

PLEASE NOTE: NEXT WEEK LOCAL NEWS WILL BE DISTRIBUTED WEDNESDAY!

THE NW LONDON LOCAL NEWS

Issue 556

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26th May 2022
 Starts: 20:47 Ends: 22:14 (RT: 22:22)



SEE PAGE 19
 FOR MORE
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on Tuesday 7th June 2022

8th Sivan - Isru Chag

at Hendon Adass

11 Brent Street NW4 2EU

Doors open 8:00pm

Programme commences 8:30pm prompt

ends latest 9:45pm

Speakers

Mrs Aviva Adler

Rebbetzen Rikky Dunner

Mrs Hanni Gottesman

Mrs Jessica Kissin

Rebbetzen Oudi Stroh

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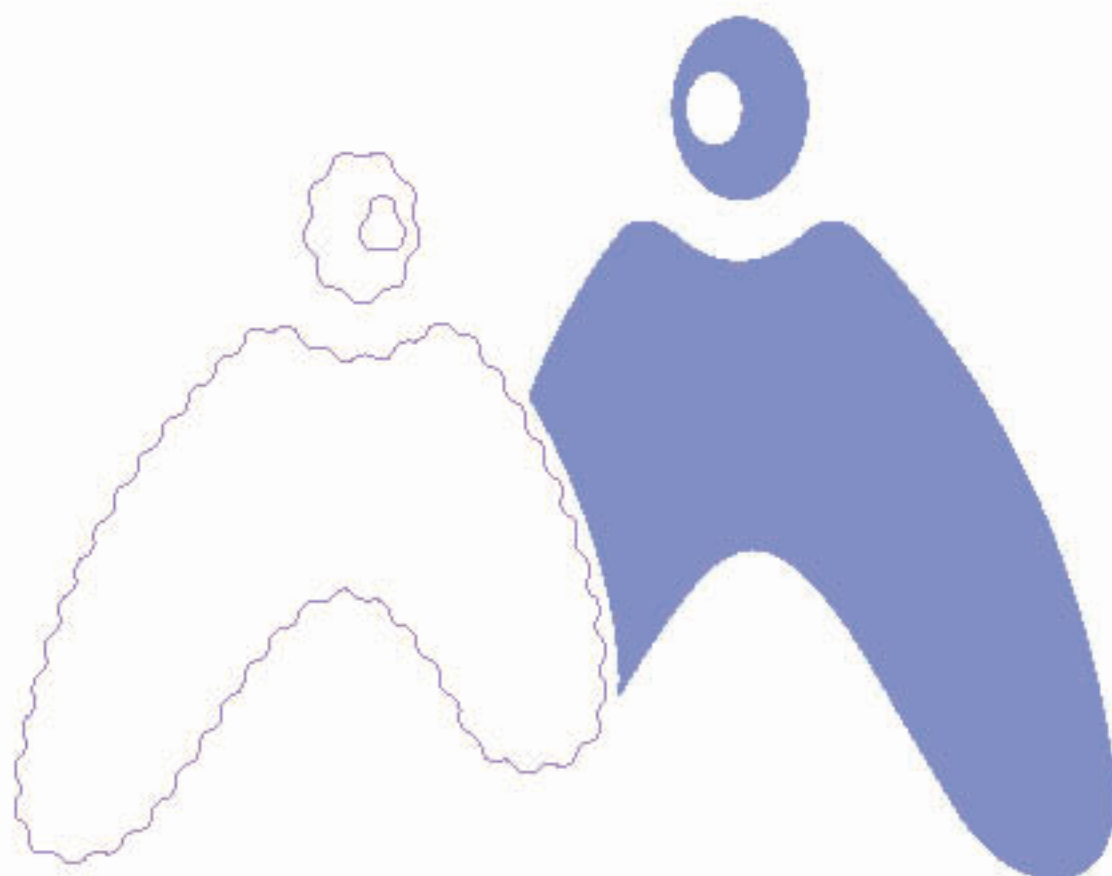
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Trauma Truths No. 4



Birth Trauma Often Gets Hidden or Overlooked

Many women with birth trauma are too scared to admit how they really feel. The thoughts and feelings they experience may include confusion as to how they feel about their role as a mother and towards their baby, frightening thoughts about safety, hopelessness and despair. Such feelings can become a hugely guarded secret, increasing feelings of isolation that so often accompany the symptoms of PTSD.

Mothers may feel pressure to keep quiet about it as partners urge them to stop talking about it, triggered by their own feelings of being unable to help. Women might be told things such as:

"Can't you put it behind you and be thankful that you have a healthy baby?"

"You were unrealistic about giving birth, you expected too much."

"It's over now, you have such a beautiful baby. Forget about it and just enjoy being a mother."

www.menucha.info

Motherhood can be a joy, so Menucha provides understanding, non-judgemental advice, specialised therapy services, and referrals. **Our Birth Trauma Resolution Therapy (BTR)** can remove the symptoms of trauma helping you to feel strong, move forward with life, and enjoy motherhood. **If we can help, let's talk.**

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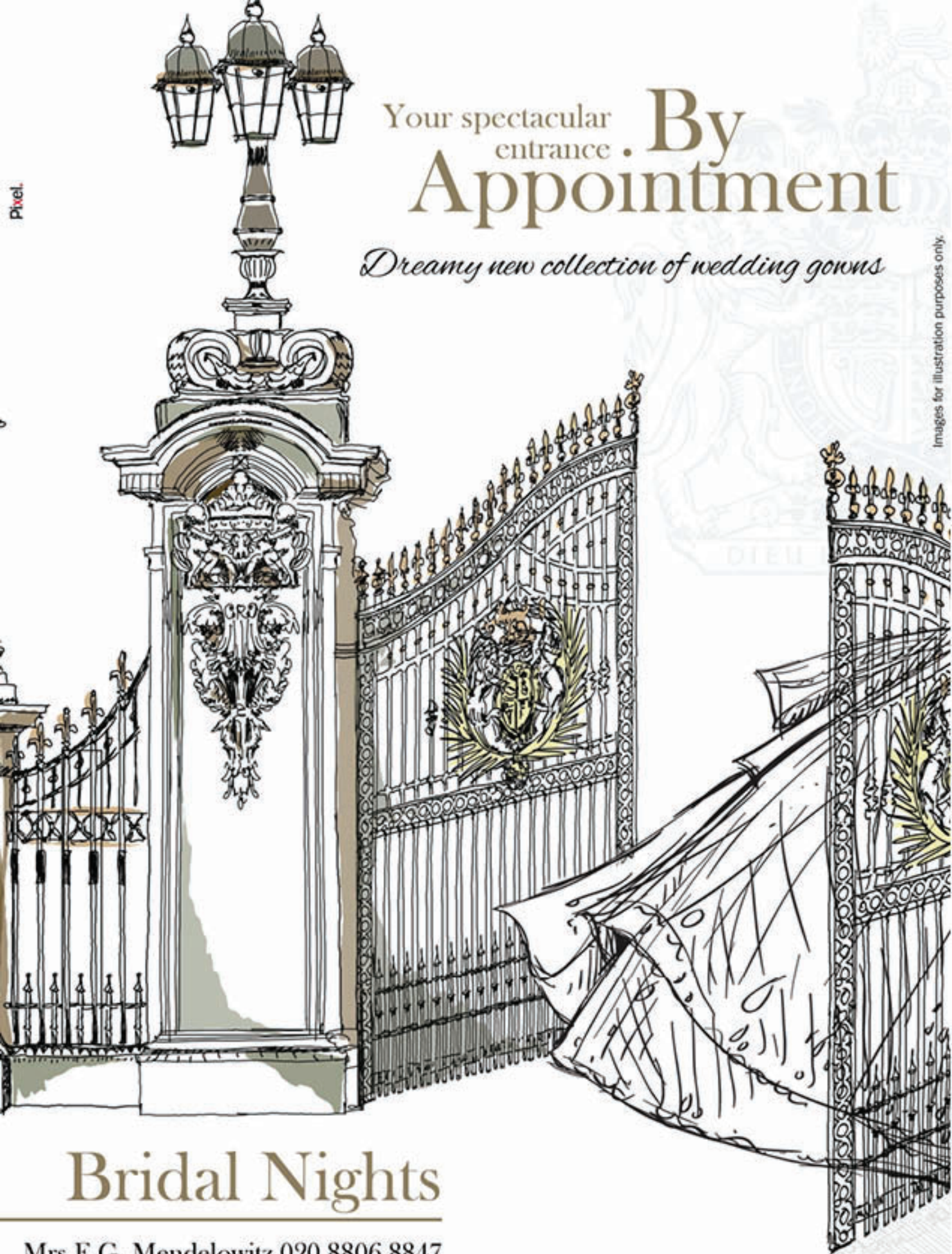
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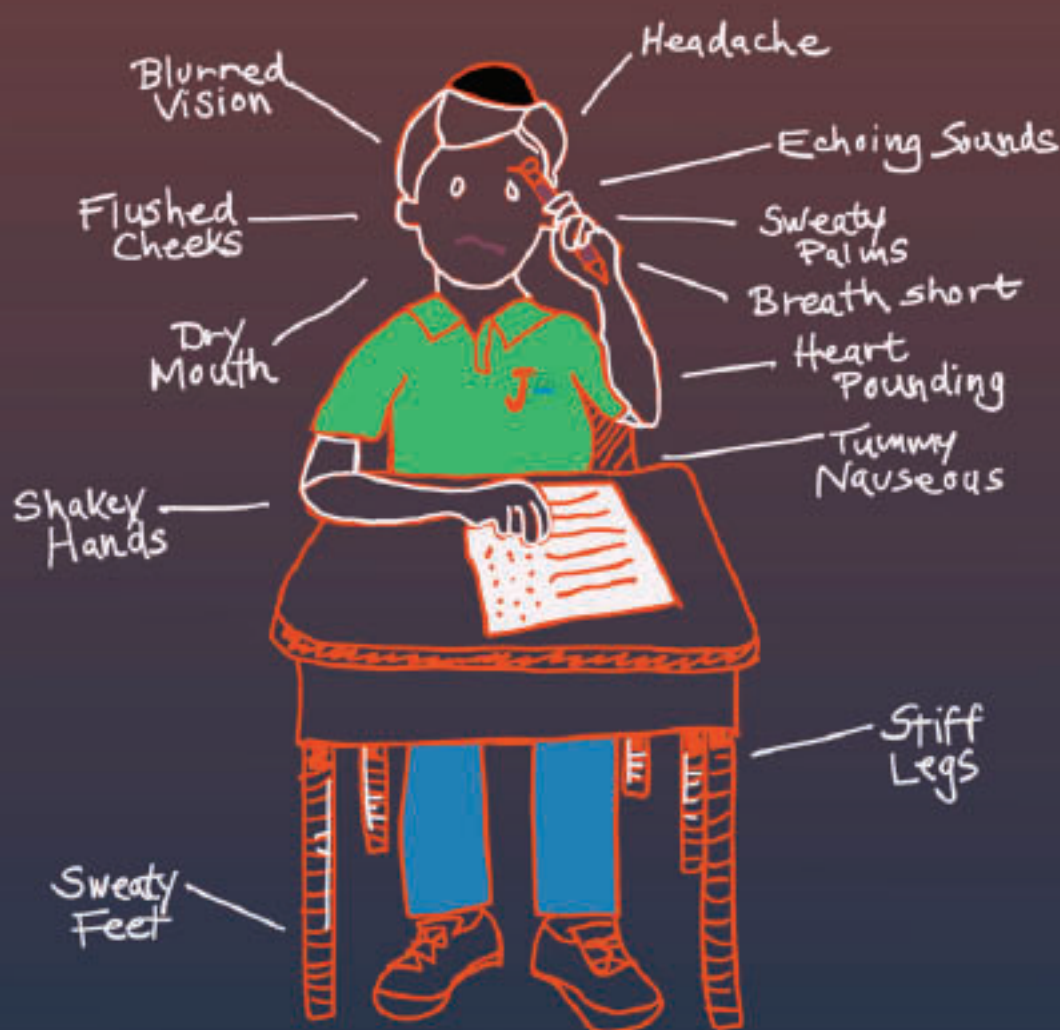
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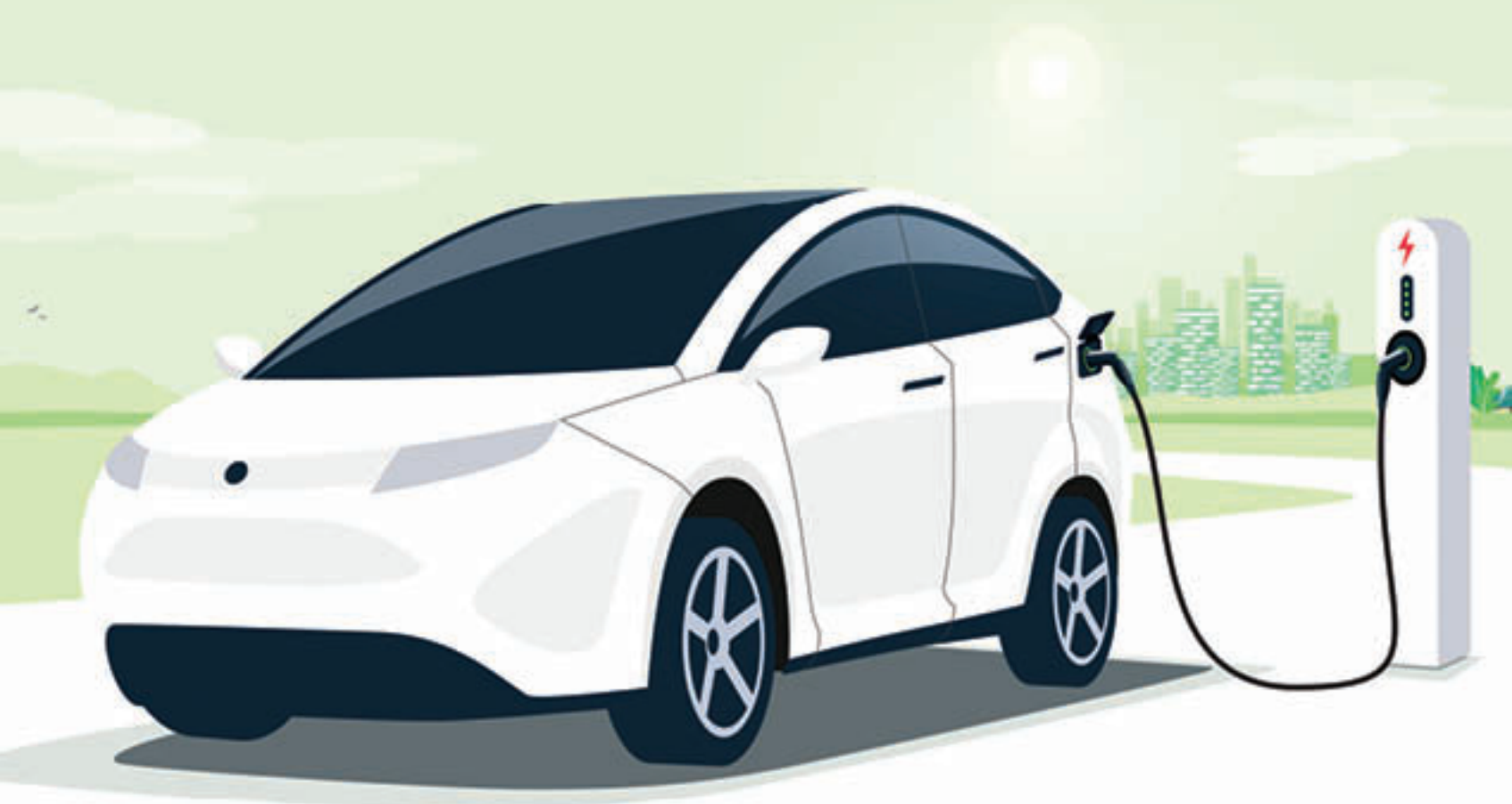


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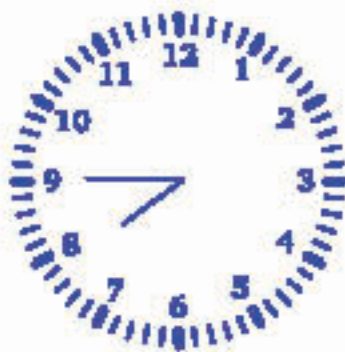
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Thursday Morning, 2nd June

10:00am



Halachic topic

Rabbi Moshe Halpern

שלישייה
Rov Beis Shmuel

10:30am



Showering & washing on Yom Tov

Dayan Yehonason Dovid Hool

שלישייה
Federation Beis Din

11:00am



מלאכים & The Milky way
Rabbi Meir Zev Rapoport

שלישייה
Rov Imrei Shefer

11:30am



How everyone can reach a high level of Torah

Rabbi Eliezer Rottenberg

שלישייה
Maggid Shiur London

Thursday Evening, 2nd June

8:00pm

מנחה

8:30pm *



Torah in difficult times

Rabbi Yisroel Friedman

שלישייה
Rov Chortkov Manchester

9:15pm *



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Friday Morning, 3rd June

9:30am



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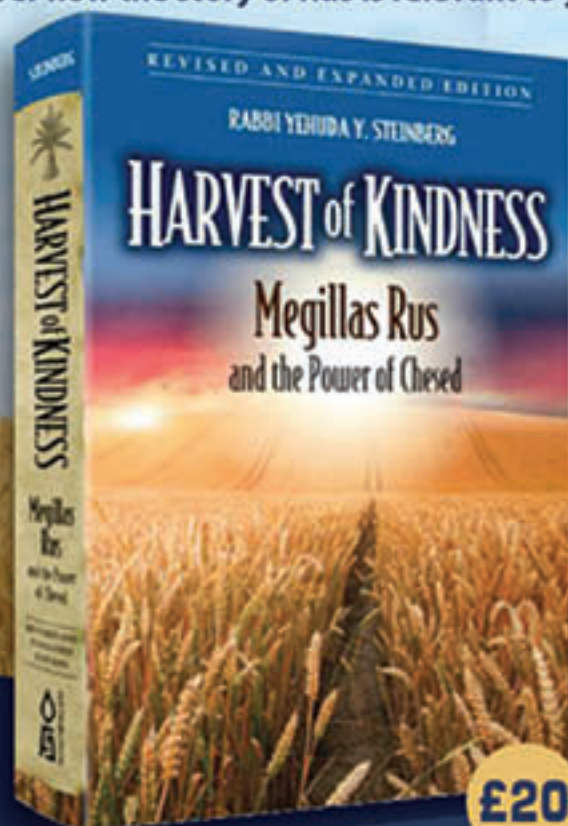
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Please call if you would like an informal chat prior to applying

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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



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THE KASHRUT AUTHORITY
OF AUSTRALIA & NEW ZEALAND

Information Page

מנין צעטיל

Currency Exchange



Code	Currency	GBP \ Unit	Units \ GBP
EUR	Euro	£0.84	1.17
ILS	Israeli New Shekel	£0.23	4.19
CHF	Swiss Frank	£0.82	1.20
USD	US Dollar	£0.79	1.25

Based on Wednesday's Rates | Midmarket Rates

**INTERNATIONAL TRANSFERS
FOR PERSONAL & CONFIDENTIAL SERVICE**

THE CURRENCY EXCHANGE

T: 020 8905 5101

M: 07976 297 891

E: DOLLARFX@AOL.COM



Friday 27th May 22

20° \ 8°



Shabbos Sunday Monday Tuesday Wednesday Thursday



18°\8



14°\8°



15°\8°

 $180^\circ/9^\circ$ 

0% 10%



10\110

Weather Sponsored by



פרשת בחקתי

ערב ש"ק

[illegible]

פרשת במדבר

מעריב בחול

מנחתה בחול

10.07-10.01	בית ישכר דוב	1.40
עטרת צבי	בית ישכר דוב	1.45
9.30	בית ישכר דוב, עץ חיים	2.00
הענדאן עדת	21 (7.2) בית ישכר דוב	2.30
9.50	בית ישכר דוב	2.30
10.00	בית ישכר דוב	2.30
ברידוש לייץ	21 (7.2) BSM	2.35
	בית ישכר דוב	2.35
10.05	בית ישכר דוב	2.35
ג"כ ב"ב	2.35-2.40	2.35
10.10-10.16	בית שמראל	2.35
10.15	עץ חיים	2.35
קהילת אהל משה	בית ישכר דוב, עץ חיים	2.35
10.20	בית ישכר דוב	2.35
10.30	בית אברהם	2.35
בית ישכר דוב	בית ישכר דוב	2.35
10.40	בית ישכר דוב	2.35
11.00	בית ישכר דוב	2.35
11.20	בית ישכר דוב	2.35
11.40	בית ישכר דוב	2.35

לז"נ הקדוש תבה"ח שמואל אליהו הי"ד ב"ד ט"ז פרץ יב"ח"ט

Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
תשפ"ב	9:03	9:04	9:05	9:06	9:07	9:08
תשפ"ג	10:12	10:13	10:15	10:17	10:18	10:20

שלושת ימי הגבלה - וחג השבועות

A TORAH REVOLUTION IN NW LONDON

Take advantage this this Extended
Bank Holiday and שבועות to
maximise your learning and be
קונה ברכות בעיון

Together we can learn
20 - 25 hours

Learn anywhere or at one of our host
בתי מדרשים to be announced

ALL WELCOME TO : R' Shimon Hirschler Shlita
Wednesday night 1st June 9:30pm at Kehillas Ohel Moshe 100-102 Leaside Crescent

פרק כיצד מברכין

Shiurim by

R' Yisroel Meir Greenberg

R' Refoel Goldblatt

R' Motti Weiss

R' Meir Markovic

R' Arye Reifer

More Maggidei Shiur TBC

Suggested Sedarim times

Thursday 9am - 11:30am followed by shiur

Thursday evening

Friday 9am - 11:30am followed by shiur

Shabbos afternoon 3:30pm - 7:30pm (inc shiur)

Shevuos night

1st day Shevuos 4pm - 8pm (inc shiur)

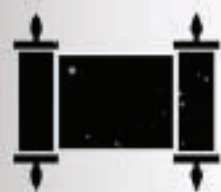
2nd day Shevuos 4pm - 8pm (inc shiur)

► **Sign up your shul**
for pre-printed gemaras with maareh mekomos



For more details call/message

07989 143 855



BEIS HAMEDRASH OHR CHODOSH
בית המדרש אור חדש

5 Brentmead Place, NW11

רב מנחם מייזל געללער שליט"א

שיעורי ליל שבועות

FOR ALL BOYS YEARS 7-9



Learning & Discussion
12.40am

'The 5th Commandment'

Rabbi Benny Blau שליט"א
 (Chazon)

until 1.25am

Rabbi Sholom Erlanger שליט"א
 (Rebbe, Menorah Primary)

'Yesterday, Today & Tomorrow'

1.35am - 2.15am



Rabbi Simchi Jacobovitz שליט"א
 (Rebbe, Menorah Foundation)

'Justice!'

2.25am - 3.00am



TAKING PLACE AT THE BACK OF THE SHUL
FOLLOWED BY שחרית AT 3.05am
BOYS FROM ALL SCHOOLS WELCOME
(REFRESHMENTS & HOT KUGEL)

לא תרצח
 לא תנאף
 לא תגנב
 לא תענה
 לא תחמד

אנכי ה'
 לא יהיה
 לא תשא
 זכור את
 פסד את

The Chosen One



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As a nation together.

 
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