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DEVICES AVAILABLE IN ARGOS

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SUNDAY - THURSDAY 10:30<sup>AM</sup> - 1:00<sup>PM</sup> FRIDAY 10:30<sup>AM</sup> - 1:00<sup>PM</sup>

MEN'S ONLY HOURS

SUNDAY & WEDNESDAY 8:00PM- 9:30PM

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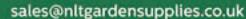


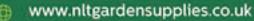




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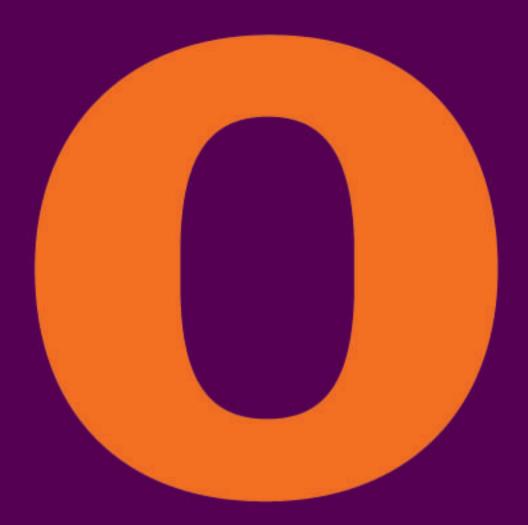
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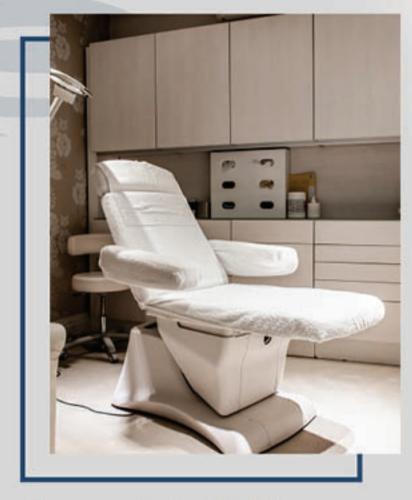
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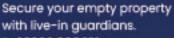
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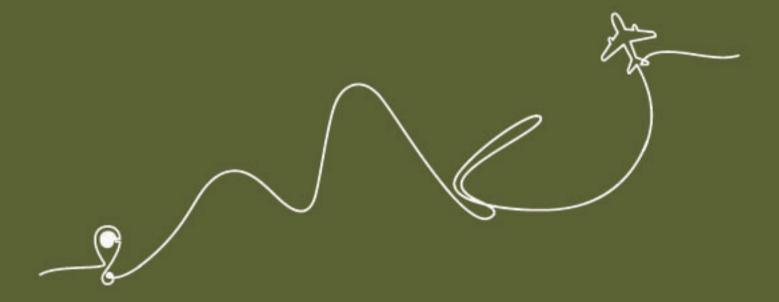


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## WEDNESDAY MANCHESTER

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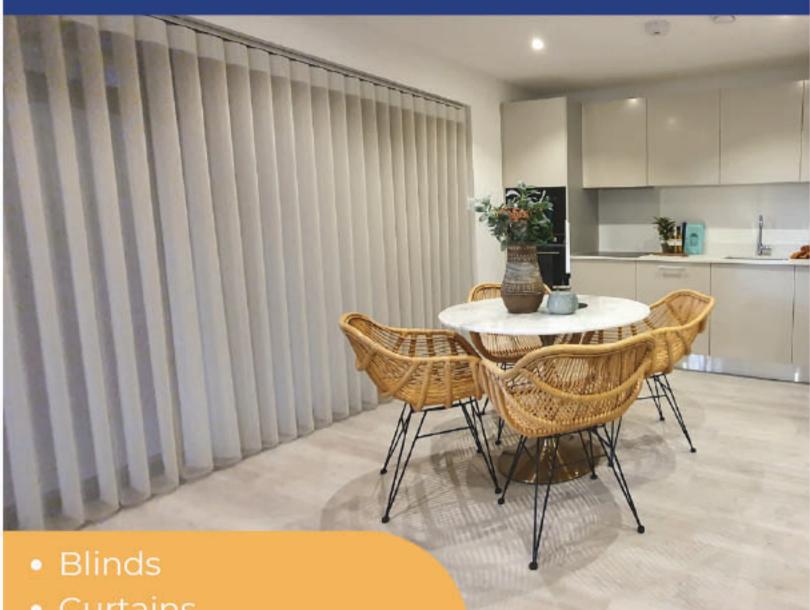


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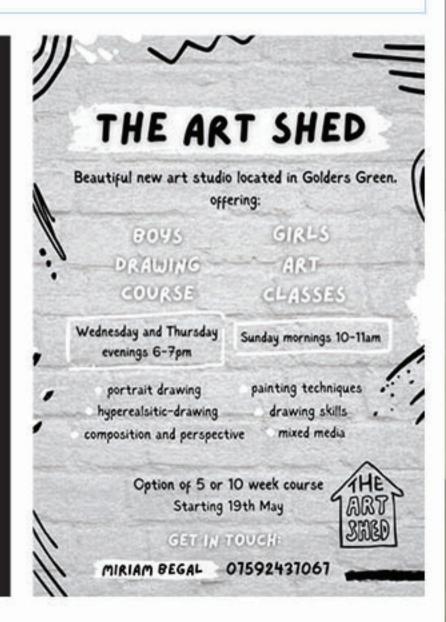


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Or sign up here: bit.ly/jfitness-book

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VS

**NORTH LONDON BLUES** 



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SUNDAY,

MAY 26 2024

5:00 PM

SUNDAY,

MAY 26 2024

7:30 PM

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THURSDAYS @ 10:00PM

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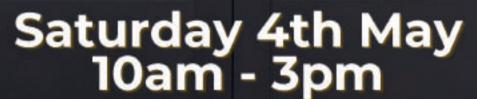
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## SHOW ROOM

## GRAND OPENING





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# SAVE THE COURAGE DATE TO TALK

Now, more than ever

In conjunction with the launching
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Mental Wellness Clinic for students in Gap Year Programs

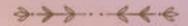
British Friends of Mayanei Hayeshua and Noa Girls

Present:

an evening of lectures focusing on depression, eating disorders and other mental health issues affecting our children.

Wednesday 22nd May, 2024, 8:00pm prompt Venue: NW London

The courage to talk with parents
The courage to talk with a therapist
The courage to talk whilst away from home



#### **Featured Speakers**

#### Dr Bella Schanzer

Director of Mayanel Hayeshua's English speaking Gap Year Clinic

#### Rabbi Dr Samuel Landau

Clinical Psychologist

#### Mrs Naomi Lerer

registration

Child and Family Psychotherapist and Director and Founder of Noa

#### Rebbetzen Esther Pearlman

Head of Menorah High School for Girls

Panel Q&A session

Moderator

### **Prof Rael Strous**

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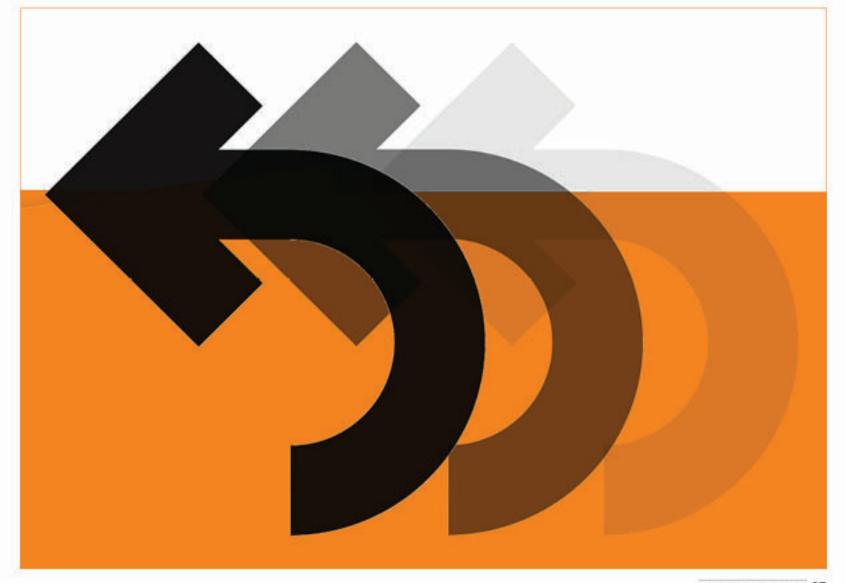
**Having difficulties paying your Bounce** Back Loan (BBL) we may also be able to assist you with your Bounce Bock Loan/s

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Family Perry	45 Sneath Avenue NW11 9AJ	
Family Samet	52 Gainsborough Gardens NW11 9BL	
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### GP

Same day appointments Initial opening hours: Sunday 10:30-2:30 Mon-Thu 9:00-6:00 Friday 9:00-5:00

## Minor injuries

(Beek on repointment for writer service) Initial opening hours: Sun-Fri 2pm-8pm

## **Imaging**

X-ray - Ultrasound

## Diagnostics

Blood tasts - Scans

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# DID I MISS TO SAY SEFIRAS O'MER???



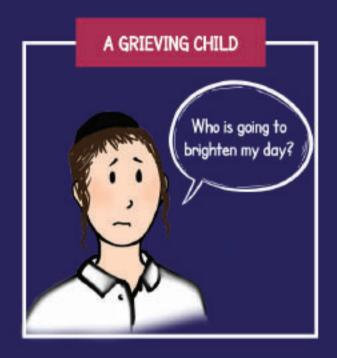
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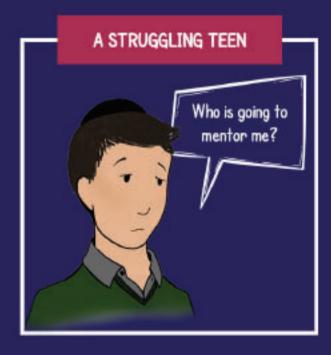


# NONOAL &

# HUNDREDS OF CHILDREN IN OUR COMMUNITY ARE STRUGGLING BEHIND CLOSED DOORS









NOW, IT'S IN YOUR HANDS



12-13 MAY





JUST A TEXT OR CALL AWAY

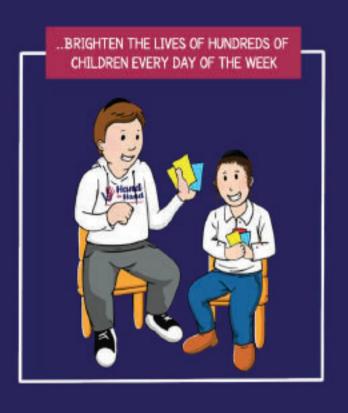


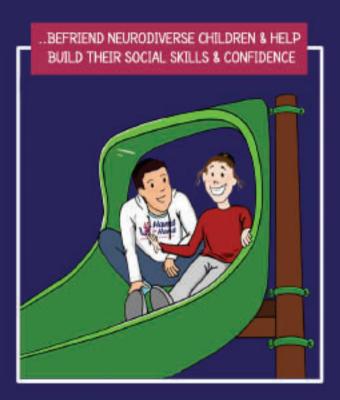


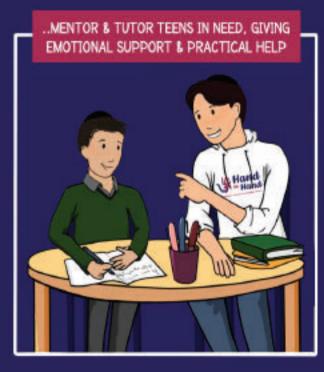
MONDAL &

## "HAND IN HAND IS OUR LIFELINE"

90% OF OUR FAMILIES SAY THERE ARE NO OTHER ORGANSATIONS THAT COULD HELP THEM IN THE WAY HAND IN HAND DOES, OUR VOLUNTEERS...









NOW, IT'S IN YOUR HANDS



12-13 MAY



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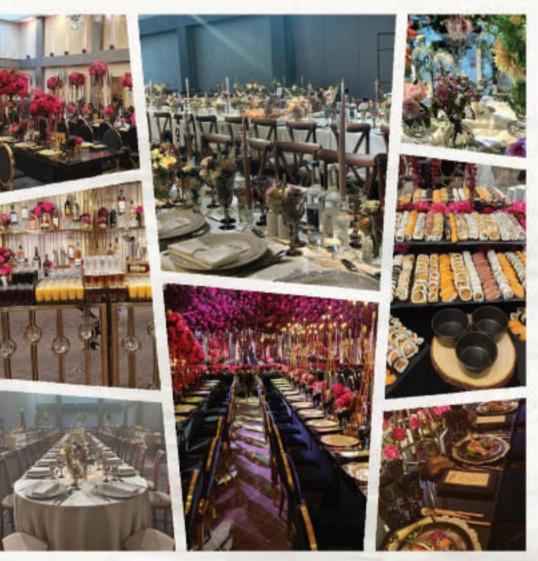


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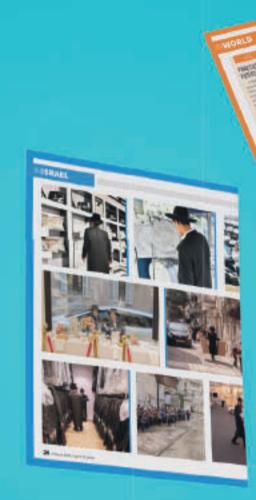
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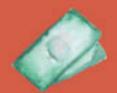
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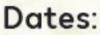




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Deadline to submit application forms: 9TH JUNE





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Join women of all ages to discuss the sensitive issues we encounter.

Our 2nd Big Talk includes a world-class Keynote Speaker, Experts' Panel, a magnificent Women's Health Exhibition, & all-day light refreshments.

### **PROGRAMME:**

10.00am Women's Health & Wellbeing Exhibition opens

for the day (except during Break)

12.15pm Welcome

12.30pm Keynote Speaker

1.30pm Expert Panel: "Perinatal Mood Disorders: Your

Questions Answered"

2.30pm Exhibition Time and Break-out discussions

3.30 - 7pm: Break

5.30pm Expert Panel: "PCOS.: Your Questions Answered"

7.00pm Exhibition re-opens

8.30pm Mini Talk 1: "Women Today: Frail and Feeble or a

Force to Be Reckoned With?"

8.45pm Mini Talk Q&A

9.15pm Mini Talk 2: "Managing Life-Change Challenges:

Trauma-free Transitions"

9.30pm Mini Talk Q&A

10.00pm Exhibition Time and Break-out discussions

11.00pm Close

## WEDNESDAY 29TH MAY NW3 LOCATION



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# **IMAGINING PEACE**

## IN THE SHADOW OF OCTOBER 7

NER YISRAEL | SUNDAY 19 MAY 2024 | 7.30PM



A DEBATE EXPLORING THE PROSPECTS FOR ENDURING PEACE AND WHAT WE NEED TO DO TO ACHIEVE IT.





DEBATED BY TREVOR ASSERSON,
INTERNATIONAL MEDIATOR AND RAY
AVICHAI GOODMAN, ISRAELI EDUCATOR

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BOOK LAUNCH - The event also marks the launch of the "The Land for Peace Debate", a record of the 1993 debate between Rabbi Lord Immanuel Jakobovits zt"l and Rabbi Alan Kimche in the wake of the Oslo Accords.

The book will be available to purchase.

REFRESHMENTS WILL BE SERVED



# FINANCE MONTH: MONEY MATTERS

GROWTH & INVESTMENT:
NAVIGATING YOUR
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#### **SESSIONS INCLUDE:**

- RAISING FUNDS AND FUNDING OPTIONS
- WHAT TO THINK ABOUT AS YOUR BUSINESS GROWS
- NETWORKING
- WHAT STARTUP EXPERTS LOOK FOR

DATE: THURSDAY 16TH MAY

TIME: 9.30AM - 1.00PM

IN PERSON



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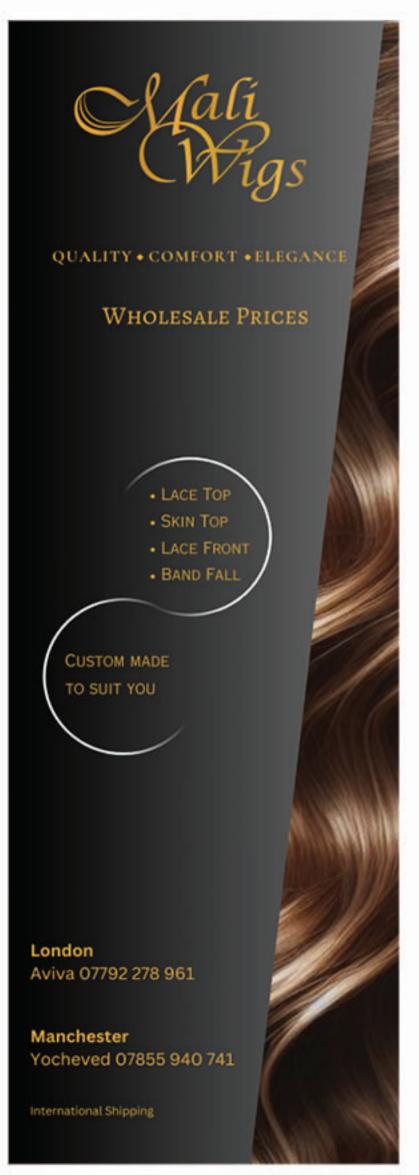


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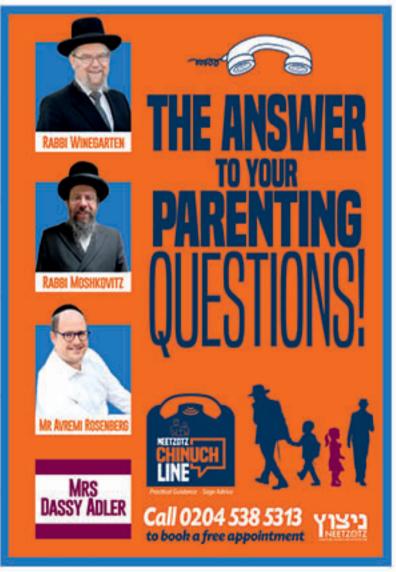
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# Adrian Alexander and Tolly Rose

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All welcome (free admission)

8.30pm .....Choral Minchah, followed by Tehillim 8.55pm..Rav's Drosha (Dayan Dovid Chaim Cohn Shita) 9.10pm.....Choral Maariv 9.40pm.....Hineni, followed by Sefirah at 9.45pm

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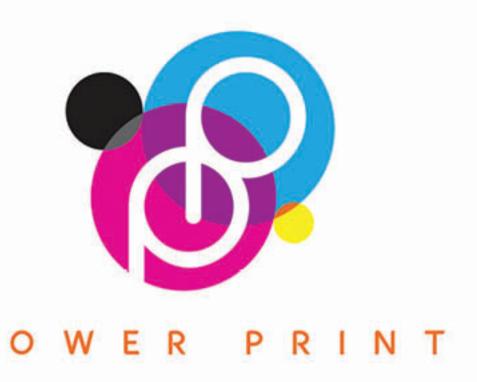
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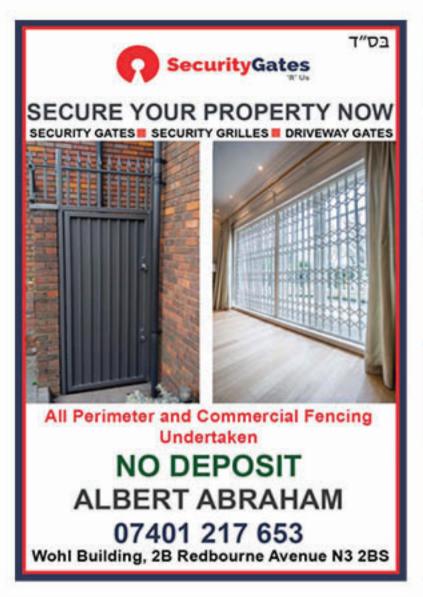




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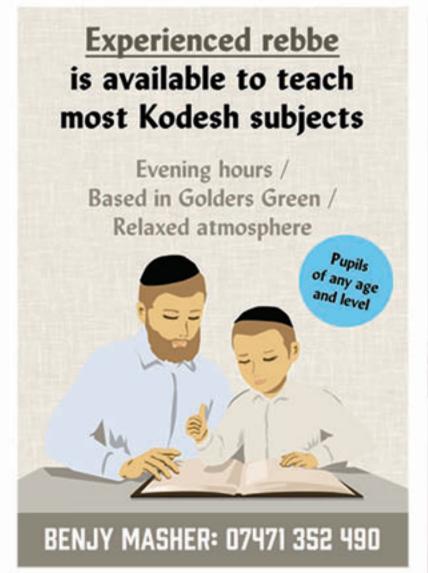






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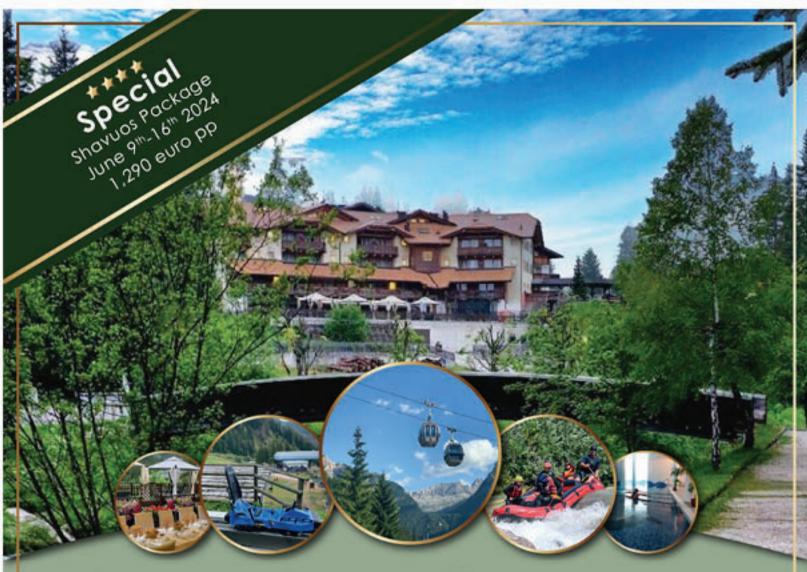












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Shul Administrator

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- Help with coordination of events, services and activities
- Oversee facility maintenance and scheduling
- Assist with membership and financial administration
- Foster a warm and welcoming environment for all members and users of the shul

### Qualifications:

- Strong organisational and communication skills
- > Ability to multitask and prioritise
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- This job is ideally 5 hours per day, Sunday to Friday, though flexible working patterns will be considered
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If you are interested, please email your CV to treasurer@ggbh.info









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Generous remuneration for suitable applicant. Experience in working in a school environment would be an advantage.

For a full job description, application form and person specfication please contact our Director of Studies, Sue Saddington: ssaddington@naimajps.co.uk. Alternatively, to arrange a visit to the school or to find out more about the role please contact Sue by email or on 020 7328 2802. Closing date for applications is 3rd June 2024.

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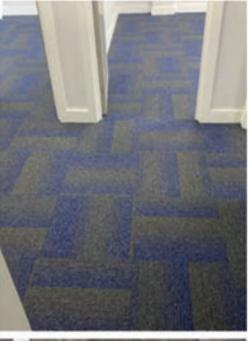


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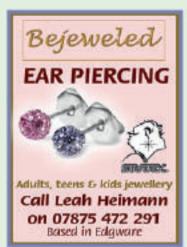
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SKITTLES ARE PLEASED TO ANNOUNCE THAT
THEY ARE NOW TAKING BOOKINGS FOR THIS YEARS SUMMER DAY—CAMP

# SKITTLES

A FUN FILLED DAY-CAMP IN A WARM AND CARING ATMOSPHERE. LOADS OF FUN ACTIVITIES, OUTDOOR PLAY, BAKING, INFLATABLES AND LOTS MORE.

Monday 5<sup>th</sup> Aug – Friday 9<sup>th</sup> Aug '24

Monday 12<sup>th</sup> Aug – Friday 16<sup>th</sup> Aug '24

(day-camp on Tisha B'Av will be in the afternoon)

10am - 3pm (Friday 10am - 1pm)

BOYS & GIRLS 3-6 | GIRLS ONLY 7-9



for more info please call

Miriam Greenberg on 07809 629 349
Shana Leitner on 07875 347 855
or email us info@skittles.org.uk

We are looking for leaders aged 14yrs+

# Classified

# Useful numbers

# Misc.

### Gemach 🗢 0

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

The Clothing Drive, Collecting mens, ladies & children's clothing, shoes & linen in any condition. Shoes (only full pairs), pack separately. Towels, tablecloths, & linen, pack separately. £3 collection (more then 10 bags may be more). Call/text 07411 229 354 or 07411 227 673

Tznius Hotline for Women & Girls

### Local UK number 0330 350 2641.

Daily lesson for women. press 1 or 41. Daily lesson for girls, press 2 or 42.

> Looking for a Babysitter Friday 10am to 12.30pm In Edgware

> > Please call: 07367032785

**GEMACH:** Edgware & NW London Shiva Meal rota Gernach, L'Ilu nishmas Dovid Eliezer Ber Yechezkel.

> Please call 07876 354 227

### Lost & Found

FOUND boys black swatch watch before pesach on Golders Green

Road Please call 07957-628-718

Advertise in classified section for only £8.

Lost and Found is a free service.

# DG Window Specialist

Repairs to all types of windows and doors +44 7491 000337

nathan@window-service.co.uk

http://window-service.co.uk

London

Windows & Doors

# Organisations

Contact and	
HATZOLA NW LONDON	0300 999 4 999
HATZOLA EDGWARE	0303 888 9999
CHAVEIRIM	0300 0700 999
SHOMRIM	0300 999 1234
EMERGENCY	999
BONEI OLAM	020 8455 4321
BEREAVEMENT SERVICE (JBCS)	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 FORMERLYSHABBAT 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
TAG GG	020 7112 4848
TAG EDGWARE	020 8952 5666
TAHAREINU	020 3769 2941
YAD LCHAIM	020 8079 3025



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# YOU'VE FOUND THE PLOT

But you're far from feeling lost. As a property investor, you know that partnering with the right team is key to your success.

Highwater Associates are here to assist, from acquisition right through to post construction handover, and everything in between. Our efficient and forward thinking team ensure that every step of your development is designed, managed and completed with care, transparency & expertise.

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Design Management // Tender Exercises // Construction Management





info@highwaterassociates.co.uk

www.highwaterassociates.co.uk

# מנין צעטיל

### אמר

מעריב בחול	סנחה בחול
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בית שמואל, ברידוש ליין	211 1001 010 4
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### קדשים

טנחה שכת		ערב ש"ק	
בית יפכר זוב, מיני	1-48	מנחת כדולה	
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קהילת אהל משה, תפארת ישראל		אור חדע, אמרי שפר	6.50
בית ישראל, נינ ביה, סיני		ביה שטיאל, ברידוש ליין	
בית שמואל, בית תפילת, צק חיים	7.98	ודיידישטקא	
בית ישכר דוב	7.95		
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אמרי שפר, בית ישמר רוב נספת ישראל, עשרת עבי	8,44	בית שפואל	

מו"ב הפחש הבה"ה שפוצל אליהו הו"ד ב"ר מנו פריו יכלה"פ

# **Currency Exchange**

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Code	Currency	GBP \ Unit	Units \ GBP
EUR	Euro	£0.86	1.16
ILS	Israeli New Shekel	£0.21	4.64
CHF	Swiss Frank	£0.91	1.13
USD	US Dollar	£0.79	1.24

Based on Wednesday's Rates | Midnarket Rates

# INTERNATIONAL TRANSFERS FOR PERSONAL & CONFIDENTIAL SERVICE

THE CURRENCY EXCHANGE

T: 020 8905 5101 M: 07976 297 891

E: DOLLARFX@AOL.COM







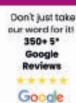


# CHABURA - MASECHES SUKKAH

- Anshei Shlomo, Hillview Gdns, Hendon
- ⑥ 6:30am Shacharis 7:15am
- Shiur followed by chazora bechavrusa
- Rosh Chabura: Rabbi Binyomin Chody 07985229401



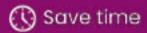


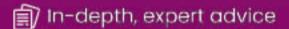






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