

THE NW LONDON

LOCALNEWS

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The parents face painful choices as they are torn between caring for their new baby and the rest of the family. The oldest, just 15 years old, can no longer go out with friends or study for exams. Now supper, laundry, and bathtime are just a few of her chores, and she skips school every Friday to prepare for Shabbos. The special needs siblings are completely out of routine and are a nightmare to control. The mother wishes she could spend more time at home, but there is no way she can leave her sick baby on its own. After six dreadful weeks, the baby is finally allowed home, but the problems worsen. She needs 24/7 care and is attached to multiple life-saving machines; where can they find space in their overcrowded flat? And to add to the chaos, the poor baby doesn't stop crying. Will Family M survive this horrific nightmare? At what point will the already fragile situation break into a million fragments?

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chlorophyll | iron | vitamin K | antioxidants

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antioxidants | iron | magnesium | calcium

iced & alternative milk available

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ginger | lemon

turmeric

ginger | lemon | turmeric

beetroot

beetroot | ginger | lemon

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green-a colada

spinach | dates | pineapple | coconut milk | banana

shoko-shake

almond milk | raw cacao | almond butter | banana | dates | hempseed protein powder

hai hawaii

pineapple | banana | mango | orange juice

pinky promise

strawberry | banana | dates | soy milk

blues clues

banana | coconut | almond butter | oat milk | spirulina

purple rain

blueberry | strawberry | banana | coconut | soy milk | dates

banana-free

mango tango

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For some, Shabbos is...*

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Tahareinu supports couples in a way no one else can. We guide them through the deepest of pain and help them build their dream family.

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What is Ezras Achim?

Ezras Achim is a unique financial support system in Eretz Yisroel, enabling yungerleit to help each other make it through a difficult month. Avreichim take care of their friends within their own kollelim/ chaburos/ Batei Medrash, with dignity and respect, allowing them to focus on their learning and growth without financial pressure.

When people get married and move to Eretz Yisroel, they come with dreams. A dream of

establishing their lives with Torah as the foundation. A dream of building a home in the unparalleled atmosphere of kedushah found in Eretz Yisroel. Then, unexpectedly, sometimes things become rough as they are faced with medical issues or loss of jobs and income. Their dreams seem like they will remain just that: dreams.

That's when these volunteers step in; they support each other and try to keep their friends' hopes up so that they can focus on their growth with peace

Who runs this organization?

Ezras Achim began 33 years ago headed by Hagan Rav Yitzchok Scheiner ztz"l ulehavdil Hagaon Rav Sholom Shechter shlit"a and Hagaon Rav Meir

Berlin shlit"a. It is run by dedicated yungerleit who recognise and appreciate the preciousness of sitting and learning in Eretz Yisroel.

How do they help their friends?

Each participating kollel has designated gabboim from within the chaburoh, who collect or set up a small monthly donation from those of their fellow avreichim who are able to contribute.

The gabboim take note of which members of their beis medrash could do with some additional help.

Ezras Achim generously adds an extra 20% to the considerable total amount received from fellow yungerleit, and discreetly transfers the funds to the bank account of the person who needs help.

This method preserves the dignity of the recipient, while ensuring that those who need an extra boost, get the support they require.

It's important to note that over 70% of the annual budget comes from yungerleit learning in Eretz Yisroel who share a common vision. They join forces and gain the deep satisfaction of helping their chavrusos and those sitting on the same benches as them to learn b'hasmada, for as long as they can manage.

You mentioned "monthly donations". Can't they donate whenever they want?

Any donation is accepted whenever someone wants to give and in whatever form, amount or currency. However, as mentioned, the majority of our budget comes from yungerleit who are limited

themselves and aren't able to give large sums at any particular time, but are able to contribute smaller monthly amounts. This in turn, allows Ezras Achim to give monthly too.

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**Our Yungerleit
in Eretz Yisroel.**

Who is eligible to receive support? How does Ezras Achim help the yungerleit?

Any family from abroad living in Eretz Yisroel, and learning in a Mosad that has joined the Ezras Achim Network (currently 49 Mosdos) is able to receive help when they need extra support.

Ezras Achim has the privilege of helping out in a few different ways.

There are monthly stipends, where families who are struggling to make it through the month can receive up to £330. A few years ago, Ezras Achim set up a Va'ad Gabboim D'Anglia to assist families from the UK and Europe. This past year Ezras

Achim distributed a monthly total of £23,227 to 71 UK and European families bravely living far from home.

There are those who are getting by and don't need monthly support, but have sudden unforeseen expenses. Maybe their fridge broke down. Maybe their wife who was working is on bed-rest and out of commission. Maybe one of their kids needed dental work not covered by their insurance. Ezras Achim has a special emergency fund for these difficult situations.

Is this support intended to encourage yungerleit to settle in Eretz Yisroel long-term?

No. In fact Ezras Achim has a 5-year rule. Generally, they will help out a family for a maximum of five years, in order that they can support others too. As detailed earlier, the goal is to enable every

yungerman to use his precious and possibly limited years in Eretz Yisroel to the maximum - to learn with menuchas hanefesh - without being weighed down by financial pressure.

How do your over 100 volunteers put in so much time and effort without any personal gain?

Answer: I'll answer this question with a few points.

Firstly, when you see a friend struggling - and often it's a silent scream - how can you not come to their aid?! Yungerleit notice when their chavrusa is looking more tense than usual. They care when their seat-mate on the Mir bus hunches over his mishnayos, but it's clear his mind is elsewhere.

They want to ease each other's burden.

Secondly, allow me to quote the words of the Nosi of Ezras Achim: Hagaon Rav Yitzchok Sheiner ztz"l. "One never knows who's the real נותן and who's the real מקבל!"

Finally, we're all sons of the same Father. There's no greater happiness for a Father when one brother helps another - לעזרת אחים! Our

Do you have any final message?

Fellow brothers, please help us continue. Join us in our mission and gain the zechus of our yungerleit learning in Eretz Yisroel with menuchas hanefesh.

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Alternatively, please call the school office on 020 7328 2802.

Naima JPS is committed to safeguarding and promoting the welfare of children and it is our expectation that all staff share the commitment.
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בעהש"ת

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100

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PER MONTH



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CURRENT
CHILDREN
USING
LEGADEL



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15
SCHOOLS



25



KEY WORKERS

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Legadel supports young children by providing an **early intervention** plan, which meets the needs of children failing to **thrive at school**.

 charityextra.com/legadel

10 YEARS
OF

BUILDING
BRIGHT
FUTURES

8-9 JANUARY 2023



Dear Community Supporter,

בס"ד

With **סיעתא דשמיא** and appreciation to the whole community Legadel is now in its 10th year. We are reaching out to you because our task is to help children reach their full potential, a task we cannot achieve without your help.

10 years ago, a group of parents observed the challenges their children were experiencing in school and realised that they could not simply watch the negative impact on their children and do nothing.

From that realization, Legadel was born. An organisation that from the outset, was a bespoke programme to enable each and every child maximise their own potential.

Legadel educates, enables and empowers the children we support. By working together with the school, teachers and SENCOs, we identify each child's individual needs and develop specific targets to meet these.

Now 10 years on, schools have a much better awareness and understanding of what typical development looks like and together with parents, know to reach out to Legadel so that they can identify and address challenges much earlier on.

Time and time again we have seen, that it's not only the actual work that is therapeutic, but also the relationships the children create with the Legadel staff that help to change and develop the child into a happier, healthier version of themselves!

We now turn to YOU to help US to continue to do what we do. Over 50% of the children who access Legadel services are on a bursary which means they receive a substantial reduction on their fees. A further 10% of children come from such challenging backgrounds that they are unable to pay anything towards their fees. In order to continue to help everyone who needs us, we need you.

Legadel can only work if everyone does their bit. We have certainly done our bit to support 100s of children, but now it is your turn! Together we can ensure a better brighter future for all our children.

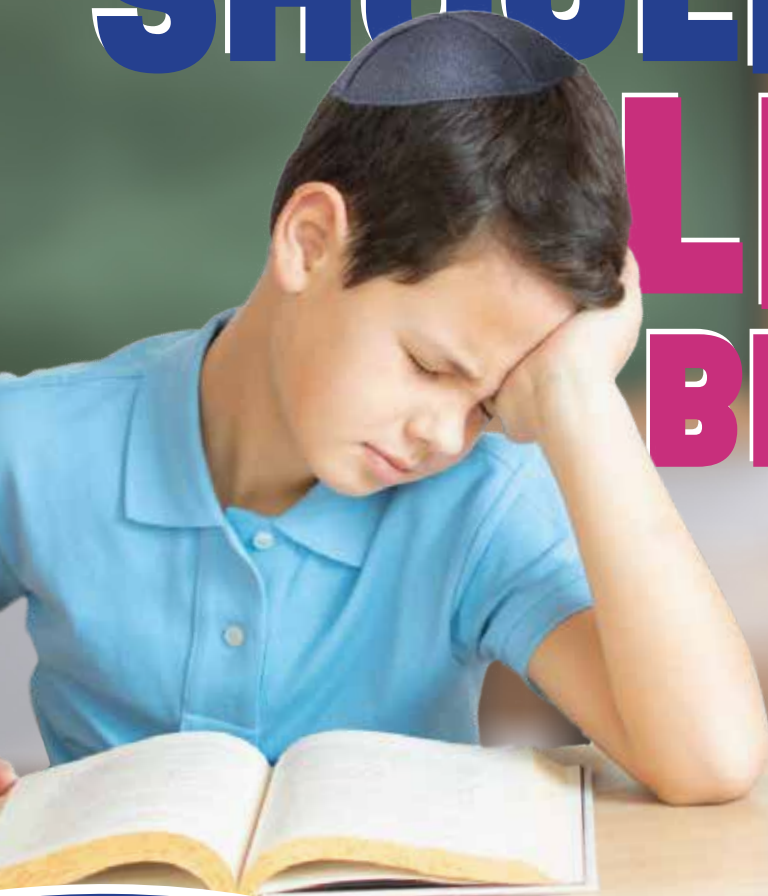
With thanks,

Legadel Trustees & Committee

Legadel supports young children by providing an **early intervention** plan, which meets the needs of children failing to **thrive at school**.



NO CHILD SHOULD BE LEFT BEHIND



Legadel supports young children by providing an **early intervention** plan, which meets the needs of children failing to **thrive at school**.

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