

THE NW LONDON

# LOCALNEWS

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4th January 2024 || פרשת שמות תשפ"ד

הדלקת נרות 19:50 | מוצאי שבת 19:10 | לר"ת 19:20

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HALF  
PRICE

BANIM

PAGE 96

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0208 203 0524 07516 171 082

MONDAY- THURS 10.30AM-5PM  
WEDS LATE NIGHT SHOPPING 8PM-10PM  
FRIDAY 10AM-12PM

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BUY 1  
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SELECTED PGDK WINTER SKIRTS AND HOODIES  
NOW HALF PRICE!

AW

241 Golders Green Road | 0800 690 69 69 | [www.accessoryworldonline.com](http://www.accessoryworldonline.com)  
Sunday-Thursday 10am-6pm, Friday 10am-2:30pm

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BABY, CHILDREN & TEEN BOUTIQUE

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BABY, BOY, GIRL, TEEN

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\*Exclusions apply

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— boutique —

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free consultation!  
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 [www.lifepointhealthcare.co.uk](http://www.lifepointhealthcare.co.uk)

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

Please use the code **23** when you get in touch!



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ONLY  
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**SUNDAY 21ST JANUARY 2024 | י"א שבט**

Led by Rabbi Yonason Roodyn שליט"א and Rabbi Shimshon Silkin שליט"א

Visiting the Jewish Quarter including the shuls of the  
Maharal, the Sheloh and others, and the main Beis Hakvoros.

Hot lunch at the Shelanu restaurant.

Register by 17th January

For more information and to sign up visit <https://t.ly/apsJA>  
or contact [reconnect@chazon.org.uk](mailto:reconnect@chazon.org.uk) | 07545 367 975

# Sorry, we can't help you.



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## Here's why:

Most stores offering this trial will either charge you in full for even the tiniest stain, or take back this used mattress, re-cover it, and sell as new.

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sales@heimannbeds.co.uk  
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Guiding  
LIGHT



HELPING COUPLES  
*Sail Troubled Waters*



7-8 JANUARY



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GOLDERS GREEN



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**To access our free services call 0330 174 4300  
or visit [paperweight.org.uk](https://paperweight.org.uk) to learn more.**

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# Guiding LIGHT



COUPLES SOAR

# *Under our Wings*



7-8 JANUARY

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✉ info@sparkleup.co.uk



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CUT & STYLE AT DISCOUNTED PRICE

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JANUARY 16, 11-6PM 8-10PM  
JANUARY 17, 11-8PM  
JANUARY 18, 11-6PM / 8-10PM

91 THE RIDGEWAY  
NW11 9RX GOLDS GREENS  
JANUARY 21 10:30-5PM 8-10PM

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YOUR SLOT  
TO GET  
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WELCOME

# Guiding LIGHT



# החודש הזה לכם

# *Renewing Lost Hope*



7-8 JANUARY

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ת"ב

FOR THE FIRST TIME  
SPEAKING LIVE IN THE UK

**REBBETZEN SLOVIE  
JUNGREIS WOLFF**

DAUGHTER OF 'THE REBBETZEN'  
ESTHER JUNGREIS ZTL

REBBETZEN JOANNE DOVE  
OF SEED AND  
MRS AVIVA SORIANO  
**INVITE YOU TO**

**"THE POWER OF POSITIVE  
THINKING"**

**BREAKFAST AND SHIUR**

 10 JANUARY 2024  
9:45

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**REGISTER NOW**

[HTTPS://SEED.UK.NET/EVENT/RSJW](https://seed.uk.net/event/rsjw)

£20

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*Seed*

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SPEAKING LIVE IN THE UK

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DAUGHTER OF 'THE REBBETZEN' ESTHER JUNGREIS ZTL

**"THE POWER  
OF THE  
JEWISH WOMAN"**

MONDAY 8 JANUARY 2024

20:15

HASMONEAN BOYS  
SCHOOL

**£10 Minimum donation**

Book online or pay at the door

<https://seed.uk.net/event/rsjw2>

Raffle draw



*Oran*

*je*

*Kesher*



CHAZAK



In support of Chayaleinu

---

# Meaty cravings? Meet at Yakovs!

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SANDWICHES  
SANDWICHES  
SANDWICHES  
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SANDWICHES



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SOON!!!**

Contact us for more info

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

 020 8958 4444

***Yakov's  
Kitchen***

---

# Guiding LIGHT



CARING FOR COUPLES

# *Seeking Solutions*



7-8 JANUARY   
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OF HOPE**



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N'SHEI NW

**Ladies we are delighted to invite you  
to an uplifting afternoon of music and inspiration**

*Keeping  
the  
Flame Alive*

**with guest speaker**

**Rebbetsen Ruthie  
Halberstadt**

**Musical entertainment  
by Avi Kraus**

**Date: Tuesday 9<sup>th</sup> January**

**Venue: Miriam Rachel Wohl Hall, The Riding, NW11**

**Time: 2.00pm (please note earlier winter start)**

**Entrance by donation**

**Refreshments will be served**

**Looking forward to welcome all our existing and new members!**



**For transport enquiries call Dalia on 07956 561 706**



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HOTEL, SPA & MANOR HOUSE



# PESACH

*twenty twenty four*

WINCHESTER, HAMPSHIRE

Pesach 2024 is here. Enjoy an unrivalled Pesach experience, with luxurious gourmet meals and exceptional family entertainment, every day of your stay. Enjoy a fully catered programme, nestled in the beautiful grounds of Hampshire. Welcome to Pesach 2024. A Pesach unlike any other.



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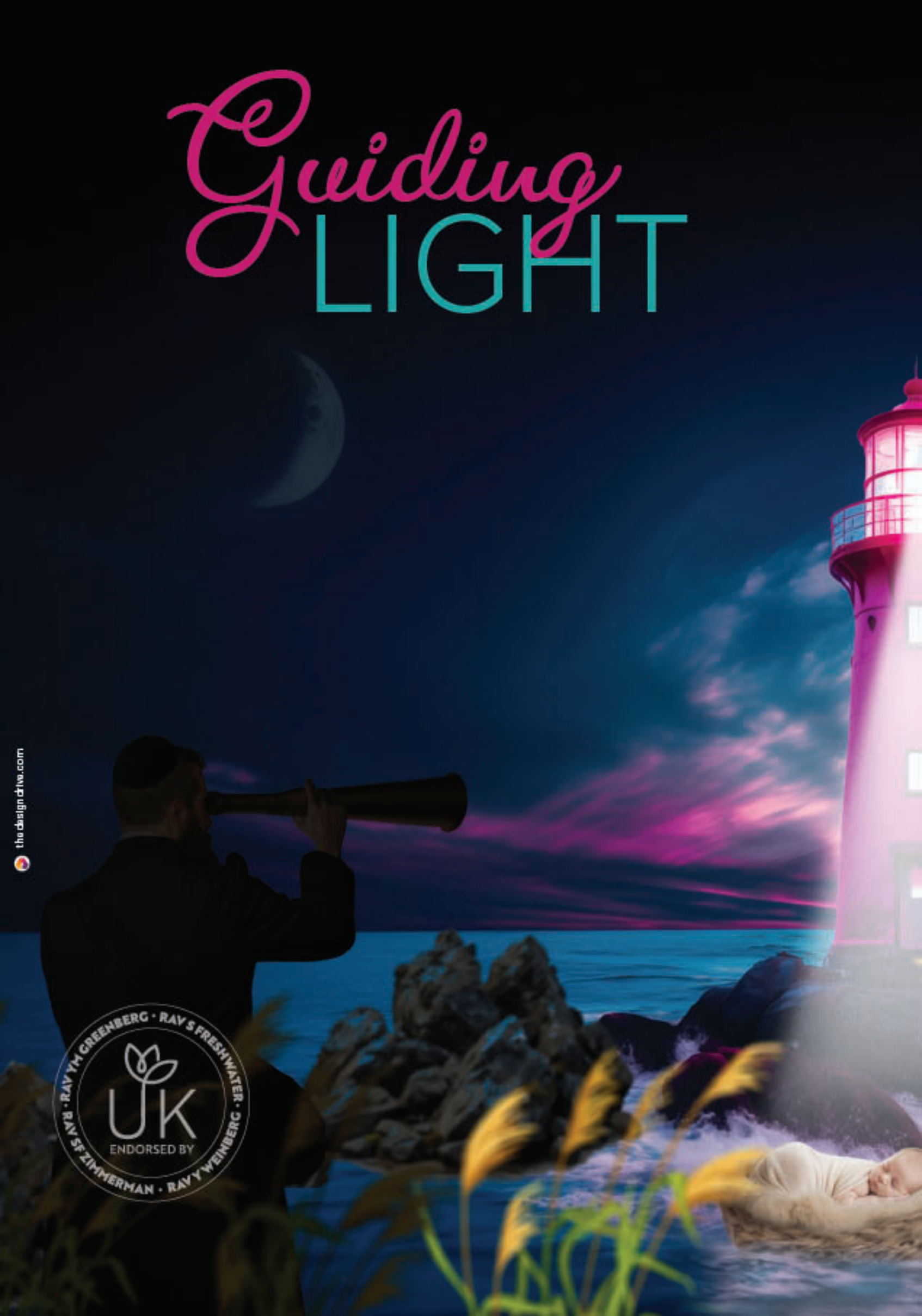
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# Guiding LIGHT



COUPLES DREAMS'

# *Shining Bright*



7-8 JANUARY

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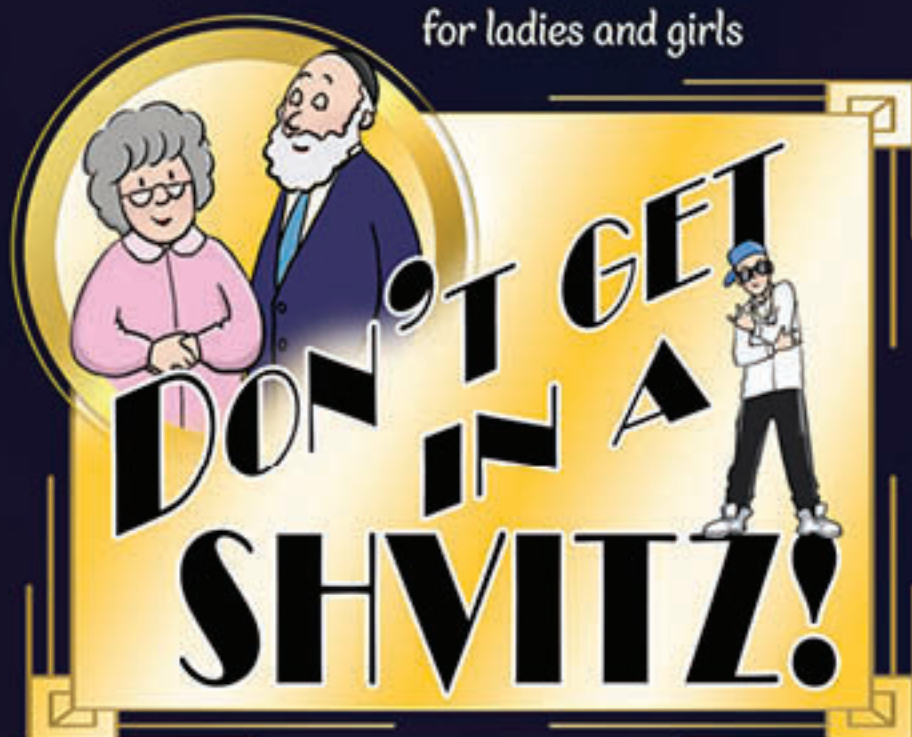
 **fameonbrent**

Tops Skirts Dresses Evening wear Casual wear Jewellery Accessories

בס"ד



presents a new comedy by Keren Keet  
for ladies and girls



Tickets



Sunday 21st January 2024

2.15pm and 7.15pm

Hasmonean Girls School, 2 Page St, NW7 2EU

Brochure



Female audience only

Doors open 20 minutes before the performance

Early bird prices until 15th January: £15, £20, VIP £25

For tickets: 07976 93 04 65 (Emily), or use link: [bit.ly/DontShvitz](https://bit.ly/DontShvitz)

Brochure greetings / adverts: 07732 42 66 55 (Simcha),

or use link: [bit.ly/DontShvitz-Brochure](https://bit.ly/DontShvitz-Brochure)

# Help US...



...FILL EVERY HOME WITH

# *Purity and Light*



7-8 JANUARY

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Kitchen Facilities



BOARD ROOM



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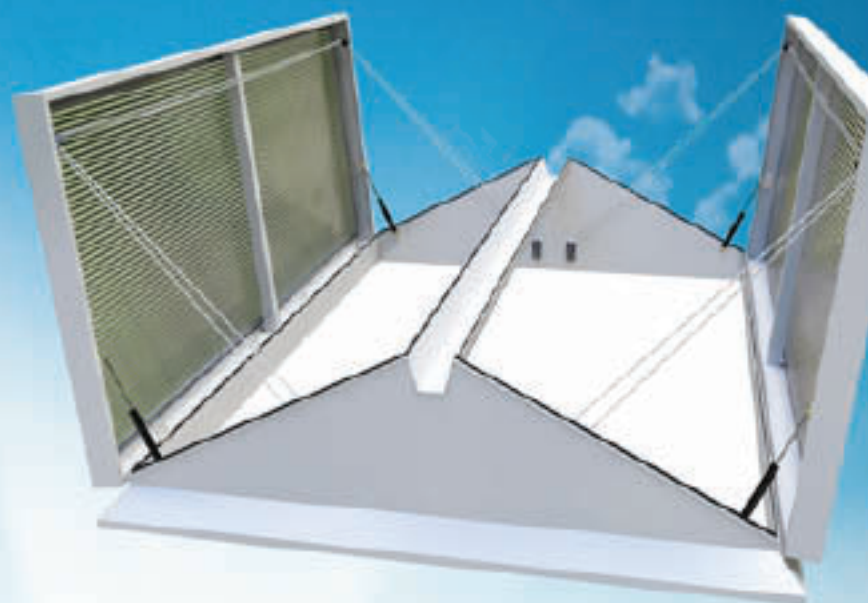
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GLASS ROOFS



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# ANYONE THERE?

# YOU'RE NEVER ALONE.



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Under the guidance of Rav CM Zahn רב צמ זאן

contact

underline designs

TAL invites all single girls



# THE DATING P.R.O.C.E.S.S

Dating Dilemmas - How do I decide?



With guest speaker  
**Merissa Gross**

*Merissa is world renowned  
Shadchanit and Educator.*

She is also a professional dating coach  
and advisor. She is passionate about  
teaching the Torah principles of shidduchim.

 TAL CENTRE NW11

 THURS 11TH JAN

 AT 7:45PM

£5 DONATION

[WWW.TORAHACTIONLIFE.COM](http://WWW.TORAHACTIONLIFE.COM)

# HELP!

# WE ARE HERE FOR YOU, ALWAYS.



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Under the guidance of Rav CM Zahn מרצה



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## ARE YOU AGE 55+ ? DO YOU NEED A MORTGAGE?

Our customers say Excellent ★★★★★ 5\* based on 150+ reviews



If you don't qualify for a traditional mortgage due to age or income then a Lifetime Mortgage/Equity Release could be the answer

**No** maximum age

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Rates are **fixed** for life

**Can be used to:**

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- Provide a regular income
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✉ mark@parkhillequityrelease.co.uk

This is a lifetime mortgage. To understand the features and risks, please ask for a personalised illustration. Check that this mortgage will meet your needs if you want to move or sell your home or you want your family to inherit it. A lifetime mortgage may impact your entitlement to means-tested benefits and the inheritance you may leave. If you are in any doubt, seek independent advice.

A fee may be charged for equity release advice. The exact amount will depend on your circumstances, but we estimate this will be £1,495 on completion.

Park Hill Equity Release Ltd is an Appointed Representative of The Right Mortgage Ltd, which is authorised and regulated by the Financial Conduct Authority (FCA). Registered in England and Wales no. 14358326. Registered Address: Wohl Enterprise Hub, 2b Redbourne Avenue, London, N3 2BS.

## PESACH 2024

HOTEL APPROACH - BELGIUM, KNOCKE ★★★★★



- ✦ Deluxe rooms with balcony
- ✦ Expansive grounds
- ✦ 75 metres from beach
- ✦ 200 metres from shopping center of world famous brands
- ✦ Glatt kosher, under supervision of Rabbi Pinchas Padwa

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**Sinaya at Pnina**

# WINTER SALE

All Styles of Wigs

up to **50%** OFF

**JANUARY 7-8**

9:00am-4:00pm

7:00pm-9:00pm

NO APPOINTMENT NECESSARY



**Committed to  
Perfection**

**PNINA GERSHON 07948 966 421**  
36 Templars Avenue NW11 0NS

 **SINAYA HAIR BOUTIQUE**



In honour of Planet Universe's

## 1st Birthday

Join Us for an Inspiring  
Community Event  
for Women and Post-sem girls

Featuring Special Guest Speaker:

**Yael Hamer**

"Actualising Ourselves"



*Plus! Discover how Planet Universe has positively  
impacted over 250 children in the past year through our  
unique after-school programming.*

**When:**

Sunday, 14th January  
8:30 PM

88 Edgewareway, HAB 8JS  
Free Entry



**Please text your name  
to RSVP to 07469152182**

**All attendees will receive a special gift  
to commemorate our birthday!**

Planet Universe - Registered Charity Number: 1205416  
מפגשים חינוכיים ותרבותיים לילדים שנמצאים בסיכון



CHAZON INVITES ALL POST-SEM TO

# Prague

DAY TRIP!

SUNDAY 11TH FEBRUARY | י"א שבט

Visiting the old city, Shuls,  
Jewish quarter and historical sights

Register by 24th January 2024

ONLY  
**£89**  
+ FLIGHTS\*

*Sign Up!*

For more information and to sign up email  
events@chazon.org.uk or text 07704 933 107

\* Book flights early for more affordable prices.



T"03



CHAZON INVITES ALL POST-SEM GIRLS TO

# Timely messages

MONTHLY SHIURIM FOCUSING ON

THE TIME OF YEAR

WITH DAYAN YEHOASHUA POSEN שליט"א

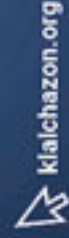
EVERY MEVORCHIN HACHODESH י"ח



STARTING SUNDAY 7<sup>TH</sup> JANUARY 2024

9:15PM | £5 SUGGESTED DONATION

*Sign Up!*



klalchazon.org



07704 933 107



events@chazon.org.uk



T"03

# So much potential...



Registration is now open for Planet Universe's 12 week after-school activity program.

Commencing on January 21st, 2024

Check out the chugim available for kids and adults:

<https://planetuniverse.co.uk>

*Stay tuned for our upcoming winter events for the community!*



# YOUR BEST TRAVEL COMPANION



PLACE ME IN THE  
MICROWAVE AND  
I'M READY TO EAT!



A DELICIOUS MEAL READY IN NO TIME!



# ...So many possibilities

Give your children the unique and fun opportunity to learn new skills and develop outside the academic environment.

## Girls years 2-12

- \* Art
- \* Baking
- \* Ballet
- \* Craft & Create
- \* Drama
- \* Exercise & Dance
- \* Food Decor
- \* Graphics

## Boys years 2-9

- \* 3-D Graphics
- \* Art
- \* Chess
- \* Gym
- \* Keyboard
- \* Mini House
- \* Photoshop
- \* Voice Training

\* Hairstyling

\* Keyboard

\* Mini House

\* Photoshop

\* Pilates

\* Sewing

\* Sing & Dance

## Ladies

\* Art

\* Food Decor

\* Google Course

\* Pilates

Classes for the upcoming  
12-week session begin on  
21st January

Late fees apply to registrations made after 16th January.

For more details and to enroll,  
visit our website at:  
<https://planetuniverse.co.uk/apply>

Phone  
03000707526

WhatsApp  
07469152182

Email  
[info@planetuniverse.co.uk](mailto:info@planetuniverse.co.uk)

Address  
88 Edgware Way HA8 8JS  
Registered Charity Number: 1205416

All classes are subsidised.



"Planet is a dream come true for NW London, giving children the chance to spend their free time in a kosher and inspiring environment, providing state-of-the-art equipment for them to learn and have fun with! I am honoured to be part of the team!"

-Eli Aron Bamberger

בפיקוח הרח"ג הרב אליעזר ליבר שנעבאלג שליט"א

K Luxury Hotels

7<sup>טו</sup>3



# PESACH 2024

21 APRIL - 01 MAY 2024  
GREECE - CHALKIDIKI

EXPLORE A MEMORABLE  
GOURMET CUISINE  
15 ISRAELI CHEFS



THE ENTIRE RESORT IS EXCLUSIVELY RESERVED FOR OUR GUESTS

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OFFER DIFFERENT TRANSFER OPTIONS

JOIN US TO INSPIRE A NEW EXPERIENCE

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- SPECIAL TEENS PROGRAM DAY & NIGHT
- CONCERTS, SHOWS, MENTALIST
- EVENING THEMED - CASINO PARTY
- FAIRY' MIMOUNA
- PILATES - YOGA - AQUAGYM
- MORNING HIKING - ZUMBA
- FOOTBALL - CROSS TRAINING
- ARCHERY - VOLLEYBALL - BASKETBALL
- TOURS (ORGANIZED & PERSONALIZED)
- QUAD - JEEP- WATER SPORT
- PRIVATE MARINA - RENTAL YACHT



STRICTLY GLATT KOSHER LAMEHADRIK

NO KITNIOT, NO GEBROKT

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LADYA

**E. Susitzky**  
Presents

**The Rook**

Will face  
Challenges  
with Power &  
Strength

**A Cantonist Journey:  
Survival, Hope & Triumph**



**4th, 5th & 6th February 2024**  
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**10-11**  
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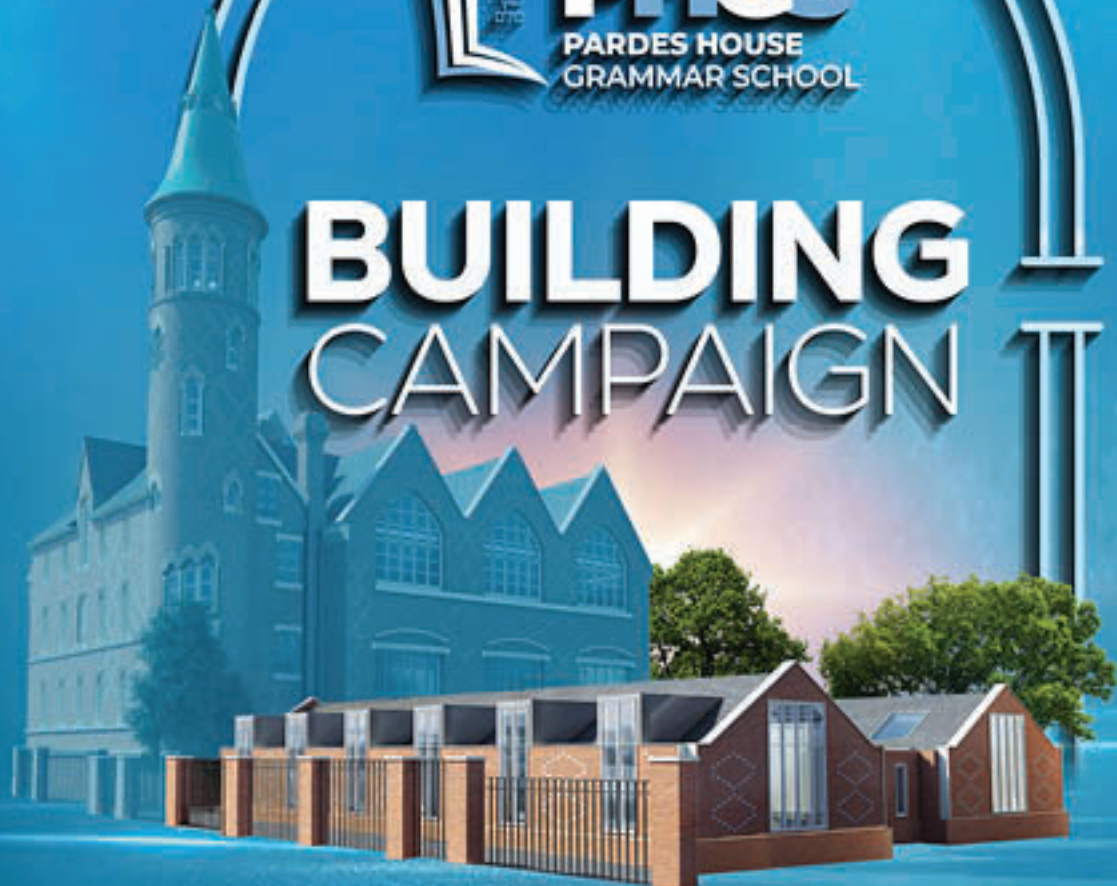
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28-29 JAN

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# הקמת מצבה

The consecration of the Matzeivo  
for the late Mr Leo Guttentag o"H will take  
place on Sunday 7<sup>th</sup> January 2024 @ 11.30am  
at the Adath Yisroel Beis Hachayim,  
Carterhatch Lane, Enfield EN1 4BG

# הקמת מצבה

The הקמת מצבה for  
**רב"צ א א קהן**  
will take place בעז"ה on  
**Sunday 14th January at 2pm**  
at Enfield Adath Yisroel Cemetery,  
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**This was a thoroughly vital course.**

*"Four days after the course, I was with somebody who had a panic attack, and using this knowledge I was able to support them through it."*

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Course Dates

**JAN**

**Wed 10<sup>th</sup>**  
**@ 8pm**  
(90 mins)

**Wed 24<sup>th</sup>**  
**@ 10am**  
(3 hours)

**FEB**

**Wed 7<sup>th</sup>**  
**@ 10am**  
(90 mins)

**Mon 19<sup>th</sup>**  
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YOUR SIBLINGS

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בן ר' אברהם הי"ד

ז"ל Mr Yuri Curtis

תתקיים אי"ה ד' שבט תשפ"ד  
Sunday 14th January 2024  
at 2.00 pm

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THE EZRAS ACHIM ANNUAL CAMPAIGN



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**£1,294,266**

SUM OF MONTHLY DISTRIBUTIONS THIS YEAR

Ezras Achim gabbaim in every beis medrash  
look out for signs, and then verify,  
that someone may need assistance.



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**JANUARY 7-9 2024**

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SUM OF YOM TOV AND EMERGENCY-NEEDED DISTRIBUTIONS THIS YEAR

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## **Trainee Benefits Advisor**

- We will provide all the support and training necessary for this role

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- To be compassionate, empathetic, sympathetic and non-judgemental.
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UC Universal Credit

## HOW TO BENEFIT FROM YOUR BENEFITS

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HELPLINE

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**Wed**

7.30pm – 9.30pm

**Tues**

11.30am – 1.30pm

**Thurs**

11.30am – 1.30pm

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**To find out more or to register your interest,  
please call Mrs E Stern on 020 8800 7575**



**8:00-9:30pm  
for women**



**Wednesday  
17th Jan '24**



**BIKUR CHOLIM**

D'SATMAR LONDON

# The Year in Numbers

Total Calls

2023 **183**

2022 **148**

183 people have called Menucha seeking support. That's a

**23%** increase in calls over the last year

We act quickly:

85% of women can engage with a Menucha therapist within 6 weeks of contacting us.

For comparison, in the UK, only 10% of women can only engage with a therapist within 6 weeks of referral.

We responded to 69% of our calls in under 24 hours.  
(compared with an average of 2 days in 2022)

The average duration of support for women in the Menucha Programme is **around 3 months**



**50%**

of our callers joined the Menucha Programme and were supported by one of our professional therapists - **35% more** than last year

We have worked with

**16 charities**

to provide collaborative support for our clients



## WE OFFER 6 THERAPEUTIC 'MODALITIES'

(i.e. clinical approaches):

- Parent-Infant Psychotherapy
- Birth Trauma Resolution
- Internal Family Systems
- Psychoanalytic
- Psychodynamic
- Integrative Talking

87% of Menucha's clients report that Menucha's awareness of and reduction of stigma encouraged them to seek support



Demand for our support services is growing fast with a **54% increase** on last year.

Of the 183 calls that we received, 148 were from women who would not have been able to access our services otherwise

age with a  
in 1 week

NHS 75%  
age within

## Getting help early makes a big difference:



Of the **56%** of Menucha clients  
that were pregnant,

only **30%** needed postnatal  
therapeutic help.

A remarkable

# 96%

of women  
accessing Menucha  
expressed very high  
satisfaction with our  
services.



*nts have stated that  
and the consequential  
raged them to seek help*

This year the Menucha  
Talks podcast reached  
**over 1,000 listens**



# 250

 Menucha  
Magazines

were distributed in print, with many  
more circulated electronically.

Our educational adverts reach over  
**6,000 people every week**  
and generate 88% of calls to Menucha.



the 57% of Menucha clients  
have engaged with an NHS  
vice, 77% told us that they  
didn't have done so if not for  
advocacy on their behalf.



# MENUCHA

*Because Motherhood Can Be a Joy*

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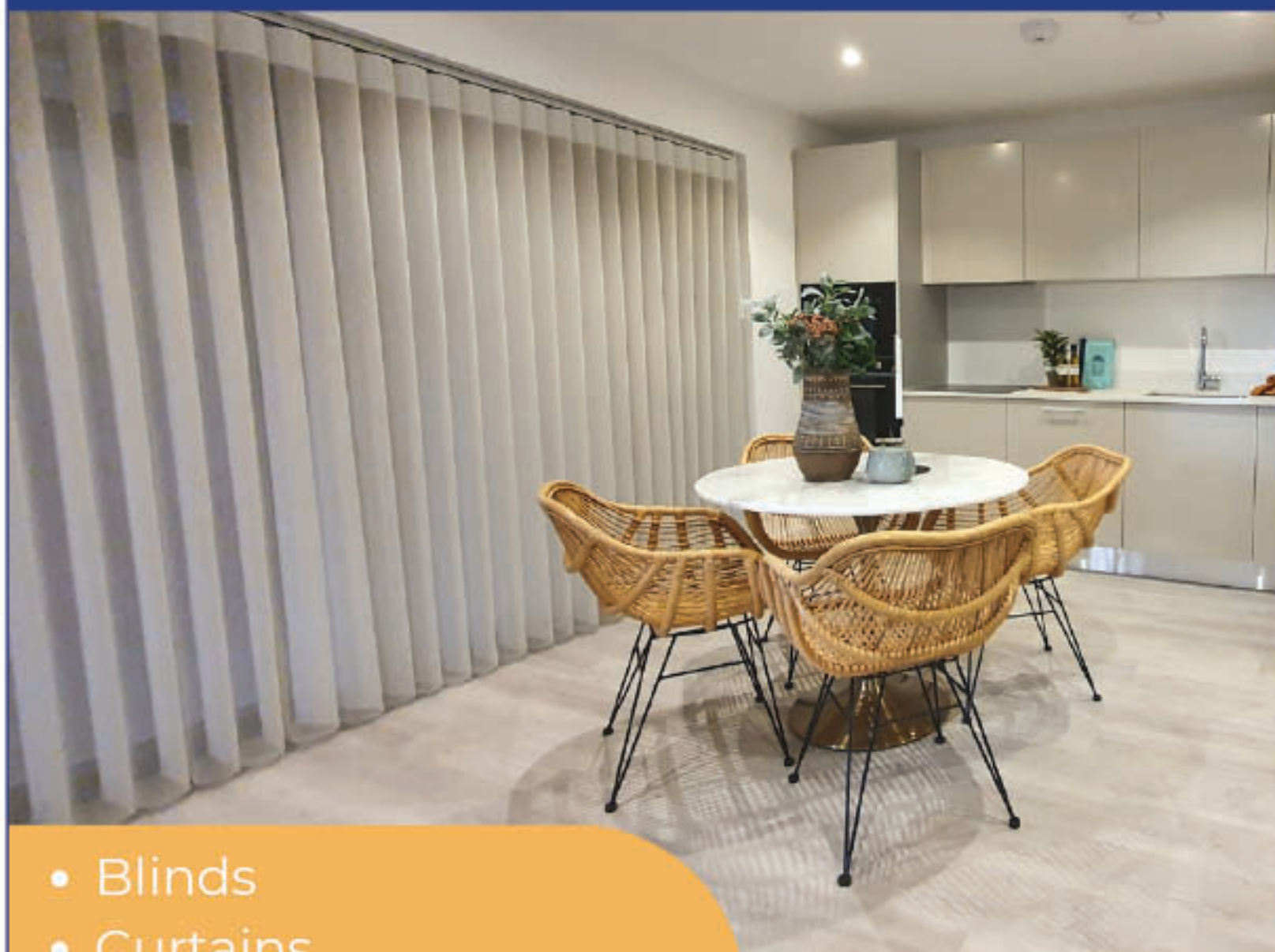
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Menorah Grammar School is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. The successful candidate will be required to undertake child protection screening, including a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



## SHALOM NOAM PRIMARY SCHOOL

### Headteacher

L18-L21

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**Closing date for application is 10th January 2024**

We welcome applicants to visit our school. For more information about this position and an application pack, please email [sbm@shalomnoam.org](mailto:sbm@shalomnoam.org) in the strictest confidence.

Shalom Noam Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. Appointments will be subject to satisfactory, enhanced DBS check.

• It is an offence to apply for the role if you are barred from engaging in regulated activity relevant to children.  
• Our child protection policy, including employment of ex-offenders, is available to read: [www.shalomnoam.org](http://www.shalomnoam.org)  
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60/20

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|       | Friday | Shabbos | Sunday | Monday | Tuesday | Wednesday |
|-------|--------|---------|--------|--------|---------|-----------|
| שקיעה | 4:06   | 4:07    | 4:08   | 4:10   | 4:11    | 4:12      |
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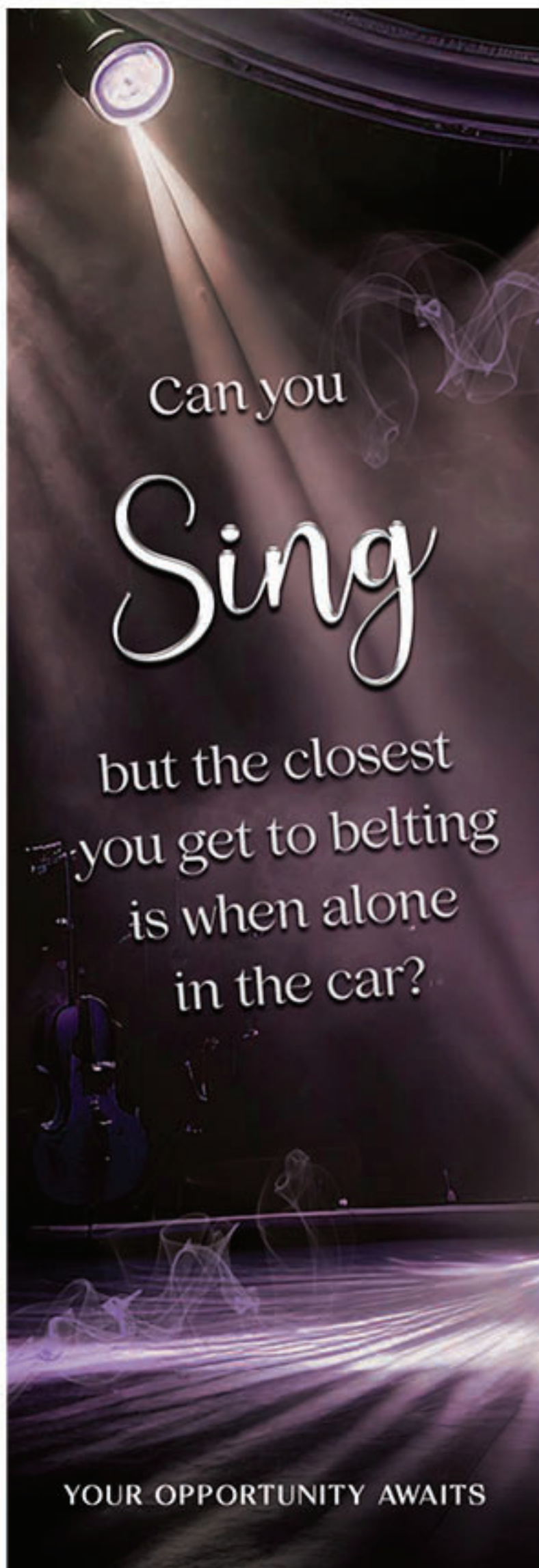
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| CHANA                      | 020 8201 5774  |
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| CHIZUK                     | 020 8800 7494  |
| CST                        | 0800 032 3263  |
| EZRA UMARPEH               | 020 8211 1010  |
| BEREAVEMENT SERVICE (JBCS) | 020 8951 3881  |
| GIFT                       | 020 8457 4429  |
| KOL HALASHON               | 020 8191 7000  |
| KASPA SECURITY             | 07880 435 747  |
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| MENUCHA                    | 03002 225 764  |
| MESILA                     | 0333 344 1711  |
| MISASKIM GG                | 0300 111 0333  |
| MISASKIM EDGWARE           | 07989 999 645  |
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| NSHEI CHAYIL               | 07574 018 331  |
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| SHEMA KOLI                 | 020 3670 1818  |
| SHIDDUCH PROJECT           | 020 3240 0117  |
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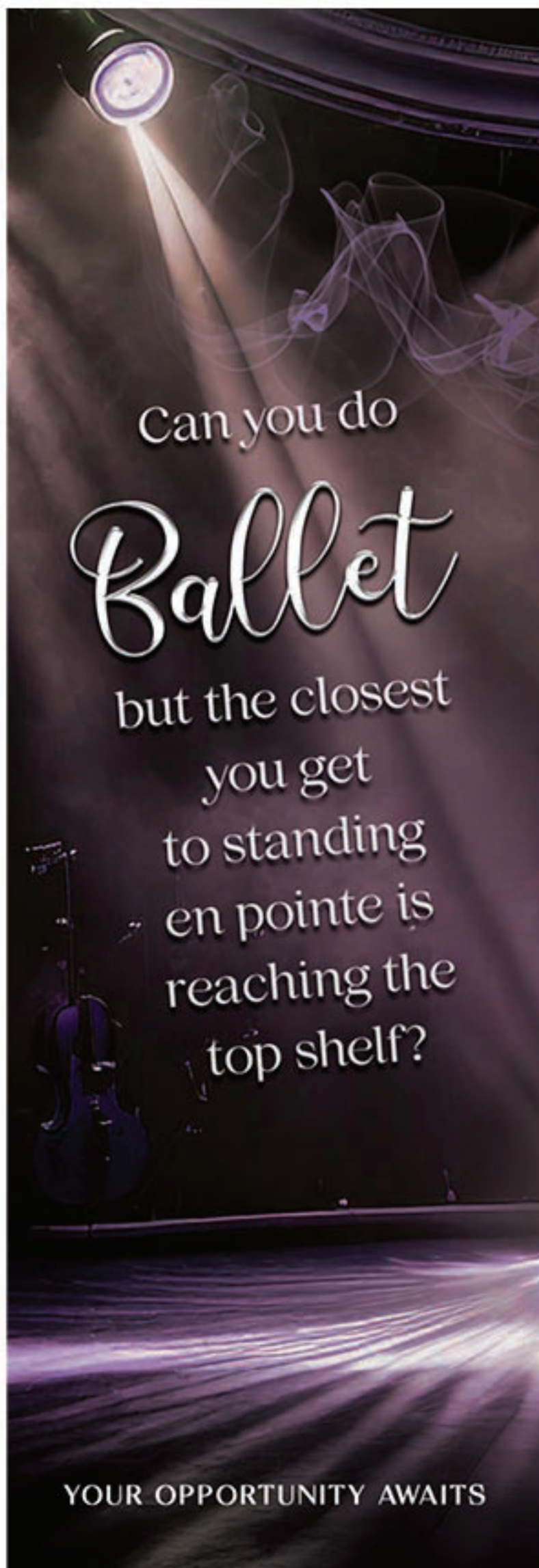
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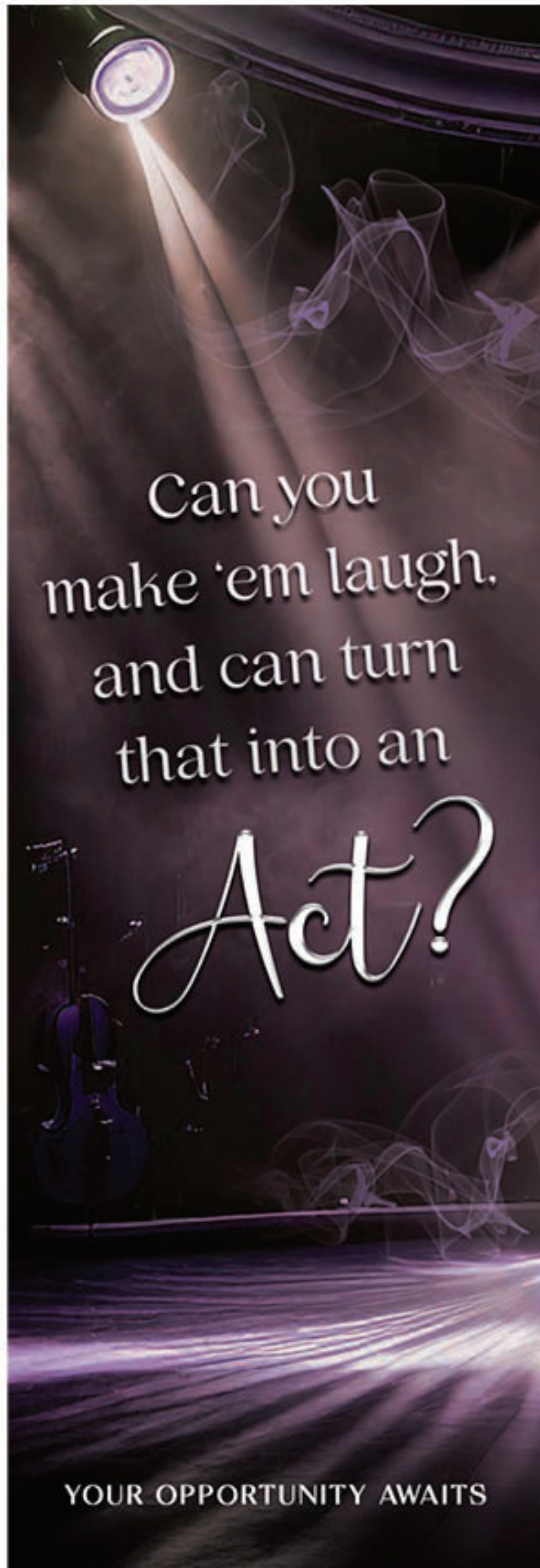
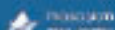
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הכרת הטוב wishes to express its כולל עטרת משה to:

**The Kaufman brothers**, led by HaRav Yossi. They are long standing friends of the Kollel and generous matchers to the campaign. The campaign is taking place on כ"ז טבת, which is the 8th Yohrzeit of their father, R Mendel-צ"ל משה בן ר' משה. R' Mendel was a very modest and refined individual who had an open and generous heart. May the family's generosity be לנשמתו הטהורה.



**Beis Hamedrash Ohr Chodosh** of Golders Green, led by **Dayan Menachem Gelley Shlita**. The Shul adopted our Kollel almost 10 years ago and we value their close friendship immensely. The Kollel has much appreciation to every member of the Shul. A special mention to **R' Chayim Schwab**, **R' Jerome Ormonde** and their families who have always been there for the Kollel and have spearheaded the Kollel-shul relationship.

The very generous **Matchers** who make this campaign possible. Family David Hammelburger, Family Shuli Lerner, Family Leiby Levison, Family Yisroel Pels, Family Betty Smith and the many who wish to remain anonymous, including those from Beis Hamedrash Ohr Chodosh. May you have continued Nachas and Simches in all your families.



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כ"ו - כ"ז טבת תשפ"ד  
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