

THE NW LONDON  Issue 526
LOCALNEWS
 E. info@localnewsadvertiser.co.uk || T. 020 8455 5259
 www.localnewsadvertiser.co.uk

Send a
Swiftie



14th October 2021

Starts: 17:51 || Ends: 19:55 (RT: 19:10)

roundtree
real estate
020 8203 2111
 www.theroundtree.com

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

Leeside
THE LINGERIE & FORMAL WARE
 020 8458 7001
 07816 327 556
 www.leesidelingerie.co.uk

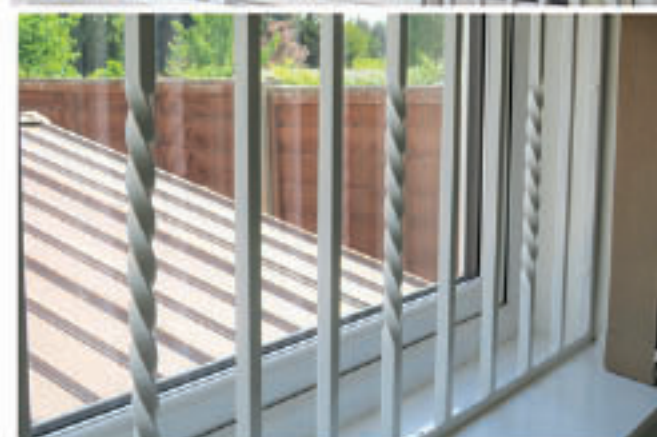

THE
PLANNING
PEOPLE
 020 3846 6745
 info@samplanning.co.uk

 PLANNING SERVICES
 Part of the SAM Group

HampshireHeights
 Property
Management
 020 3976 8331
 www.hampshireheights.com


 **PARK HALL SUITES**
 Luxury Suites in beautiful Park Manchester
 Tel: 0161 792 3786 Email: parkhallsuites@yahoo.co.uk
STUNNING LARGE VACATION HOMES AVAILABLE
 Minimum 3 Day Stays

BS"D
 **SecurityGates**
 'R' Us
KEEPING UK HOMES SAFE
 SECURITY GRILLES ■ SECURITY GATES ■ DRIVEWAY GATES



Same day free site consultation and survey

Albert Abraham

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

 **PARK HALL SUITES**
 Luxury Suites in beautiful Park Manchester
 Tel: 0161 792 3786 Email: parkhallsuites@yahoo.co.uk
STUNNING LARGE VACATION HOMES AVAILABLE
 Minimum 3 Day Stays

Abuse is simply
NOT OK
 020 3870 1616 www.shemakoll.org



IS COMING TO LONDON

**MONDAY 1ST AND
TUESDAY 2ND NOVEMBER**

With a beautiful range of top quality wigs

- finest virgin hair**
- competitive prices**
- full 1 year service included**

For more information or to place a non-obligatory order
please call Aliza Kornbluth on 07875603926

**Sale will take place at 67 Princes Park Avenue Monday: 10am-1pm
and 8pm-10pm Tuesday: 8 -11pm**

Minyan mincha at your
workplace or somewhere
nearby? Be **מזנה את הרבים**
and list it on mincha.co.uk.

Got 10? Tell us

mincha.co.uk

YAALEH
יעלה

CHAZON INVITES HIGH SCHOOL GIRLS YR9+
TO A NEW POST-LOCKDOWN PROGRAMME

מי יעלה בהר ה' CLIMBING LIFE'S MOUNTAINS



LIFE SKILLS FOR NAVIGATING EVERYDAY UPS AND DOWNS

3 PART SERIES -
WEEKLY ON
MONDAY NIGHTS 8:15PM
WITH REBBETZIN MIRIAM GEFEN

LIVE!

via  zoom

Pre-booking essential. Email info@chazon.org.uk to sign up

- » **Monday 25th Oct**
My Greatest Self
- » **Monday 1st Nov**
Knowing your Best Friend
- » **Monday 8th Nov**
Getting Real with Emunoh



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



sale

one week only!

NOW THROUGH 22.10

MIDSIGNLONDON

Mia Mod

ONE ITEM
10% OFF

TWO ITEMS
15% OFF

THREE+ ITEMS
20% OFF

TWO PIECE SETS ARE
CONSIDERED ONE ITEM.
T&C APPLY | FINAL SALE

YAL
NEW YORK

ONE ITEM
10% OFF

TWO ITEMS
15% OFF

THREE+ ITEMS
20% OFF

EXCLUDES TWO PIECE SETS
FINAL SALE
T&C APPLY



SUN 11 AM - 5 PM MON - THU 10.30 AM - 5PM
FRI 10 AM - 1 PM WED LATE NIGHT 8 PM - 10 PM

0208 203 0524 07516 171 082

118 BRENT STREET, NW4 2DT

INFO@KESHETCOUTURE.COM THEWARDROBEUK@GMAIL.COM



THE WARDROBE

“SignUp Week” for **BJNW Teens** Years 7 - 10

Email

teenmembers@bjnw.co.uk
to receive your membership form
Register by Fri 15th Oct 4pm



Membership includes:

Weekly Group, Monthly Teen Talk Magazine,
Events, The Show & priority to
camp Yashar!

new new new!
Weekday clubs at
greatly subsidised rates!

Membership
Fee:
£50
Siblings
£45

**BJNW TEENS WELCOME
YOU TO OUR GRAND**

TAKE OFF

to

אֶרֶצְנוֹ



מוצאי שבת פרשת לך לך
THIS MOTZE SHABBOS
8.30PM
AT BJ HOUSE

NEW! **WEEKDAY** **CLUBS**

Starting Sunday 24th Oct
MEMBERS ONLY!

Swimming, Aerobics, Dancing,
Netball & Hairstyling!
More details to follow!



Heimann Beds

For a good night's sleep



Wogen Mattresses-£449
While Stock Lasts

- High quality
- Affordable prices
- Personal service

0333 305 2223 / 07837 666 201

sales@heimannbeds.co.uk

Getting efficient plumbers is no *pipe* dream.

© Tactic.



Entremark

Building Services

Welcome our team of experienced, trained & highly professional plumbers. Contact us with your needs, you will be satisfied by our fast & efficient service.

📞 020 7112 9159

WWW.ENTREMARK.CO.UK | ELI@ENTREMARK.CO.UK

Plumbing | Maintenance | Refurbishment



Winter 2021

We are fully stocked!

FULL RANGE OF

Skirts // Tops // Hoodies
Ribbed sets // Hosiery // Hats

Previous
seasons kids
skirts only

£12.99

JUST ARRIVED
hats, baby bonnets
& headwraps

241 Golders Green road

Opening Hours: Sunday-thursday 10-6pm

Friday 10-2:30pm

AW

0800 690 69 69

www.accessoryworldonline.com



**LADIES, WE ARE DELIGHTED TO
INVITE YOU TO OUR VIRTUAL N'SHEI AFTERNOON
WITH GUEST SPEAKER**

**REBBETZEN
C R ZIMMERMAN**

**MY EXPERIENCES IN DIFFERENT
COMMUNITIES ACROSS THE WORLD**

On Tuesday, 19th October at 2.30pm



zoom To join the Zoom Meeting use
Meeting ID: 875 730 6147 Passcode: 123

If you are calling in dial any of the numbers below:

0208 080 6592 0330 088 5830 0131 460 1196

0203 481 5237 0203 481 5240 0203 901 7895

Meeting ID: 875 730 6147 Passcode: 123

Looking forward to greeting you all



INVITE YOU TO JOIN
OUR HEALTH
AWARENESS EVENT

SUNDAY 31ST OCTOBER | כ"ה חשוון

A large, stylized pink ribbon is draped across the left side of the main title area.

What you need to know SO YOU NEVER KNOW

This awareness will include practical steps and suggestions for living a healthier lifestyle.

VENUE: PARDES BACK HALL

DATE: DOORS OPEN 8PM - STARTING AT 8:30PM

CHAired BY MRS N PAKSHER

SPEAKER 1

Miss Joanna Franks

Consultant & Oncoplastic Surgeon

(MBBS (Hons) BSc (Hons) MSc FRCS
UCLH

SPEAKER 2

Ms Guida Kurzer

CNS/Nurse practitioner in
Gynaecological Oncology.

Barts Health NHS

Funded By:

**COMIC
RELIEF**

LIGHT HEALTHY REFRESHMENTS | MINIMUM DONATIONS WELCOME

COVID TESTS

NORTH & NORTH WEST LONDON

RAPID RESULTS



GENERAL TESTING

PCR / RAPID ANTIGEN



PRE-TRAVEL / FIT TO FLY

PCR / RAPID ANTIGEN



POST TRAVEL

DAY 2 AND DAY 8
TEST TO RELEASE / DAY 5



SEROLOGY/ ANTIBODY TESTING

BOOK
ONLINE

www.covidtestslondon.com

CLINIC LOCATIONS: 66 BRENT STREET LONDON NW4 2ES
AND 43 LINGWOOD ROAD E5 9BN

Dr Yaakov Opat | Motty Friesel

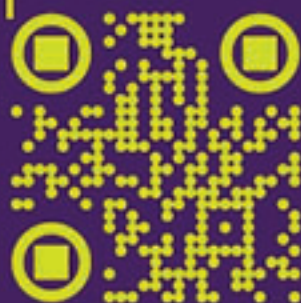
+44 7831 206 085 +44(0)20 3191 6699 info@covidtestslondon.com

JKARAOKE.COM

JEWISH KARAOKE FOR ALL AGES



PROBABLY THE MOST FUN YOU'LL EVER HAVE AT HOME
WHEN YOU PURCHASE THIS JKARAOKE KIT





WE PROVIDE:



Sem level Kodesh program
imbue your daughter with
strong hashkofos



Wide ranging chol curriculum
set her up for success in
future life



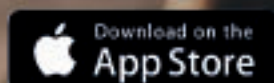
Fantastic extra-curricular
Give her an experience
she'll love

**MAALOT
TIFERES
THE ONLY
PRE SEM
PROGRAM IN
NW LONDON
COMBINING
A SEM LEVEL
KODESH
PROGRAM
WITH A HIGH
QUALITY
CHOL
EDUCATION.**

**After a great start to our first year we are now
accepting applicants for the coming year**

To request an application form or for more details
please contact office@tifereshigh.com 02082038618

Send a Swiftee



swiftee

Surprising someone special?
With our superfast delivery, you'll never miss the occasion



PRIVATE SALE

LARGE EXTENDED FOUR BEDROOM HOUSE FOR SALE

HOLMLEIGH ROAD N16

INCLUDING:

***BUILT-IN-SUCCAH
PESACH KITCHEN
AND BASEMENT***

FOR FURTHER DETAILS:

020 8016 1869

householmleigh@gmail.com



Tip #4 Why should I check my credit report?



Aim to check your credit report at least once every 3 months, and before applying for credit.

Not only will this allow you to pick up on any mistakes that could reduce your chances of getting the best credit deals, but you'll also be able to spot if

any fraudulent credit applications have been made in your name.

You'll never be penalised for checking your report, so you're free to do so as often as you like.

Next week: Tip #5 Can I check my credit report for free?

Questions? Want to learn more?

Call Paperweight on 0330 174 4300 or visit paperweight.org.uk



The Paperweight Trust Registered Charity 1146302 Registered Company 07705745 Design: hope.agency

paperweight

Don't get overwhelmed, get help.



1/2 Russell Gardens
020 8201 8870
info@yummykids.co.uk
www.yummykids.co.uk

BACK IN STOCK

MINI MODE

BABY, CHILDREN & TEEN BOUTIQUE

18 Russel Parade Golders Green Rd NW11 9NN

Special Promotion

20%OFF

HADAS GIRLS WEEKDAY 2 PIECE SETS

FOR ONE WEEK ONLY

Friday 15 Oct- Friday 22 Oct

Beautifully wrapped Baby gift sets
now in store

Opening hours:
Sunday-Thursday 11-5 | Fri 11-1.30

Minimodeuk

Is your home our next project?



- Internal & External decorating - Post leak repair
- Plaster Work - Wallpaper

No Job too big or too small
Contact us to discuss your project
📞 **020 3137 5457**
✉ info@archdecorators.com
www.archdecorators.com

ARCH
• decorators •



EMESS
CAR SERVICE

OUR SINCEREST APOLOGIES!!

THANK YOU FOR STICKING WITH US

Throughout the pandemic
Throughout the petrol crisis
Throughout the driver shortages

Things have been tough over the recent months
and we are BH grateful that they are getting
better with each day that passes.

We continually invest to
offer the best possible service for YOU!

You can also help us to improve the service whilst
making money doing so! We are offering
a £300 incentive for every minicab driver
YOU refer to Emess!!

MORE DRIVERS
= REFERRAL BONUS + BETTER SERVICE !
HELP US TO HELP YOU

DYNASTY
— boutique —

COAT
EVENT
15% OFF*



FRIDAY
TILL
TUESDAY

*Exclusions apply

ICE CUBE
FASHION

NEW
ARRIVALS

Tznius
clothing shop
for woman & girls
in Hendon

Dresses, skirts & tops

Please call for an appointment:
07550 203 551

***A long winter is
ahead of us...***

***Now is your chance to join
the many happy clients***



Personalized
diet

NUTRITIONIST

Yehudit Lerner NC

SAC DIP (Diet and Nutrition)

on 07791 460 372

specialising in children's nutrition



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



Marketing Sponsor:

Broadband • Phone Service • IT Support



Got it at Jtrade

Need niche safety products? Discover the last word in home protection gear, right here.

Register to visit

08-09 Nov 2021

JTRADE
LONDON
2021

jtrade.co.uk
Info@jtrade.co.uk
020 8806 1998

THE LOCAL NEWS 21

LUBAVITCH SENIOR GIRLS' SCHOOL

INVITES YOU TO JOIN US FOR A YEAR 6 OPEN MORNING

ON

**Thursday 21st October
2021
10 am – 12 noon**

This Open Morning is a chance for prospective parents and pupils to find out about life at our school before the application process begins and choices are made in Year 6. There will be the opportunity for you and your daughter to talk to students and staff, look around the school and experience some of the learning opportunities on offer.

ב'ה



Our "Good School"

"Pupils have high standards of behaviour and work collegiately both with each other and staff. They are confident and articulate and engage in a range of extra-curricular activities organised by the school which support their preparation for life in Modern Britain"

(Ofsted 2016)

LUBAVITCH SENIOR GIRLS' SCHOOL

**107-115 Stamford Hill
London
N16 5BP**

020 8049 1899 ext. 2003

**admin.seniorgirls@lubavitch
mat.uk**

www.lubavitchseniorgirls.co.uk

We look forward to welcoming you

Pizza Party made easy



EVERYONE LOVES LIEBER'S



S&J **MADE IN
THE USA**
Distributed in the
UK by SJ Sales



613 Car Service

Your Friendly and Reliable Drivers



020 8202 1515

07985402803

FOR SMS /

613carsnwl@gmail.com

The best service in a vehicle!

Back to full service while still
keeping all the covid-19 regulations



- All Airports Served
- Long Distance
- Executive/VIP Service
- Heimishe Driver
- Lady Driver available

Multilingual / Fully TfL/PCO licensed
and insured operator and drivers

*Support your local heimishe
mini cab service...*

Take 613 all the way

We accept all major debit & credit cards

DECOY HOLIDAYS

Kosher Holiday accommodation UK

Our properties are all a 5 - 10 min drive to the sea ,
nestled in the lovely countryside, surrounded by acres of land

07870 571 652

01

The Manor Kent

18 bedrooms,
indoor pool ,
kosher kitchen.

02

Solton Manor

12 bedrooms,
10 acres,
hottub,
kosher kitchen

03

Pineville

4 - 6 bedrooms
chalet
1.5 acres of land,
kosher kitchen.

NEW IN THE UK

Handcrafted in London to your specifications.



WIGS

Designer custom wigs.



TREAT YOURSELF TO A CUSTOM MADE WIG
FROM BEGINNING TO PERFECTION.

SCHIFFI FELDMAN 07368 319 786

Available at exclusive Sheitel Machers



PICK, PACK
& DISPATCH



AMAZON
PREPARATION



RETURNS
PROCESSING



CONTAINER
HANDLING



PALLET
STORAGE



MULTI CHANNEL
INTEGRATION

ECOMMERCE FULFILMENT SERVICES

FOCUSED ON GROWING
YOUR BUSINESS

NO CLIENT TOO BIG,
OR TOO SMALL!



Contact us to find out more...

T London 0203 764 1674
Manchester 0161 509 3202

W smoothfulfilment.co.uk

E info@smoothfulfilment.co.uk



**SMOOTH
FULFILMENT**

Marketing Sponsor:

Broadband · Phone Services · IT Support



ADWCONNECT
FOR ALL YOUR COMMUNICATION NEEDS

Met them at Jtrade

In construction?
Find top leads and
expand your pool
where big business
happens.

Register to visit
08-09 Nov 2021

JTRADE
LONDON
2021

jtrade.co.uk
Info@jtrade.co.uk
020 8806 1998

THE LOCAL NEWS 27



KOLEL BELZ LONDON

השני
**MEGA
AUCTION**
ותומכיה מאושר

**MEGA
AUCTION**

ותומכיה מאושר

LOTS OF **MEGA** PRIZES



FIND IT IN YOUR MAILBOX

RACHEL VANZETTA

Psychotherapist

PGdip, MBACP

Specialising in bereavement,
depression, anxiety,
self-esteem,
career development,
couples counselling

Rachelvanzetta@gmail.com

+447873 822451



English, Hebrew, Spanish, Portuguese



תלמוד תורה פרדס

Pardes House Kindergarten

Hendon Lane London N3 1SA

Tel: 020 8371 8292

KINDERGARTEN APPLICATIONS NOW OPEN

For boys born between 01/09/18 - 31/08/19

NURSERY APPLICATIONS NOW OPEN

For boys born between 01/09/19 - 31/03/20

APPLICATION DEADLINE- FRIDAY 3RD DECEMBER 2021

Application forms are available by emailing

pardeskg@gmail.com

Prospective parents are welcome to call if they have any queries or if they would like to
visit the kindergarten 0208 371 8292

FOR EXPERIENCED TEACHERS

TAKE YOUR TEACHING TO THE NEXT LEVEL
INCREASE YOUR EARNING POTENTIAL
BECOME A TEACHER'S COACH

JOIN TU'S
Instructional
Coaching
Collaborate

PART ONE

**3 DAY TRAINING
SEMINAR**

Hilton East Midlands  Hilton

Sunday-Tuesday, 19th-21st December

PART TWO

Six Remote Evening Sessions
During the spring term

OPEN TO PARTICIPANTS FROM ACROSS THE UK

OUR MISSION

Train experienced teachers to become professional coaches, who will support and empower new teachers to maximise their potential.

LEARN HOW TO

Use coaching strategy and skills
Guide and support teachers through planning, teaching and behavioural challenges.
Improve teacher effectiveness and student performance.

FACILITATORS

Mrs Shana Guttentag
Course Director

Mrs Sara Dina Bakst
Mrs Esther Levy
Teacher Trainers

Mrs Mindy Lidsky, USA
Instructional Coach

COURSE DETAILS

Open to participants with a minimum of 10 years teaching experience.

Participants will be required to coach a new teacher during the second part of the course.

ACCREDITATION



The Torah Umesorah ICC is now accredited by the Institute for Leadership and Management

PARTICIPANTS FEE

£895 – Includes all training + accommodation. **Closing date for application: 21st November.**

£795- Early bird special, until 24th Oct.

SMALL GROUP, LIMITED SPACES
Payment Plans Available

To request an application pack, please contact:

Manchester Torah Umesorah Teacher's Centre | Parkgates Basement Suite | Bury New Road
M25 0JW | 0161 507 2222 | manchestertc@torah-umesorah.org

CUSTOMIZE

BED & MATTRESS

SWISS QUALITY

DESIGN & COMFORT

SWISS  BEDDING

The Art of Sleeping

**VERY LARGE
+
VERY COMFORTABLE**

**TWIN XL
AMERICAN SIZE**

MON.-THU 10am-6pm

FRI. 10am - 5pm

SAT. Closed

SUN. 11am-5pm.

2 pc. 100 x 200cm Bed Set
2 pc. 2000 pocket frim mattress
model,fabric,color choose yourself



0203 409 1482



8 HALLSWELLE

PARADE

LONDON NW11 0DL

www.swissbeddingplus.com

PROMO
from **£ 990**



W100 cm x L 200cm



W100 cm x L 200cm



MOUVE

BY DANCING WITH LOUISE

Book today! One week of non-stop fun and action awaits you!

Activities include:

****Dance**** ****Gymnastics**** ****Drama****
****Singing**** ****Arts & Crafts**** ****Sports****

**LEARN NEW SKILLS! GET SOCIAL!
GET ACTIVE!**

Join us for our thrilling

OCTOBER HALF TERM CAMP

25th - 29th October

Venue: NW4

Ages: 3-4yrs

5-7yrs Boys & Girls

8-11yrs Girls | 7-11yrs Boys

Book
before 17th Oct
for early bird
rates and sibling
discounts!

info@dancingwithlouis.com

ZUMBA® IS MY

HAPPY HOUR

CLASSES IN PERSON AND ONLINE!

LIVE ON ZOOM

TUESDAY @ 9.30-10am

WEDNESDAY @ 8-9pm

THURSDAY @ 9.30-10am

FRIDAY @ 9.30-10.30am

SUNDAY @ 10-11am

ZUMBA® IN PERSON

MONDAY @ 8.30-9.30pm IN NW7

TUESDAY @ 9.30-10.30am IN NW11

WEDNESDAY @ 8-9pm IN NW4

FRIDAY @ 9.30-10.30am IN NW11

SUNDAY @ 10-11am IN NW4

07506 217 833 | www.idancefit.com Contact us today for information including venue & details

DEAR FUTURE ME,



I hope to find the right shidduch for me

I want to have clarity in my decision

I dream of establishing a home of my own

I believe the right person for me is out there

The Dina Friedman Academy presents the **POWER SERIES** - a 5 step formula to identify and manifest your desires. Join Dina Friedman as she weaves Torah hashkafa, psychological principles, and years of expertise together to provide you with real methods to break down your inner barriers and unlock your truest desires.

- 20-part course
- Live Teleconference dial-in
- LIVE WEBINAR
- Endorsed by rabbanim

THE LIFE YOU WANT IS WITHIN REACH.

LAST CHANCE TO REGISTER! *Power Series begins this Monday: Oct, 18 2021*

DinaFriedmanAcademy.com/PowerSeries | 718.285.3970



COVID-19 TESTING

- **Personalised home** visits in London and surrounding areas
- **Fit to Fly certificates** available on request
- **UK Arrivals Testing** - Day 2 (Green) / Day 8 and Test to Release (Amber)
- **Short Stay Package** - contact us for competitive pricing
- **Antibody** - Serology (Blood) testing
- **Supervised fit to fly** antigen tests available

**Our tests
are clinician
performed**

**Home
Visits**



Book via Phone
020 7183 0003

Online
goodeggmedical.co.uk

Email:
swab@goodeggmedical.co.uk

Clinic Address:
227 Golders Green Road, London NW11 9ES

The Governors of Menorah Foundation School welcome applications for entry to both **Nursery and Reception Classes 2022**

At Menorah Foundation School our children are at the heart of everything we do. Recognising each child's unique contribution and building on their self-esteem, we learn, grow and succeed together in a community rich in the values of Torah and Mitzvos, where every child is not only encouraged but inspired to reach their potential. By achieving together as a whole school community we encourage everyone to become life-long learners and 'reach for their star'.

Applications for entry to the Nursery Class 2022 are for children born between 1 September 2017 and 31 August 2018. You will need to submit an Application Form, a Supplementary Information Form and a copy of the child's birth certificate. The closing date for applications is Monday 22nd November 2021.

Applications for entry to the Reception Class 2022 are for children born between 1 September 2016 and 31 August 2017. Applications for Reception must be submitted to the London Borough of Barnet, or your Local Authority, by **Saturday 15 January 2022** (www.eadmissions.org.uk). All supplementary information forms must be submitted to the school no later than Wednesday 12 January 2022.

We will be holding an open evening for prospective parents in December, subject to government guidelines, when applicants will have an opportunity to see the School and meet School staff and governors. Invitations will be sent out on receipt of completed admissions forms. Admission will be by invitation only.

Both the Nursery application form and supplementary information form can be downloaded from the school website (<http://www.menorahfoundation.co.uk/admissions>).

**SHAPE
UP**
**WITH A
PERSONALISED
PROGRAM**



Personal Training and Small Groups
Great prices | Flexible location

Contact Chaya
07835 227 090
chayam26@gmail.com

SECURITY GATES 4 YOU LTD

Manufacturers and Installers of High Security Gates and Grilles

Free quotations. Price match guarantee. 10 year guarantee.

www.securitygates4you.co.uk



0208 935 5921



Security gates 4 you Ltd Unit 3 North Circular Road, 391 Great Oak Road, Boreham Essex S48 1AW Tel: 0208 935 5921 . 07835 227 090
Email: info@securitygates4you.co.uk website: www.securitygates4you.co.uk Company No: 0877674 VAT NO: 344 666 78

The break you deserve



R' Pesach Krohn
Noted Mohel,
lecturer & Author

R' Aubrey Hersh
Director of
Education, JLE

פרשת בא 22 - Sunday 2nd January '22 - פרשת שמות '21 - Thursday 23rd December



Tea & Coffee
24 Hr



Beis Hamedrash
& Daily Shiurim



Full Board



Games Room



Indoor Swimming
Pool



Spa, Treatments,
Jacuzzi & Gym



Melavah Malka
with Menagen choir



Shabbos Tefillos & seudas
with Henry Rosenbaum



Prices
from £300
per couple
per night

Looking forward welcoming you
Family Steinhart
+44 20 8800 1725
+44 7956 224 511
info@savivuk.co.uk
www.savivuk.co.uk



PARK HALL
HOTEL & SPA

Park Drive, Goldthorn Park,
Wolverhampton WV4 5AJ
Just over 2 hrs from London
1 1/2 hours from Manchester



**MISSING
YOUR LIL
LOVED
ONES IN
ISRAEL?**
YOU'VE TURNED TO THE
RIGHT PAGE!



SEND AN ALL-INCLUSIVE PACKAGE FOR
MOM WITH A SWEET TREAT FOR MOM.
WE OFFER A SELECTION OF LAVETTES,
CLOTHING AND ACCESSORIES.

FOR AGES 0-4
2 BRISTLES INCLUDED WITH EVERY GIFT
LAVETTE PACKAGE

Toddle Over
BOUTIQUE

Oholiav 18b, 9
052-769-8573

sun-mon 10:00am-12:00pm
sun-wed 8:30pm-10:00pm

toddleoverboutique
@gmail.com

PROFESSIONAL HANDY MAN

READY TO HELP YOU



OUR SERVICES:

- INSTALLATION
- MAINTENANCE
- GENERAL REPAIRS
- PRESSURE WASHING
- PAINTING
- RESTORATION
- INTERIOR & EXTERIOR
- FENCING
- DECKING
- AND MUCH MORE

CALL OR TEXT AVI FOR A FREE QUOTE

07428006921

BRING YOUR GARDEN TO LIFE!



GARDENING SERVICES

We offer general maintenance, hedge
trimming, lawn mowing, planting,
leaf clearing, pruning, new turf,
weeding, rubbish removal, jet washing
and more!

NO JOB TOO BIG OR SMALL, JUST GIVE ME A CALL

For a free quote, call David on 07458945043



Daily **למדני** Programme For Winter תשפ"ב

Sunday

דברי חיזוק

הרב יעקב
יהודה סלומון
שליט"א

Inspiration for the soul

Monday

דברי הנביאים

הרב
יעקב סימור
שליט"א

Highlights נביא

Tuesday

השקפה

הרב
אברהם כ"ץ
שליט"א

explained שמחה עשרה

Wednesday

אליבא דהלכתא

הרב ברוך
שמעון ברנט
שליט"א

הרב יצחק
הכהן קופער
שליט"א

הרב יצחק
צבי שטראה
שליט"א

הרב אברהם
אראן
שליט"א

Thursday

פרשת השבוע

הרב אברהם
חיים צאהן
שליט"א

Parsha gems,
A lively מוסד shiur

Friday

לקראת שבת

הרב ניסן שלמה
הכהן קפלן
שליט"א

A Short Vort (5min)

Motzei Shabbos

א גוט וואך

הרב
שלמה מיללער
שליט"א

הרב
שמעון הלר
שליט"א

10:00pm מלוה דמלכה



Previous shiurim
available for
download at
www.neetzotz.org/ta



For dedication
opportunities
call:
07870245027



To receive daily
reminders 15 minutes
prior to each shiur text
"REMINDER" to 07451277444

CALL
0330 325 0587
OPTION 0

EVERY DAY LIVE AT 6:30PM
FOR HALF AN HOUR

ניצוץ



ת"ת וביה"ס
תורה תמימה
ע"ש ר' אבנדרה דיש ז"ל

TORAH TEMIMAH PRIMARY SCHOOL

2022 NURSERY APPLICATIONS Now open

FOR BOYS WHO HAVE REACHED THEIR 3RD BIRTHDAY BY 31ST AUG 2022



For admissions enquiries, please call
07482 874 249 Mon-Wed between 6pm-8pm



Application forms are available by emailing:
admissions@torahtemimah.brent.sch.uk

If you would like to arrange a time to be shown around the school, please
call 020 8450 4377 or email secretary@torahtemimah.brent.sch.uk

*Torah Temimah will be participating in coordinated admissions timetable
dates in conjunction with other Jewish schools.*

**APPLICATION
DEADLINE**

Friday 10th
December
2021

מנהל Rabbi E. Klyne מליט"א (Ed) Headteacher: Mr Michael Coleman BED (Hons), QTS, NASENCO

Parkside, Dollis Hill,
London NW2 6RD



**Professional painting & decorating
Plaster & Refurbishment**
All general maintenance services available

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



Simcha Text

Spreading the word
on your behalf

Free
TO SUBSCRIBE

FOR ALL YOUR
SIMCHA, LEVAYO
AND ADVERT TEXTS.

WWW.SIMCHATEXT.CO.UK
TO REGISTER AND USE THIS SERVICE



ALMOST
2000
SUBSCRIBERS

Tutor for OCR

Religious Studies A Level

This thought-provoking subject develops
critical thinking and key writing skills.

Course includes:

- Philosophy of religion
- Religion and Ethics
- Developments in Jewish Thought



I have 20 years GCSE and A level classroom
experience and have taught this curriculum
since it was introduced in 2016. My
students have achieved outstanding results

Contact: Rabbi Yehuda Waxman MEd
07718 728573

Up-to-date DBS check. Based in NW London

Marketing Sponsor:

Broadband • Phone Services • IT Support



Saw it at Jtrade

New home? Discover
the latest tech and
innovations to make
dreams happen.

Register to visit
08-09 Nov 2021

JTRADE
LONDON
2021

jtrade.co.uk
Info@jtrade.co.uk
020 8806 1998

מה טובו אהליו יעקב משכנתו ישראלי

Thank you

YOU SUPPORTED US WITH ALMOST 3000 DONATIONS
YOU ENABLED US TO RAISE

£697,487

YOUR TREMENDOUS SUPPORT HAS ENABLED US
TO CONTINUE WITH OUR תורמת התורה לימוד והרבעת

תורמת התורה

To all those who were part in our campaign
to raise this year's Budget.
Our donors who matched
our donors who took home
our donors who donated

I feel indebted to all of you
May the G-d that is kind
to every one be for you

לחברים יקרים ואוהבים
למסגרת תורה



BACK IN STOCK

WHITENING AT ITS BEST



'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

א גאנץ יאהר סוכות...

 DESIGN

 MANUFACTURE

 FITTING

 AIR SYSTEMS

 GLASS ROOFS




bsd
THE SUKKAROOF PEOPLE

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

בס"ד

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](https://www.instagram.com/natanpt)



**DECOY
DEVELOPMENTS**

LOCAL BUILDING SERVICE

ALL UNDER ONE ROOF;

**INTERIOR, DESIGN
AND BUILDING**



**Extensions, bathrooms, kitchens,
painting, rendering etc.**

Quiet , respectful service. Clean and on budget

Call 07870571652

**I'm looking for a serious chavrusa
to learn the Daf daily
before Shacharis
Between 6-7am.**

**In Golders Green area
If interested please email
Yiddigross@gmail.com**



**LOOKING FOR A 4 BEDROOM
HOUSE IN GOLDERS GREEN**

FROM 21ST DECEMBER TILL 30TH DECEMBER

(FOR PAY)

PLEASE CALL 07807 226 279

Mobile Service

- *Hairdresser*
- *Manicure*
- *Pedicure*
- *Shellac*
- *Waxing*



07411 332 326 Miglena Stoyanova

FOR SALE

St John's Road NW11

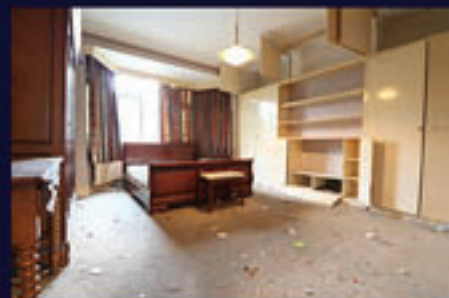
5/6 bed semi detached

Needs full refurb

Chain free

Get in touch to view

Offers in the region of £1,250,000



ELI-G
ESTATES

020 3633 8567 | eli@eli-gestates.com | www.eli-gestates.com

LETTINGS
MANAGEMENT
SALES
INVESTMENTS

FROM STUDIO TO DELUXE HOUSING

LOOKING TO RENT
A 2 BEDROOM FLAT IN GOLDERS
GREEN FOR LONG TERM.
GROUND FLOOR. WITH GARDEN.

PLEASE TEXT: 07580 204 143

TO LET

1 BEDROOM GROUND FLOOR FLAT NW11

Separate fitted Kitchen-Diner
fully furnished
Ideal for single or young couples

Available immediately

Please call **07977 244 852**

TO LET

3 BEDROOM FLAT ON HIGHFIELD AVENUE

AVAILABLE IMMEDIATELY

PLEASE CALL
07754 885 479



Family Mediation

Calm negotiations through Divorce & Separation

Our accredited mediators will guide you to explore solutions to all issues surrounding divorce and separation: finance, property, pensions, inheritance and children's arrangements.

We create a collaborative, supportive environment to help you achieve a sustainable child-focused settlement. Online Mediation available.

devorah@sagemediation.co.uk

www.sagemediation.co.uk + 44 7734 865 990

REBBE CARDS

48 pictures to collect



5 pictures in every packet

COLLECT CARDS AND WIN PRIZES!

SET 3 BUY 1 GET 1 FREE

Only at

Family Yodaikin, 36 The Drive, Golders Green,

and Family Lerch 67 Wolmer Gardens, Edgware.

Last day Sunday Parshas Chayei Soro 24th Oct or as long as stock lasts

For all enquiries text: 07399 021 853

Email: Rebbecards@okmail.co.il

HELP LINE

Experienced nightnurse

with excellent references
available from 11 November.

- Night & Day service with live-in
- Service after birth also for twins



For more info & reservations please call
Mrs Berkowitz 0758 60 55 460

MAKE YOUR Dream a Reality

Transform your

- office
- bedroom
- bathroom
- kitchen



Especially tailored for small budgets*

*Including Ikea, Wayfair etc.

7 YEARS EXPERIENCE

Ruchi Rokach | 07763 549 334

Avigail

PROFESSIONAL MAKEUP ARTIST



Avigail Roitenbarg

07471 352 801

✉ avigailroitenbarg@gmail.com

📷 @avigail_uk

Getting
married this month?



Join hundred of girls worldwide
with the **חזקת** of Torah behind them.

An entire Kellal will learn in your **חזקת**
on your **חודש**.

One **חזקת**
(half day learning)
£50



Full Day's
Learning
£100



● www.charityextra.com/charity/chelkelinu
■ UK: 07944 251 723 | USA: 917 7925222
■ chelkelinsky@gmail.com



Swimming LESSONS

STARTING NOW!

GIRLS ONLY | 4 IN A GROUP | MONDAYS
4:30-7:30 PM

LOCATION EDGWARE

**CALL ESTHER
07903281506**

The background is a vibrant pink with a watercolor-like texture. It is decorated with numerous musical notes and a large treble clef, all in shades of pink and purple. Some notes are solid, while others are outlines. There are also small, light-colored dots scattered throughout, resembling confetti or bubbles. The overall theme is music and positivity.

singing BIKUR CHOLIM

GROUP OF FRUM GIRLS & LADIES ABLE
TO SING FOR UNWELL FEMALES OF ALL
AGE GROUPS. BASED IN GOLDERS
GREEN AND HENDON *

CONFIDENTIALITY ASSURED

For more info or to book:
Text Sara 07842 640 457
Or Faigy 07511 583 777

Email:
shmeichelnw@gmail.com

* FREE OF CHARGE. NON PROFIT



The **72nd National Pirchim Siyum** will held this year in **Manchester** on Motzei Shabbos **וארא פרשת**
1st January 2022.

The weekend will take place from **Thursday 30th December** to **Sunday 2nd January 2022.**

DETAILS TO FOLLOW...

NuGo
Nutrition to Go

NEW FLAVOUR

100% TASTY

PACKED FULL OF PROTEIN

12g PROTEIN

NuGo Dark
CHOCOLATE ALMOND
REAL DARK CHOCOLATE | VEGAN
with sea salt

GLUTEN FREE

REAL CHOCOLATE

AVAILABLE IN YOUR LOCAL STORE!

U PAREVE

Business Directory

Bejeweled
EAR PIERCING



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

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

Senprint
for all your printing needs

Based in Golders Green

020 8731 8797
sales@senprint.co.uk

Unit 5, 144 Golders Green Road, London W9 1LD

YKSecurity EAR PIERCING

North West London Based



Yaeli Kahan
07896079934
yaeli.earpiercing@gmail.com

SecurityGates
"R" Us



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

dk salon

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

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

WOODHILL GARAGE LTD

HOT SERVING BREAKDOWNS
DIAGNOSTICS REPAIRS



ELI GROSSBERGER
ARCHITECTURAL DESIGNER
07971348297

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

WATCH BATTERY & STRAP REPLACEMENT

FROM £10 - £15

WHATSAPP OR TEXT
07305232360

dk salon
MASSEUSE

MASSAGE TYPES:

- Swedish
- Deep Tissue
- Pregnancy
- Hot Hot & Cold Stone (heating)
- Warm Bamboo
- Cupping
- Thai
- Lymphatic Drainage

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

BOOKKEEPING SERVICES

- Accounts
- Payable/Receivable
- Bank Reconciliations
- Payroll
- Company Setup
- Cleanup
- Financial Statements
- Proficient in Xero & Quickbooks

Contact Yosef:
07971 100 002

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

GEB CARPENTRY
FITTED CABINET/TABLE EXTENSIONS/REPAIR

07949 530 502
gebcarpentry.co.uk
gavinberlin@yahoo.co.uk




Classified

Misc.



Ovulation & Pregnancy test strips gemach 50p a piece. **Please call or text: 07950 406 522**

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

Edgware text Tanya: 07506 274 540

To Let



MANCHESTER, PRESTWICH: LUXURIOUS GUEST HOUSE; Sleeps up to 10 plus cot. Downstairs Bed-room, Shower, Toilet. Close to Shuls & Shops. Linen & Towels, Hot Plate.. Perfect for Visitors, Mechutonim, Chosson & Kalloh, or a Holiday.

Call/text 07772 779 756 | blshopslodges.com

MANCHESTER PRESTWICH: Luxury guest house, sleeps 12+ cots all amenities provided, amazing location one min from shops, shuls, restaurants, halls.

Call 07791 172 377 | www.theparadisesuites.com

Manchester, Prestwich, 3 bed fully furnished house to let Short to medium term. Part week/ weekly and monthly rates **07866 934 302**

Looking



Looking to buy a 7or 8 seater car for good price. Ulez not necessary.

Please call 07511 051 374

Sophia looking for a job as a carer/live in.

Please call 07780 233 365

Found



left new wooden pop up toy at hoshanos sale stand chol hamoed in hendon. **Please call 0794359 8144**

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 1010
BEREAVEMENT SERVICE (JBCS)	020 8951 3881
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
PAPERWEIGHT	020 8455 4996
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

TURN crash INTO cash!

Sponsored by:

Triangle
Accident management

24 Hour Hotline
020 8447 9666
info@triangleautos.co.uk

COPYRIGHT

All content found in The Local News is copyright and may not be reproduced, published, distributed or duplicated for public or private use without prior written permission from the editor.

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.



Sudoku

Game Rules

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

Each individual region, row or column may only have each digit once.

Tip: Work it out in pencil so you can fix any mistakes whilst working it out

	8			9		6	2	
			8		7		3	
5	4		2					
		7			4		6	
1				5				8
	5		6			7		
					8		5	2
	2		3		6			
	9	1		7			4	

					8		3	
4				6	5			
		9			3		7	4
7							4	
1		3	8		7	5		9
	9							7
9	5		3			8		
			5	8				2
	2		4					

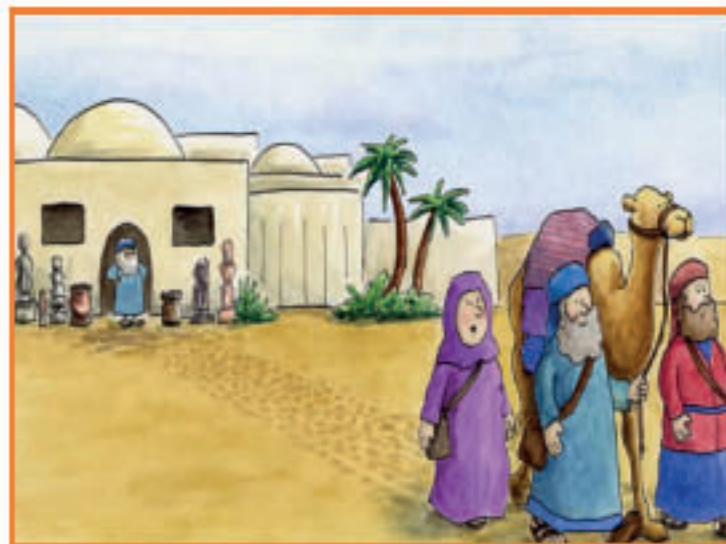
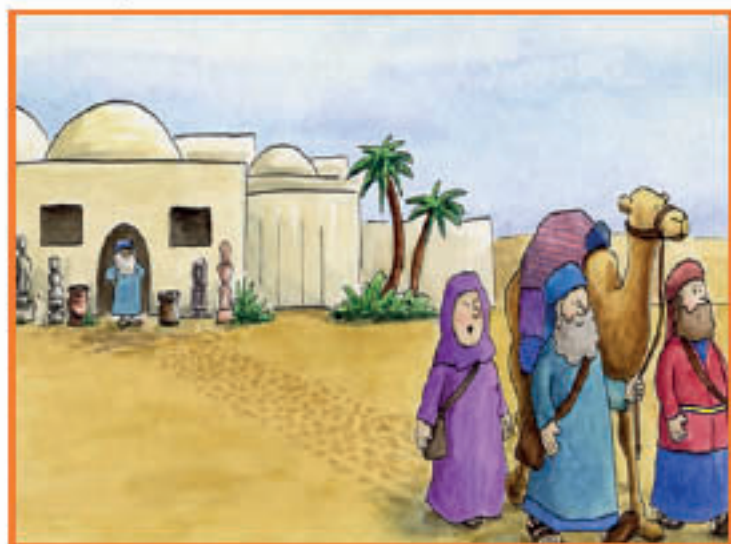
Quote of the week

“
Let your smile
change the world
but don't let the world
change your smile
”



Spot the difference

These two pictures appear to be the same but take a closer look. There are actually 5 differences. Can you spot them?



MEET OUR NEW DRIZZLED POP CORN

AVAILABLE
IN
YOUR LOCAL
STORE

THE
SAFE + FAIR
FOOD COMPANY

KETTLE
POPPED

DARK CHOCOLATY DRIZZLED POPCORN

gluten free | non gmo | vegan

NET WT. 7.5 OZ. (212 G.)



DISTRIBUTED BY:



Wm. Wrigley & Co.
& DISTRIBUTION

Information Page

Currency Exchange

Code	Currency	GBP \ Unit	Units \ GBP
EUR	Euro	£0.84	1.17
ILS	Israeli New Shekel	£0.22	4.40
CHF	Swiss Frank	£0.79	1.26
USD	US Dollar	£0.73	1.36

Based on Wednesday's Rates | Midmarket Rates



INTERNATIONAL TRANSFERS
FOR PERSONAL &
CONFIDENTIAL SERVICE

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

THE CURRENCY EXCHANGE

Friday 8. October 21

14° \ 6°

Shabbos Sunday Monday Tuesday Wednesday Thursday

16°\11° 17°\12° 17°\15° 18°\13° 17°\12° 15°\10°

Weather Sponsored by



020 8802 6959 www.rykar.co.uk

מנין צעטיל

פרשת נח

שבת מנחה	ערב ש"ק
1.45 בית ישכר דוב, סיני 23 Green Walk 2.00 בית אברהם, עץ חיים	1.20 בית ישכר דוב 1.30 עץ חיים
3.52 מנחה קטנה 4.30 ג'ג ב"ה 5.05 ג'ג ב"ה 5.15 בית ישכר דוב עץ חיים 5.20 סיני 5.30 בית אברהם הורח משה אלכסנדר 5.40 גור 5.43	5.51 הדלקת הנרות מנחה וקבלת שבת ג'ג ב"ה, הורח חיים 5.50 אברכים, אלכסנדר 5.51 אמרי שפר, בית אברהם בית תפילה, גור סיני, עץ חיים, קהילת אהל משה הורח משה ברידוש לין, מחזיקי הדת 5.53 בית ישכר דוב 5.54 בית שמואל, סאטוב 6.01 תפארת ישראל 23 Green Walk 6.05 עטרת צבי 6.07
5.45 אור חדש, בית שמואל ברידוש לין, ג'ג ב"ה מחזיקי הדת, סאטוב הורח חיים, תפארת ישראל פעדעריישן 5.50 אמרי שפר, בית ישכר דוב 5.55 עטרת צבי	6.48 נאכט

פרשת וירא

מנחה בחול	מנחה בחול
6.40 ד (ה) בית ישכר דוב 6.45 א ב ג (ה) בית ישכר דוב 6.42-6.50 בית שמואל 7.00 בית ישכר דוב עץ חיים 7.20 בית ישכר דוב 7.30 בית שמואל, ברידוש לין 7.40 בית ישכר דוב סיני, קהילת אהל משה בית אברהם, בית ישכר דוב 8.00 ב - ה (ה) תפארת ישראל 8.20 בית ישכר דוב סאטוב 8.30 בית ישכר דוב 8.40 בית ישכר דוב 9.00 בית ישכר דוב 9.20 עטרת צבי 9.30 בית ישכר דוב 9.40 בית ישכר דוב 10.00 עץ חיים, קהל חסידים סיני, קהילת אהל משה 10.15 בית ישכר דוב 10.30 בית ישכר דוב 11.00 בית ישכר דוב 11.20 בית ישכר דוב 11.40	1.15 בית אברהם ב - ה (ה) ג'ג ב"ה 1.20 בית ישכר דוב, סיני עץ חיים 1.30 בית ישכר דוב, בית שמואל 1.40 ב - ה (ה) פעדעריישן ברידוש לין, סאטוב 1.45 א (ה) בית ישכר דוב 2.00 בית ישכר דוב 2.30 בית ישכר דוב 3.00 בית ישכר דוב 3.30 מנחה קטנה 3.46-3.51 בית ישכר דוב 4.30 בית ישכר דוב 5.15 ברידוש לין* 5.40 בית אברהם, בית ישראל* 5.45 ג'ג ב"ה מחזיקי הדת *הורח חיים 5.50 שקיעה 5.54-6.03 בית ישכר דוב 6.00 ד (ה) בית ישכר דוב 6.15 א ב ג (ה) בית ישכר דוב 6.20 א* (ה) תפארת ישראל 6.25 בית שמואל 6.24-6.32

לזכר הקדוש הבהל שמואל אליהו הי"ד ב"ד נתן פדך יבולח"ט

Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	6:07	6:05	6:02	6:00	5:58	5:56
ליילה	6:57	6:54	6:52	6:50	6:48	6:46

A LISTENING EAR



HELP

BLUES

DESPONDENT

UNCERTAINTY

ABUSE

DEPRESSED

0330 127 3333

THE HELPLINE IS HERE
24 HOURS A DAY
7 DAYS A WEEK

The Helpline is a confidential & anonymous helpline supporting individuals from the Jewish community facing challenges.

All calls are taken by highly trained call handlers who are there to listen, validate and support with sensitivity and care

Under the guidance of Harav C. M. Zahn שליט"א



**NEVER
STRUGGLE
ALONE**



TRAIN YOUR BRAIN TO ITS **OPTIMUM**



NEUROFEEDBACK

is a type of biofeedback that acts as a reward system for the brain, **RESTORING & BALANCING** your brainwave patterns to a more optimal range of functioning. It is a non-invasive treatment that works toward improving **BRAIN FUNCTION.**

EXTENSIVE CLINICAL RESEARCH HAS PROVEN EFFECTIVE FOR:

- ✓ Headache & Migraines
- ✓ Mood Disorders
- ✓ ASD
- ✓ ADD/ADHD
- ✓ OCD
- ✓ Anxiety Disorders
- ✓ PTSD



NEUROFEEDBACK
centre & research



Following 5 years of success in Manchester
we are now opening a new London centre

Phone: 0207 101 4153

Email: info@nfc.co.uk

MD KANTER | URI ROSEN