

THE NW LONDON



Issue 712

LOCAL NEWS

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פרשת וישלח תשפ"ד • 4th December 2025
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TONIGHT!



Join us this Leil Shishi!

In support of our friends and
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Welcoming for the first time
our Nasi and Guest Speaker:

**Harav Hagaon Reb
Shimshon Winkler Shlit"א**



 This Thursday night, December 4th

 10:30 PM

 17 Princess Park Avenue, NW11 0JR

Fleishig Buffet Served!

Looking forward to seeing you there –

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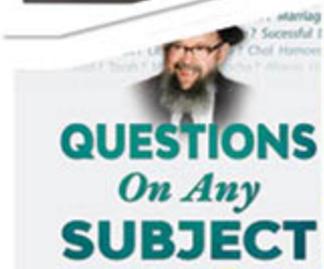
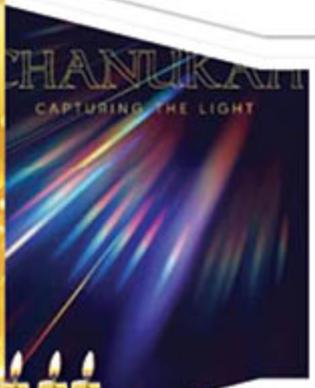
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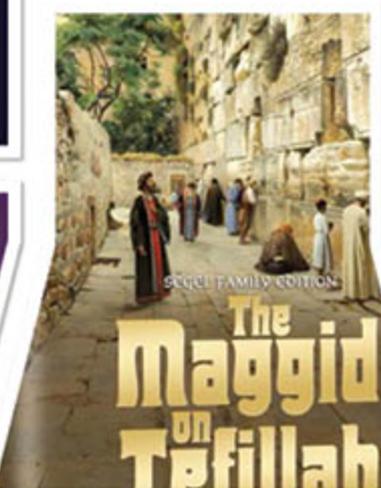
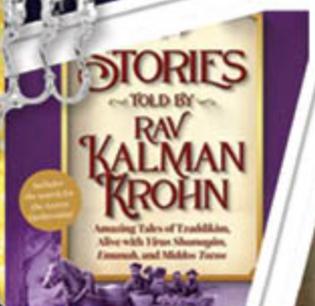
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When: Tuesday, December 9 | 10:00 AM – 2:00 PM

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Pre Chanuka shiur - 7th December



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8.00 - 9.00pm

Sunday night learning programme for young ladies

THIS CHANUKAH...

CAN YOU GO WITHOUT?



THE CHALLENGE

4 LUCKY WINNERS!

Go **screen-free** for the first **30 minutes** after **candle lighting** each night of Chanukah.

When you've done it, email us at reconnect30@tag.org.uk to tell us **one thing that you gained** from the challenge.

You'll then be entered into our draw to win **£100 to spend** with one of our generous sponsors!

- 1 £100 at
- 2 £100 at
- 3 £100 at
- 4 £100 at

Draw will take place on **28 December 2025**

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FRIDAY 10:30^{AM} - 12:00^{PM}

MEN'S ONLY HOURS

SUNDAY & WEDNESDAY 8:00^{PM} - 9:30^{PM}

WINTER CLOSURES

🗓 14 - 21 DECEMBER: CLOSED ON EVENINGS OF CHANUKAH

🗓 25 DECEMBER - 2 JANUARY: CLOSED

🗓 SUNDAY 4 JANUARY: OPEN AS USUAL

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THIS CHANUKAH...

CAN YOU GO WITHOUT?



1

Go **screen-free** for the first 30 minutes after candle lighting each night of Chanukah.

2

Hang this checklist up (not too) near your candles.

3

Check off your progress as you go along



NIGHT

WHAT DID I GAIN FROM SWITCHING OFF?*

** These are examples. Share your own experiences with us!*



NIGHT 1

I watched the candles without distraction.



NIGHT 2

I had a real conversation instead of checking my phone.



NIGHT 3

I shared time with family without my phone nearby.



NIGHT 4

I noticed something beautiful I might have missed otherwise.



NIGHT 5

I did something kind or thoughtful for someone else.



NIGHT 6

I used the quiet to reflect, rest or just breathe.



NIGHT 7

I switched off early and welcomed calm into my home.



NIGHT 8

I celebrated connection, presence and gratitude.

4 LUCKY WINNERS!

4 Email us at reconnect30@tag.org.uk with **one thing that you gained** from the challenge to be entered into the draw to win a prize from our generous sponsors!

Draw will take place on **28 Dec**

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SUNDAY 4 JANUARY: OPEN AS USUAL

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Songs & music with
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Date: Tuesday 9th December

Venue: Miriam Rachel Wohl Hall, The Riding, NW11

Time: 2.00pm (please note earlier winter start)

Entrance by donation

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Looking forward to welcome all our existing and new members!

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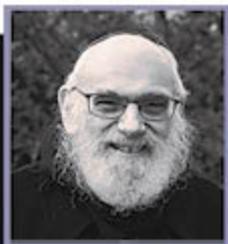
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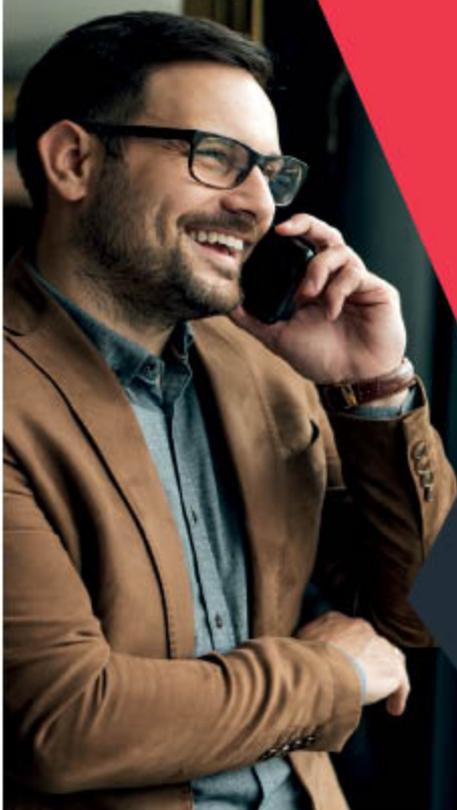
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10:00	6:30	09:30	06:30	9:15	06:30
TOTAL BODY SCUPLT	WORKOUT WITH TAMAR	SPIN	BOXING + TONE	LEGS, BUMS, TUMS	BODY PUMP
	09:30	10:30	09:45	10:15	9:30
	PUMP IT UP	PILATES	BURN	CIRCUIT	BURN
	10:30	11:30	20:15	11:15	10:30
	SHRED	BUMPS + BABES	ZUMBA + TONE	PILATES	PUMP IT UP
	7:30	NEW 18:30	21:15	NEW 18:30	MOTZEI
	CIRCUIT	TEEN ZUMBA + TONE YRS 7+8	ZUMBA + TONE	TEEN ZUMBA + TONE YRS 9+10	NEW 1.5 hrs after
	8:30	19:30			MOVE
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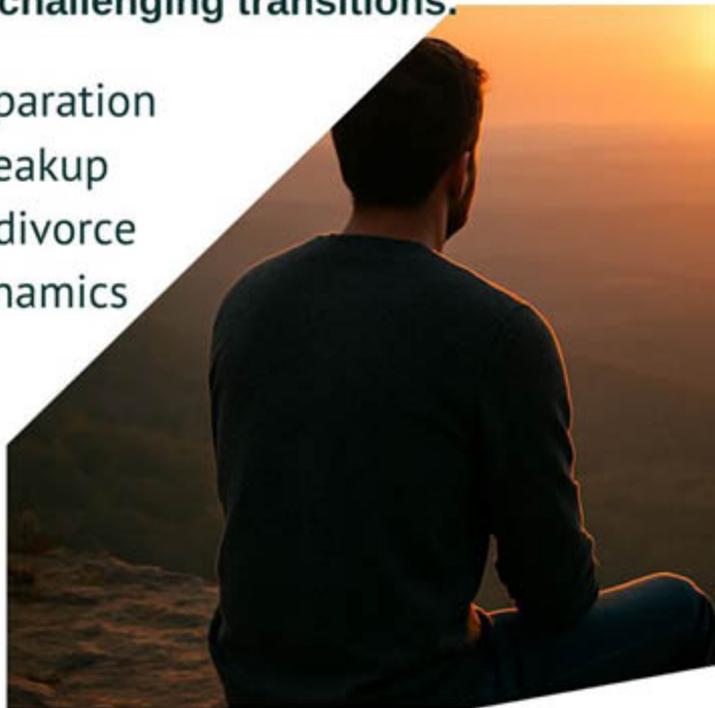


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YEAR 8: 1.30 - 2PM
SURNAME INITIAL A-K

YEAR 8: 2 - 2.30PM
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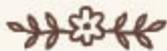


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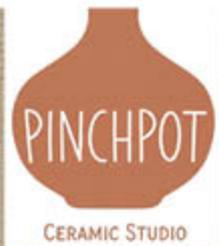


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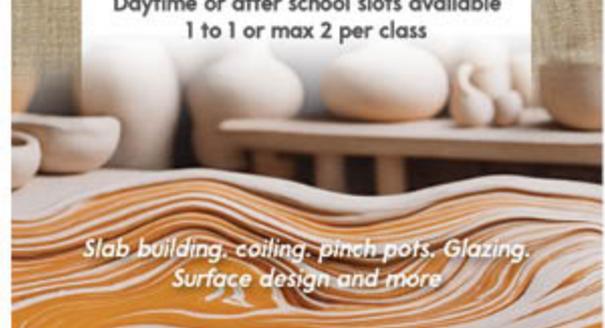
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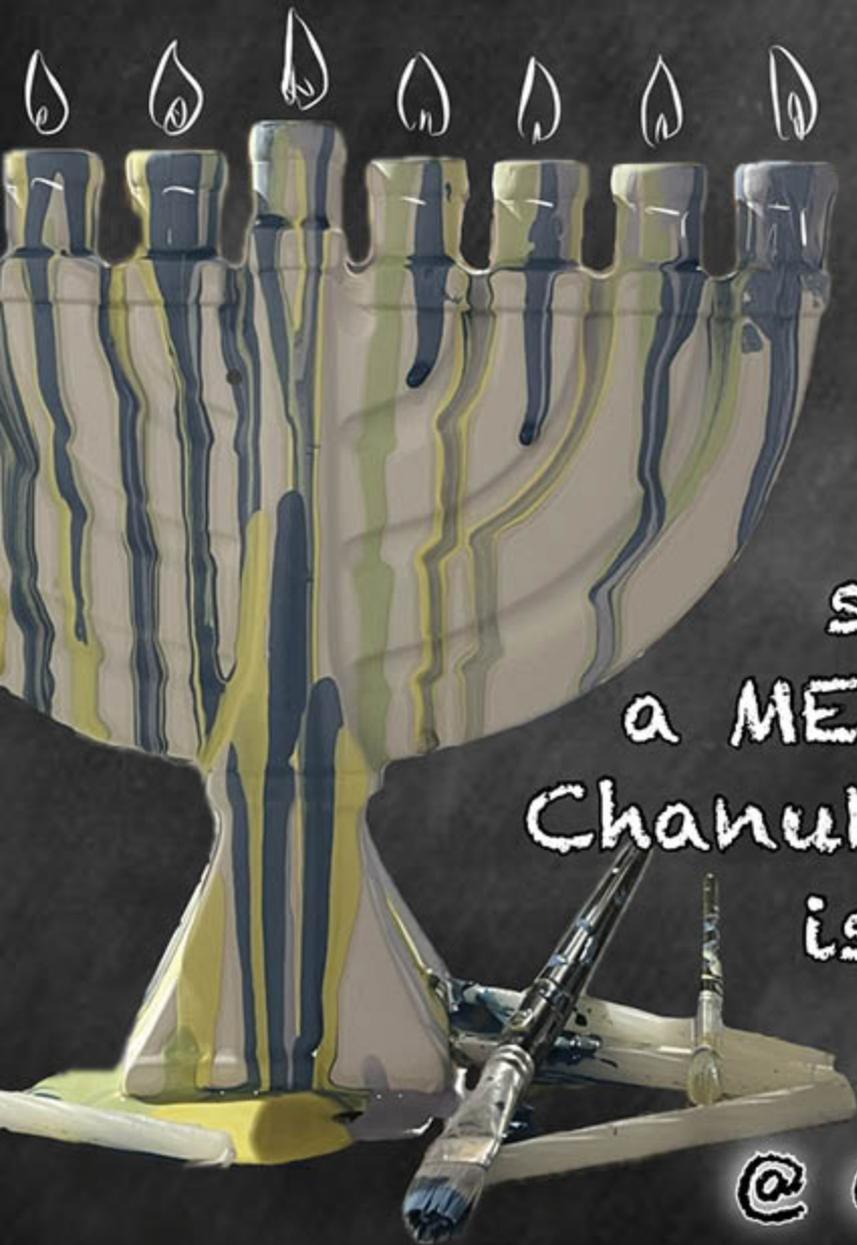
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Useful numbers

Misc.

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Lost & Found

LOST:

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FOUND:

Birchas habayis found in a kosher kingdom trolley on Alba gardens, phone number: **07977 905 913**

FOUND:

Silver N. Shield on limes Av this week Monday **078378 33 418**

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Organisations

Contact Info

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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
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
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פרשת וישלח

מנחה שבת

מחירי חודש	12.15
בית ישיבת דוב	12.20
תנועה ציון	12.25
ברודט ליון	12.30
בית אברהם	12.40
בית שמואל, סניף עין חיים	12.45
לי אהל שבת	
23 Green Walk	
בית ישיבת דוב, תורת משה	1.00
Lisser 43 Cranbourne Gds	
סניף	1.45
בית אברהם, ג'ב לילה	2.00
מנחה עשירי	2.12
עין חיים	3.00
בית הפילה	3.05
בית ישיבת דוב, סניף	3.10
SAGE	3.15
אור חודש	3.20
בית אברהם, מחירי חודש	3.25
קהלת אהל משה	
גוד	3.27
ג'ב לילה, דאנסט רד	3.30
23 Green Walk	
שניר הפילה	3.32
אלכסנדר	3.35
בית ישראל, ברויטש ליון	
בית שמואל	3.40
מסוב, תפארת ישראל	
ווידיזשטאק, ספירת חיים	3.45
לנדרייטלין	
אברו סניף, בית ישיבת דוב	3.50
שנת ישראל, שנת 100	
התנועה עדה	4.00

ערב שבת

מנחה גדולה	
בית ישיבת דוב	12.20
עין חיים	12.30
הדלקת הנרות	3.37
מנחה וקבלת שבת	
ג'ב לילה, דאנסט רד	3.35
הענין עדה, תורת חיים	
SAGE	
אברכים, אור חודש	3.37
אלכסנדר, אמרי שפר	
בית אברהם, בית ישראל	
בית תפילה	
ווידיזשטאק, מחירי חודש	
סניף, עין חיים	
קהלת אהל משה, תורת משה	
ברודט ליון	3.38
בית ישיבת דוב	3.40
בית שמואל, שנת ישראל	3.47
מסוב, תפארת ישראל	
23 Green Walk	3.50
שנת צפון	3.52
מאורות חיים	4.15

שערים במהלך

מסוב	4.40
בית ישיבת דוב	4.40
גוד (9)	4.42

מנחה במהלך

בית ישיבת דוב	12.25
בית ישיבת דוב	12.40
ג'ב לילה	12.45
בית אברהם, ב' בית ישיבת דוב, ג'ב לילה	1.00
הענין עדה, מחירי חודש עין חיים	
לי אהל שבת	
סניף	1.02
בית שמואל, קהלת אהל משה	1.05
23 Green Walk, 103	1.15
בית ישיבת דוב	1.20
E-Tab 07 - 21	1.20
בית ישיבת דוב, בית שמואל	1.40
ג'ב לילה (מחירי חודש)	
ברודט ליון, מסוב	1.45
ג'ב לילה (מחירי חודש)	
845 Finchley Road 07 - 21	
בית ישיבת דוב	2.00
מנחה עשירי 2.12-2.15	
בית ישיבת דוב	2.10
בית שמואל, 103	2.10
בית ישיבת דוב	2.00
בית ישיבת דוב	2.20
ג'ב לילה, גוד	2.30
דאנסט רד, תורת חיים	2.35
גוד	2.35
בית ישיבת דוב	2.40
מחירי חודש, ג'ב לילה, התנועה עדה	2.40
מחירי חודש, תפארת ישראל	
103 אור חודש, אמרי שפר, בית אברהם	
SAGE 103	
23 Green Walk 07 - 21	2.45
שניר עדה	2.45-2.52
בית ישיבת דוב	4.00
בית ישיבת דוב	4.15
בית שמואל	4.25
ווידיזשטאק	4.35

זמן הקשה במהלך ששאלו אליה ה"ר ברמן מרד מצולט

Currency Exchange

Code	Currency	Units \ GBP	GBP \ Unit
USD	US Dollar	1.31	0.75
EUR	Euro	1.13	0.86
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לילה	4:47	4:46	4:46	4:46	4:46	4:46

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