

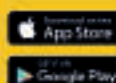
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26.3 9-11PM	27.3 11am-5pm	28.3 10.30am-5pm	29.3 10.30am-5pm	30.3 10.30am-5pm 8-10PM	31.3 10.30am-5pm	1.4 11am-2pm
2.4 10PM-12AM	3.4 11am-5pm 8-10PM	4.4 10.30am-5pm 8-10PM	5.4 10.30am-5pm 8-10PM	6.4 10.30am-5pm 8-10PM	7.4 10.30am-5pm 8-10PM	8.4 11am-2pm
9.4 10PM-12AM	10.4 11am-5pm 8-10PM	11.4 10.30am-5pm 8-10PM	12.4 10.30am-5pm 8-10PM	13.4 10.30am-5pm 8-10PM	14.4 10.30am-5pm	15.4 closed

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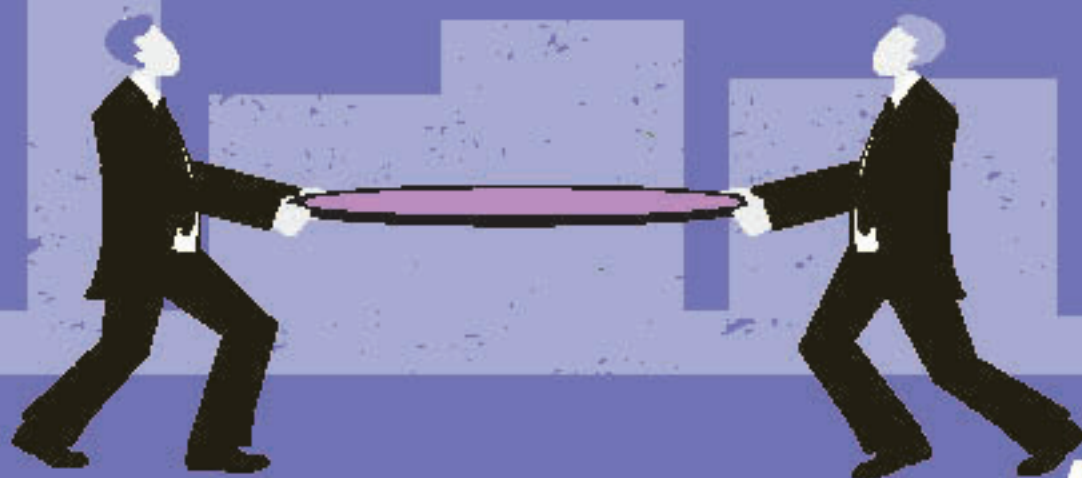
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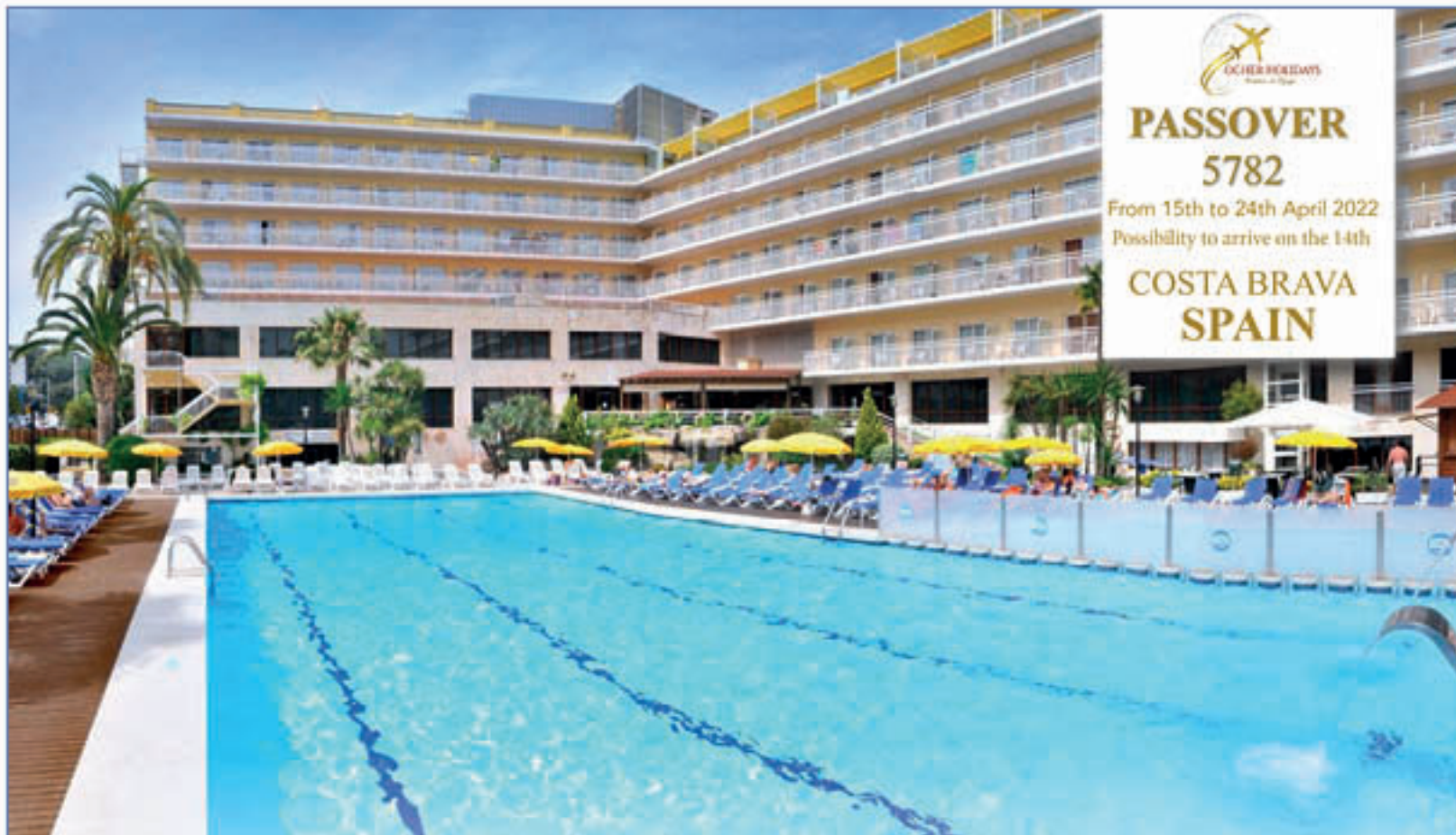
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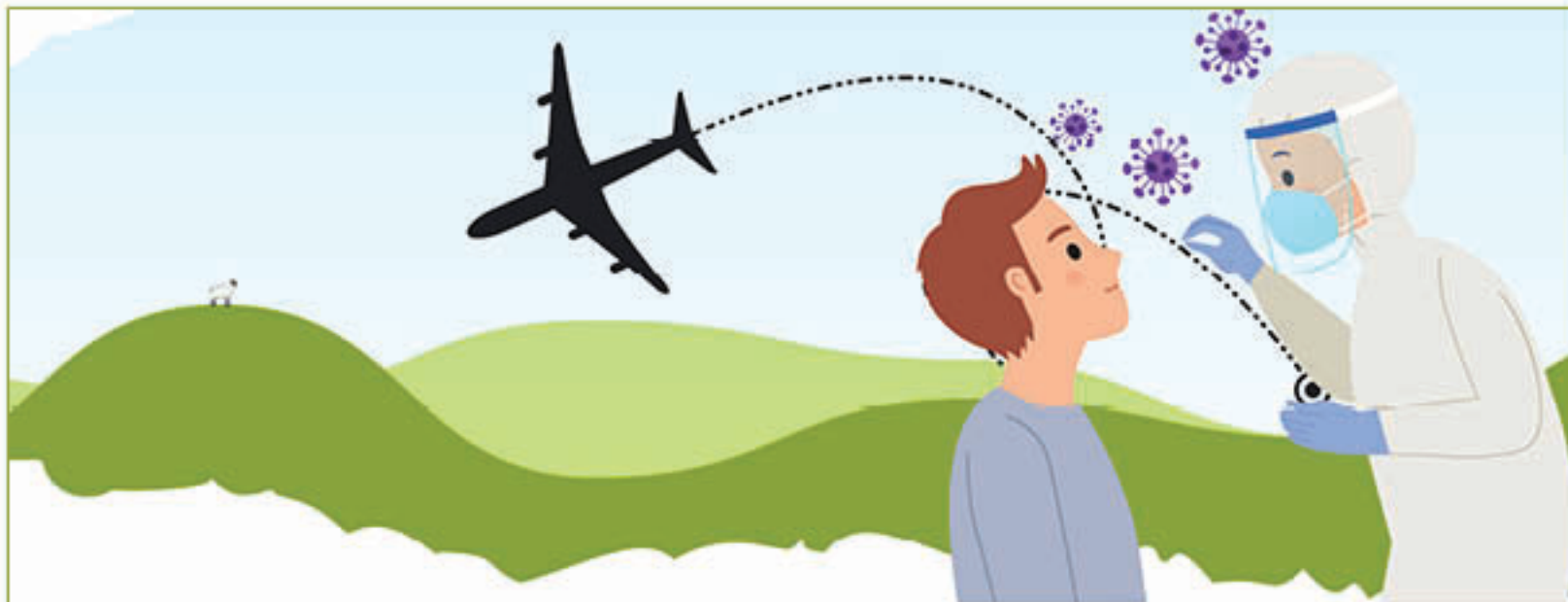


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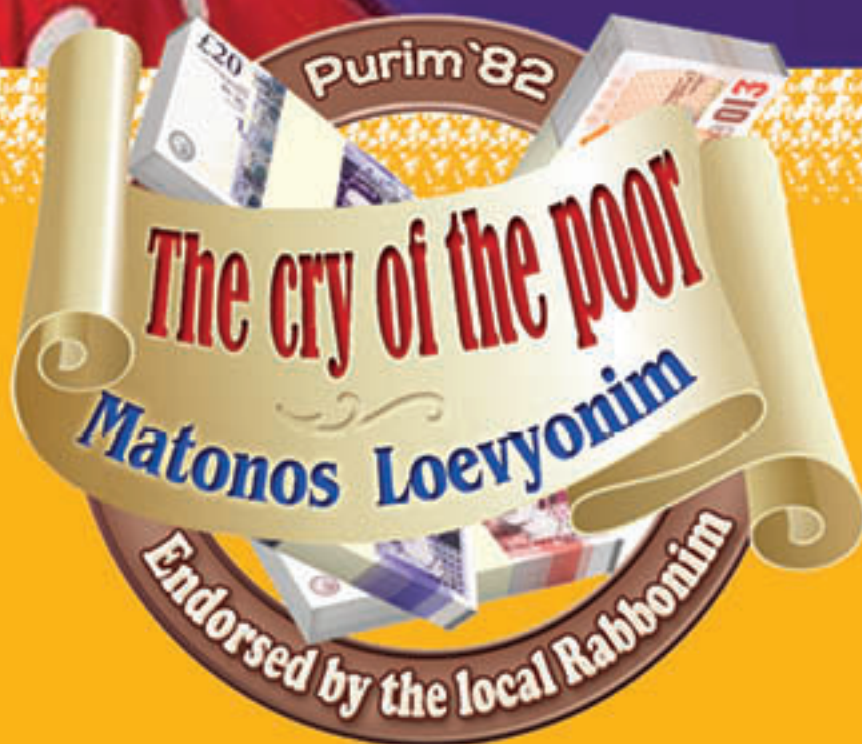
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All aspects of this manuscript received the approval of the "פסח אלוו פאלק זצ"ל" הנה"צ ר' פסח אלוו פאלק זצ"ל. Further information: 07930 189 6337.

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What is Menucha?

1 in 4 women in the community suffer from a **perinatal** – conception to 18 months post-birth – **mood disorder**. These serious medical conditions include **Anxiety, Depression, OCD, Birth Trauma, Adjustment Disorder, and Psychosis**.

They feel isolated and reluctant to talk about what they are experiencing due to stigma, lack of knowledge, or misunderstanding from those around them.

Menucha was launched in 2019 by a group of Orthodox Jewish Women with first-hand experience of postnatal depression and perinatal mental health issues for the North West London community.

What We Do



Caring for **Women**

- Understanding and non-judgemental advice
- Support that empowers Jewish women and their families
- Delivery of specialised therapy services, and referrals



Caring for **Families**

- We ensure the family receives physical support whilst the mother is recovering



Changing the **Landscape**

- Work with healthcare providers to improve access to culturally appropriate services
- Reduce the stigma of this issue by raising communal awareness and understanding



Menucha's First 12 Months

108 Calls

To Menucha for information, referral, guidance & support.

46 Women

Have joined the Menucha Programme with 16 having already 'Graduated'.

42% of Women

Had experienced previous perinatal mental health disorders and were looking to prevent it from recurring.*

*Of these, 75% reported inadequacies in their care during their previous illness.

Our Impact:

100% of women who came to Menucha with previous birth trauma reported they were able to emotionally manage their subsequent birth better even if medically it was similar.

75% of the pregnant women who had come for early intervention whilst pregnant did not need to continue with Menucha as their symptoms had not returned post birth.

73% of women presenting with previous episodes of perinatal depression felt reduced symptoms at 6 weeks on the Menucha Programme.

72% of women presenting with previous episodes of perinatal anxiety reported their anxiety had reduced by at least half after six weeks on the Menucha Programme.

66% of women who Menucha supported reported that they would not have accessed support without Menucha.

31% of women accessing support from Menucha were referred to statutory support such as Specialist Perinatal Mental Health teams after being identified as suffering from moderate to severe symptoms and in need of vital psychiatric support.

26% of women were referred onto private services such as marital counselling, infertility support and further counselling once their therapeutic goals with Menucha were completed.

10% of women on the Menucha program were directed to hospital after Menucha staff identified that they needed immediate emergency intervention.

In 2022 we expect:

230 Calls

To our Information and Referral Line

142 Women

Going through the Menucha Programme

Call us on

0300 222 5764

Monday - Friday: 9.30am - 1.30pm

Monday - Thursday: 8pm - 10pm

www.menucha.info

Under the guidance of Rabbi S F Zimmerman and endorsed by local Rabbonim.

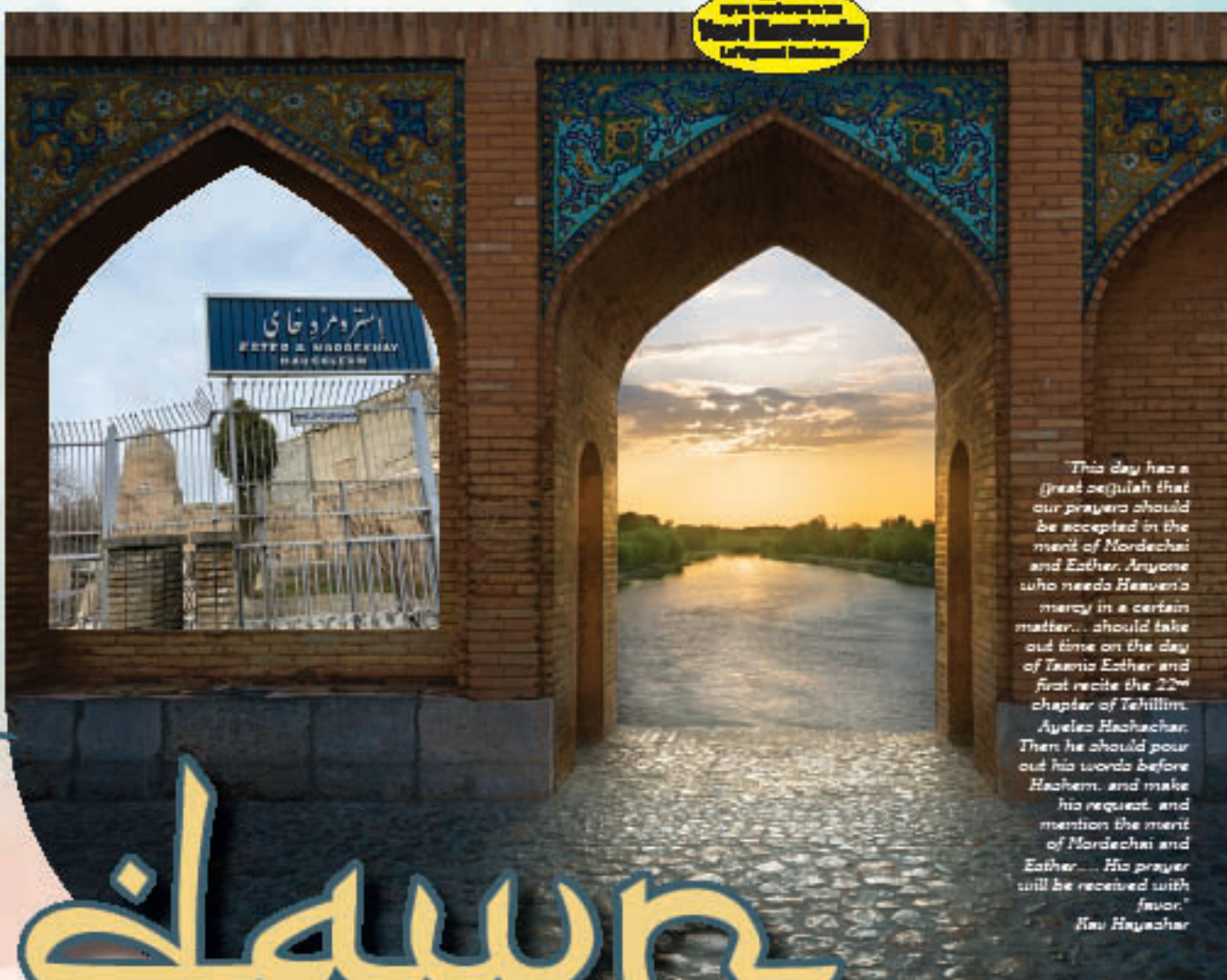


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Rav Hayashar

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335A	SEVEN SISTERS ROAD	N4 1QR	שליט"א	מאקובעצקי	הרב יחזקאל
62	ELM PARK AVENUE	N15 6UY	ה"ץ	סאבאוויטש	הר"ר שלמה
12	ROOKWOOD RD	N16 6SS	ה"ץ	קיש	הר"ר בן ציון
22	RAVENSDALE ROAD	N16 6SH	שליט"א	גראם	הרב יואל
36	CRANWICH RD	N16 5JN	שליט"א	קחים	הרב אלישך
1	GILDA CRESCENT	N16 6JT	שליט"א	הורוביץ	הרב נפתלי
23	PORTLAND AVE	N16 6HA	ה"ץ	איצקאוויטש	הר"ר אהרן הערש
58	CHARDMORE RD	N16 6JH	ה"ץ	גראם	הר"ר שאול יחזקאל
147	KYVERDALE ROAD	N16 6PS	שליט"א	ווייסמאן	הרב ישעי'
134	CRIVEN PARK ROAD	N15 6AB	שליט"א	שלעזינגער	הרה"ג ר' משה אורי
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8	HILLCREST AVE	NW11 0EN	ה"ץ	פעלדמאן	הר"ר יחיאל יצחק

Hendon

24	WEST AVE	NW4 2LJ	ה"ץ	בויטנארטן	הר"ר דוד צדוק
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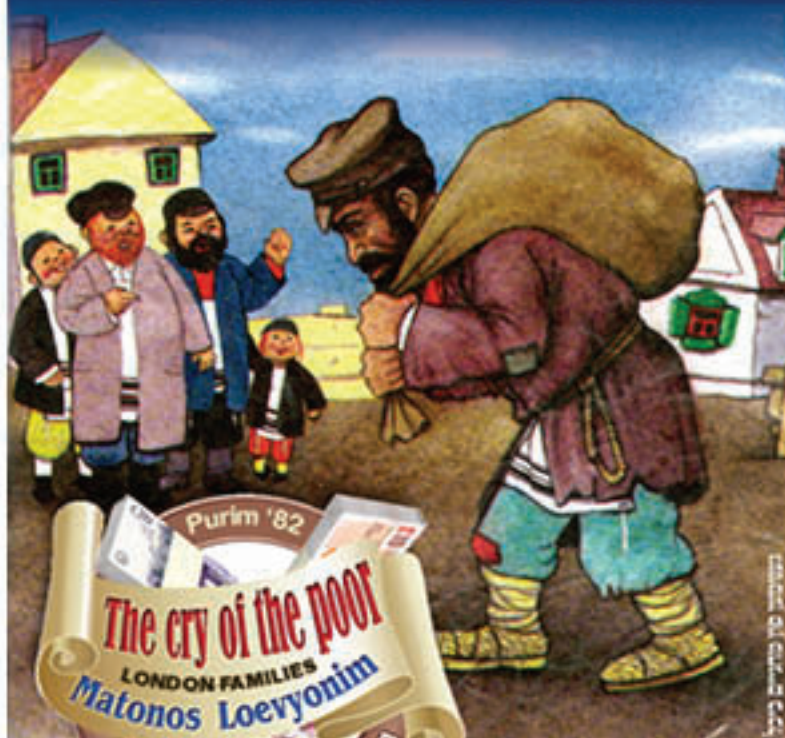
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We require two teaching assistants/LSAs

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- An attractive package for the right candidate.

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

office@shalomnoam.org

Closing Date: Friday 25th March 2022

Shalom Noam Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment.

Appointments will be subject to satisfactory, enhanced DBS check.

-It is an offence to apply for the role if you are barred from engaging in regulated activity relevant to children.

-Our child protection policy, including employment of ex-offenders, is available to read: www.shalomnoam.org

-Shortlisted candidates: You will be asked to complete a criminal conviction / disclosure declaration

References will be sourced prior to job offer – This is inline with the most recent version of Keeping Children Safe in Education statutory guidance

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בניהול

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Executive Assistant to the Menahel and Headteacher

Start Date: May 2022

Hours: 8:15am - 4:30pm (Term time + 2 weeks in the summer holiday)

Salary: Dependant on Experience

We are looking to appoint a pro-active, conscientious, dedicated and hardworking individual to act as the Executive Assistant/PA to the Menahel and Headteacher, as a maternity cover.

- Excellent organisational and IT skills
- The ability to prioritise and manage own workload amid conflicting demands
- Exceptional written and oral communication skills
- Strong attention to detail
- Excellent interpersonal skills
- A positive, can-do approach to work

If this is you, we would be delighted to hear from you.

For more information and an application pack, please contact the School Office by emailing ecohen@beisyaakov.barnet.sch.uk or by phoning 020 8905 9590

Applications will be processed as and when received.
Applicants are advised to apply early.

Our School and all its personnel are committed to safeguarding and promoting the welfare of the children. This post is subject to an Enhanced Disclosure Application to the Disclosure and Barring Service.



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- The ability to work as part of a team

An Early Years qualification (eg NVQ2) would be preferred, but is not essential; appropriate training will be given.

For more information and an application pack, please contact the School Office by emailing ecohen@beisyaakov.barnet.sch.uk

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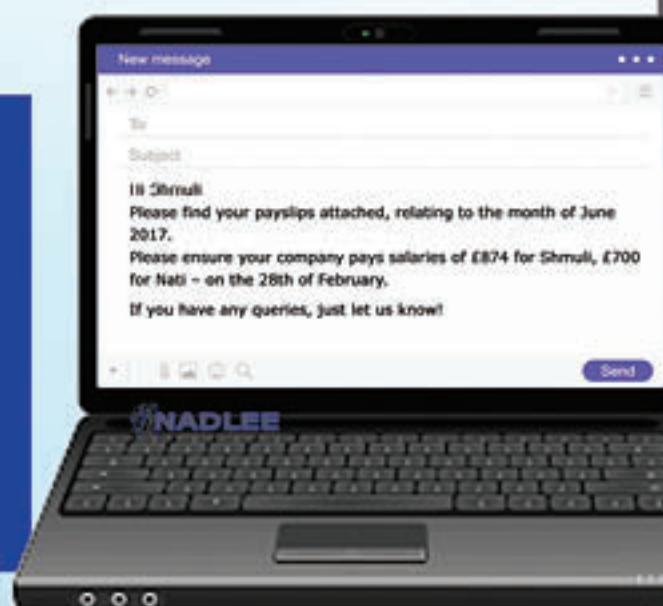
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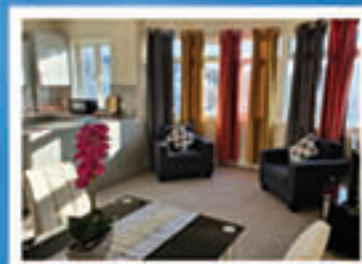
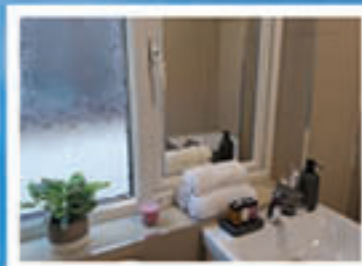
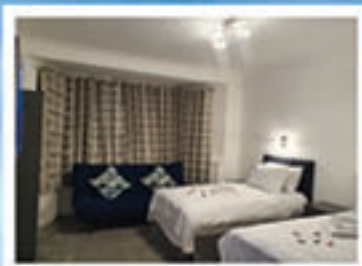
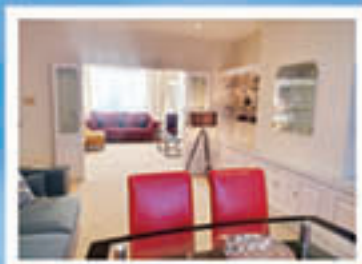
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