

THE NW LONDON



Issue 734

LOCALNEWS

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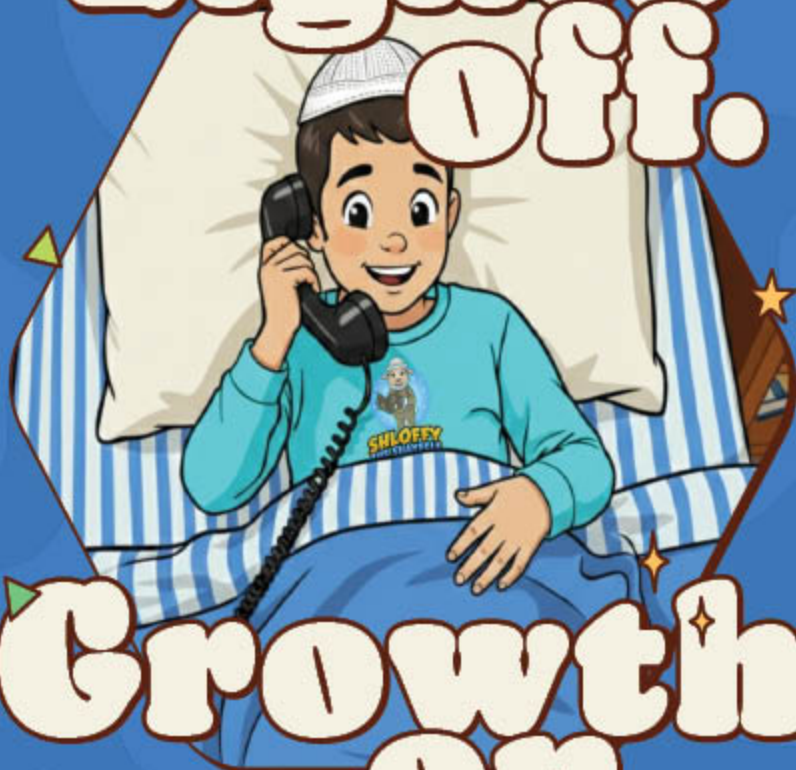
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4 JUNE

Why the 3 Principles Matter

A new way to live life

11 JUNE

What's Yours — and What's Not

Letting go of what you can't control

18 JUNE

Mastering Your Emotions 1

How to be less reactive

25 JUNE

Mastering Your Emotions 2

How to worry less & love more

2 JULY

Making Peace With Decisions

Finding clarity without overthinking

16 JULY

Summer Calm

Manage your holidays gracefully

New & past participants welcome

THURSDAYS 10:30AM

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2nd June**



Time

2.30pm
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SUMMER START)



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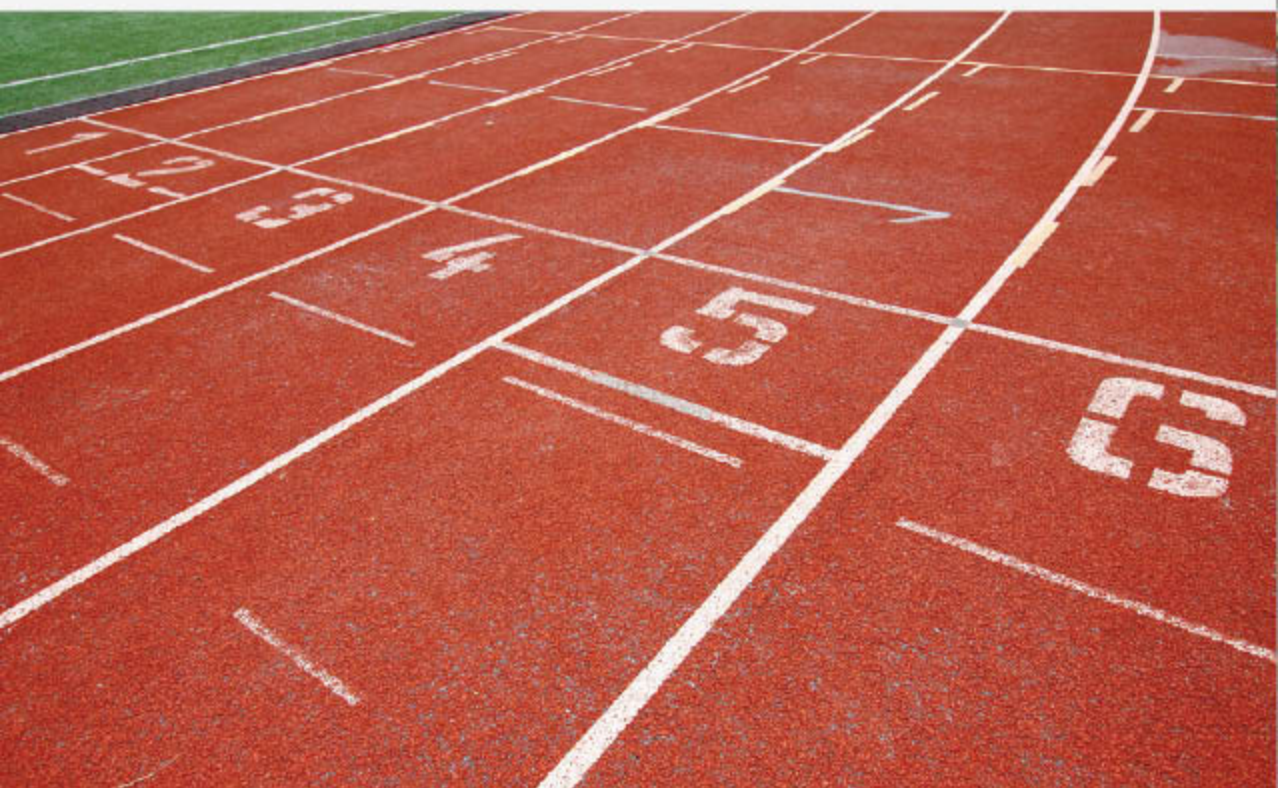
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FOR YEARS KG – YEAR 6



YEARS
4-6

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- Make new friends & unforgettable memories!



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TO
YEAR 3

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- Fun activities & games
- Explore & play in local parks
- Make new friends & have lots of fun!



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NEW FRIENDS



FUN &
ENGAGING
ACTIVITIES



AMAZING
TRIPS
(YEARS 4-6)



LUNCH
INCLUDED



CAMP DATES

WEEK 1: 20-24 JULY

Girls KG–Yr6: 10am–3pm

Boys KG–Yr1: No camp

23 JULY (TISHA B'AV): 1pm–5pm (ALL)

WEEK 2: 17-21 AUGUST

All: 10am–3pm

WEEK 3: 24-25 AUGUST

All: 10am–3pm

PLUS! SPECIAL BONUS DAY
FOR YEARS 4-6

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9:15 - 10:05 Strength & Sculpt	Available for Personal Training	9:15 - 10:05 Pilates + Strength	9:15 - 10:05 Strength & Sculpt	9:00 - 9:50 Strength & Sculpt	10:30 - 11:20 Strength & Sculpt	
10:15 - 11:05 Functional Strength & Bone Building	11:30 - 12:20 Pilates + Strength	10:15 - 11:05 Strength & Sculpt	10:15 - 11:05 Pilates + Strength	10:00 - 10:50 Pilates + Strength	Available for Personal Training	
11:15 - 12:05 Post-Natal Pilates <i>*Babies not yet walking welcome - Nanny on site*</i>	12:30 - 13:20 Lunchtime Lift	11:15 - 12:15 Barre Sculpt	11:15 - 12:10 Functional Strength & Bone Building Peri/Menopausal	11:05 - 11:55 Post-Natal Pilates <i>*Babies not yet walking welcome - Nanny on site*</i>	Available for Personal Training	
12:30 - 13:20 Pilates + Strength	17:45 - 18:35 Teen Exercise	17:35 - 18:45 Teen Exercise	12:30 - 13:20 Lunchtime Lift	12:30 - 13:20 Lunchtime Lift		
17:15 - 18:05 Teen Exercise	19:00 - 19:50 Pilates + Strength	19:00 - 19:50 Pilates Flow	18:00 - 18:50 Strength & Sculpt	Available for Personal Training	Available for Personal Training	
18:45 - 19:35 Pilates + Strength	20:00 - 21:15 Sound Bath	20:00 - 20:50 Pilates Flow	19:30 - 20:40 Breathwork Experience		19:00 - 20:00 Pilates Flow	

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RAV MOSHEH LICHTENSTEIN & DAYAN ELIEZER ZOBIN

BEYOND OUR COMMUNITY: JEWISH ETHICS AND CONTEMPORARY CRISES

CHAired BY RABBI MICHAEL POLLAK

SUNDAY 7TH JUNE 2026

19.00 NW LONDON | BUFFET SUPPER



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11:00 GUIDED TEXT LEARNING – ON UNIVERSALISM

**12:00 SHIUR: RAV MOSHEH LICHTENSTEIN –
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13:00 LIGHT LUNCH

14:00 A WITNESS TO CONSCIENCE – JEWISH ETHICS IN PRACTICE

The Uyghur crisis & the Jewish obligation to the Other –
Rene Cassin presentation, introduced by Elkan Adler

**15:00 RAV MOSHEH LICHTENSTEIN WITH Q&A –
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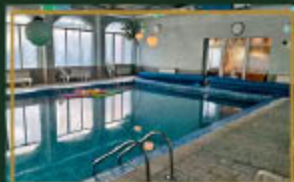
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Required for June 2026

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The successful candidate will have the opportunity of joining our friendly and supportive office team.

For more information and an application pack, please email ecohen@byps.org.uk

Applications will be processed as and when received.

Applicants are strongly advised to apply early.

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.



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FINANCE OFFICER

Required for September 2026

Full-Time or 0.8

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Closing Date: Monday 1st June 2026 at 9:00am

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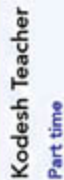
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Vacancies

September 2026 Start ~ Salary dependent on experience

Primary Boys



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Part time
11am - 4pm



**Year 2 / Year 3
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Part time
11am - 4pm



Year 1 Kodesh Assistant
Morning
Part time
8:30am - 12:30pm



Part time LSA
Start straight away
Part time
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LSA
Part time
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Primary Girls



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IN THE HEART OF GOLDERS GREEN NW11

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Party Menu

- 15% OFF – 14" Large Pizzas (6 or more) £99.00**
- ✓ **Pizza Poppers (48 pieces) £32.00**
- ✓ **Fish Box (20 pieces, serves 10) £52.50**
- ✓ **Gourmet Chips Box (serves 10) £25.99**
- ✓ **Vegetable Platter Sticks £28.99**
(Cucumber, Carrot & Peppers – serves 10)
- ✓ **Italian Homemade Gelato £16.99**
(10 mini tubs)

Note: 48hrs pre-order required for all items.

✓ **Delivery information**

All orders will be delivered within a half-hour window

✓ **Free Delivery**

✓ **Gluten-Free options available.**

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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

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Newbuild flat on

Ravenscroft avenue

NW11. Perfect for

Choson/Kallah

£400 per week inc

towels, linen, wifi

Private entrance.

Text/Whatsapp

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Lost & Found

Found:

a scooter in Kingsley way park on Sunday the 17th May.

07758 841408

Golden Green:

- Beautiful furnished 2 bedroom loft conversion
- Separate entrance
- Close to shul and shops
- Highfield Av, NW11
- Parking available.
- Long term preferred

Please call

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/ 020 8458 7070

Useful numbers

Organisations

Contact Info

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HATZOLA EDGWARE	0303 888 9999
CHAVEIRIM	0300 0700 999
SHOMRIM	0300 999 1234
ACHEINU CANCER SUPPORT (ACS)	020 8806 7227
BONEI OLAM	020 8455 4321
BEREAVEMENT SERVICE (JBOS)	020 8951 3881
CAMP SIMCHA	020 8202 9297
CHANA	020 8201 5774
CHAI CANCER CARE	020 8202 2211
CHEVRA KADISHA NW	0300 111 1122
CHIZUK	020 8800 7494
CST	0800 032 3263
EZRA UMARPEH	020 8211 1010
GIFT	020 8457 4429
HAND IN HAND FORMERLY SHABBAT WALK	07506 750 023
J-DOC 365	0203 656 5657
JEWISH FAMILY CENTRE	0208 209 1117
KASPA SECURITY	07880 435 747
LEV ECHOD CANCER CARE	07870 351 436
MARS REFUAH	020 3322 8586
MENUCHA	03002 225 764
MESILA	0333 344 1711
MISASKIM GG	0300 111 0333
MISASKIM EDGWARE	07989 999 645
MINYAN LINE NW	020 3670 6130
NSHEI CHAYIL	07574 018 331
PAPERWEIGHT	0330 174 4300
RELIEF	03333 445 595
SHEMA KOLI	020 3670 1818
SHIDDUCH PROJECT	020 3240 0117
SHMEICHEL	020 8800 0008
TAG GG	020 7112 4848
TAG EDGWARE	020 8952 5666
TAHAREINU	020 3769 2941
WORK AVENUE	020 8371 3280
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מנין צעטיל

פרשת בהעלותך

מגילת במדבר

קריאת אהל מועד	9:15
פרשת בהעלותך	9:30
מנוחה	9:47-9:42
תורת חיים	9:45
מגילת במדבר (א) בית היסוד דוב	9:50
מגילת במדבר (ב) בית היסוד דוב	10:00
מגילת במדבר (ג) בית היסוד דוב	10:15
קריאת אהל מועד, קטעי תפילה	10:20
מגילת במדבר דוב	10:30
מגילת במדבר דוב	10:40
מגילת במדבר דוב	11:00
מגילת במדבר דוב	11:20
מגילת במדבר דוב	11:40
מגילת במדבר דוב	12:00

ALL THESE TIMES ARE FROM LAST WEEK

מגילת במדבר (א-ד)

מגילת במדבר (א) בית היסוד דוב	9:15
מגילת במדבר (ב) בית היסוד דוב	9:30
מגילת במדבר (ג) בית היסוד דוב	9:45
מגילת במדבר (ד) בית היסוד דוב	9:50
מגילת במדבר (א) בית היסוד דוב	10:00
מגילת במדבר (ב) בית היסוד דוב	10:15
מגילת במדבר (ג) בית היסוד דוב	10:30
מגילת במדבר (ד) בית היסוד דוב	10:40
מגילת במדבר (א) בית היסוד דוב	11:00
מגילת במדבר (ב) בית היסוד דוב	11:20
מגילת במדבר (ג) בית היסוד דוב	11:40
מגילת במדבר (ד) בית היסוד דוב	12:00

פרשת נשא

מגילת שמות

מגילת שמות	1:45
23 Green Walk	2:00
מגילת שמות	2:15
מגילת שמות	2:30
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מגילת שמות	11:45
מגילת שמות	12:00

ערב ש"ק

מנוחה נדולה

מנוחה נדולה	1:00
מנוחה נדולה	1:15
מנוחה נדולה	1:30
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מנוחה נדולה	11:45
מנוחה נדולה	12:00

ALL THESE TIMES ARE FROM LAST WEEK

לכל השנה נחלק את השנה ל-12 חודשים

Currency Exchange

Code	Currency	Units \ GBP	GBP \ Unit
USD	US Dollar	1.35	0.73
EUR	Euro	1.15	0.86
ILS	Israeli New Shekel	3.81	0.21
CHF	Swiss Frank	1.05	0.94

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DAILY TIMES

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	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	9:05	9:06	9:07	9:08	9:09	9:10
לינה	10:11	10:12	10:14	10:15	10:16	10:18

officeuk@tahareinu.com

OUR
COMMUNITY

*Stands
Together*



We are deeply saddened to hear about the major fire at **Kosher Kingdom** on Golders Green Road this Wednesday.



Kosher Kingdom is a valued and longstanding part of our community, and our thoughts are with the owners, staff, and everyone affected during this difficult time.



On behalf of the wider NW London community, we send our **heartfelt support** and **best wishes** as recovery begins.



We wish the entire team every success in the recovery and rebuilding, and we look forward to seeing the store reopen very soon — **stronger than ever.**

With sincere best wishes,

The Local News

on behalf of the whole NW London Community



KOSHER KINGDOM

We're with you!

STAY STRONG.

WE STAND WITH YOU.



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