (sliced)
Peppers (sliced)
Red onion (sliced)
Can Sova baby corn (sliced)



MIRIAM BAMBERGER
Ladies & Teens Wear

LAST
WEEK OF

**BUY 1
GET 1
FREE**

CALL
&
COLLECT

07894 347 891

PENINIM DEFINED.

CAMPUS



LOCAL

/low-cal/
Adj.

With the generous support of the community, last year Peninim Primary School was able to move into their newly renovated building. Its state-of-the-art building, located in the heart of Golders Green, makes it a real treat to walk to school each day.

כ"א - כ"ב שבט | 3rd - 4th February

THE SINGLE CLUB

Would like to wish
ex-director
Sam Morris,
tremendous
Mazel Tov wishes
upon his
engagement

בברכת בית נאמן בישראל



Find the perfect gift
for any occasion!

Gluten
Free
& Vegan
gifts
available!

STYLISH KOSHER HAMPERS AND GIFT
BOXES THAT WILL TRULY BE APPRECIATED BY ALL



Your online gourmet gift store with
FREE STANDARD DELIVERY!

020 8004 4567 info@exquisitekoshergifts.co.uk
www.exquisitekoshergifts.co.uk

Miri's 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

MIRI 07973 444 017

Join
hundreds
of satisfied
Customers



'We're here to help'

Monarch
PEST CONTROL SERVICES



- 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

Nourish.

HUNGRY FOR CHANGE?
WITH *Rena Reiser*



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

This is *not* 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

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

PENINIM DEFINED.

CAMPAIGN



NURTURING

/ner-chur-ring/
Adj.

Peninim Primary School
is a warm place where
each child is nurtured
with love and care.

Our staff have a deep and
special relationship with
each student, guiding
and helping them
flourish.

During the lock-down, R. davened a heart warming hallel
with such enthusiasm. The kochos and warmth Peninim
instil into the students towards tefillah is clearly evident.

-Rabbi and Mrs Feirstone

Peninim gives our girls a sincere warmth for yiddishkeit;
from Shabbos, Rosh Chodesh, Yom Tov and every day
mitzvos, tefillos, halachos and hashkafos which they will
bez"H cherish forever."

-Rabbi and Mrs Muster

כ"א - כ"ב שבט | 3rd - 4th February



PSYCHOTHERAPY

Motti Hekelman

הסכמת רבנים



For Boys & Men

Book your 1st Free Consultation Now!

Sessions available at a private clinic or
online in the comfort of your own home.

Motti Hekelman Psychotherapist

Call
07535 244 548

English / Hebrew

Experienced and talented
Music Tutor (RGT, ABRSM, DBS)
provides tuition in

**Electric/Guitar,
Violin & Singing**
100% pass with distinction

Online Zoom | In Person

For girls and ladies only

Call Ruth Waxman
07956 822 824
LIMITED SPACES

THE GIFTERY
LONDON



**GIFT ARRANGEMENTS FOR EVERY
OCCASION!**

Choose from one of our stunning
pre-made arrangements or
customise to suit your needs!



**FREE DELIVERY IN
THE LONDON AREA**

07884661821

thegifterylondon

GAROLLA
**ROLLER
SHUTTER
DOORS**



Great For:
Space Saving
Kerb Appeal
Ease of Use
0800 468 1982

THERMALLY INSULATED ELECTRIC GARAGE DOORS

Garolla can save a lot of space
inside your garage. Rolls up
vertically into a box. Takes only
8 inches of headroom! Opens
vertically so you can park up
close to the door. Remotely
open/close the garage even
from inside your car.

Acoustic & Thermal
Insulation

Brush Sealed Rails

Pay on Completion

Two Remote Controls

18 Colours Available



CE Approved



Free Disposal of Old Door!



LIMITED OFFER - was £1354

NOW ONLY £895 INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US NOW!

020 3369 3749 07537 149 128

Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm white slats, Internal manual Override -

COVID-19 RAPID SELF TESTING KITS

- Delivery in NW11 & NW4
- Results in 10 minutes
- Accurate results
- Volume discounts

For enquiries call/ text:
07385 918 884

INTRODUCTORY
OFFER
£15

Result
Negative



PENINIM DEFINED.

CAMPAIN



SUCCESSFUL

/suk-sess-ful/
Adj.

Peninim students graduate as well-adjusted, and well-educated young ladies.

Our past pupils have blended in beautifully both academically and socially in the local high schools, and continue to be a source of true pride to Peninim Primary School.

"Defining Peninim girls as 'pearls' isn't simply a cliché. Peninim girls represent what a Bas Yisroel can be in this day and age. Peninim girls carry a certain 'eidelkeit' that gives them tremendous 'chein'. Peninim graduates in our school are confident, popular and happy girls."

-Tiferes High School

"My student, a Peninim graduate, is well above average, has good *havono*, and a comprehensive knowledge of vocabulary, *dikduk* and translation."

-Beis Yaakov Grammar
Year 7 Teacher

"The girls coming from Peninim are an asset to our school. They have the strength and confidence to integrate with other girls and achieve high standards in all areas. Each student is stretched to her maximum capacity to ensure she is well prepared for high school."

-Shiras Devorah High School

3rd - 4th February | כ"א - כ"ב שבט



Only
5
Carbs*

Coffee

Chocolate

Opening
Mon. -
Friday 8

Tel: 079
Address:
Email: s

The no-guilt muffin

High in taste, low in carbs.

Now
delivering
to NW

g hours:
Thurs. 9-6
3-2

956 299 167
s: 32 Stamford Hill
pelt delights@gmail.com



BISCOTTI

TO YOURSELF

*Approximate calculation

Free Counselling Sessions

by Manchester College Trainee

Supervised
& Confidential

R Moss-Barclay
07814 479 076

Ladies Only

LOOKING FOR A MATHS TUTOR?

CONTACT ARIELLA ON 07939604400
YEARS 7-11 GIRLS AND BOYS
AVAILABLE IN THE COMFORT OF YOUR OWN HOME

 **אחינו** Acheinu
ACS Cancer Support

with you in every way

Tel: 020 8806 7227
Email: info@acscancer.org.uk

Unit 2c,
The High
Cross Centre
Fountain Rd
N15 4QL

GEB CARPENTRY

FITTED CABINET/TABLE EXTENSIONS/REPAIR

07949 530 502

gebcarpentry.co.uk

gavinberlin@yahoo.co.uk



 **BUILD IT**
Painters & Decorators

Professional painting & decorating
Plaster & Refurbishment

All general maintenance services available

Call for a Free Quotation
07539 234 301 builditnw@gmail.com



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



Window Service

Double Glazing

Repairs to all types
of windows and doors

+44 7491 000337

nathan@window-service.co.uk

<http://window-service.co.uk>

London

Windows & Doors
REPAIRS



WOMEN OF *Courage* 3.0

FEBRUARY
2021

MRS HADASSAH CHEN

Hadassah Chen is from Italy, lives in Jerusalem, she is married and has 5 kids. She heads HadassahChen Productions who make video and music clips. She is a director, writer and performer. Hadassah also heads the Keren Navah Ruth Foundation in memory of her daughter, to help families with sick children.

1 February | 8:30-9:30pm

MRS CHANA MARGULIES

Raised on an organic farm in Canada, Chana Margulies now lives in the mystical city of Tzfat with her husband Ariel. She teaches, gives mikvah tours and challah-baking workshops, coaches couples, and speaks about her journey through cancer treatment and her IVF journey.

8 February | 8:30-9:30pm

MRS CHANIE DISKIN

Together with her husband, Chani Diskin established the first Chabad House in Germany 32 years ago. Chani is a beloved teacher in her community and a sought-after mentor to many of her fellow Shluchos internationally. Chani will share the journey of her struggle with secondary infertility, raising a son with special abilities, and the life lessons she gleaned along the way.

15 February | 8:30-9:30pm

MRS YOCHAVED BACHER

An inspirational and motivational teacher, Yochaved Bacher draws on her colourful life experiences to find the beauty and healing within. Not a stranger to loss, pain, and struggle she endeavours to live with, and spread, joy and passion.

22 February | 8:30-9:30pm

Dedicated לעילוי נשמת מרס רייזל בת ר' משה ע"ה Mrs Reisy Weisz

כולל
ישיבת מנשסטר

MANCHESTER YESHIVA KOLLEL

Rosh Hakollel: Rabbi Y. Ehrentreu

Remembering THE ROSH YESHIVA



28TH YAHRTZEIT
OF THE MANCHESTER ROSH YESHIVA זצוק"ל

TALMIDIM SHARE THEIR UNIQUE MEMORIES OF THE ROSH YESHIVA

Rabbi Pesach Segal	(Bnei Brak)	Rabbi Betzael Wiederman	(Monsey)
Rabbi Hershel Heilpern	(New York)	Reb Shia Oizer Halpern	(Manchester)
Rabbi Aaron Kotler Menahel BMG	(Lakewood)	Reb Mordechai Zev Rappaport	(Zurich)
Rabbi Osher Chaim Lieberman	(Lakewood)	Reb Mordechai Vorhand	(Vienna)

BE INSPIRED, CALL

יום ד' ו'ה' לפ' יתרו - כ"א וכ"ב שבט
Wed 3rd Feb & Thur 4th Feb

0161 826 5572

LIVE ON KOL HALOSHON דברי חיזוק & סיום משניות

7:30 pm

יום ד' לפ' יתרו - אור לכ"ב שבט
Wednesday 3rd February

0208 191 7000
Opt *7, 5003



IS PLEASED TO PRESENT TO YOU THESE TWO INDUSTRIAL UNITS!!!

INDUSTRIAL UNIT

IN LEYTON

3,976 SQFT

available now

INDUSTRIAL UNIT

IN TOTTENHAM

5,500 SQFT

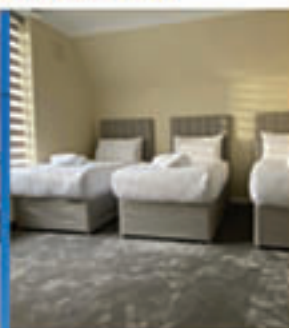
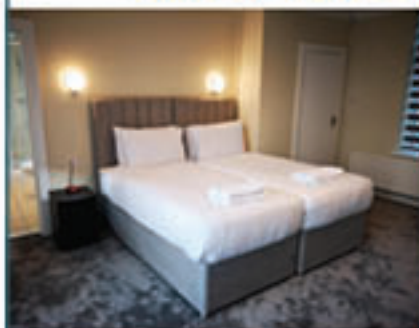
available now

PLEASE CONTACT EFFI:

07572 125 096 | 0203 405 0070

effi@nextgenrealestate.co.uk

NEWLY RENOVATED LUXURY ACCOMMODATION IN BOURNEMOUTH



THE
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



020 7112 8351

We are looking to recruit an
experienced
SENCO
to join our dedicated staff

Please email your cv to admin@sdevorah.org

We offer a friendly and
supportive work environment.

Excellent remuneration for
the right candidate.

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

Woodside Park Synagogue, Woodside Park Road N12 8RZ
☎ 020 7112 8351 ✉ admin@sdevorah.org

CDE No: 302/0016

SHORT TERM TO LET

Bell Lane, NW4

February and March
3 bedrooms/2 bathrooms

Fully furnished/
all amenities provided

Suitable for chosson & kallah etc

Call or Whatsapp
07517 567 565

Bishops Lodge

NEW

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

**NO
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



**Peninim
Primary
School**

37 Elmcroft Crescent NW11 9TB

Seeking to employ a qualified,
warm and caring
kindergarten teacher
to cover maternity leave of absence
from beginning of February (PM)

Excellent Remuneration
for the correct candidate.
Creche on site.

Please email to
earlyyears@peninim.co.uk
for an application pack

Peninim Girls School is committed to safeguarding and promoting the welfare of children and
expects all staff to share this commitment.
Appointments will be subject to a satisfactory enhanced DBS check.



We are looking for a

PRE NURSERY KEY WORKER

to start immediately to cover maternity leave

We are looking for enthusiastic, warm and caring staff who will join our vibrant and dedicated team.

Excellent remuneration for the correct candidates.
Creche on site

For an application form please email the school office at earlyyears@peninim.co.uk or contact 07508 521 456

Address: 37 Elmcroft Crescent London NW11 9TB **Phone number:** 020 8004 2224 | **Email:** earlyyears@peninim.co.uk

בית ספר תפארת בית יעקב

18 Raleigh Close, London NW4 2TA
Tel: 020 8203 8618

JOB VACANCY

We are looking for an

IVRIT TEACHER

To start after Purim

APPROX 10 HOURS A WEEK
TO JOIN OUR WARM, VIBRANT AND SUPPORTIVE STAFF

Creche available

References essential

Please forward your C.V to office@tifereshigh.com
For more details call 020 8203 8618

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

כולל
ישיבת מנשסטר

MANCHESTER YESHIVA KOLLEL

Rosh Hakollel: Rabbi Y. Ehrentreu



28TH
YAHRTZEIT

Thursday 4th Feb - כ"ב שבט

MAKE A DONATION TO
CONTINUE HIS LEGACY

CALL 0161 826 5572

To send a kvittel to the ציין

Fax: 0161 792 6343

Email: admin@mykollel.org.uk





PICK UP THIS WEEKS EDITION FOR FREE AT

GODLERS GREEN: KOSHER KINGDOM | KAYS | MOSHES | B KOSHER
 HENDON: TAPUACH | B KOSHER
 EDGWARE: COST SHOP | HADAR | MENDYS | B KOSHER

THE
NEWSHEET
 MAGAZINE

020 3903 1999

info@newsheetmagazine.co.uk

Deadline for adverts in the Newsheet Magazine is 6pm on Tuesday



To receive the newsheet magazine weekly via email.

Please Email:

subscribe@newsheetmagazine.co.uk

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

Edware text Tanya: 07506 274 540

Ovulation & Pregnancy test strips gemach 50p a piece.

Please call or text: 07950 406 522

For Sale



CERVO SUPER HAT SIZE 59, brand new rrp £120, open to offers **Please call: 07985 151 634**

Give Away



GIVE AWAY: 2ND HAND BORSELINO SIZE 59. **Please call 07985 151 634**

£15
WHILE STOCK
LASTS

Rapid Covid Tests

Rapid Covid tests available

Results within 15 min.

Pick up from Golders Green

TEXT 07973 197 898

Organisations Contact Info

HATZOLA	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 3421
CHANA	020 8201 5774
CHAI CANCER CARE	020 8202 2211
CST	0800 032 3263
EZRA UMARPEH	020 8211 7999
KOL HALASHON	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

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.

TURN
crash
INTO **Cash!**

Sponsored by:



24 Hour Hotline

020 8447 9666

info@triangleautos.co.uk

Business Directory

THE DESIGNEDGE

WHY USE WOODHILL GARAGE?

- DESIGN
- WEB
- PRINT

10+ YEARS

07866 883 051
www.thedesignedge.co.uk

AHS
Hyperemesis Nausea & Support

Do you suffer from extreme Nausea and vomiting?

07909 256 017
0330 350 3161

Simcha PHOTOGRAPHY

- Bris
- Pidyon Haben
- Bar Mitzvah
- Engagements
- Sheva Brochos
- Events

For more info contact
Avi Yodaiken
07946 370 936
aviphotos1@gmail.com

THE DINERY

07866 883 051

SHABBOS DISHES
NORTHAKE / WEDGEWOOD / PORCELAIN
CHARGER PLATES & MATS

Security Gates
"R" UK

Albert Abraham
07401 217 653

Rabbi Unsdroffer
Sofer

Checking and sales of Mezuzahs, Tefillin, Megillahs and Sifrei Torah

Online Shop
www.soferuk.com
0771 874 8038

Bejeweled

EAR PIERCING

Adults, teens & kids jewellery
Call Leah Heimann
on 07875 472 291
Based in Edgware

Senprint
for all your printing needs

020 8731 8797
sales@senprint.co.uk
Unit 3 146 Granville Road
London NW2 2LD

613 Car Service
Your Friendly and Reliable Drivers

Support your local **hemshe Minsab Delivery and Goods Service**

- All Parcels Any size / Any distance
- All Shopping done (packed up & delivered)
- Pharmacy Prescriptions (packed up & delivered)
- Long Distance Available
- Hemshe Drivers & Lady driver available

020 8202 1515
07985 402 803
613carawd@gmail.com
Take 613 all the way

MEKANIKS
SERVICING REPAIRS DIAGNOSTICS

WE COME TO YOU
FREE CHECK UP T&C APPLY
0333 344 3774

CHROME CONNECTIONS
PLUMBING AND HEATING SPECIALISTS

- Kitchen, gas cookers, and hobs
- Bathroom and Toilet installations and repairs
- Boiler Service, and installation
- Gas Safety Certificates
- Central heating systems installations and repairs

24 HOUR EMERGENCY SERVICE
Yanki Lebovics
07804 669 253
020 3034 1336
info@chromeconnections.co.uk

WOODHILL GARAGE LTD

MOT SERVICING BREAKDOWNS
DIAGNOSTICS REPAIRS

ELI ORON SENBERG
JEWELRY-DRILLING-DRIVER-CONSULTANT
07971348297

dk SALON

- Waxing
- Facials
- Natural Make-up
- Make Up Lessons
- Tinting
- Eye Brow shaping
- Threading
- Earb Extensions

Based in Hendon - Home visits available
Debra Kahan 07794 294 145
beauty_massage_nutrition

GRAPHICS
by Bespoke Design

07932-806-249
perfectlybespoke@gmail.com

BE SPOKE designs

24/6 LOCKSMITH

- Emergency door opening
- Mobile key cutting - pickup & drop off
- Locks supplied and fitted
- UPVC mechanism repairs

URGENT CALL OUT SERVICE
Eli
07984 487 700

dk MASSEUSE

MASSAGE TYPES:

- Swedish
- Deep Tissue
- Pregnancy
- Hot/Hot & Cold Stone Massage
- Warm Bamboo
- Cupping
- Thai
- Lymphatic Drainage

Based in Hendon - Home visits available
Debra Kahan 07794 294 145
beauty_massage_nutrition

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

Based on Wednesday's Rates

INTERNATIONAL TRANSFERS FOR PERSONAL & CONFIDENTIAL SERVICE

THE CURRENCY EXCHANGE

T: 020 8905 5101
M: 07976 297 891
E: DOLLARFX@AOL.COM

Weather Forecast

Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
10° \ 6°	7° \ 10°	3° \ 3°	6° \ 4°	9° \ 6°	9° \ 4°

Weather Sponsored by

RYKAR
SUPPLIERS OF NEW AND NEARLY NEW LUXURY CARS & SUVs
Customer Satisfaction Is Our Priority.

020 8802 6959 www.rykar.co.uk

מנין צעטיל

פרשת בשלה

שבת מנחה	יום רבי שבת מנחה גדולה
12.48 בית אפרים	12.45 עץ חיים
23 Green Walk	
1.00 תורת משה	4.29 חולקת הנחש
1.15 בית יעקב חזק	4.29 אפרים, אלמסטרד
1.45 סיני	אמרי משה, בית אפרים
2.00 בית אפרים	בית המילה
2.53 מנחה קטנה	סיני, עץ חיים
3.55 עץ חיים	תורת משה
3.59 בית המילה	בית יעקב חזק
4.00 סיני	
4.15 אור חדש	בית שמואל, תפארת ישראל
4.20 בית אפרים	21 Green Walk
4.25 אלמסטרד	שקלא שני
4.30 בית שמואל	
תפארת ישראל	5.29 שש
4.35 מעדנייטן	
4.40 בית יעקב חזק	
שקלא שני	

פרשת יתרו

מנחה בתול	מנחה בתול
12.48 בית יעקב חזק, מעדנייטן	12.45 בית אפרים, בית ישראל
1.00 בית אפרים, בית יעקב חזק	1.00 סגס יחזקאל, סיני, עץ חיים
1.05 תורת אור שני	1.05 חולקת הנחש
1.15 סגס חזק	1.15 21 Green Walk, 20
1.30 31 Ambrose Ave	1.30 בית יעקב חזק, בית שמואל
1.40 סגס	1.45 בית יעקב חזק
1.45 בית יעקב חזק	2.00 בית יעקב חזק
2.00 בית יעקב חזק	2.49-2.55 מנחה קטנה
3.00 בית יעקב חזק	3.10 בית אפרים, בית ישראל
3.20 בית יעקב חזק	3.40 בית יעקב חזק
3.40 בית יעקב חזק	4.00 בית יעקב חזק
4.00 בית יעקב חזק	4.20 בית יעקב חזק
4.25 בית יעקב חזק	4.40 בית יעקב חזק
4.40 בית יעקב חזק	4.45-4.48 שקיעה
4.48 בית יעקב חזק	5.10 בית אפרים, בית ישראל
5.10 בית יעקב חזק	5.15 בית יעקב חזק
5.20 בית יעקב חזק	5.20 בית יעקב חזק

Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	4:45	4:46	4:48	4:50	4:52	4:54
לילה	5:38	5:40	5:42	5:43	5:45	5:46

HOORAY

— בית מדרש —
ELYON

20 YEARS OF NURTURING
THE NEXT GENERATION

בהסד
עליון



THIS SUNDAY & MONDAY
31 JAN - 1 FEB

36
HOURS

£200,000

WATCHED
X2

 **CharityExtra**
[CHARITYEXTRA.COM/ELYON](https://charityextra.com/elyon)
020 3927 5035