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The Elijah Centre worked closely with David's school, he has had school observations followed by strategies the school can implement in the classroom to best support David's learning. The Elijah centre differentiates David's work for him, as well as teaching him "how to learn". The Elijah centre works in partnership with schools. David's PROSOC(C) programme has focused on self-regulation, executive functioning, social-emotional development and social communication.

Age 8

David came to us with a diagnosis of ADHD. He had outbursts against his parents and siblings, he was oppositional, he was not complying with his parents or teachers instructions.

Getting Started

Tailored Program for his needs

David received a holistic tailored PROSOC(C) programme to address his mental health, wellbeing, as well as school behavioural challenges and learning. His parents received constant support to understand David's condition and strategies to best support him and the family dynamic, they receive review meetings every two weeks (these meetings have continued through lockdown and are now on Zoom). The centre runs seminars twice a month to support parents.

School

Now

Age 9

After 12-months of PROSOC(C) intervention at the Elijah Social Cognitive Skills Centre, David is now able to interact, cooperate with adults and peers, and his executive function. Allowing him to progress and fulfil his potential.

David learned how to develop strategies, not to fix himself, but to become a better version of himself. He is a working progress and is constantly with PROSOC(C) intervention learning new strategies, new ways of being with himself and optimising his life.
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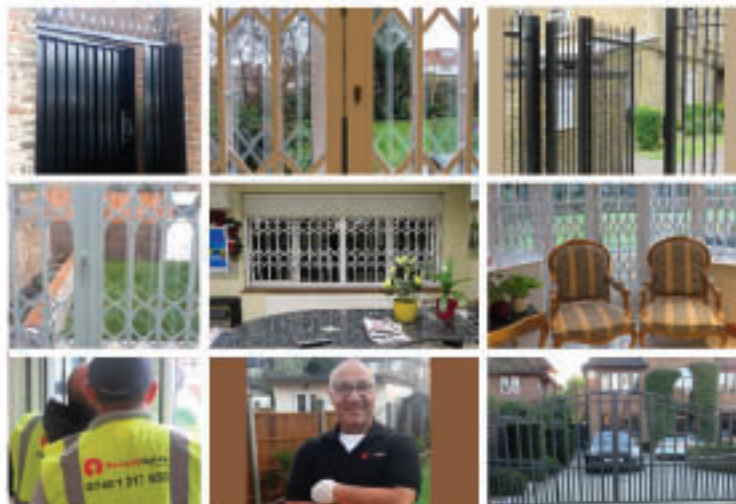
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- Acts as the primary point of contact for individuals who have contacted the Menucha helpline
- Assists individuals to access services effectively
- Participates in all Menucha training
- Build a close working partnership with the Menucha team
- The ability to provide empathetic support through listening and questioning

Job Description -

- Act as the primary point of contact for individuals who have contacted the Menucha helpline
- Be able to facilitate communications amongst different members of the Menucha team
- Build a close working partnership with others in the Menucha team.
- Assists individuals to access services effectively

Relevant Skills -

- Have good interpersonal communication skills
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בית תפילה 5.04

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אור חדש 5.20

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23 Green Walk 5.45

עטרת צבי 5.50

פ' לך-לך

מערב בחול

מנחת 5.21-5.28

בית ישכר דוב

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מנחת בחול

בית ישכר דוב 12.20

בית ישכר דוב 12.30

בית ישכר דוב 12.40

בית ישכר דוב 12.45

בית ישכר דוב 1.00

בית ישכר דוב 1.15

בית ישכר דוב 1.30

בית ישכר דוב 1.40

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בית ישכר דוב 2.00

בית ישכר דוב 2.10

מנחת קטנה 2.36-2.41

בית ישכר דוב 3.00

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Fri

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ליל - 6:38

Sun

שקיעה - 4:48

ליל - 5:38

Mon

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The MOVEMENT

by Ruthie Pearlman

The confession

CHAPTER ONE *cont.*

She started weeping, sobbing into the sodden tissues. Peter ineptly made an attempt to pat her on the shoulder but she shrank away from the contact. Colin nodded at Wendy Richards, who was accepted as a shoulder padder and general comforter. They all waited until the storm subsided, Wendy awkwardly embracing the girl from a standing position. She looked up at them finally with those huge, wet eyes.

"I killed someone two months ago. I buried the memory of it along with the body but I did it. Until I have been punished for this crime, I shall have no peace of mind."

"Tell us all about it," Colin said gently, cutting his eyes at Wendy who quickly sat down in front of the computer, ready to take her statement.

The girl closed her eyes for a moment, and huge fat tears rolled out from under the lids. She let them run down her cheeks unchecked. Wendy got fresh tissues from the box sitting on the desk and gently replaced the soggy bunch in the girl's hand. Then she wiped her face with another one.

"My name is Miriam Brandeis. I am eighteen years old. Until recently I lived with my parents and brother in Hendon. My father runs a small kosher establishment on Brent Street, and my mother helps him do the books and sits at the checkout counter. My brother got married last year and now lives in New York - that's where his wife is from. His in-laws took him into the family business - they sell clothing - which is a good thing. My parents would have had a hard time supporting another salary in that

shop if he had brought his bride over here." She sighed. "I don't speak to my brother much these days."

"Go on," Colin urged after a moment's silence. She seemed to snap back to reality. "Sorry. It's sad when families are separated by distance, isn't it?" She sat up and blew her nose with the fresh wad of tissues. She smiled at Wendy. Her smile was so beautiful, her teeth so naturally perfect, that it was as if the sun had come out after a rainfall.

"I think I'll change my mind about that cup of tea," she said to Wendy, "but no milk or sugar please."

Colin wondered if Miriam was worried that the milk wasn't kosher. He didn't mention that he kept kosher milk in the fridge, even though he thought she could do with the calories.

Wendy returned with the tea, and Miriam took a sip before continuing.

"I am the most computer literate of my family. My parents are good shopkeepers, and my brother knows how to cut and sew garments. I like working with computers. I got a job with Intergraph a few months ago after finishing my A levels."

Peter sat up. "Did you say Intergraph?"

"Ye, their secretary, Mary Nolan retired a short time ago. Why, do you know them?"

Colin and Peter smiled at each other knowingly. "Just a tad, Miriam, just a tad."

"What do you mean, just a tad?" Miriam asked, puzzled.

"It means, we know Intergraph. We got involved with them two years ago on a rather high profile case."

"Of course," Miriam nodded. "Josh Hardman's abduction. Well, you would have done."

"I didn't know Mary Nolan had retired," Colin mused, "she was a secretary of the old school, wasn't she?"

"Yes, but she wasn't prepared to move with the times as far as I recall," Peter added, "she didn't like computers much. And working for an Internet company with that kind of attitude can't have helped her career prospects."

"Apparently she wanted to live in the country and breed cashmere goats or something," Miriam said.

"Interesting."

She sat back in her chair and took another sip of tea. "Anyway, that sort of fills you in on my background. The incident I want to tell you about took place two months ago."

They waited.

"I hope you don't mind if I just close my eyes while I tell the story," she said, a little abashed, "it helps me to remember."

It was mid-December, a year into the new millennium. The weather in London was mild for this time of year, staying in the high forties, with hardly any frost. Several days a week the sun shone brightly, dazzling the eyes because it hung so low in the sky. People in Golders Green turned to each other and said: "Isn't the weather changing? Must be that global warming everyone's talking about."

Things had changed considerably for Colin and Peter since the Josh Hardman affair. Peter being promoted to inspector for one, and getting a plusher office. But Colin's life had, in the intervening two years, changed inexorably. At the time of the Josh Hardman abduction, Colin had been a totally assimilated Jew, barely even tolerating the knowledge that he had once belonged to the Orthodox community he scorned. By the time Josh was found, battle scarred but alive, Colin had come to terms with

his past, was no longer antagonistic towards his own people but was a long way from being part of them again.

The American criminologist and forensic scientist Leora Jakobov, who had been commissioned by the Hardmans to help find their son, had played her own part in the Colin Sommers of today. Herself a baalas Teshuva, a "born again" religious Jewess, she had not even known he was Jewish until just before she returned to New York to continue her work with the NYPD forensic department. Once she did know, it became imperative that she remove herself from the scene as fast as possible. She found herself thinking of him as a prospective life partner more than a coworker and could no longer work side by side with the man. But his being nonreligious was an obstacle too big to overlook. After she signed off on the Hardman case, she returned to New York.

However G-d had his own plans for this particular pair. Colin had gradually become more religious. He kept kosher. He put on tefillin every morning that he could, and felt guilty when he didn't. He tried to say as much of the shacharis morning prayer as his time schedule allowed. The other prayers, mincha (afternoon) and maariv (evening) were still beyond his level. Eventually he felt ready to ask his department head if he could have Shabbos and festivals off and leave early on winter Fridays. He was surprised at how accommodating his boss was about this. Having watched the metamorphosis for himself and knowing that Colin was still a fine young detective, he decided to allow the concession, provided the time was made up during the week.

To be continued...

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

DIFFICULT PUZZLE

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

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.



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