













If it's doable, we do it best Face swapping, adding/removing people, background change, restoration, film and photo scanning, photography editing, album design & print, family calendars and more email us for a full price list.





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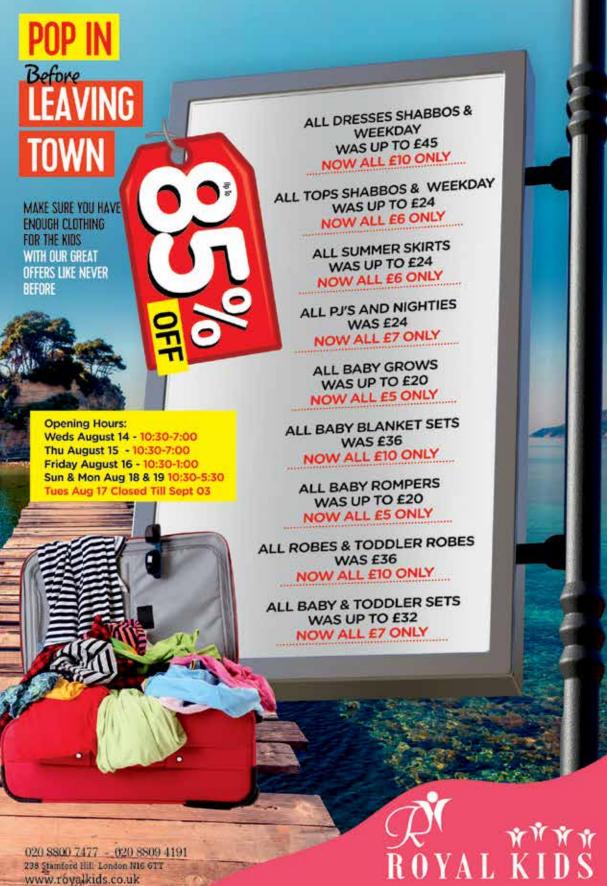














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### IT'S TIME TO CHECK YOUR TYRES

Now is the time to have your tyres checked and replaced, to ensure you keep your family safe when travelling long distance.

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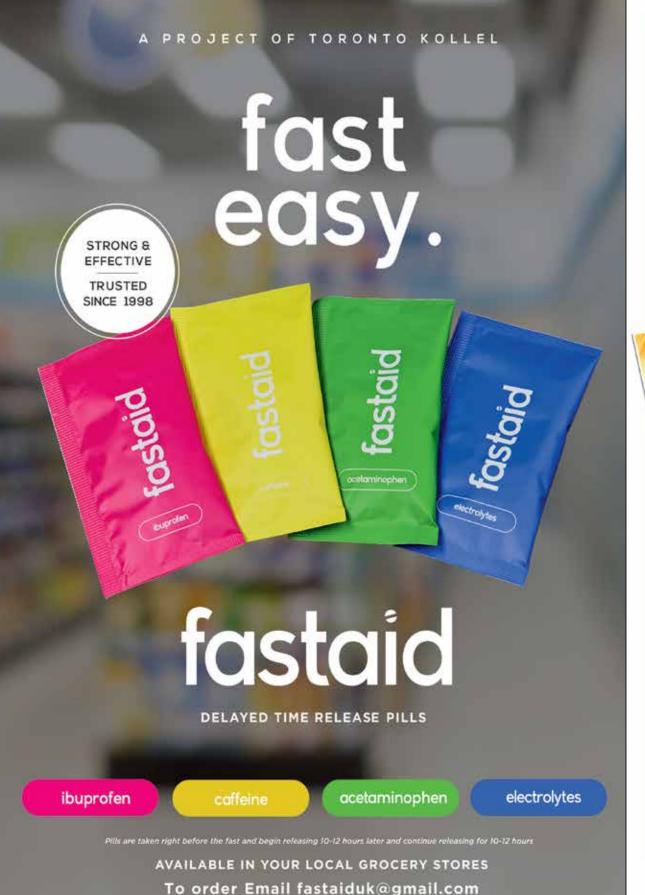
Mon 19/08/24 11am-4:00pm

Tues 20/08/24 - Fri 30/08/24 Open by appointment only Call Mrs Kruman 07478 704 956

162 Clapton Common 020 8802 1100







STOCK UP FOR HOLIDAYS With All Our Amazing SALE ITEMS Lots Of Camp Nightgowns FROM £14.99 More Added To Sale Rail Lots Of 1pc & 2pc FROM £15.99 Terry Bath Robes Reduced And Dressing Rail Of Swim Dresses Rail Of £29.99 More Added Gowns Hooded Skirts £1.99 To Sale Rail Cardigans FROM £16.99 £15.99 SUNDAY 12-4PM MONDAY EREV TISHA BEOV 10am-4pm WEDNESDAY 14th & THURSDAY 15th 10am-8pm FRIDAY 16th 10am-3pm SUNDAY 18TH 10:30am-5pm MONDAY 19th RUCKSACKS FROM £7.99 SELECTION BEACH BAGS BANDANAS FROM £3.99 & TURBANS FOR BOCHRIM DISCONTINUED SWIM BAGS REDUCED CLASSIC PLUS FROM £1.99 CHALAT SINGLE BREASTED REG E31.95 NOW £21.95 41 Oldhill Weiners 020 8806 0702 Sun 12:00-4:30 Mon-Thur 10:00-5:30 Fri 10:30-1:30



Weds August 14 - 10:30-7:00 Thu August 15 - 10:30-7:00 Friday August 16 - 10:30-1:00

Sun & Mon Aug 18 & 19 10:30-5:30 Tues Aug 17 Closed Till Sept 03

All Hoodies Now £15

Plastic Rain Coat & Jacket £15

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Swim Cap £2

Arm Band £4

Swim Bag From £10

Goggles £8

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Baby Neck Tube £6

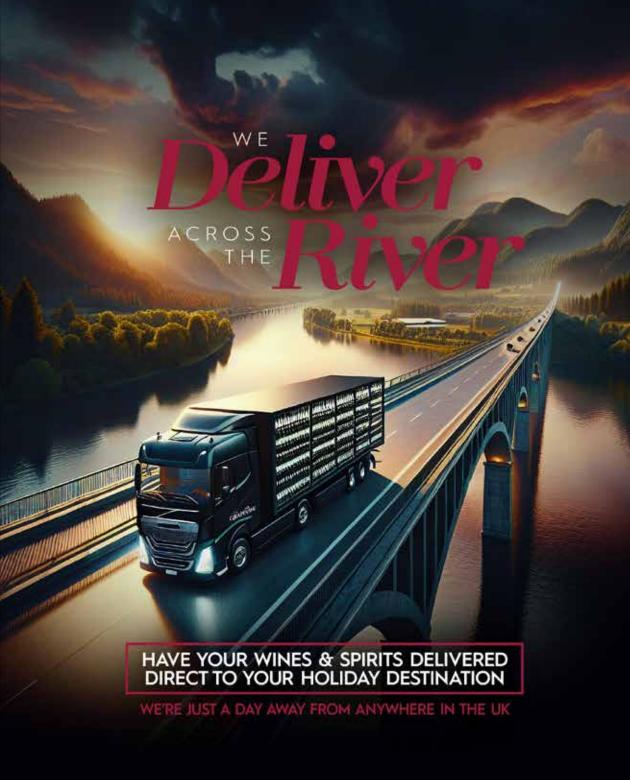
Rubber Ring Tube £5

Life Vest £8

020 8800 7477 - 020 8800 4191 238 Stamford Hill www.royalkids.co.uk



ROYAL KIDS

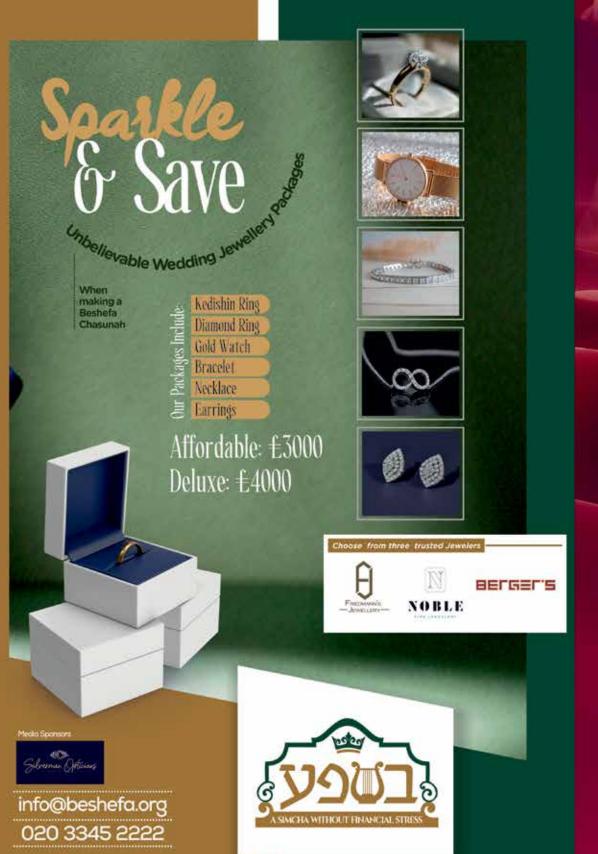


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מיר זענען איבערגענומען פון די פולע וועלכע ווילן אנטייל נענזען ביים סיום הערטו עס איז גאר פארבליבן 17 פלעצערןי פארפאסט נישט די געלענגהייט, ווערט א לומד און זייט א תלק פון דעם אומפארגעסליק פייערדיגע דערהויבענע טאנו

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# THANK YOU



We'd like to express our sincere gratitude for the overwhelming support by all communities accross the UK, towards our campaign!

> With Your Help We've Reached A Staggering

£1,563,721

### We Are Forever Grateful!

In the zechus of supporting our cholim, may you and your family be gebentched with good health, and good shlichim, always!

The Campaign Committee at MARS





287

Teams

From

**7** Locations

Across The UK
Stamford Hill / North West
Manchester / Gateshead
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The Volunteers, and everyone who contributed to the success of the campaign



















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Fan Cap £9.99 From £1.10-£34 From £2.80-£27.50

















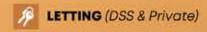
### **OPENING HOURS**

Daily 12-8 pm Wednesday after Tisha Bay 9:30am till late Thursday after Tisha Bay 9:30am-2pm Than closed till 1 September

### WE'RE NOT GOING SO THAT ON HOLIDAYS, YOU CAN.



While you relax this summer, Smartlet Estates is here to let and manage your property with care. Enjoy your holiday knowing we've got everything covered.







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### **BACK TO SCHOOL**

The Shoe & Fashion Way Quality - Fit - Price

Baby Booties Sizes 18-25

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Boys (UK)
School Shoes
Sizes 23-43
[Half sizes - up to 4 width fittings]

£48-£65 School Shoes
Sizes 22-40

**Girls** 

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Teenage Range

£60-£89 Bochurim & Men's Shoes

£60-

PILES

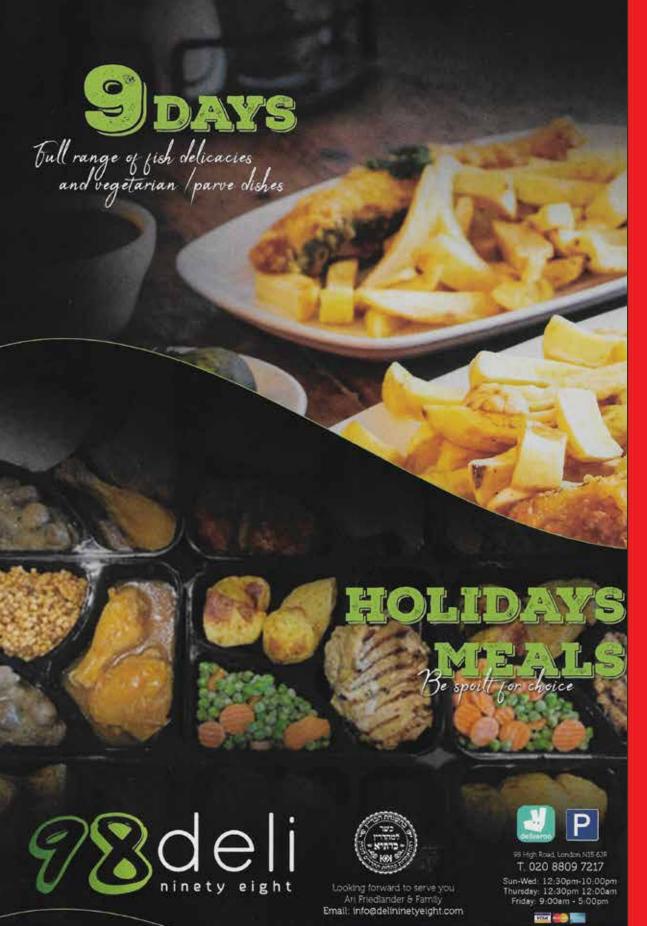
#### **Holiday Opening Hours**

Wednesday 14 Aug ארי 1pm-7pm
Thursday 15 Aug איגי 11am-7pm
Friday 16 Aug עשיקטיבי 11am-2pm
Closed Sun 18 Aug - Thurs 29 Aug
Reopening אייז Friday 30 Aug 11am-2pm

Shoe (ashion

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Daily Winter Arrivals



FOR PRIVATE APPOINTMENTS IN THE HOLIDAYS CALL 07882 649 744

# 

Monday	/Tursday/	Wednesday	Thorsday	Friday	Saturday	Sunday
5	6	7	8	9	10	11-5PM
12	13	14	15	16	17	18
CLOSED	CLOSED	10-6PM	10-6PM	10-2PM		11-5РМ
19 CLOSED	20 CLOSED	CLOSED	22 CLOSED	23 CLOSED	24	25 CLOSED
26	27	28	29	30	31	1
11-5PM	11-5PM	11-5PM	11-5PM	10-2РМ		11-5PM
2	з	4	5	6	7	8
10-6рм	10-6РМ	10-6рм	10-6PM	10-2PM		10-6PM

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LATE
OPENING
HOURS
in Dunsmure Rd
till 10pm Daily



















We will be closed Sunday 18th-Sunday 25th Reopening Monday 26th Aug

with a freehorousty of Vigtines Salack Savares Donnes to

Open ערב ט' באב until 6pm Open ט' באב from 1pm



### בכל צער וצער שיש לישראל אני עמהם



שליסט אייך אן צו זיין א טייל פון די געטרייע שלוחים

ר' חיים ישעי' ווייל ני"ו 07547 528 998 ר' בן ציון יצחק ריגער ני"ו 27884 737 ס די יונגע אויגעלעך שיינען אויף מיט פרייד, ווען די געטרייע שלוחים ר' חיים און ר' שלמה לאזן זיך אראפ צו זיי מיט א ליבליכע ווארעמקייט.









NH5

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**Dominion House, Suite 10** 020 3515 2336 078525 622 607 91 Dunsmure Road





Is your child up to date with their routine immunisations?





### Clapton Common, E5 9AA 1pm - 4.30pm

Missed school age booster vaccines for 3-in-1 Diptheria, Tetanus and Polio (DPT) and Meningitis ACWY from age 13 - 19 will be offered.

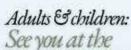
Catch up with MMR - We can vaccinate from ages 5 - 19, if your child has missed their measles, mumps and rubella or is only partially immunised.

- All children in Year 9 (age 13 14) are offered Diphtheria Tetanus and Polio (DTP) and Meningitis ACWY vaccines in schools nationally as part of the NHS immunisation schedule
- Children attending Charedi Independent schools may have missed out on these important vaccinations
- . Poliovirus, Measles and Meningitis ACWY can be easily transmitted
- These booster vaccines provide long term protection into adulthood and will
  protect young people while learning in schools, chadorim, yeshivas and
  seminaries

For more information contact: 0207 613 9044
Or visit our website: schoolvaccination.uk

Parents must accompany children, please bring your red book





### Charedi Women's Health Allianc

- · CHANA
- all Miles
- HOND Void MI
- Homeron Maternay Service





iomerson Healthcare



### Homerton Healthcare

- Health visiting
- School nursit
- ACERS

#### Oral Health

 North East London Dental Outreach Services



North East Londo Community Dental Service

Wednesday 14 Aug '24 Clapton Common, E5 9AA 1:00 - 4:30pm





### Young Hackney

- · Health & Wellbeing Team
- Healthy eating

### Henry

- Healthy Start Vitamins
- 0.5 Healthy Families Croups
- Prenatal Peer Support











#### Childhood Immunisations

- In-site vaccinations (NIMIR catch-up age : 19, DPT and Meningitis ACWY age 13 - 19)
- Immunisations resource
- Speak to practitioners
- Hackney 0-25 SEND Local Offer: Services and support for families with children with additional needs and/or disabilities.
- First Steps: Early intervention and community psychology service



### Hackney

firstSTEPS\_





### Together Better

 Health and wellbeing activities for the Charedi community

#### Lubavitch Children's Centre

- . Early Start
- Activities for families









#### JWA | DAIS

Awareness and support available



 Health checks for adults and children













Sports challenges for children







DO NOT LET YOURSELF **BECOME A VICTIM** 

 Adding trellise on top of side gates will discourage burglars.

> If C"V you become a victim of crime, report it to the Police and Shomrim.

Shomrim - Stamford Hill

24/7 Emergency Hotline 0300 999 0123

Shomrim specialise in supporting victims of HATE CRIME

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### The No.1 Specialists in Italian Wine Grape







The Montepulciano & the Nero Di Troia should be booked by the 15th September as these are later grapes.

The white grape, Trebbiano & Moscato are available throughout the season









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After this time there will be No fittings for 2 weeks







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ready to go.

All our cars are in top mechanical co
with guaranteed mileage.

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We only sell top condition cars carefully selected from Japan

### stoci .5 stima

- 2013/63 aeras V6 purple with light interior, 67,000 miles, twin electric doors, rear camera etc
- 2010 Aeras purple with light interior, 84,000 miles, one electric door, cruise, rear camera etc
- 2009 aeras, silver with dark interior,62,000 miles, 1 electric door rear camera etc
- 2008/58 X silver green with light interior, 80000 miles, 1 electric door, cruise, rear camera.
- 2008 aeras silver with dark interior,77,000 miles twin electric doors, rear camera etc.
- 2006 aeras silver with dark interior ,61000 miles electric door, rear camera etc.

#### Prius plus hybrid stock.

2012 prius plus 7 seats grey ,84,000 miles, cruise,rear camera etc 2011 prius plus 7 seats sky blue 80,000 miles, cruise rear camera etc

- 1. Check oil & water
- 2. Check your tyres
- 3. Are you fully insured for Europe
- 4. Have you made breakdown cover
- 5. Europe kit





Boys long Suits | Boys Tish Bekisha | Men's and Boy's Yeshiva Chalat'n



Wed 14/08: 11-9 | Thur 15/08: 11-7 | Fri 16/08: 10-1

### Staying here Holidays?

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HOLIDAY OPENING HOURS:

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Text JOIN to 07528871066 to receive weekly texts with our smazing special offer



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### N.L.J.Y.C

### Leisure Swimming Summer Programme 2024 For more info call 020 8800- 2520 / text 07875614341

<u>IMPORTANT REGULATIONS – Read carefully and obey!</u> These rules are strictly enforced by G.L.L so be sure to check that your children comply as it is extremely upsetting for them to be sent away. If you tell a friend about the swimming, please make sure to tell them the rules as well.

Children under 8 yrs and non – swimmers of any age must be accompanied by an adult (16+ competent swimmer) in the water at all times Maximum 2 children / non - swimmers per adult.

Non-swimmers must wear armbands, rubber rings alone are not sufficient. Children over 8 who can swim two widths with a confident stroke, (no armbands etc.) will be allowed to swim in the shallow end unaccompanied, however only those children who can swim a <u>full 25 meter length</u> will be allowed to go in the deep end. The lifeguards have a right to test any unaccompanied child, if they suspect he / she is not a confident swimmer, and if necessary send them out (it's the lifeguards decision whether the child meets the criteria of a swimmer or not). We trust you understand that these rules are in the interest of your child's safety.

Entrance is on a first come first served basis. If you are told it is full, please understand and respect that this is a safety regulation from the pool management and NOT something personal between the organiser and yourselves. We will endeavour to try and get as many swimmers in, and fully appreciate the disappointment caused if turned away. In the event of this happening please accept our apologies in advance.

When there is a double session, anyone arriving to the first session once we have exceeded the limit (100), will have the option of waiting first on line for the second session. Please note the pool must be vacated in between sessions so anyone wanting to swim again must go out, queue up and pay again.

Some sessions are held in Hackney Baths and some in Clissold Baths as stated clearly on the time-table please use the back entrance at Clissold which brings us directly into the area of the building specifically hired for our use.

#### Price £6 per swimmer

ONLY the Aqua-action sessions at Fairlop Waters on Monday 26th August / Tuesday 3th Sept must be pre-booked. Please see separate adv Tickets for these sessions will be sold on Friday 16th and Sunday 18th August between 11am-1pm. Call or text for more details.

ı	Sun	Mon	Tue		Wes	d	Thur	Eri	Shabbo
			13 Tisha bo-av	14		7:00-7:45pm 7:45-8:30pm Clissold 9:15-10:00pm Clissold	15 Boys 7:00-7:45pm 7:45-8:30pm Clissold	16	17
	18 19 Girls 3:00-3:45pm 3:45-4:90pm Hackney	Girls 7:30-8:15pm 8:15-9:00pm Hackney Boys 8:30-9:15pm 9:15-10:00pm Clissold	20	21		7:00-7:45pm 7:45-8:30pm Clissold 9:15-10:00pm Clissold	Boys 7:00-7:45pm 7:45-8:30pm Clissold	23	24
A		Bank holiday ua splash at Fairiop waters untry park for Men & boys 6:45-7:45pm Must be pre-booked. See separate advert .	27	28		7:00-7:45pm 7:45-8:30pm Clissold 9:15-10:00pm Clissold	29 Boys 7:00-7:45pm 7:45-8:30pm Clissold	30	31
A CONTRACTOR OF THE PROPERTY OF THE PARTY OF	September 2 Girls 3:00-3:45pm 3:45-4:30pm Hackney	Girls 7:30-8:15pm	3 Rosh Chodesh  Aqua splash at Fairlop waters country park for Ladies & Girls 6:45-7:45pm Must be pre-booked. See separate advert	4	Girts	7:00-7:45pm 7:45-8:30pm 8:30-9:15pm Clissold	5 Girls 7:00-7:45pm 7:45-8:30pm Clissold	6	7



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### LAST DAY OF CRAZY CLEARANCE SALE

Wednesday after Tisha Bav



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for Tisha Bav/Holiday By Appt Please call 07989 476 508



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Jackets FROM £35

Raincoats FROM £50

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### 4 AMHURST PARADE FORMERLY NATWEST BANK

After Tisha Bav Weds 14 Aug - 2-5:30, Thurs 15 Aug - 11am-5:30pm

Then closed for Holidays



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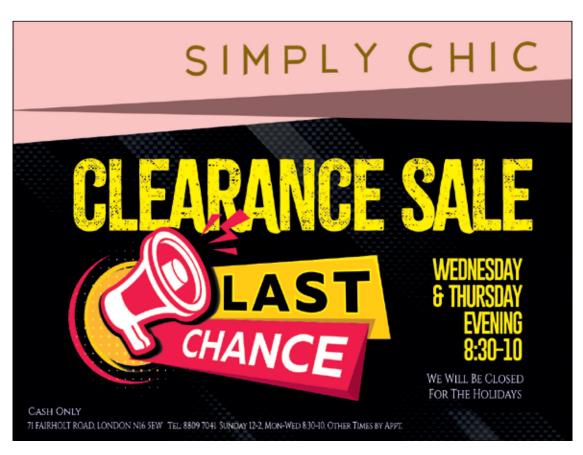
Email: mail@theroundtree.com

Web: theroundtree.com

Office: 1 Sentinel Square, Brent Street,

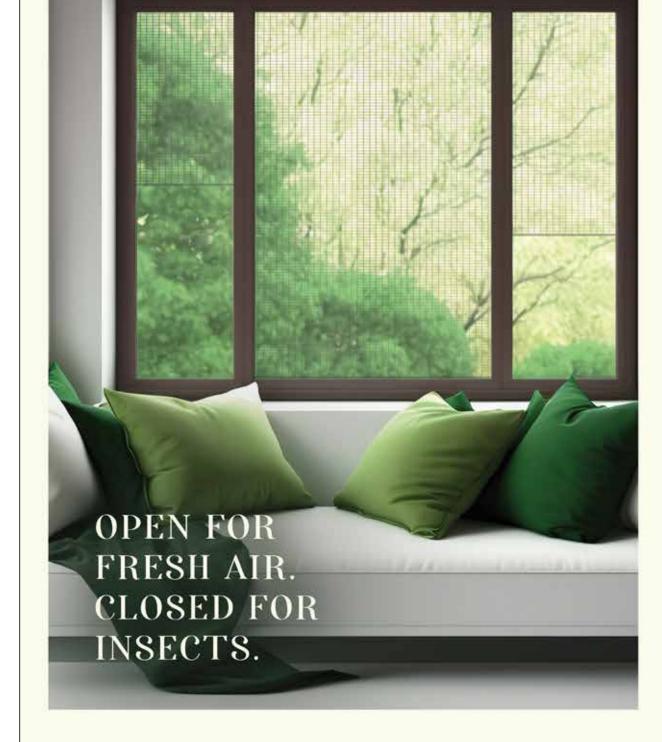
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Sunday: 1:00 pm - 5:00 pm
Monday - Thursday: 1:00 pm - 7:00 pm
Friday: 10:00 pm - 2:00 pm
Monday Erev Tisha B'av: 11:00 pm - 5:00 pm
Tisha B'av 13th August: 10:00 am - 8:00 pm
Thursday 15th August: 10:00 am - 8:00 pm
Triday 16th August: 10:00 am - 2:00 pm
Sunday 18th August: 10:00 am - 7:00 pm
Monday 19th August: 10:00 am - 7:00 pm
Monday 19th August: 10:00 am - 7:00 pm

Closed from Tuesday 20th August-Reopen Friday 30th Aug August 11:00 - 2:00

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### — STAMFORD HILL — HOLIDAY OPENING HOURS

Sunday: 1:00 pm - 5:00 pm
Monday - Thursday: 10:00 pm - 7:00 pm
Monday Erev Tisha B'av: 11:00 pm - 5:00 pm
Tisha B'av 13th August: 10:00 am - 8:00 pm
Thursday 15th August: 10:00 am - 8:00 pm
Thursday 15th August: 10:00 am - 2:00 pm

- Closed from Sunday 18" August Reopen Friday 30" August 11:00 - 2:01

OUR OLDHELL STREET SMOP IS STILL OP SUNDAY AND MONEAY

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Care for Children & Adults with Disabilities

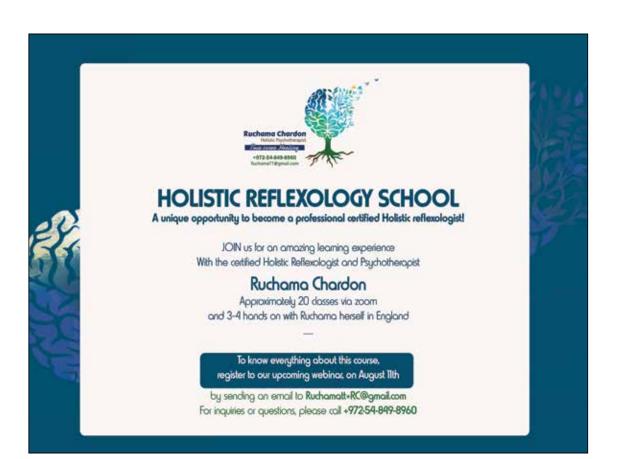
Hospital Transport

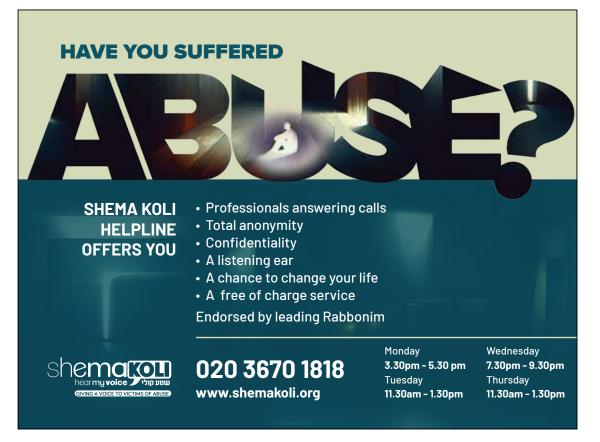
Support for Families Challenged by Illness

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was able to avoid

Thanks for helping

people be healthy!"

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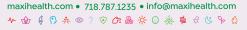
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#### Kollel Baalei Batim

הרה"ג ר' שלמה טויסיג שליט"א, ראה"כ C/O UOHC-140 Stamford Hill, London N16 6QT

### מודעה משמחת

אנו מודיעים להציבור החשוב הע"י שכוללינו יהי' פתוח כרגיל

### בימי בין הזמנים-האלידעיס

מיום ד' פרשת ואתחנז י' לחודש מנחם אב הבעל"ט

ויתקיימו השיעורים במסכת פסחים -פרק כל שעה-

משעה 11:00 עד 12:00 לפנה"צ. ע"י הרה"ג ר' שלמה טויסיג שליט"א, ראש הכולל בהיכל הכולל באולם שע"י ביהמ"ד "יעקב בנימין אליאס" 140 Stamford Hill כניסה מהצד של הבנין

We would like to inform the Public that the

### Kollel Baalei Batim

will be open as usual during the

### **HOLIDAY SEASON**

from Wednesday 10<sup>th</sup> Menachem Av (14<sup>th</sup> August)

at the Jacob Benjamin Elias Shul Hall - rear of Beis Hakohol 140 Stamford Hill N16 Daily Shiurim by Rabbi S Taussig-Rosh Hakollel between 11:00am-12:00 noon.

ונזכה להגדיל תורה ולהאדירה-הנהלת הכולל



#### בית הוראה

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Sunday-Thursday בימי א-ה' 7:30pm - 8:30pm

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#### כמו"כ מורי הוראה אלו הואילו בטובם לענות לשואלים בדבר הלכה בימי הנופש הבעל"ט.

020 8806 6262/07815 963 150	הרה"ג ר' נפתלי פנחם ענגלענרער שליטיא	07870 564 497	הרה"ג ר' יחוקאל אונליכט שליטיא				
07975 571 823	הרה"ג ר' זאל פאללאק שליטיא	07960 982 894	הרה"ג ר' ליפא ברוין שליטיא				
07905 349 448	הרה"ג ר' יצחק פריערמאן שליט"א	07535 335 520	הרה"ג ר' מרדבי וויינבערג שליט"א				
07970 482 429	הרה"ג ר' שמואל יעקב שמשרן שלימיא	07837 139 017	הרה"ג ר' שלו" וויים שליט"א				
07504 415 257	הרה"ג ר' גרשון שפימצטר שלימיא	07967 095 911	הרה"ג ר' שמע" לשו שלימ"א				

#### וכאן המקום לעורר הציבור שיש להזהר בימי הנופש ובכל ימוח לשאול רה למורה הבהי בדינים ומוסמר להוראה.

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g Holiday Period - Sun-Fri. 11:00am – 1:00pm משך ימי הנופש - בימי א' עד ועש"ק בכרכת ושמור Angl וכואקו אמים טוכים ואשוי. הנהלת הבית הוראה



#### בית הוראה

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### מקוה בימי הנופש

לפני ההשתמשות בכל מקוה ובפרט במקוה שבעיירות קטנות ושבמחוזות, במלונות או מעבר לים, צריכין לברר על כשרות המקוה ועל השגחתה.

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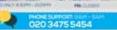
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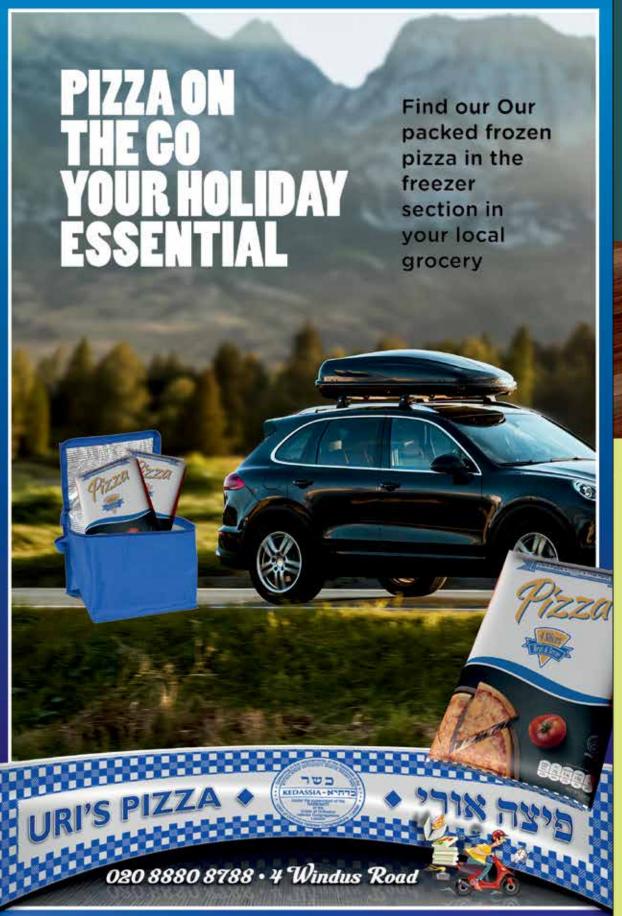


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Duck Breast		2 3

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PICK UP	PHONE:	
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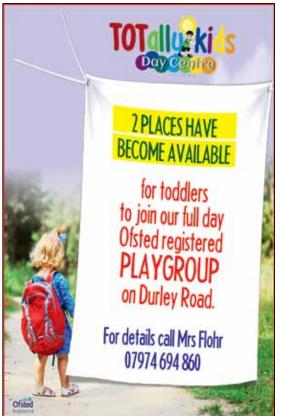
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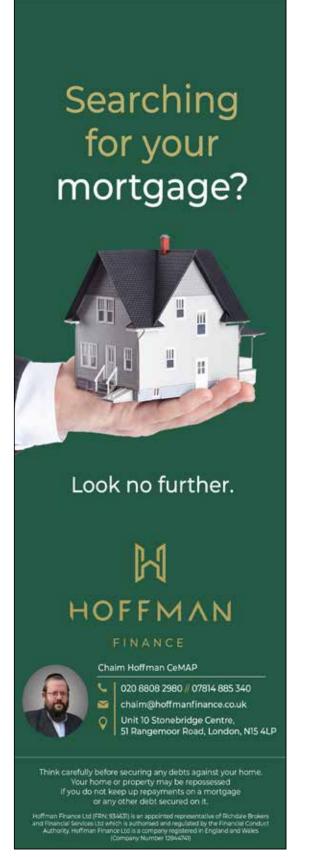
















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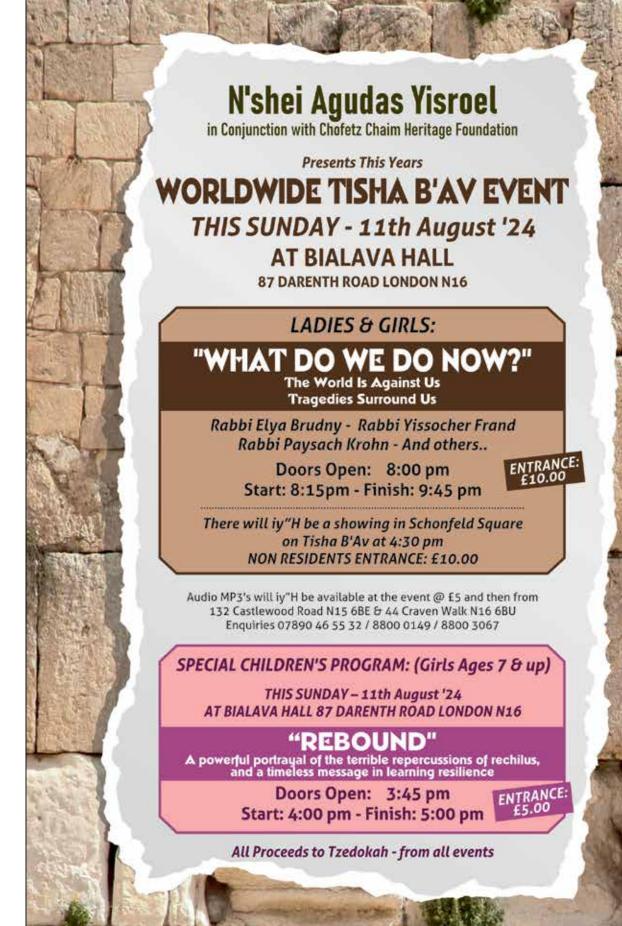
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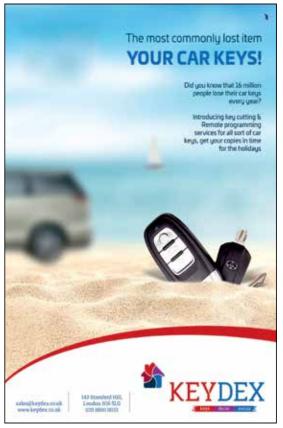
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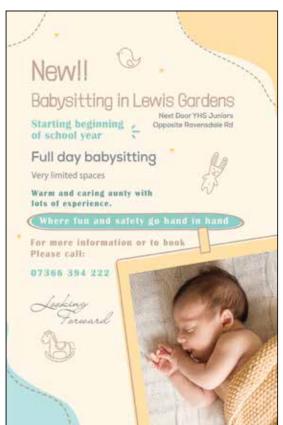
















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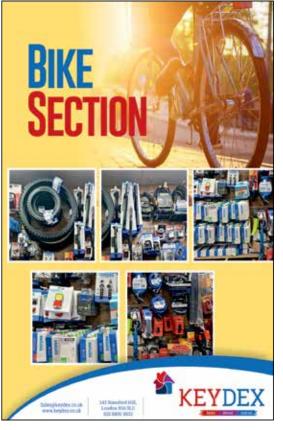
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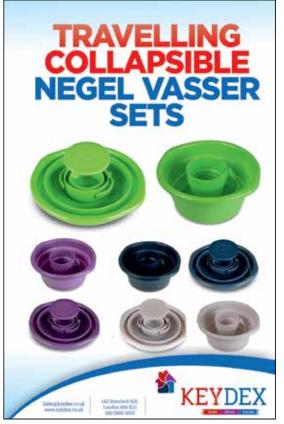
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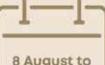












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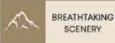
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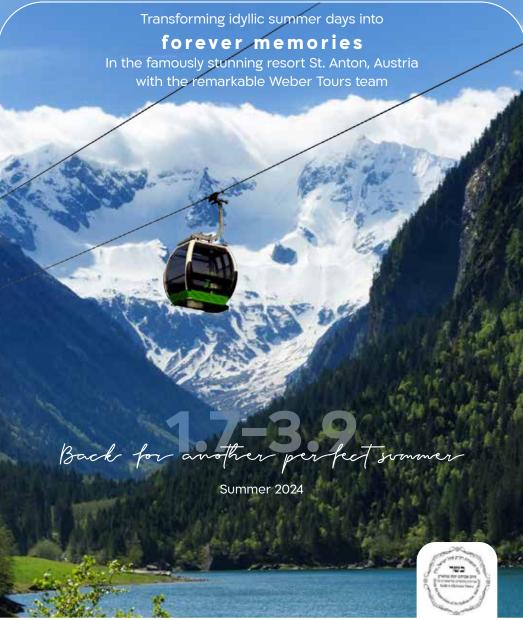
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#### For Sale

Swiss high riser bed like new condition used a handful of times for guests





Standard 3ft Mattresses

Measurements of beds are 197 x 96

Both beds are the exact same length, but one easily slides under the other.

Serious inquiries only.
Please call 02088026338 or 07542850972





VISHNITZ SENIOR SCHOOL are recruiting a SENco Lead for Years 7-11 - Experience preferable - Flexible hours

Please call Mrs Weiss 07980 095 613 If no answer please leave a message



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Toyota Previa
done 98,000 miles
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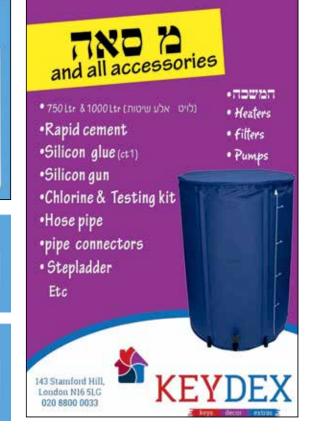
#### For Sale

Hardly used Canon SX610 camera £215 & SX740 camera for £420 Both tagged without wifi, 07948 120 578



#### For Sale

Collapsible roofbox 800 litres Selling for a good price Please call 07970 080 514





# Job Vacancy

Busy property office is seeking to employ a full time

#### **HEAD OF LETTINGS DEPARTMENT**

to commence immediately.

Applicants must be organised

Have an outgoing personality with good communication skills

Work on their own initiative

Training will be provided

Please submit your CV to propertyoffice18@gmail.com





Looking for a worker to join our team

Morning hours 11am-1pm

Please contact only via email or text 07870 317 586 josephsilveruk@gmail.com













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Multiple brand new serviced offices to let in central Stamford Hill.

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#### Holiday Let

#### Holiday House in Manchester

in the heart of Broughton Park Near shuls & shops Very clean & comfortable Dates: 18th Aug - 1st Sept GREAT PRICE £500 per week

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#### Holiday Let

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Lost & Found For Sale To Give Away

Services

Others

#### Lost & Found

- Found a dummy on a beaded string with name Leah L Tuesday on Upper Clapton Road. Please call 8806 9101
- Found a green scooter on Lingwood Road. Call 07553 600 503
- Found a Toy Park bag with neck fan wrapped as present on 254 bus. Call 020 8815 4877
- Found a 925 silver bangle on Ashtead Rd. Call 07877 320 216
- Found a child's red Harrods rucksack outside 204 Upper Clapton Rd. Call 07954 157 294
- Found a dark green mini Micro scooter Thursday near a bus top. Please call 07735 551 956
- Found a roll of tape on Bethune Road. Please call 07359 081 180
- Lost a credit card machine on Purim, if found please call 07388 992 481

#### For Sale

- Amber Bracelets for teething babies and Hazelwood for hayfever plus many other health benefits. Please call Mrs Kohn 07957 848 367
- Brand new mini oven still boxed, ideal for taking on holidays, £55. Call 07792 792 181
- Selling due to moving almost new wooden kitchen table with 4 chairs for £150 & a 3 seater black couch for £100, must be picked up. Call 07832 919 849
- Doona Limited Edition midnight black (black frame), perfect condition, hardly used, including Doona buggy bag and Doona raincover. Please call 07471 355 551
- Brand new Out N About 3 wheeler buggy perfect for mountain use or regular, a Britax reclining car seat in perfect condition & hardly used professional treadmill. Call 07735 551 956
- Lascal buggy board £15; bridesmaid dresses at give away prices & a Bugaboo Bee liner & a Bugaboo khaki hood to give away. Please call 07789676463
- Selling a used Canon Powershot SX720 for £250.

Please call/text 07903 640 178

Dusky pink ribbed nighty size 18/20, suitable for teenager or lady, selling due to wrong size, £29 only. Call 07725 890 219

#### Services

- ענפי נשרים בעני Luxury 9/17 seater. Please call 07825
- Spider keyboard stand available to hire for £15 per night. Call 8802 9175
- Clothing Drive: Collecting men's, ladies & children's clothing, shoes & bedding in any condition; Shoes (full pairs), pack separately; towels, tablecloths & linen, pack separately. £3 collection (more than 10 bags may be more). Call/text 07411 229 354 or 07411 227 673
- אויס צו לעשען עין הרע ביי ר' אברהם לעבעל הי"ו בהסכמת רבותינו חברי הביד"ץ העדה החרדית עיה"ק ירושלים 02088066370 תובב"א. לאזט א מעסעדזש
- Korg PA900 keyboard for hire, £50 per day. Please call 8806 8144

#### **Others**

- Heimishe lady driver 7 seater (and 16 seater in advance booking) for great service. Please call 07944 822 877
- I did the segulah of R'Masia Ben Chorosh with the intention of publicising it and saw a yeshuah
- For your holiday to be a holiday you might need to take with our Melatonim drops. Now offering free delivery until holiday when paying by card. call 07359 469 147
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Evijay yaur ride

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#### To The Reader Last Week Asking For Better Chassunah Plans/ Investments

The best option for highest growth and safe investment would be investing the 500 largest USA companies.

If you had invested that £50 PCM the last 18 years you would have taken out now £31k instead of the £13k you said you did.

That's basically tripling the money you have invested.

This has proven to be the case in the last 70 years to have similar gains over a period of 20 years of investing.

It is definitely the best way to put away money for making chassunah and also a very safe way.

We do provide the service of setting up such a chassunah policy for a minimal fee of just £150 per application.

For more information please contact 07427 435 850.

Y. G.

#### Dear Readers

During this sad time for all Klal Yisroel we all need to think about ahavas chinom to hasten the geula. What easier and remarkable improvement it will be when Hashem sees people greeting each other. People you do or don't know it makes no difference really. When you greet someone you don't know it is ahavas chinom, exactly the ingredient needed to rebuild the Beis Hamikdash. It says in Gemoro if someone does not return a greeting it is stealing from him as that greeting really is for him.

Let us please work on this, yes it is quicker and easier to ignore people but what does it make them feel like? Terrible and worthless.

Take the extra 2 seconds and greet and if you can with a smile and you have earned great merits so fast and your shopping trip becomes a pathway strewn with zechusim worth billions.

We all feel the need and the lack of the geula even though we don't know exactly what is missing. We are desperate for it. Hashem does not ask the impossible from us, He wants to see improvement in this area. We should all be thinking seriously how to increase our Ahavas Chinom.

May we be zoiche to greet Moshiach very soon.

C.S.

#### Dear Readers

I would like to make you aware the importance of taking out travel insurance before travelling abroad, even to Europe. EHIC covers you only for urgent medical care, and not for any rehab or transfer back to UK.

Medical care abroad can amount to exorbitant costs whereas an annual travel insurance can be purchased for approx £100 a year for a family. However one should check reviews on the underwriting company to ensure they are a reliable company/bank.

Some bank accounts do offer travel cover for an additional monthly fee

In my personal experience, whilst in New York for yom tov, my child was taken into hospital with appendicitis which required urgent surgery, due to complications he required an extended hospital stay, which had we not been covered by travel insurance it would have amounted to \$120,000!! all we had paid that year was £65 for family travel insurance cover!

Have a safe trip.

Mrs P.

Dear Readers & Swiss Holiday Goers

As a lot of you enjoy going on

holiday to the Swiss mountains I would just like to point out how important it is to check the kosher list every year. The kosher list in Switzerland can change quite a bit from year to year.

As an example I have noticed and it pains me that a lot of people are still buying the Zweifel salt and vinegar crisps and they have been off the list for several years.

As someone living In Switzerland I urge you all to check the list every year.

I wish you all a great holiday.

M Bollag

#### Dear Readers

Holiday Warning:

As a pained mother of a child suffering from Lyme disease, I would like to make the community aware that tick bites can occur in the UK too, not only in the USA. Tick bites can cause Lyme disease, a slow devastating illness that wreaks havoc on the body.

To prevent Lyme disease:

- When in tall grass, cover up eg. tuck trousers into socks
- After walking in tall grass, check entire body (including head) for any little black dots - a tick
- · If found, remove fully
- After tick is found, take antibiotics for a minimum of 30 days. For under 8's, take Amoxicillin. For over 8's, take Doxycycline.
- I mportant info: doctors in the UK are not very knowledgeable about Lyme and might not recommend to take antibiotics. Take it anyway as this prevents the potential Lyme from becoming chronic.

Wishing you all a happy, healthy holiday.

Anonymous

P.S. for more info, I can be contacted through the News Update office.









- Protect the beds with a super plastic mattress protector Choice of guilted & terry. also pillows protectors, all sizes
- ) Sheets, all sizes
- Lamont tea towels, 4 colours Fruit & plain
- **Quality towels**

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