

YALLA

COMMUNITY MAGAZINE *by* CHAZAK

ISSUE N°9

Find the Light

PURIM

IN A NUTSHELL

GET THE GLOW

A SOCIAL NIGHT IN

HOW OUR THOUGHTS CONTROL OUR FUTURE

THE COLOUR OF
ENERGY



CHAZAK

YALLA

ISSUE N°9

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O N B E I N G A N A R T I S T W I T H A



Purpose

Jo Gilbert

Have no fear of perfection, you will never reach it anyways.
– Salvador Dali

I don't think my story is so different to anyone else's.

The details do not really matter, we have all struggled with something. The truth is we all have a voice, if only we are brave enough to speak.

I never thought I would be an artist, let alone an *Artist with a Purpose*, but here I am. It's like something within is propelling me to reach for the unreachable and anything seems possible. I can't put my finger on what it is. It isn't something tangible or a technique to master. As I struggle to find a definition, I find myself settling on the idea that this *Is my Ultimate Self*. The most

beautiful thing about that, is that it's always with me, always within me and even more beautiful – it's within us all.

Life is always going to throw us curveballs, its very nature is unpredictable. As a result, I have explored and challenged my personal mindsets, philosophies, and beliefs, over and over again. Within this process I have insightfully seen that we all have an ability to handle life from a place of resilience and wellbeing, no matter what. And it is from this place that I found my true purpose – I paint from a palette of *Hope, Understanding and (Psychological) Freedom*.

Here are my 5 discovery tips on how to be an *Artist with a Purpose*:

1. What type of artist do you want to be?

Where is your vision taking you? Do you want to sell to friends, or do you want to sell worldwide? Be clear on your goals right from the start, as your vision will define your reach.

2. What is your 'Why'?

Don't be afraid to question yourself and dig really deep into why you create, what you create. What got you here today? What is the story that underpins the real you? What has been your growth, your pain, your struggle and/or your passion? What gives you fire in your belly?

3. Be your personal brand

Be the entire version of you. Find your authentic self. The confident, courageous, wise, creative, inspiring yet vulnerable YOU. There is only one person in the entire world that has your experience, your vision and your perception of creativity. That is your gift to the world! Wear it. Live it. Be it.

4. What is your purpose?

What do you stand for? What is important to you? What gets you excited, inspired, angry or passionate? What do you believe in? Spend time thinking about this. How can your experience be of service to others?

5. Walk with your eyes and your heart open

Appreciate that inspiration and opportunity is everywhere, we just need to be able to see it. There is an intelligence to life that is way smarter than us.

Have perspective, compassion and understanding. Be open to see the beauty that encompasses us all.

By working through these critical 5 steps of discovering who you are as an artist, you will begin to see what you have to offer and the clearer you are on this, the more aligned you become with your true ultimate self.

**In the meantime, be more than free...
Be FREEDOM**



A New Normal Is Born, Jo Gilbert

To continue your discovery and fulfil your role as an Artist with a Purpose, enrol in my forthcoming 'Unleash the Artist Within' programme.

Art is everywhere, we just need to walk with our eyes and hearts open.

FEBRUARY 2021

To our dearest and loyal *Yalla* readers,

We are so excited to welcome you to Chazak's community magazine, *Yalla, Find the Light* edition. Unfortunately, due to the tumultuous past year, we were unable to bring *Yalla* magazine to you. During this period, many of our readers reached out to tell us that it was sorely missed. *Yalla* became a household name and its disappearance was noted. Baruch HaShem, and just in time for Purim, we are grateful and proud to be able to bring you this edition.

And just as the pandemic has changed all our lives somewhat, so too, did we face some changes, and some new additions. We say goodbye and a big thank you to Shira Druion, former *Yalla* Chief Editor, who started this publication and took on this role with gusto, turning our vision into a reality. We humbly thank you.

And, as one door closes, we took this opportunity to open a new one. We are pleased to introduce our new *Yalla* editors, Maxine Elias and Claire Freeman. Maxine and her family have been valuable members of our Chazak community since its dawn. They are well loved by all of us and we welcome them warmly. At the start of lockdown, Maxine became the *Chazak Ladies Social Host*, creating and hosting inspiring online events, for the women in our community. These sessions gave the women connection, support, and much food for thought at time where it was most needed.

Alongside her, we present, Claire Freeman, who has been a devoted and longtime supporter of Chazak too. Claire is an Intuitive Holistic therapist and a well-known speech writer for *Hassle-free D'var Torah*. She has energised and educated many of our members, with her incredible and informative workshops. Together, this dynamic duo, have worked tirelessly to produce a community publication, that is filled with informative, interesting and inspirational articles. They truly are a light together. We are sure you will agree.

Lastly, Purim is synonymous with salvation. It is a time of revelation, where we observe Hashem's hand in the orchestration of world events. The Jewish nation were in dire straits and in the blink of an eye, were saved again. We hope and pray, that this Purim, the light of Hashem is revealed to us swiftly.

We hope, during these challenging times, that Chazak can continue to be there for YOU, our beloved community, in any way we can. Most of all, to shed light in the darkness that has become somewhat overwhelming, of late. We are confident that you will enjoy this latest edition, as much as we do, and look forward to coming together, in the not-so-distant future.

Many blessings to you and your families,

Rabbi Moshe Levy & Rabbi Yitsy David

MANAGING DIRECTORS - CHAZAK UK



Welcome to the new edition of *Yalla*, Chazak's community magazine.

The expression 'Yalla' is an ambiguous word with various connotations, depending on the tone the user adopts. The first time I heard this expression was at the tender age of 16, in Israel. I loved it immediately. Now, in my Ashker-fardi home, it is hollered, on a daily (possibly hourly) basis, usually for the benefit of removing one of my children from a screen, "Yalla, off now!" My Mother-in-Law, Mama Anita, (PG86) who is well known for both her cooking and her unusual descriptive language, uses the term *Yalla* when she's literally 'had enough!' I think we can all relate to that feeling. Most days, I feel like I'm speaking a foreign language, I can assure you, a polyglot (PG82), I am not. Some days, it seems only Alexa understands me, thankfully, she's a fantastic communicator offering me an assortment of music and entertaining podcasts (PG92). If only this 21st century miniature-like robot (PG54) was able to cook the huge amount of meals, prepared for and consumed in my house on a daily basis, then I would be complete. One can dream!

Last year, was a turbulent year for us all. I've become resourceful and learnt new skills, which have given me a semblance of normality, despite the obstacles. In between all the mayhem, 2020 gave me time to catch up with my to-do-list. I finally cleared my wardrobe, modernised my beauty regime (PG56) and worked through my endless reading list (PG92), during which, I found the inspiration for the theme of this *Yalla* edition. As the wonderful and brave, Dr Edith Eger, said in her much-loved book, *The Choice*, "We can't choose to vanish the dark but we can choose to kindle the light."

To all our newer readers, Chazak UK, is a dynamic community organization, featuring heavily in Jewish schools around the North London area. Chazak is a Hebrew word which means strength. And strong they are, led by a group of young and inspiring Rabbi's and other spiritual educators, they seek to bring the wisdom of Torah to modern-day life. They provide an array of stimulating classes to ensure that our spouses, children, and fellow community members are supported on their life path. Chazak UK have just launched a much needed and new educational programme with a difference, check out *The BEAM Academy* (PG20). I wish this had been around five years ago!

Yalla as a magazine, came as an unexpected part of my journey. It's a natural progression from my job as *Chazak Ladies Social Host*. My role is to engage our audience, to guide them towards the light and wonder that is the soul of every Jewish woman.

Without the tangible connection of family, friends, school or synagogue to rely on, I am personally grateful for this on-going inspiration and support that Chazak ladies have warmly provided me with during our unusual lives in lockdown. On that note, we have some great events planned, watch for the dates in this magazine. I highly recommend 'A Social Night In' an open forum, talking about raising boys, my speciality (PG59)!

Over the past year I've been encouraged by the endless insights that Judaism offers, from candle lighting to the Chagim, thanks to the wonderful Zoom sessions with our resident educators - Ora Goldberg, #Tuesdaychats with Rebbetzin Ruty David and #Fridayfocus with Rabbi Moshe Levy and Rabbi Yitsy David. And it's not just the spiritual wisdom that makes a well-rounded Jewess, its equally important to take note of our wellbeing. My health is at its optimum due to the knowledge gained from the various classes I hosted, ranging from nutrition (PG44) to mindfulness (PG42). Finally, thanks to my co-editor, Claire Freeman, I was able to vocalise and understand my specific character traits, both positive and negative, through our highly trending, colour personality workshops (PG32). I now see the world in colour - a beautiful technicolour tapestry - which all my children and husband have been woven into. No wonder Joseph's coat of many colours was a coveted garment (PG64). According to the Midrash, Joseph's coat was none other than the garment Hashem made for Adam HaRishon. The first man on earth was cloaked in colour! I have benefitted tremendously from all this wisdom, to navigate the rocky path that has been the 'Covid-coaster' of our daily lives!

This has been an exciting opportunity, to build on what was already a well-loved and engaging magazine. In the creating of this edition, we often heard the words, "Oh, we love *Yalla* magazine!" It is hard to follow in the footsteps of Shira Druion, but in many ways, it is her talent that provided the ideal blueprint to build from. On behalf of Claire and I, we thank you, Shira. And finally, to the Rabbi's, for all the support and kindness they have extended to us, we thank you too. And, last but not least, in recognition of Hashem, who has always had my back and given me privileges beyond expectation.

Yalla, enough of me!

Let me introduce you to my co-editor, who I have spent many hours with sharing light and laughter, the multi-talented, Claire Freeman.

Maxine

Find the Light



It has been the year of information and misinformation. The year of fear and virus. The year all our lives changed in every way. We have cried, we have raged, we have complained, we have been grateful, we have learnt, we have prayed. There isn't an emotion I haven't met with personally this past year. I have stared all of them in the face. I have become comfortable with many of them and I have learnt to live with others. I have reminisced and longed for 'old times', I have looked at my children with adoration and sadness, for all they have coped with and what they have missed. Some of us, have stared death in its face and lost loved ones. Some have lost their businesses and income. As the Torah says: "There is a time for weeping, a time for laughing, a time for wailing and a time for dancing... A season is set for everything, a time for every experience under heaven."

I miss my grandmother. I miss my friends. I miss seeing my young cousins grow up. I miss hugging. I miss the smiles of strangers. In short, I miss the life we had. A life of freedom, a life filled with a million little things. I miss the bustle. I miss you too, old friend.

And as we all live through this loss, of some kind or another, I cast my attention back to life before the pandemic. For many of us, we now live under the idealistic illusion that life was just fabulous before.

We crave that normality. But was the 'old norm' what we were, anyway, looking for?

I, for one, was not enamoured by it. Our children being raised in the generation of the selfie, the Fortnite mania, the less and less dressed music stars, the trials of TikTok and more. Morals and morality were slipping through our fingers. Power and greed were the only attributes to succeed. The demands of our busy lives were slowly but surely taking over, giving us less and less time to notice our essence, our soul. The 'body' became the chief protagonist, for what it craved, we caved and gave into. "Pause," said God, creator of the Universe. "I need you to pause. All is not well on earth. Take heed, my beloved children, this is not what you were created for. For if you knew your brilliance, you would most certainly, enter into a life of almost boundless joy and power."

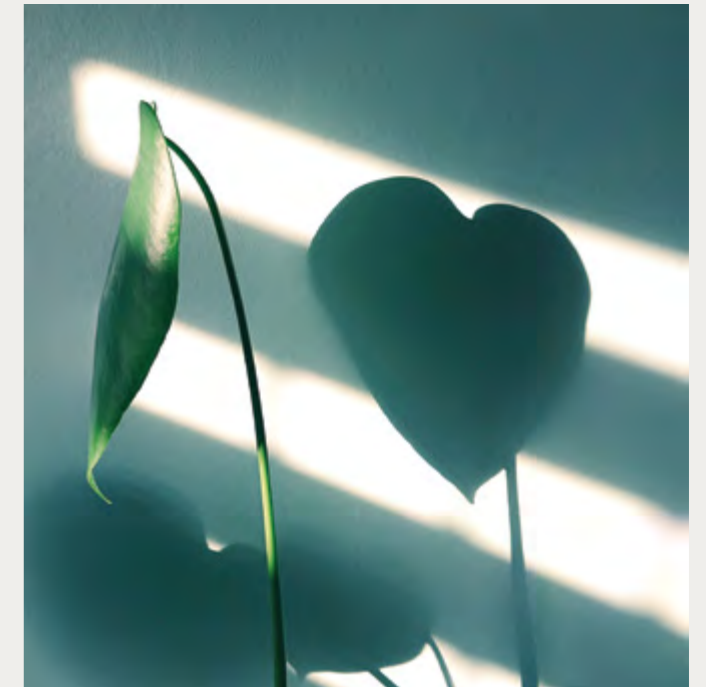
And, as I lay in bed last week, my 10-year-old son, looked at me sadly and said: "Mum, when is Corona going to end?" My darling child, this question sits upon all our lips and how to answer this, who knows, I'll add it to my list. I shrugged my shoulders and softly said, "I don't know. Why?" And in the same way, I wasn't prepared for this pandemic, neither was I prepared for

his answer. Quietly, as if he was embarrassed, he said, "Because I feel like I'm not connected to Hashem (God) anymore. I can't even remember if I'm Jewish or not." And there I lay stunned, unsure of how to react. He explained to me that because he doesn't see many people anymore, he doesn't feel God. "I miss people and it makes me forget God." You see, this dear child, related to the wonder of God, through the wonder of His creation, Man. He saw the tapestry of life through his friends, his family, his neighbours, and even strangers. For it is through each person, we see the enormity of life. Each person is a whole world in their own right. Each person brings their world to another.

When we live as free beings, our worlds are continuously colliding into each other, intermingling and enhancing, one with another.

He saw the complexity of God's creation through you, and you, and you. And he is not wrong. For it is each other, that keeps us going. It is the smile of a stranger that gives us hope. It is the touch of another that reminds us of our warmth. It is the laughter we share together that makes all of life worth living. It is through our vibrant and colourful Jewish communities that we survive and indeed, thrive. It is our milestones, our weddings, our Bar and Bat-mitzvahs, our shuls and schools that provide the heartbeat, for us all. And as God said when he created Adam, "It is not good for man to be alone." And yet, here we are, all of us, alone, in some way or another.

As adults, we like to think we are in control. After all, we have spent years developing our ideas and sharpening our minds. But at the end of the day, what is truly more fundamental, an adult's intellect or a child's innocent outlook and faith? Too often, our hopes for the future have been drained, whereas a child dreams and wonders. And somehow, my child gave me hope. Hope for a new world, a better world than the one we had before. Just as the seed that I planted underground during the first lockdown, has to live shrouded in darkness for some time, preparing for the new dawn, so too, it has been deemed for us, to live apart for this time, to live without the light of each other. I can only pray that a new seedling will sprout into a new world, not the 'new norm.' But rather a world of gratitude for



the simpler things in life, a world where the 'body' is no longer the spoilt child within, a world where we stop to listen for a little, to the whispering of our soul. As it is written, "The hearts of the parents will return through their children." And in its divine wisdom, the Torah is hinting to us that childhood is not just for the child, it is for us too, to return to and tap into the purest part of ourselves. So next time you spend even a moment with your child – or any child – do not be casual about the experience. Look at him, do you see him? Do you see the purity of the soul beneath? Learn from your child. They have much to bring to this murky world.

As we head into the festival of Purim, unlike any Purim before, I urge you to allow your children to drop all the *metaphorical* masks they are forced to wear and instead, just be themselves. Allow them to run wild, to laugh, to ask, to wonder, and in that, you will find a softer and more delicate joy – one that belongs to the soul. It is time to get to know ourselves all over again and to do that, we must listen to the whisper of the soul and create a new world together.

With much love,

Claire



AN INTERVIEW WITH RABBI LORD SACKS, Z”L, CHIEF OF STAFF

Joanna Benarroch

Rabbi Lord Jonathan Sacks, z”l, was considered an immense Torah scholar of our generation. With a rare eloquence he addressed hundreds of thousands of people across the world, Jews and non-Jews alike. He inspired each person, with this deep understanding of morality, through Torah. Yalla magazine had the privilege of interviewing his loyal and devoted chief of staff, Joanna Benarroch, who was by his side for 24 years.

What helped him to recognise his talents and wisdom and use them to dedicate his life to the community?

Rabbi Sacks would often refer to his various conversations with Lubavitcher Rebbe, in 1968, as the turning point in his life. He had absolutely no plans to become a Rabbi. The Rebbe challenged him to be a leader, to take responsibility for those around him and bring about change in the community. In time he encouraged him to focus on training the next generation of Rabbis and be an example to them.

In a wonderful speech he gave to 1400 students at the Olami Conference, Rabbi Sacks inspired the crowds with his wisdom and said “I realised of a pretty early age that I wasn’t born great and I wasn’t going to achieve greatness, but at a certain point in my life at university I suddenly realised that if you’re a Jew, you have greatness thrust upon you.”

What did he consider his greatest accomplishment?

I can’t answer for Rabbi Sacks as he was a very humble person and would never talk about his own accomplishments. But if you were asking me what I consider to be his greatest accomplishments, I would have to say that it was making Judaism relevant in the 21st century and incorporating Jewish values and morals into the wider society. Rabbi Sacks believed passionately in a Judaism engaged with the world. Without doubt his Torah learning wasn’t just academic, he lived and love his Judaism.

How did he stay so humble while being loved and admired by so many including numerous influential people and government leaders?

The *Gemara* in *Megillah* 31a, teaches in the name of Rabbi Yochanan, that: “Wherever you find the greatness of the Holy One, blessed be He, there you will find His humility.” And that is, I think, what struck me more than anything else about Rabbi Sacks. He never fully grasped, or perhaps he was reluctant to grasp just how great he was – despite us and many others telling him.

There is one clear memory that comes to mind that highlights Rabbi Sacks’ humility. During the time Rabbi Sacks received the Templeton prize, my colleague and I were in the car with Rabbi Sacks, Lady Sacks and the team from the Templeton Prize. One of the team members, turned to me and said, “I can’t believe I’m sitting in the car with Rabbi Sacks!” I countered, “I pinch myself every day to think that I have this amazing opportunity and incredible privilege.” Rabbi Sacks, who had overheard this conversation, was stunned, and looked at me quizzically, “Seriously?” He just couldn’t fathom the idea that he was somebody special and that anyone would feel that they were lucky to be working for him or be in his company.

When receiving letters of admiration or thanks, he would often say: “Compliments are fine. So long as you don’t inhale!”

What is your favourite quote of Rabbi Sacks?

Rabbi Sacks was the master of wonderful and meaningful soundbites, so to be honest I have lots of favourite quotes, but I have chosen four to share with you which give a sense of his unique perspective and understanding of the world:

- *Optimism is the belief that things will get better. Hope is the belief that, together, we can make things better.*
- *Making a blessing over life is the best way of turning life into a blessing.*
- *Happiness is a matter of gratitude with attitude.*
- *Thank, before you think.*

Tell us something about him that we couldn’t possibly know?

Rabbi Sacks had a love of, and an eclectic taste in music. He would often share a piece of music or send us a Youtube video. He didn’t just have an appreciation for the music, but he wanted to know and understand what or who had influenced the artist to write that particular piece. Rabbi Sacks could appreciate the effort and energy that had gone in to the making of the song and would often regale us with interesting and unusual facts



about the production or the musician that were breathtaking. Rabbi Sacks believed that *“Words are the language of the mind while music is the language of the soul.”* In my early days working in the Office of the Chief Rabbi, my phone rang. For some reason it was not on silent nor was it within easy reach, so I couldn’t silence it quickly. My ringtone was a well-known song by a popular 70’s group. I’m not sure who was most surprised, the Chief Rabbi or me. He was surprised that I, a sheitl wearing lady, was a fan of this group. And I was surprised that he, the Chief Rabbi, even knew the group existed.

What was his biggest concern for the Jewish people?

Assimilation – through lack of education and an appreciation of our heritage. When Rabbi Sacks became Chief Rabbi in 1991, he was very concerned, that the Jewish community was looking too much to the past and not focusing enough on the future. He published a book entitled *Will we have Jewish grand-children?* This was a theme that he regularly addressed throughout his Chief Rabbinate and beyond.

What made him laugh?

Rabbi Sacks had a wonderful sense of humour. He had a love of life – *simchat hachayim* – that was infectious. All sorts of things made him laugh and he was always

looking for and sharing new jokes that he could incorporate into his speeches.

Out of the many lessons he taught you, which one stood out the most?

In my 24 years of working with Rabbi Sacks, one of the many things he taught me was the importance of thorough preparation. He considered himself the R&D (research and development) department in our team. He would often call to talk through an idea or a thought, as it was permeating. He would stop at intervals to say, “Are you with me guys?” He wanted to make sure that we thought it was making sense. It didn’t matter if he was writing the Templeton Speech, a 3-minute video message or a shul sermon, he was thoroughly prepared. He would spend hours working on a speech until he was satisfied that it was right, and therefore, his message was always pitch perfect. He gave the impression that speaking and writing came naturally to him but behind it lay an enormous amount of effort. His work ethic - investing his heart, soul, time and energy into everything he did, drove his success.

One such example was his TED Talk. I accompanied him to the rehearsal. Don’t think you just get up and deliver a TED Talk. The reason TED Talks are so impressive is that they expect - even demand excellence. Once they have accepted you, they help you to thoroughly prepare. Rabbi Sacks had written his



TED Talk numerous times until he, and we, were happy with it. He then spent hours learning it off by heart – TED prefers you don’t have notes. He was word perfect.

They advised us to come in a little earlier so that we could observe another presenter, in rehearsal, prior to his own slot. It was a harrowing experience – they gave the poor man 20 minutes of feedback for an 18-minute presentation.

Rabbi Sacks’ presentation was spot on and needed no feedback – other than his attire. The dress code for TED is comfortable and informal. Rabbi Sacks was wearing a tie – a yellow tie, no less! Chris Anderson, Curator at TED, gently approached Rabbi Sacks and asked if he might shed the tie. Rabbi Sacks, with a twinkle in his eye, said, “I promise I’ll stick to the rest of the dress code and I won’t wear any dangling earrings, but my tie stays!”

Outside of his standard Jewish practices, is there anything he made time for daily?

Rabbi Sacks believed in daily routines and good diary management. His most creative time of the day was first thing in the morning. So, he had a strict daily writing schedule. In addition, he made sure that he had fixed times for exercise each day – he loved outdoor walking, particularly on Hampstead Heath.

What was it about Rabbi Sacks that appealed to so many people from so many backgrounds and so many walks of life?

Rabbi Sacks had an ability to touch people from all walks of life. He made difficult and complex ideas accessible and relatable. Before speaking to any audience or writing a book he would read everything he could on that subject so that he had something new to bring to the conversation. It was this breadth of knowledge, not just within Judaism but from philosophy to contemporary culture, economics to art that allowed people to have confidence in his moral voice and compass. From *Radio 4’s, Thought for the Day* to a sermon in shul – his eloquence, ideas and brilliance appealed to all.

What would Rabbi Lord Sacks thoughts be on the Abraham Accord?

On the 9th September 2020, in one of his last engagements, Rabbi Sacks was invited to join a pre-Shabbat online gathering hosted by Chief Rabbi of the UAE, Rabbi Yehuda Sarna. In this address Rabbi Sacks summed up his thoughts on the Abraham Accord, “This was a truly historic event whose repercussions go way beyond the immediate and may involve a reconfiguration of the entire politics and relationships of the Middle East, and the relationship of many countries who have held their distance, or worse than that, with Jews, Judaism and the State of Israel.”

Rabbi Lord Sacks, z"l, will be sadly missed by us all.
We will continue to learn in his name and gain from his invaluable teachings.



Nobody IS PANDEMIC FREE

Photo Credit: Nadin Ram

Esther Marlow

Unemployment is at an all-time high and it will probably get worse before it gets better. A successful business-woman shares her journey of how hope and optimism are not only extremely powerful tools, but absolutely necessary, if we are to go forward and ensure a better future for ourselves and our children.

Throughout my career, spanning 10 years in the public sector and 20 years in the private sector, I gained so much experience and enjoyed much triumph - I felt at the tip of my career. It seemed there wasn't much that could put my nose out of joint.

Until the year 2020 of course, when everything, for everyone, CHANGED FOREVER.

Nothing could have prepared me for the devastation that the business world has endured throughout 2020, due to the Covid19 pandemic. Those who remember the 2008 financial crash, may already understand that the collateral damage across the board is far greater than anything we have encountered before. Add in, the innumerable amount of additional difficulties families are facing in their homes, and their personal lives too. The situation is desperate. You see, nobody is pandemic-free.

Personally, I have been working to ensure the future of my own business. Under this pressure, I can't help but reflect on where we are as an economy and as a people. It's easy to get caught up in the rhetoric

of apocalypse-type thinking but I believe that optimism is the path we must take, even though the terrain is murky and confusing. Being faced with this darkness, I have been forced to find some light and my hope is to share these ideas with you, to inspire you on your journey too.

To achieve your potential, you need to strive to be authentic.

If you want to be the best you can be, you have to consider that mind, body and spirit are all important. If your drawers are messy at home, you are unlikely to be organised at work. If your nutrition and exercise regime are poor, it might hinder your ability to be successful. Try applying your business acumen to your mind, body, soul too - then sit back and watch the outcome.

Focus on your weaknesses not your strengths.

This applies to both the individual and businesses. Risk management means moving out of our comfort zone, being honest about where we lack experience or talent and taking steps to address those weaknesses. There are no short cuts to this. An honest self-appraisal system is critical to moving forward.



I remember the owner of a successful retail business, at the end of each day he would ask the same question to his team – “*What did we do well today and what could we have done better?*” The second part of that question is by far the most important question and one that we all need to ask ourselves on a regular basis.

Challenge your thinking.

I am of Jewish/Indian heritage, raised in a very traditional

home. This also meant that the expectations of me having a successful career ranged from mild to low. In addition, I never expected, nor did I want to be a single parent who was also working full-time in the business world.

It has taken me a long time to be able to correctly challenge my thinking. Instead of seeing difficulty after difficulty, I slowly started to translate this to opportunity and to recognise what I still had in my life. Learn to see with a different eye.

CHALLENGE your old thought patterns and shine the light on each situation.

Education, education, & more education.

I am a strong proponent of both formal and informal education. Never stop learning from everything and everyone. That has served me well. I recently read Jack Ma’s autobiography, his journey and how he managed his failures, one of which was, failing his college entrance exam. Subsequently, he went on to co-found Alibaba, Alibaba is China’s — and by some measures, the world’s — biggest online commerce company and today has net worth of over £60billion. As Jake Ma says in the book, “*If you have different mindset, you will have a different outcome.*”

There is always choice.

We are living in uncertain times and for most of us, that creates an uncomfortable environment at best and at worst, one when we can see no positive future.

My favourite read is Victor Frankl’s life-changing book, ‘*Mans Search for Meaning*’. Inside he writes: “Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

No matter what we are facing, we need to remind ourselves, that there are ALWAYS OTHER WAYS and ultimately, we are free-will beings so even if the world around us has changed, take a pause - breathe.

You are now free to choose an alternative way.

The future

I don’t believe the world, including the business world, is going to go back to the ‘old normal’. I think the world has profoundly changed.

Certain industries, like retail fashion, were already struggling and while the strong will survive, this year has also accelerated some of the shifts that would have probably happened in any event. From Zoom meetings to E-Commerce and changes to the way we live and communicate, the world is now a different place, and this will be reflected in economic change.

We have entered into a technological era that will merge the physical, digital and biological worlds. In its scale, scope and complexity, the transformation will be unlike anything we have experienced before.

When I was school, I could never imagine that we would hold in the palm of our hand, a gadget which is millions of times faster than the Apollo 11 guidance computers, that steered Neil Armstrong’s iconic landing on the moon. Equally, today we cannot know or understand exactly how the future will look or what we will be holding in our palm of our hand in 20 years’ time. Although, we can probably be sure that our children will still not return our messages in a timely manner because some things never change.

So, whether you are employed, self-employed or at the beginning, the middle or the end of your career there is much to do to carve out our own pathways to success.

ABOVE ALL, remember that whatever happens in life is usually beyond your control but ultimately you will always have a choice of how you react to it.

Your reaction to your circumstances will define both you and your place in this world.

S U C C E E D I N G I N T H E F A C E O F



adversity

Juliette Lipshaw

A headmistress speaks out: I was determined that school would be the 'light in the darkness', a place of security, hope, calm and leadership

From a very young age I wanted to be a teacher. I realised that dream, aged 21, and loved being a teacher so much it was the natural transition to become a Headteacher. It is a responsibility I take seriously. I am at the helm of Sinai Jewish Primary School, Europe's largest Jewish primary school, with 645 pupils to educate and 100 members of staff to lead and look after. It is a challenging (but rewarding) ask at the best of times, but throw a pandemic into the mix and it has been, without doubt, the hardest working year in my professional career; which now spans over 26 years.

I am not afraid of hard work and I am by nature an organised person. Both these traits have been put to particularly good use since the government instructed schools to close their doors in the first lockdown in March 2020, and throughout the turbulent months to follow.

Throughout the pandemic we have opened our school doors and looked after some of our most vulnerable children as well as the children of critical workers on the frontline of the Covid-19 response. We too, are front

line workers, travelling into work to support others with little to no protection.

We have delivered food care packages and Friday night meals to some families and we have virtually held the hands of the parents as they have faced financial uncertainty and emotional stresses and trauma. For these acts of kindness and true community spirit I am most proud.

I have communicated with our Sinai families, every week, maintaining this open channel is a big part of keeping people motivated and the children on track. It was also an opportunity to ensure that everyone focused on their wellbeing and mental health. I wanted our families to enjoy being together and realise there are valuable learning opportunities in baking a cake, planting flowers, learning to tie shoe laces or sharing mindfulness moments. These are all vital life skills that will serve the children well and work to complement their school work.

As we all fell into the swing of the new norm by the end of the first term of home schooling, the children displayed a fast-growing digital literacy.

The parents joked that there will never be a 'snow' day again, now we have such proficient online learners. Our online provision, live lessons and pre-recorded lessons run from nursery to year 6 and even our youngest children work hard and produce great work. I am a big believer in working hard and playing equally as hard so we made sure that our youngest learners were learning through play.

As summer rolled around, the start of the summer term brought with it the routine and structure that many of us craved. The teachers continued to share 'wow' work with me, as they would if we were in school, and seeing the dedication and effort of the children remains one of the best parts of my jobs. It is the children who are showing immense resilience and adapting to their new way of working with aplomb. I feel immensely proud and lucky to be in a job that I love, with a staff, parent and pupil community that shares so much love and mutual respect. The longer days gave plenty of opportunity to wave, at a distance, to the Sinai children who I saw when walking my dog and the summer months allowed me to host my first ever virtual tea



party with all the children. I baked scones and made cucumber sandwiches and the children all posted photos to an online gallery with a piece of work that they were most proud of. As the photos came streaming in I was humbled by the children – they all deserved to attend my tea party and I make a mental note to remind them of how proud I am of their work ethic and love of our school when our doors reopen. Seeing all of their smiling faces is a definite highlight of that term.

I longed for the full bustle of Sinai life, to hear the children singing their tefillah in the classrooms, giggling in the corridors, rejoicing in the playground and contributing with enthusiasm in their lessons. But for many months, we enjoyed a half full school and saw it as a glimmer of normal school life finally returning.

Running two schools – one physical and one virtual – as well as key worker provision was a monumental task and a huge undertaking for the staff, both exhausting and exhilarating.

The true determination and dedication the Sinai teachers displayed is something that has continuously shone throughout the pandemic - IN TRUE SINAI SPIRIT!

The end of the summer term saw many events sadly cancelled and others innovatively re-planned. Our year 6 graduation, for example, was a drive-by ceremony with decorated cars, music blaring, teachers cheering,

CHAZAK'S FAMILY LOCKDOWN SURVIVAL KIT

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At a loss with how to keep the
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a whole array of activities,
games and ideas
of what to do
during lockdown.



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goodie bags, certificates along with emotional parents and children.

I wanted our year 6 pupils to end their primary school journey in true Sinai style. The return to school in September felt familiar and refreshing. We welcomed new starters - these children taking their first tentative steps into the world of formal education signalled new hope. The nurturing environment of the school is comforting for the children and they were all learning, achieving, playing and flourishing.

The shofar for Rosh Hashanah was sounded, in a safe and distanced manner - it signalled a new year and a new start. We enjoyed making our Brachot in the school Succah, decorated by the staff and pupils. Our year 2 children even welcomed 10 fluffy chicks into their huddle, to incubate and observe as part of their Science topic. These little yellow bundles brought joy and wonder to the children and allowed us to marvel at the wonder of new life.

We celebrated being formally invited to continue as one of the Mayor of London's Schools for Success and we opened the doors to our new Wellbeing and Therapy Room - the children continued to thrive. As the term drew to a close, we busily prepared for Chanukah. Chanukah is always such a special time at our school. We did not let the restrictions dampen our spirits or curb our celebrations. It was incredibly special to hear the whole school come to a standstill as we lit candles and then erupt into singing, doughnut eating and celebration. In a world that has shown much darkness, nothing can stop the glow of the Chanukah candles - a little light goes a long way.

I began speaking about how being organised and prepared was one of my biggest strengths in riding out the last year.

As I write, we are once again enduring another national lockdown. Our online teaching is constantly improving and we are all in the swing of running an outstanding online school, ensuring that our pupils at home have face to face contact with their teachers and feel connected to their education whilst we once again open for our most vulnerable pupils, our nursery and the critical worker children, who all bounce into school feeling safe, secure and happy to learn.

That said, all the years of training to be a teacher, my Headship qualifications and all the local authority briefings in the world, was no preparation for such an unprecedented and long enduring situation. Now that a vaccine is please G-d, in sight for teachers, I am able to reflect back on the last few months and our achievements. I am immensely proud of what we have all achieved and believe my staff will look back on this time with pride knowing that we all gave, over and above, for our school community, succeeding in the face of adversity.

I will always come back to the most important people in our school - the children. I am always proud of the little people that fill my classrooms, this year is no exception. The children have been superb in every way, a SHINING LIGHT IN THE DARKNESS.

In my office I have the words: *"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain..."* Oh how we have danced in this storm. I am enormously proud of our school community and all that we have achieved, together, this year.

CHAZAK INVITES YOU DATE IN A BOX

NEED TO RELAX AND UNWIND? RE-CONNECT TO YOUR SPOUSE?

Join us for an
**OUT OF THE BOX,
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Each couple will receive a box of goodies to enjoy together, along with a pre-recording full night of activities:

- Stand Up Comedy Performance
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Sign up to receive your
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£25 per couple



TEACH THE WAY THEY LEARN

Rabbi Yitsy David

The BEAM Academy at Chazak presents an exciting, new and dynamic approach to learning, forging the path ahead to a successful life.

Remember the day your vibrant and fun-loving 11-year-old waved goodbye as he entered the doors of his new secondary school? The pictures you took, as you marked this special occasion? Nervous as they were and with hidden tears of joy in your eyes, you bid them farewell, excited for them to embark on this journey of education and growth. For some of us, it is a bitter-sweet memory. Fast forward a few years and how the tables have turned. There's no longer have a joyful child eager to learn, but rather, a disgruntled teenager who can only be described as apathetic in his attitude towards his studies. He or she, is no longer inspired by school. Their self-confidence is waning. They don't care about their homework. Some days, you barely recognise them as the child you once knew.

Unfortunately, this is a story we have all seen, one too many times. A story that many suffer in silence. A story of parental frustration and quite frankly, a torment for the child in question.

You see, not every child is built for MAINSTREAM EDUCATION. And not every school is built to cater to the needs of every child. Which leaves a proportion of our children somewhere in the middle.

These children are then cast aside; they are the troublemakers, the daydreamers, the not-so-smart ones or even worse, the dropouts.

First and foremost, I would like to take a moment to mention that the majority of the above-mentioned teenagers are intelligent, deep and love learning, unfortunately, just not in the subjects that are set out in the National Curriculum. And once they have been repeatedly exposed to subjects they are not interested in, or a system that leaves them feeling inadequate – they start to believe that are not capable of learning anymore. They start to lose faith in who they are and with that, often comes, depression, addiction, and anxiety.

For decades, schools have focused largely on academia and IQ, with very little emphasis on building life skills or on EQ (Emotional Intelligence). Not every child is going to be an accountant or lawyer but it is safe to say that every child will face challenges and stress in their lives. Each child will have so many other paths they will need to navigate. So, why are we not preparing our children for that?

K. Brooke Stafford-Brizard a senior adviser to Turnaround for Children, states that, "Most schools that focus solely on academic skills do not experience sustainable results. A growing body of research, drawn from the science of child development, demonstrates the extent of the impact that non-academic and social-emotional skills—such as problem-solving, social awareness, and growth mindset—have on academic outcomes and success in the workforce and in life. While some label these skills as supplemental, recent studies have shown that what we have long considered to be the softer side of education is requisite for success."



And whether or not, you have an A grade student or an Oxford graduate on your hands, one thing we all realise is that for the most part, our children are still ill-prepared for the big wide world. University or not, they are often lacking basic life skills.

If a typically "non-academic" student (by the way I use that term loosely, as I genuinely believe these kids are no less talented than academics – they are usually super bright left-brained children) leaves school and still has enough of their confidence intact – they are usually steered in the direction of estate agency or being a runner in Hatton Garden but more often than not, they end up in more dead end jobs, that lead to nowhere. We, at Chazak, believe these kids just need an alternative option. A place where they can feel good about learning, a place where they don't feel, less than.

During this lockdown, most of our community projects were put on hold and we felt that this was a chance to build something better for these teenagers. There are so many that we know and love personally. We began our research, and with the help of God, a plan evolved before our eyes.

The BEAM Academy is the result of our dedication to these young adults. We are proud to present the unveiling of BEAM, an acronym for Business, E-commerce, Arts and Mentorship. This educational programme aims to combine life skills, business skills and hands-on-experience for young adults. Currently, we have a small group of students who start their day at 9:30am (optional Shacharit and breakfast). During the early part of the day, we turn our attention to the business world, offering an array of online courses on subjects such as, coding, business management, excel, trading, graphic design etc.

In the afternoon, we have successfully launched an e-bay and Amazon shop where students learn about e-commerce and put their skills into practice. From start to end, all roles have to be fulfilled: there are the simpler

jobs like stacking and organising the warehouse, packing and posting, to photographing products, writing product descriptions and customer service. Not to mention the accomplishment of sales and financial reward.

They will be researching products, learning about profit margins, trying to spot trends in the market and even building their own brands and marketing their own products. We have benefitted from government schemes such as, Kick-Start, to help fund the programme and communicated with Work Avenue, for advice on building this vital syllabus.

Along with all the practical skills, we also provide dynamic guest speakers to inspire the students in other areas that deal with motivation, team-building and self-esteem.

The dream, and the goal, is to give these students life skills that will benefit them no matter what the future holds. That will bolster them to take steps to set up their own businesses. It will be a learning curve of being exposed to new skills, to discover their likes and dislikes, strengths and weaknesses. BEAM aims to motivate the unmotivated and we do this by giving them more ownership.

As Ignacio Estrada says, about these children, our children: "If they cannot learn the way we teach, maybe we should TEACH THE WAY THEY LEARN."

For more information about The Beam Academy please email: yitsy@werarechazak.com

**Due to the pandemic, The Beam Academy is currently online but will be based at the Chazak Centre in Hendon, London.*

RELATIONSHIP WARNING SIGNS

Rabbi Lawrence Hajioff

Every relationship will have ups and downs, but there are some signs that you will want to pay close attention to.

Rabbi Lawrence Hajioff shares his practical and insightful wisdom on these 10 warning signs.

SIGN ONE: YOU FOCUS MORE ON WHAT'S WRONG RATHER THAN WHAT'S RIGHT

There is a fundamental truth in life, that humans tend to find what they look for in their world. Some people are convinced we are on the path to immediate ruin

while others believe we're living in the most exciting time to be alive in history. Both opinions can point to outstanding arguments to support their premise. But how can they both be right when they live in the same world?

It's because humans have an ability to live in a world of their own making, simply by choosing where to focus. This is also how you can keep your love alive. You can focus on what a lazy, forgetful, good-for-nothing partner you have, or you can see them as a wonderful partner

who occasionally overlooks a request when he or she is distracted. Which one would you choose to spend a lifetime with, since the choice is all yours?

As you believe, so you will perceive.

SIGN TWO: YOU'D RATHER BE RIGHT THAN IN LOVE

As long as we're talking about how to respond proactively when things go wrong, let's just acknowledge that there will inevitably be times when your partner falls short, makes a mistake or frankly, just blows it. Even though it may seem justified or feel better in the moment, choosing a righteous response will only damage trust and create lingering resentment. Plus, it will teach them to stonewall, deny and argue rather than simply apologise and admit a mistake in the future.

It's critical to condition the behaviour you want to see by using rewards and not punishment, if you want A RELATIONSHIP THAT LASTS.

Take the high road and give your partner the benefit of the doubt, especially if they don't expect or feel they deserve it.

Wherever possible, give people a graceful way to save face when they screw up. And if you are the one to screw up, have the humility to apologise quickly. Both habits will go a long way in creating and sustaining the love you deserve. I am not suggesting you be a doormat and allow poor behaviour to go unchallenged, I'm simply saying don't sweat the small stuff and choose to stand your ground on the bigger stuff.

SIGN THREE: YOU TAKE THINGS PERSONALLY AND MAKE IT ABOUT YOU

Human beings will usually try to meet their perceived needs, even if it occasionally means violating their values in some way. The truth is, it often has little to do with anyone else because someone else's needs, simply aren't as critical as your own. That makes sense, doesn't it? That's why it's a huge waste of time and energy to demonise a partner's actions and make it about you.

Choose to empathise with their needs instead. What better way to demonstrate maturity and your own value than by acknowledging that your partner has needs that also deserve to be met? Do your best to be the one who can help them meet their needs better than anyone else. Look for the common ground instead of the insult.

SIGN FOUR: YOU DON'T CREATE A SAFE SPACE FOR YOUR PARTNER TO SPEAK OPENLY AND JUST 'BE'

Bad habits and poor strategies that don't work, are a slippery slope to ruin. People have a need, to be seen, heard, acknowledged and appreciated, just as they are. They don't want to be judged, manipulated or treated as if they're wrong or broken. This is a primary need that is so important, it's almost like emotional oxygen.

I'll tell you a secret: Sometimes people may think they need or want things that might be real deal breakers for other people. But what they really needed all along was just the acceptance that came with simply hearing them out and not making them wrong.

REMEMBER, as soon as you judge someone else, you lose all ability to influence them.

If you can accept people where they are and give them even more unconditional love than they have ever felt in their lives - you have won. This is the secret to undying love. Think about it. Why would someone risk losing the greatest partner they've ever had? Someone who also happens to always see the absolute best in them, even when they, themselves, temporarily lose sight of it. That is a powerful attribute and really, *really* tough to ever leave.

SIGN FIVE: YOU PUT OTHER PEOPLE OR THINGS AHEAD OF YOUR RELATIONSHIP

What you fail to celebrate will eventually deteriorate. A relationship, like all living things, needs nurturing, care and ongoing nourishment if you want it to thrive. Too often, we get hypnotised by random unfinished business, never-ending demands and the shiny diversions of a 24/7 media world.

The key here, is instituting rituals. If you value what you have, set up a regular date night ritual or a bedtime ritual — like a nightly gratitude check-in or just alone time together. If that seems too overwhelming, just try it once for a week or a month. The idea is to build a habit and muscle. You don't get in great shape by going to a gym once. It's the culmination of many trips that gives you the results you want. Again, let the ritual do the work and you'll thank me for it later.

SIGN SIX: YOU DON'T KNOW OR FULFILL ONE ANOTHER'S LOVE STRATEGY

You need to learn how to understand, communicate and request that your own needs be met in a way that makes your partner more likely to comply with them. It's like getting the precise combination to your partner's love vault and being able to crack it open any time you wish.

Let me put it this way, if you knew exactly how to delight your partner over and over again and make them feel more loved, understood and appreciated than they've ever felt in their whole life, would you do it? Of course, you would! I cannot tell you how many times I hear couples in crisis, angrily claim, "I've done everything!" But the truth, is if they did the right thing, they wouldn't be in crisis, would they?

SIGN SEVEN: YOU EXPECT YOUR PARTNER TO THINK AND ACT EXACTLY LIKE YOU

Do you know the root cause of nearly every argument between a couple in a relationship? It's usually some sort of discrepancy between their individual values, beliefs, habits or expectations. That's it. In order to be successful long-term, it's important to be on similar pages regarding some of life's most important topics. It's also worth remembering that a relationship is between two individuals.

It's important that you give your partner room to have their own opinions and views. Partnership, is really about voluntarily becoming a team because you recognize that together, you are better than the sum of your parts.



When it comes to reconciling your differences, you only have three choices: you can either celebrate them, mitigate them or obliterate them.

Which one would you prefer?

SIGN EIGHT: YOU LOST POLARITY AND THE ATTRACTION HAS TOTALLY FIZZLED OUT

I could give you a whole science lesson on magnetic attraction or polarity but let me just simplify for you: Two energies which are polar opposites create attraction

and stick together effortlessly. Two energies that are the same repel one another.

When partners are living in their core energy, they attract naturally but under pressure, they lose their way and take on opposite attributes. In other words, both partners find one another equally repulsive. The solution is two people finding the strength and resolve to recapture what they once had, protect it and nurture it. Build it back to where it's stronger than ever and to withstand whatever comes its way.

It sounds easy to say, but sometimes it requires some expert assistance to help bring you back from the edge. This is what I do and if I can help, please feel free to reach out. True love is far too precious to just throw it away without first giving it everything you've got.

SIGN NINE: YOU'RE INAUTHENTIC OR LOSE RESPECT FOR ONE ANOTHER

As long as we're talking about opposites here, there are essentially two states when it comes to living in true, complete and radical authenticity.

You are either living fully expressed, completely repressed or somewhere in between.

People who are fully expressed and are well along on the path to self-actualisation tend to be some of the happiest and most fulfilled people you'll ever meet. By the same token, repressed individuals tend to live with varying degrees of shame, unhappiness or even self-loathing. In fact, repressed individuals often strike back at society through violence or criminal activity when the frustration gets too high.

The beautiful thing about relationships at their best, is that it lies within the bond of true intimacy, where individuals are free to be completely self-expressed,

accepted and even protected. One of the great ironies in the human experience is that there may be no greater force to bring two people together than simple authenticity. People who are free and make no apologies for themselves are powerful and compelling.

Even when two parties are totally at odds with one another, nothing has the power to reunite them more beautifully than RAW VULNERABILITY, when expressed without attack.

I've seen it too many times and watched people come back from the edge, even when all was feared lost. Your greatest power is also that which you fear the most — embracing your true vulnerability.

SIGN TEN: YOU OVER-VALUE CERTAINTY OR FAIL TO EMBRACE CHANGE

Change is inevitable. More often than not, men marry women with the hope they will never change. Women marry men with the hope they will change. Invariably they are both disappointed. The truth of the matter is, that over the course of a lifetime, each one of us will learn more and grow more, always in a bid to further clarify our values and beliefs.

You can either grow apart, slowly over time, or you can honour one another's journey. Find the common ground and do your best to expand it whenever possible. Everyone is bound to change over time, but no one wants to be changed or feel pressured to conform. If you don't want it done to you, don't do it to your partner.

May we be blessed with success in all our relationships and use this difficult time to help us grow in love towards everyone.



HOW OUR THOUGHTS CONTROL OUR FUTURE

EPIGENETICS is a new type of science that is growing in popularity and promise in the scientific world. Epigenetics is the study of cellular and physiological traits, or the external and environmental factors, that turn our genes on and off, and in turn, define how our cells actually read those genes. It works to see the true potential of the human mind, and the cells in our body.

Dr Bruce Lipton

The widely known concept that DNA determines much of who we are is a misconception, according to Dr Bruce Lipton.

Genetics is the study of heredity and how qualities and characteristics are passed on from one generation to another by means of genes. However, the widely known concept that DNA (genetics) determines much of who we are – not only our eye or hair colour, for example, but also our addictions, disorders or susceptibility to cancer – is a misconception, according to prominent stem cell biologist, Dr Bruce Lipton.

The downside of genetics is that you find yourself to be more or less a victim of your heredity. This leaves us helpless. One can even become irresponsible to a certain extent. For example, you say, 'I can't do anything about it, so why try?'

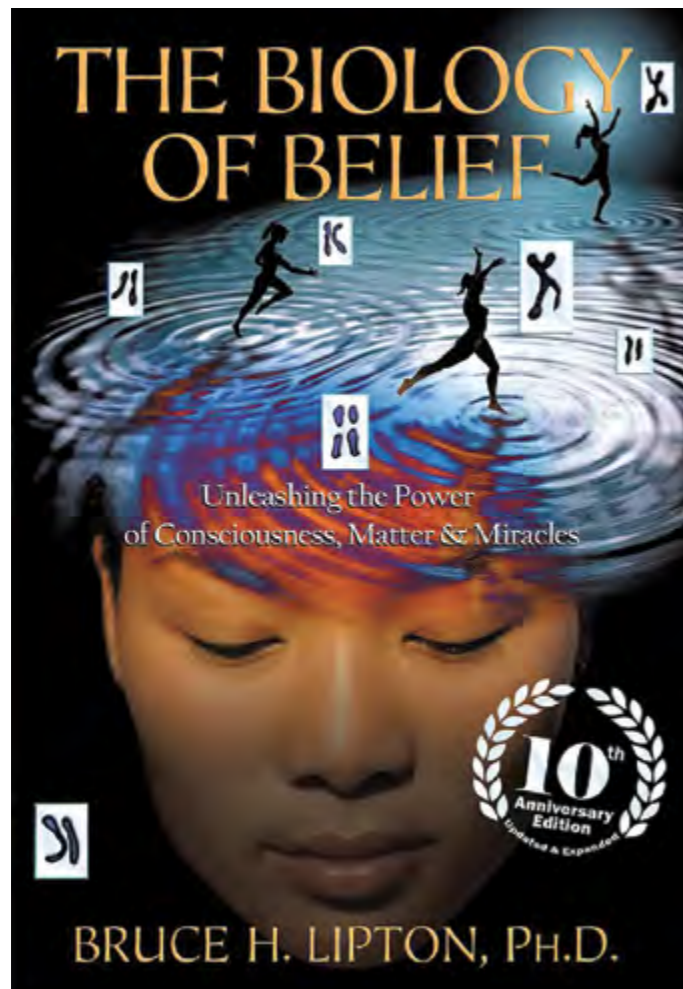
This concept says: You are less powerful than your genes. According to my findings, a person's perception - not genetic programming - is what spurs all action in the body. It's actually our beliefs that select our genes, that select our behaviour. This new area of research is referred to as Epigenetics. [*Epi, a commonly used prefix, meaning upon, beside, among, on the outside, above, over.*] The human body is comprised of 50 to 65 trillion cells. Cells function independent of DNA and its perceptions of environmental stimuli affect DNA. This powerful

new science indicates that our perceptions and beliefs actually exert power over our DNA, freeing us from our 'hereditary' genes. And in effect, freeing us from disease, and addiction too.

Epigenetics is an emerging area of scientific research that shows how environmental influences—children's experiences—actually affect the expression of their genes. This means the old idea that genes are "set in stone" has been disproven. Nature vs. Nurture is no longer a debate.

It's nearly always both!

The genes children inherit from their biological parents provide information that guides their development. For example, how tall they could eventually become or the kind of temperament they could have. However, it has emerged that experiences during development, actually rearrange the epigenetic marks, that govern gene expression. Thus, the epigenome can be affected by positive experiences, such as supportive relationships and opportunities for learning or negative influences, such as environmental toxins or stressful life circumstances.



The following is a simplistic summary of Dr Bruce Lipton's book, *THE BIOLOGY OF BELIEF* (See above)

1. The cell is like a human body and it functions without DNA

The cell is like a human body. It is capable of respiration, digestion, reproduction, and other life functions. The nucleus, which contains the genes, has traditionally been viewed as the control centre—the brain of the cell. Yet, when the nucleus is removed, the cell continues with all of its life functions and it can still recognize

toxins and nutrients. It appears the nucleus — and the DNA it contains — **does not control the cell.**

Scientists assumed some 50 years ago that genes control biology. It just seemed so correct, we bought the story. We don't have the right assumptions.

2. DNA is controlled by the environment

Proteins carry out the functions in cells and they are the building blocks of life. It has long been thought that DNA controls or determines the actions of proteins. Here, I propose a different model, environmental stimuli that come into contact with the cell membrane are perceived by receptor proteins in the membrane. This sets off a chain reaction of proteins passing on what could be described as messages to other proteins, motivating action in the cell.

DNA is coated in a protective sleeve of protein. The environmental signals act on that protein, causing it to open up and to select certain genes for use — genes specifically needed to react to the current environment. Basically, DNA is not the beginning of the chain reaction. Instead, the cell membrane's perception of the environment is the first step.

If there are no perceptions, the DNA is inactive. Genes can't turn themselves on or off ... they can't control themselves. If a cell is cut off from any environmental stimuli, it doesn't do anything.

Life is due to how the cell responds to the environment.

3. Perception of the environment is not necessarily the reality of the environment

In a 1988 study done by John Cairns, published in the journal *Nature* titled "The Origin of Mutants," he showed that mutations in DNA were not random, but happened in a predetermined way in response to environmental stresses.

In every one of your cells, you have genes whose function it is to rewrite and adapt genes as necessary.

In a chart illustrating Cairns findings in the journal, environmental signals were shown to be separate from the organism's perception of environmental signals. A being's perception of the environment acts as a filter between the reality of the environment and the biological reaction to it.

Perception rewrites genes!

4. Human beliefs, choosing to perceive a positive or negative environment

Just as a cell has receptor proteins to perceive the environment outside the cell membrane, humans have the five senses. These are what help a person determine which genes need to be activated for a given situation.

The genes are like programs on a computer disk. These programs can be divided into two classes: the first relates to growth, or reproduction; the second relates to protection.

When a cell encounters nutrients, the growth genes are activated and used. When a cell encounters toxins, the protection genes are activated and used.

When a human being encounters love, the growth genes are activated. When a human being encounters fear, the PROTECTION GENES are activated.

A person may perceive a negative environment where there is actually a supportive or positive environment. When this negative perception activates the protection genes, the body's response is the programmed 'fight or flight.'

5. Fight or Flight response

Blood flow is directed away from the vital organs to the limbs, which are used for fighting and running. The immune system becomes of lesser importance. If you picture the response we once needed for running from

a lion, for example, the legs would have been infinitely more important in that immediate situation than the immune system. Thus, the body favours the legs and neglects the immune system.

So, when a person perceives a negative environment, the body tends to neglect the immune system and vital organs. Stress also makes us less intelligent, less clear-minded. The part of the brain related to reflexes is given more prominence in fight or flight mode than the part related to memory and other mental functions.

When a person perceives a loving environment, the body activates growth genes and nurtures the body.

For example, in Eastern European orphanages where children are given lots of nutrients, but little love these types of institutions have found to have stunted development in terms of height, learning, and other areas.

There is also a high incidence of autism. Autism in this case is a symptom of protection genes being activated, like walls being put up.

Beliefs act as a filter between the real environment and your biology.

Thus, people have the power to change their biology. It is important to keep a clear perception because otherwise you won't develop the right things biologically for the real environment around you.

YOU ARE NOT VICTIMS OF GENES. What beliefs are you choosing for your genes to be expressed?

My Eyes



The Art Behind The Words

I am not much of an artist, you will find no paintbrush in my hand, but art often inspires me to write, to be creative. The picture above, drawn by Charlie Lewin (formally known as Artistr), had such an impact on me when I saw it. Moments later, I found myself drawn into this beguiling eye and it moved me to put pen to paper, to express myself.

For behind all our eyes, each of us holds a world. A world of thought, desire, hopes and suffering.

And behind those eyes, lies a soul, a soul who will rise up, again and again, no matter.

- Yeshuat Hashem K'heref Ayin.

Art by Charlie Lewin

*My soul,
behind my eye.
Can you see it?*

*It's hiding
from all the shame,
the torment endured
in endless forms.*

*My scars,
inked upon my heart.
Can you feel them?
They are camouflaged,
barely visible,
in endless laughter.*

*My tears,
cloaked and soaked, I am.
Can you taste them?
I am drenched but
feel like a desert,
in endless thirst.*

*My heart,
captive to the ribcage.
Do you hear it?
It's beating,
brazenly and wildly,
dancing, despite the pain
with its endless lessons.*

*My Crown,
the glory of me.
Can you believe it?
Carved and coaxed me
to try again,
Endlessly.*

Anonymous

T H E C O L O U R O F

Energy

Claire Freeman

The world around us is drenched in varying shades of colour. Yet, how often do you stop to think about it? How often do you notice how it makes you feel? Are you aware that colour speaks to you all the time - it influences your moods, decision making abilities and health.

Take a journey into the charming world of colour, shared by Intuitive Holistic therapist, Claire Freeman. Claire uses colour and light, amongst other non-invasive therapies such as EFT (known as Tapping), trauma-release therapy, sound therapy, personalised guided meditations and metaphysical anatomy, to help heal and support her young clients who struggle with anything from anxiety, OCD and depression to long-term chronic pain.

I would like you to take a moment, close your eyes and think of the colour red. What words come to mind? How does it make you feel? If you like, you can jot it down. Now take a deep breath and think of the colour blue. What words come to mind? Are they the same? You will notice that they are different.

You see, colours are vibrations. They each vibrate at different wavelengths providing humans with distinct emotional responses.

When a person looks at a colour, 25% of that colour hits the retina and registers in the brain, as the colour itself, but 75% of the colour journeys into the body and influences the central nervous system.

This explains why going out into the lush green of nature helps us to de-stress, green is the colour of balance. And similarly, seeing the blue of the ocean, soothes and calms our emotions. Whilst we perceive colour visually, we also absorb it unknowingly through our skin, muscles and the rest of our body. Simply put, colours affect our physiology.

When we speak of colour, we are in fact, referring to energy waves. Every colour has its own frequency and is a form of energy. How did you describe the colour red? Most people would say: Passion, danger, power, hot. All these words describe the vibrational energy of the colour red. Imagine a world where the sky was red. How would you feel at the end of that day? You would likely feel agitated because red is the lowest vibration on the colour chart. Instead, our skies are a dreamy blue. There are no co-incidences in nature. It is a grand and deliberate design. Colours vibrate at different frequencies (see fig.1) and therefore have different characteristics attached to them. We feel and relate to them as energies. As Einstein said: "Everything is energy and that's all there is to it... This is not philosophy. This is physics."

Colour experts agree that beaming colour into the skin is a way of feeding colour to the body. They further maintain that, "Light is the closest thing to pure energy that we can identify. Therefore, colour as a pure vibrational energy has significant benefits in maintaining health and overcoming disease."

THE ELECTROMAGNETIC SPECTRUM

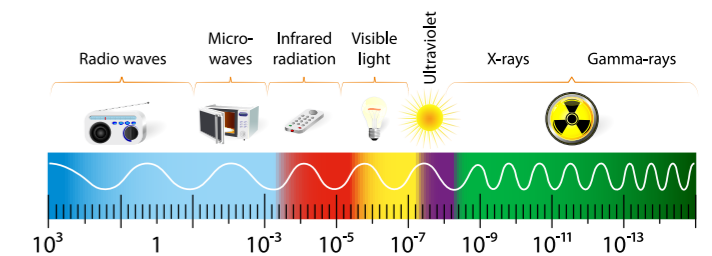


Figure 1

The importance of colour in terms of our emotional and physical health is not new, just long forgotten. In fact, before the rise of modern medicine, healing with colour and light was one of the first types of therapy used by mankind, dating back to ancient civilisations. Today, we have fragments of this left in hospitals across the world. Infrared treatments are used to heat the body and stimulate blood circulation whilst blue light therapy is used to cool inflamed conditions such as skin disorders, acne or neo-natal jaundice.

WHY?

After World War 2, the era of antibiotics was ushered in and modern medicine was firmly on the rise. In the USA, non-drug treatment strategies were progressively outlawed by the American Medical Association, despite the science behind it. Light therapy along with naturopathy and homoeopathy were slowly dwindling. However, despite their best efforts to bury these wonders, light will always shine through the cracks.

From the initial biblical term, "Let there be light", to the idea of being "enlightened", light has played a persistent role in the development of all living things. Light precedes all of life.

Light and colour surround us, yet we take them for granted. Light is the basic component from which all life originates, develops, heals and evolves. Nothing can grow without light. Even taking a short walk in nature and allowing natural light to enter through our eyes, immediately creates more wellbeing. Light is a non-intrusive and powerful tool. I have seen in my own therapy room, many times, the transformative qualities that colour and light has on my clients.



C H A Z A K C O L O U R W O R K S H O P S

All workshops are one hour long

Whether or not you have experienced the benefits of healing through colour, one thing is for certain, colour touches all our lives, everyday, either consciously or unconsciously. But it goes even further than that, yes light and colour may heal but what other treasures lie under the surface of this not so black and white world? Have you ever wondered why are you attracted to one colour over another? Perhaps, that colour holds certain qualities for you. In the same vein, why are you drawn to certain people and repelled by others?

Just as colours vibrate their energy outwards, humans also vibrate their energy outwards.

Each person has their own unique colour code - a combination of four colours - based on their birthdate. This colour code represents how you vibrate in the world. Have you ever met someone who is playful and always looking for the next adventure? If so, you are probably meeting someone who holds the vibration of orange - the colour of freedom. On the other hand, do you know someone who likes to shut themselves away from the world sometimes, if so, they are most likely holding the vibration of blue or indigo; the cooler blue colours have a tendency to 'go cold' on others.

Understanding our colours and how we are constantly intermingling with other people's colours, is an illuminating way to understand and know ourselves better.

If you are looking to deepen your awareness of yourself and your relationships, colour is a great place to start. It will help you see why your 'red' vibrating child loses their temper easily or why your 'gold' vibrating boss is a little absent-minded. We can't be held accountable for the colours we vibrate at, but through a deeper knowledge of colour, we can utilise it to bring out our best possible selves. I invite you to tune in to the colours around you, from décor to dress. Notice its impact on your life, become sensitive to its message. I don't know about you, but I like living in colour... So, step into the light with me and discover the full spectrum of benefits you get from living in a technicolour world.

FUN COLOUR FACTS

What colour do you prefer to wear and what does it say about you? Here are some examples:

BLACK - This person is into power, they also wish to remain mysterious, hiding aspects of themselves. (Black is un-manifested light and contains no vibrational energy. However, matched with other colours, it lends power to that colour.)

BROWN - Indicates practicality and security.

RED - Gives energy, arouses our passions, encourages confidence and determination. It also warns others that you are powerful.

BLUE - Is a 'trust me' colour. It is the colour of sincerity, loyalty and the most soothing of the colours.

INDIGO - Indicates a deeper understanding of the world. Highlighting the power that comes with knowledge. It is the colour of responsibility. (The Chazak branding uses this colour which is perfectly aligned with the charity's objectives).

PINK - Gives off a feminine and loving impression. It is soft in its nature.

GREY - Is the colour of self-denial, we are not sure of who we are yet. It is harder to trust someone who is wearing all grey.

Colour Personality Workshop - What colour are you?

Unlock your personal colour codes in this thought-provoking and interactive experience. Find out why you behave the way you do, on a vibrational level and learn how to reach your full potential. This popular Chazak workshop is a real eye-opener and much loved by all previous participants.

Date: 2 March 2021, 8PM

Couples Colour Workshop - Do your colours complement each other?

Why do you sometimes clash with your spouse? An insightful and entertaining way to connect to your partner. Guaranteed to bring a new energy to your relationship and pave a colourful path into your future together. A great way to spend an evening with your other half.

Date: 13 April 2021, 8PM

Corporate Colour Workshop - What colours do you work best with?

In this workshop you will get to know your and your teams personal colour palette. Whether you are working in a company, creating your own business or interested in team building, knowing your companies' skills palette will enhance your success. Using the medium of colour as a non-threatening and non-judgemental language, this powerful tool opens up opportunities for understanding and change within the workforce.

Private bookings only.

Parenting through Colour Workshop - What colour is your child?

Once you understand your child's colour vibration, parenting becomes easier to navigate. Learn what colour they need and how other family members' colour codes affect each them. Uncover how to nurture your child's inner workings to guide them on their way.

Date: 6 April 2021, 8PM

If you liked this article and want to join our extremely popular and interactive Chazak Colour Workshops on Zoom, please email max@wearechazak.com. Prices vary.

If you would like further information, or to book a private session, please visit: www.soulfulhealer.com

"For years I was frustrated by my daughter's aloofness, she would always want to be in her room alone and didn't want to be hugged as much as my other kids. I worried about her for years. Until I did a 'Parenting through Colour' workshop and finally understood that she was holding a double indigo vibration. She needed that time alone. It was crucial for her. I stopped taking it personally and now we have a much better relationship. I wish I would have known that years ago!"

-Leanne, mum of four children



C O N F E S S I O N S
O F A N

addict

Dani

A brave teenager invites us into the complex world of her eating disorder. This raw and honest account of her journey is soul-stirring and informative.

My name is Dani* and I am a recovering addict.

Ugh.

You've already painted a grotesque picture of me in your mind. That's how easy it is to sway the human mind. Let me rephrase, in order to help you, to redefine the term *addict* that lays in your head. My name is Dani, I am a 16 year old girl, who loves to go for long walks in the crisp autumn sun, who loves to be consumed by a good book whilst listening to the rain dance on my window. Did I mention, I'm your average teenager, with many friends and the most supportive and loving family.

GLANCING IN, I'm a happy-go-lucky teenage girl who has it all.

Or so it seems.

Delve a bit deeper, if you're not afraid to see beneath the veneer. There, you will see a seven year old girl, trembling, alone in her bathroom. Sit down next to her, please, she is terrified. The hair on the floor sticks to your trouser leg, don't worry, it is only hers, it seems to be falling out more and more every day. Take a look into her eyes, they're bloodshot and full of regret, your eyes trail down her body, you notice saliva sitting at the corner of her lips, she's unbothered to wipe it away, her hands grip her stomach in disgust whilst her eyes remain fixated on the bathroom floor. A repulsive odour travels up your nose, forcing you to investigate.

A sink, a sink covered in vomit. Her vomit.

Food was her addiction, but controlling it, was her obsession. Since the age of seven, the child inside me has been put to sleep, whilst my bulimia, has taken the front seat in my life. For those of you reading, who don't know, Bulimia Nervosa is an eating disorder which consists of the victim being trapped in a cycle of bingeing and purging. A typical binge for me usually looks like: A dark empty room, music blasting from my earphones to distract me from the truth, high calorie carbohydrates and a bucket load of guilt and then, like clockwork this is followed by a purge, something I used to pride myself in being an expert in, for me making myself vomit was my way of controlling my body.

Personally, my bulimia was a way to play God in my own life, ironically it provided me with stability that, despite my relatively stable life, I DESPERATELY CRAVED.

It gave me not only a routine but the ability to take ownership of my body, punishing it for it not being sculpted how I wanted it to be. My body didn't seem to be designed like other girls or like the feminine outline the media love to portray. The routine gave me structure and the control gave me a meaning. Gave me a meaning, emphasis on the past tense. As I previously mentioned I am recovering; at the time of writing this I am seventeen weeks clean from this routine, that does not mean that I do not struggle with urges or thoughts, however I am stronger mentally and physically. I took my desire for control and channeled it into my health, in a wholesome way.

I sought out help and spoke to more people. This first step allowed me to admit that I have an addiction and it is crucial that anyone seeking recovery admits to themselves, in one way or another, what they want to recover from. I started to form new routines over time, healthy routines, such as, meditation, dancing when I wake up, looking in the mirror and flooding myself with compliments, even if I didn't believe them at all.

Through the power of words and repetition, I began to reconstruct the writing on my INTERNAL WALLS.

My body finally started to listen to me, or rather, I finally started listening to my body. Now, when I'm hungry I eat (easier said than done, to begin with) because the gurgle of my stomach, isn't a curse, just the natural sign of my body letting me know that it needs nutrients and sustenance in order to function. I stopped punishing that body of mine.

I have read too many stories of people whose bodies failed them before they got the chance to shine, I look back at too many photos of myself, when I was one apple away, from being one of those stories.

I will not ever let that happen.

A letter to myself

Dear Jane,
(This is the name I gave the voice in my head)

I believe you were sent to do me good, and that is what you tried to do, you were just trying to protect me, you really tried your best to look after me from a young age. I thank you for teaching me pain and pushing me to acquire the strength to overcome that pain.

Jane, I love and accept you, you've always loved me, obsessed over me, however, I must release my hold on you, for now I've learned to love myself.

Love Dani

If you struggle with your own Jane, I empathise with you; that constant search to integrate our animalistic drives and addictive nature, with our higher minded, seeking the cosmos, deeper selves. Here is what helped me: Become familiar with the voice in your head, it isn't going anywhere. Accept that voice and then treat the voice in your head, with love and acceptance only, even though it may seem ridiculous or frustrating. Be bold. Be determined.

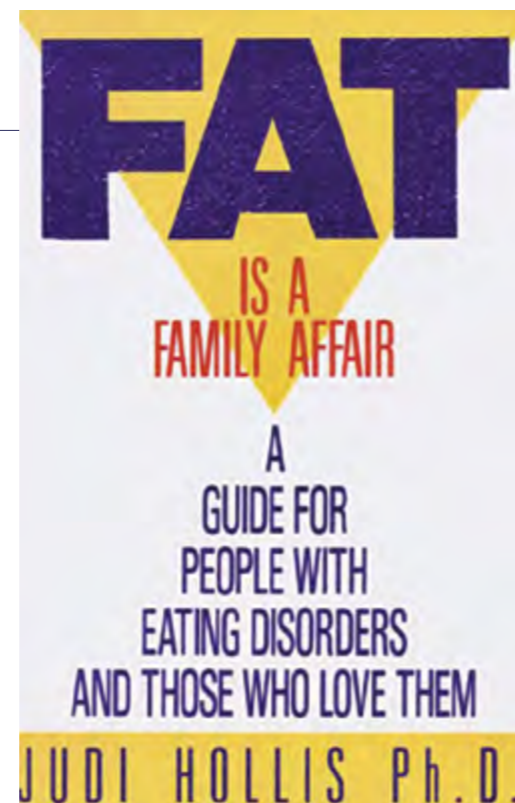
You cannot heal a PHYSICAL WOUND by exposing it to more harm.

Treat yourself with care and your recovery will come from within.

I'm Dani, I am a recovering addict and that's my story.

**Names have been changed to protect the privacy of this brave teenager. Should you wish to contact her privately, please send an email to: confidential@wearechazak.com*

Food obsession is a serious, lifelong, chronic illness and a substitute for risking true intimacy. If you really want to change your body, relationships must change first. The process involves turning away from the familiar, self-administered comfort of food to the riskier prospect of looking to other for true nurturance. That's why "fat is a family affair." And that's why lasting recovery from food obsessions means not only establishing a healthy self-identity but also renegotiating the most important relationships in your life. Dr. Hollis shows you how in this best-selling classic that has helped thousands of families heal from dysfunctions centred on food.



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TEENS TIPS

I C A N ' T S T O P

Thinking

Lewis Fisher

Some days it's just hard to get out of bed. School, and now online school, brings with it a load of stresses. Your mind never stops, and it can feel like your number one enemy

WHAT IS MINDFULNESS?

Mindful awareness is being truly awake to life – this means you simply feel good just being alive. You don't need distractions. You don't need Netflix. You don't need Fortnite.

It's about holding a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, even if they are negative. 'What is going on with me now? Do I feel sad or am I bored?' Mindfulness means paying total attention to something. It means taking our time to really notice what we are doing and/or thinking. It is learning to be in the here and now, in the present moment and not being lost in worries about the future or regrets about the past.

I'm thinking that I'm over-thinking.

When we practice mindfulness, we learn that a lot of the noise in our minds is just that: baseless chatter. It's not based on fact - it's overthinking, its worry, it's anxiety, it's usually our minds creating the worse-case scenario. Mindfulness can teach us to be aware of our thoughts, and to simply label some of these thoughts as *worrying*. You can notice these thoughts from a distance without being caught up in them or you can choose to not listen to them. You have that power.

WHAT'S IN IT FOR YOU?

Mindfulness is a life skill that's really worth investing in. Life is full of magical and joyful times, but it can also contain potentially stressful elements such as; homework, exams, social connections, anxiety, sleep issues, relationships, food cravings, self-identity, bullying, judging, social media, self-esteem etc. Generally we have two core modes, the thinking mode and the sensing mode.

We are constantly in thinking mode: Reading, writing, analysing, planning, memorising, judging, overthinking, worrying etc. Sensing mode we tend to do less often: This is feeling our body sensations consciously, our breathing, the sense of our touch of skin against objects. When we can train ourselves to move out of the 'thinking' mode into the 'sensing' mode, the body responds by calming down our minds, our nervous system, our emotions and our breathing. In fact, everything slows down and becomes clearer again. We can see properly, make decisions properly, think properly and generally increase our joy.

In other words, we come out of our heads (thinking) and back into our bodies (sensing) - we are learning to let go of the mind and move into the body, which is always in the present moment - the now.

HOW DOES MINDFULNESS WORK?

5-Step Simple Exercise

1. Sit in a relaxed, comfortable position. Turn off your phone. Pick something to focus your attention on, like a sound outside or your breathing.
2. Breathe normally. If you want, you can close your eyes. As you breathe in and out, just notice each breath. Pay attention to your breath in a relaxed way – on purpose, but not forced.
3. Notice when your mind drifts away from paying attention to your breath. Maybe you start thinking about food or that message you need to respond to. That's your mind wandering. It's okay – its natural, minds do that all the time!
4. Whenever you notice your attention has wandered – softly guide your attention back to your breathing again. That's how you train your attention. Bringing the focus back to the breath, again and again. Try to do this for 2 – 5 minutes.
5. To feel your breathe easier, try putting one hand on your belly and one hand on your chest and just feel the sensation of breathing. Quite simply - That's it.

DID YOU KNOW?

There are lots of other ways to practice mindfulness. There is mindful listening, mindful walking, mindful eating. Mindful Eating you say? Yes - mindful eating. Eating slowly and calmly, noticing the sensations of the food, the smells, flavour, texture and appreciating every bite.

So, what's the opposite of mindful eating? – When you watch Netflix with a bowl of food in front of you - You are mindlessly eating while being totally engrossed in the screen and then, before you know it, you are scraping the empty bowl and you can't quite work out how you finished so fast. Or when you're at the cinema and eat popcorn by the handful while absorbed in the movie. Before you know it, you've hit the bottom of the carton and can't believe you finished already. Mindful eating brings your attention fully back to each bite. And it's a great tool for not over-eating!

GUT INSTINCT

Lauren Gale

A nutritional therapist shares some insights into the food that we eat.

We've all had those moments when something just didn't 'feel' right – only to later find out your 'gut' was right. Where do those feelings come from? Your gut instinct is your body's physical reaction to the world around you. When you experience an overpowering *gut feeling*, your body is carrying out a primal response to subconscious information. The ultimate purpose of your gut instinct is to protect you. As your gut instinct is the most ancient and primal *sixth sense* you have, it is the one you can rely upon the most, but did you know, that the gut not only houses your emotions, it is also the epicentre for your overall health.

A whopping 90% of our immune system is produced in our gut, along with our 'feel-good, happy hormone' serotonin, which means if your gut bacteria is out of balance, you may start presenting with the following symptoms:

- Skin complaints like eczema or acne
- Joint pain
- Bloating, gas, constipation or diarrhoea
- Small intestinal bacterial overgrowth
- Depression
- Recurring infections

If you are facing any of the above-mentioned indicators, do not be alarmed, there are many simple dietary measures that can be put in place. There are 14 main allergens, that can be found in our food chain, that can wreak havoc with our health. By a process of elimination, you can find out what your personal triggers are. When these triggers are removed, true healing can take place. We do this by sealing the gut after removing the 'offenders' and replacing them with medicinal foods.

Medicinal foods are foods from the earth itself. A great guideline is to eat the rainbow. For optimal health, we need a rainbow of nutrients and colours. The vitamins, minerals, phytochemicals and antioxidants in fruits and vegetables have immense healing abilities. If you want to feel good inside which in turn, allows us, to feel good on the outside too, then one life-changing piece of advice that you can do easily at home is to simply eat the rainbow. Make the effort to eat the colours of the rainbow each day. It's a fun and creative way to eat healthily. Challenge your children to do the same. Use the rainbow as your guide.

Your health is your WEALTH.

health
FOOD

For optimal health, we need a rainbow of nutrients and colours.



CARROT CAKE PORRIDGE



ENERGY PROTEIN BALLS

CARROT CAKE PORRIDGE

EASY

- 75g oats
- 1 tsp poppy seed
- 1 tbsp raisins
- 1 carrot, finely grated
- 1 tsp cinnamon

1 Mix it all together with a milk of your choice and soak overnight.

2 You can add any toppings - Fruit, seeds, dried fruit

SMOOTHIES

There are many recipes online but here are a few top tips:

- 1** Add the liquid ingredients first, then the greens, then fruit.
- 2** Frozen bananas (Put them in the freezer as they start to over ripen) they are a great alternative to ice cream and when used in a smoothie, add extra sweetness and creaminess.
- 3** Any light colour fruits work well - apple, mango, pineapple, oranges.
- 4** Vegetables can be washed and frozen, so you know you've always got a good supply from the freezer.
- 5** Chia Seeds are good for protein.
- 6** Coconut oil are good for metabolism, keeping you feeling full.
- 7** Cinnamon is anti-inflammatory and adds a bit of richness to the flavour
- 8** Flaxseed provide fibre and Omega 3's
- 9** Healthy non-milk alternatives are almond, cashew coconut or rice
- 10** Do not use water as it will make the consistency too runny.



SMOOTHIES



COCONUT BUTTERNUT SQUASH SOUP

ENERGY PROTEIN BALL

EASY

- 2 cups rolled oats
- 1 cup of tahini or cashew/almond butter
- ¼ cup of honey or maple syrup
- A few drops of vanilla essence

Optional extras:

- 1/4 tsp cinnamon
- 2 tbsp raisins or grated coconut
- 1 tbsp cocoa powder

1 Mix all the ingredients, which takes a little muscle. **2** Roll into balls and store in the fridge. **3** For decorative purposes, you can put them on straws or skewers, before refrigeration.

COCONUT BUTTERNUT SQUASH SOUP

EASY

- 3 tbsp coconut oil
- ¾ thinly sliced shallots
- 1 clove garlic
- 1 butternut squash chopped or frozen
- 1 tbsp curry powder
- ½ tsp cinnamon powder
- 1 can coconut milk
- 2 cups veg stock
- Salt/pepper

1 In a large heavy pot, sauté the shallots, until soft. **2** Add the butternut squash and spices, mix well. **3** Cover the pot and cook for 5-6 mins. **4** Add coconut milk and veg stock. **5** Bring to the boil and simmer for 20 mins, until the squash is soft. **6** Blend all the ingredients.

To serve, top with pumpkin seeds and grated coconut

THE UNINTENDED CONSEQUENCE OF CONVENIENCE

Richard Cohen

We all want to save the planet and do what we can for our world. Many of us are already committed to recycling plastic and many countries around the world are banning single use plastic as part of a worldwide effort to protect the environment. Half-truths and misleading facts reveal a hidden side to a problem of global proportions.

Over the past 50 years, world plastic production has doubled. The time pressures of modern life, coupled with the sheer number of people on the planet, create an endless demand for a disposable way of living. We have been brought up in a culture where it's easier, and less expensive, to simply throw things away. We are all guilty of this. This fact, combined with an ever increasing and almost limitless demand for everything on the go, means that convenience has become the king of our consumer society. Emerging as perhaps the most powerful force in shaping our individual lives and our economies.

Not just in what we acquire and how we acquire but in the business of endlessly acquiring.

As Lord Rabbi Jonathan Sacks said, 'HAPPINESS is lying just around the corner, immediately after the next product we buy.'

Shopping, like almost everything we do, is primarily done in the pursuit of pleasure. It is part of our daily

search for enjoyment. And this point, comes sharply into focus when we turn our attention to the food industry. We want an abundant selection of foods that look good, taste good and have a feel-good price tag attached to them. The more enticing the packaging the more attention the product gets. At the same time, these same products need to have a shelf life that allows for long transportation times and storage.

This shift in living could only be made possible alongside the emergence of plastic; Single-use plastic, in particular. Single-use plastic conveniently solves a number of these complex issues. So much so, it's become an addiction that we literally can't seem to live without and yet we rarely stop to consider its true cost.

First introduced during World War II, for its low cost and versatility, plastic fast became the global darling of the consumption economy. The throw-away culture it inspired, fell in love with its abuser and never stopped long enough to worry about the consequences of its addiction.

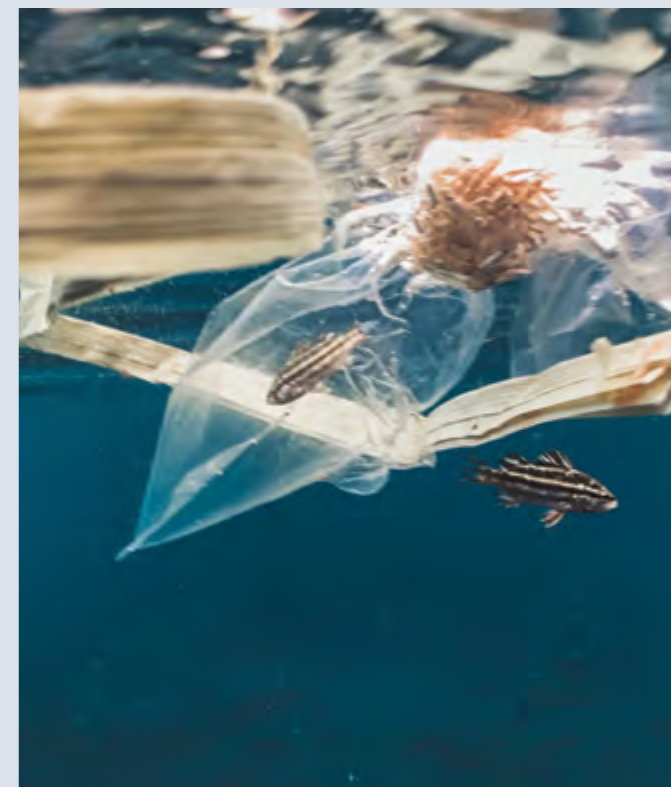
BUT I RECYCLE MY PLASTIC....

Before it can be recycled, plastic has to be sorted by hand, which is filthy and polluting, poorly paid work. In some Asian countries, like Malaysia and Indonesia, young children can be seen alongside their parents sifting through the worlds exported plastic debris.

The little plastic that is salvaged, is easily contaminated, often rendering it UNUSABLE.

And when it is finally recycled, its structure often weakens, so new plastic is added before it can be 'down-cycled' into things like clothing fibre and plastic bags. Some of the recycling closer to home is valid, but the majority is loaded onto container ships and sent abroad to be burned (emitting toxic fumes into the environment), buried or simply dumped into the ocean.

The largest oil and gas companies have long since known that plastic waste isn't valuable, and that blaming plastic pollution on wasteful consumers whilst encouraging individuals to recycle more, was never a solution to the problem.



The industry's awareness that recycling won't keep plastic out of landfills dates back to its inception, additionally, there remains serious doubt that recycling [plastic] can ever be made viable on an economic basis. In short, the industry sold the public on a solution that was destined for failure just so they could keep selling us more plastic.

Scientists have long recognised that plastic does biodegrade but it does so, incredibly slowly, if at all. Herein lies the multiple threats to wildlife, on land, through entanglement and consumption. According to recent reports the dangers posed in the water also includes the absorption of toxic chemicals which infiltrates the marine environment too.

So, what are these toxic chemicals? And do they also have an effect on the human body?

In short, many of the chemical additives (also known as petrochemicals) that give plastic products their desirable properties, do have a negative impact on human health. Food manufacturers maintain that petroleum derived ingredients are perfectly safe, however, experts in the field are keen to emphasise their concerns.



Professor Leonardo Trasande MD, Director of the Division of Environmental Paediatrics and Vice Chair for Research for the Department of Paediatrics at the NYU School of Medicine notes, that whilst plenty of plastic storage containers and vessels for frozen food claim to be microwave safe, this is a misleading statement. “The reality is that there is no such thing as microwave safe plastic” says Trasande. “Heating up any plastic in the microwave could lead to chemicals seeping into the food you are about to ingest.”

Research into the effects of petrochemicals on the human body are ongoing but we do know that these toxins can and do leach from the single use plastic that cloaks so much of our food and drink. This leaching transports the toxins from the plastic into our food chain, and as a consequence, directly into our bodies. The side effects associated with this transference include infertility, hormone disruption, birth defects, immune system suppression and development problems in children, to name but a few.

The time has come to re-consider how we use plastic, especially single use plastic. For most of us, we feel justified in using plastic because we have recycling bins in our homes. We want to help out, we like to recycle and what’s more, we have been led to believe that we are doing our part for the environment when in fact, the opposite is often true. Judaism, with morality at the heart of its’ narrative, sets forth our responsibilities to nature in the Talmudic law of Bal tashchit – Do not destroy.

This commandment prohibits any wasteful destruction. In a way, it is our bibles’ environmental legislation. Judaism outlines the need to protect and preserve our natural resources whilst cultivating new ones for future generations. And the only way we can do this, is, as a collective.

VERY SIMPLY PUT, each time a person refuses single use plastic, it’s a small yet significant victory.

Each of us must play a part in this responsibility. As one of history’s greatest explorers, Robert Swan, once said: ‘The greatest threat to our planet is the belief that someone else will save it.’

THE OCEAN HAS A MESSAGE FOR YOU



Scan this QR code with your smartphone camera

WHAT CAN I DO?

Believe it or not there is much that you can do. I am a great believer in keeping it simple. And thankfully, it’s not about radical it’s about practical. Now that you are conscious of the consequences of single use plastic, can you begin to notice it, in your kitchen cupboards, your fridge, your bathroom, your car, your workplace or at the gym? Are you able to weigh up the use of these plastics in light of the inconvenience it may bring? Once your eyes are open, here are a few simple things you can do to make a big difference:

FOR THE ENVIRONMENT:

- Refuse (where you can) single-use plastics when they are offered to you. Items like straws for example. This is the first action you should take to reduce your impact on the environment. Avoid companies and products that are wasteful with their packaging and don’t offer eco-friendly alternatives.
- Scale back the amount of bottled water you consume. Most of those bottles are made from polyethylene terephthalate, which takes over 400 years to naturally decompose.
- If you do need to use single use plastic, then recycling it is still the best option available (*at least in this way, some of it may end up as something new*).

FOR US:

- Do not refill single use water bottles – these are less durable and more likely to release harmful chemicals.
- Avoid plastics with recycling codes 3 (phthalates), 6 (styrene), and 7 (bisphenols) – check underneath the item for a small triangle with a number in it (see fig.1). Or remember this useful jingle for when you go out: 5, 4, 1 & 2, all the rest are bad for you.
- Avoid putting plastic containers of any kind in the microwave or the dishwasher. Exposure to heat compromises the protective coating which cause plastics to leach toxins into the food.



Figure 1

DID YOU KNOW?

- 73% of beach litter worldwide is plastic - 89 percent of this is single-use items, like plastic bags, straws, coffee stirrers, water bottles and most food packaging including the lesser known, ‘soft wrapping’ like crisp packets, chocolate wrappers etc.
- A million plastic bottles are bought around the world every minute.
- The average person eats 70,000 particles of microplastics each year.
- Plastic is killing more than 1.1 million seabirds and animals every year.
- Close to 700 species of marine life are facing extinction due to plastic pollution.
- Since the 1950s, around 8.3 billion tons of plastic have been produced worldwide - that’s equivalent to the weight of more than 800,000 Eiffel Towers.
- And shockingly, only 9% of it has been recycled.

W I T H O U T
W A T E R T H E R E
I S N O

life

Claire Freeman

Good health starts with the water we consume. We need water that is clean, fresh and oxygenating. Water, along with air, is one of our vital life forces and the cleaner water, the better it is for your body. Yalla takes a dive into the ancient water purification system of storing water in copper vessels, originating in India over 5,000 years ago.

For thousands of years, the people of India and many other Asian countries have known the benefits of drinking water from copper vessels. In the first instance, it charges the water positively, making the water alkaline and therefore helps to maintain the body's PH level.

From a health perspective, Copper is known to have antimicrobial, anti-carcinogenic and anti-oxidant properties.

When water is stored in a copper vessel overnight or for over eight hours, a tiny amount of copper ions dissolve into the water. This process, called the Oligodynamic effect, has the ability to destroy a wide range of harmful microbes, moulds, fungi etc.

HOW DOES COPPER HELPS US?

- **Copper helps beat anaemia.**
When copper is taken along with iron, it helps the body absorb the iron.
- **Copper reduces the risk of cancer.**
By nullifying the impact of free radicals on cells, copper is able to reduce the risk of cancer in individuals.
- **Copper minimises the risk of heart disease.**
Copper is known to regulate blood pressure, as well as lower cholesterol.
- **Copper improves skin health.**
Copper assists the body with renewing and producing new skin cells.
- **Copper slows down the effects of ageing.**
By eliminating free radicals in the body it helps to maintain a youthful appearance.
- **Copper aids in arthritis management.**
Copper is known to naturally reduce inflammation in the body, including the joints. Some arthritis sufferers already use copper bangles and supplements to assist in pain management.
- **Copper reduces chance of infection.**
Copper is fairly effective in killing bacteria and viruses. Drinking copper-infused water reduces the chance of infection by these bacteria and others.
- **Assists with weight loss.**
Copper is known to aid in digestive processes and spur on the functionality of the metabolism, thus aiding in weight loss at the same time.

No longer do we need expensive water filter systems, and nor do we need to continually fool ourselves into thinking that plastic bottled water is good for our health. "Drinking from copper is an easy solution", says Dunja Knezevic, founder of Dunya Ayurveda. Dunya Ayurveda is one such company that aims to bring traditional Indian copper drinking vessels to the UK and the rest of Europe. It is also important to note that there are many companies touting to sell PURE copper bottles.

The purer the copper, the more beneficial it is to your health, and at Dunya Ayurveda, they are transparent about their laboratory testing. All their utensils are hand-made and printed on pure copper. They are tested for lead and produced on a small scale, in ethically run factories.

YALLA GIVEAWAY



Yalla magazine is happy to offer a FREE and beautifully designed copper bottle, curtesy of Dunya Ayurveda, to three Yalla readers. In order, to apply please email: claire@wearechazak.com, stating why you love Yalla. Entries close 18 March 2021.

www.dunyaayurveda.co.uk
[Instagram.com/dunya_ayurveda](https://www.instagram.com/dunya_ayurveda)

Copper Toxicity: There have been several arguments in the press and online regarding copper toxicity. Copper Toxicity is caused by using a corroded copper bottle. Corrosion can be caused by acidic substances. Therefore, it is important to note that, ONLY water can be stored in a copper bottle.

Note: The information in this article is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health providers.

YOUR NEXT CO-WORKER COULD BE AN ALGORITHM

James Aitman

Artificial intelligence (AI) is transforming the world we live in, but nowhere is this more evident than in the world of business. It enables us to re-think how we integrate information, analyse data and then use the resulting data to further improve business.

In this fast-paced technological era, it was only a matter of time before artificial intelligence started replacing jobs. The idea is that AI assistants can take on some of the cognitive burden for human workers, leaving them to focus on tasks they are better suited to. However, these rapid advances often raise the pressing issue of job losses, that are currently being felt all over the world. But many AI systems not only provide support for their human co-workers but they actively collaborate with them, improving efficiency and utilising the distinctive strengths of both.

“For those of us who do not lose our jobs to automation, we are going to be working with increasingly intelligent

software, side-by-side,” said J.P. Gownder, vice president and principal analyst at research firm Forrester. “It is going to become applicable to almost every kind of business process you can imagine.”

For many companies across the globe, AI is a worthwhile option that can reduce the burden of the more arduous business tasks. An example of this is Robotic Process Automation.

Robotic Process Automation (RPA) is a digital transformation technology that is helping businesses worldwide replicate between 70% and 100% of most administrative functions across front and back office.

AI intelligence is the biggest opportunity of our lifetime to extend and expand human creativity and ingenuity. The two main concerns that the fear-mongers raise are around AI leading to job losses in the society and AI going rogue and taking control of the human race. I believe that both these concerns raised by critics are moot or solvable.

- Ganesh Padmanabhan, CognitiveScale, Inc

It is now possible to configure specialist software (an automated robot) to capture and interpret existing applications for processing a transaction, manipulating data, triggering responses, or communicating with other digital systems. All businesses use employees to process their data while software robots are quicker, better and cheaper.

As with different teams of people linking together to run a process, such as ingesting and processing an invoice or a contract, you can insert robots to process part of it as well. The reason this is important is when a decision needs to be made that cannot be processed, and a person will step in and do it.

THE ROBOTS DO THEIR BIT, email to the relevant person when required to add human value, and then pass it back to a bot to continue.

The benefit to the business is the potential to remove up to 70% of the labour-intensive work the team does, through the use of RPA automation, and use the team to manage the remaining 30% which sits outside of the bots remit to process.

HOW DOES RPA AUTOMATION WORK?

Software robots use our laptops. We can program the RPA automation bots to work in accounts, HR, contact centre, administration and sales. They can do anything we can with a keyboard and mouse.

Software robots can be used in all industries and they can use any application. Finance, Retail, Banking, Insurance, Hospitality, Leisure, Health, Security, Logistics and Supply Chain have all benefitted from RPA.



Their use will revolutionise the way we think about and how we work along with what is required to administer our business processes in front and back office. RPA provides dramatic improvements in accuracy and cycle time and increased productivity in transaction processing while it elevates the nature of work by removing people from dull, repetitive tasks.

It is now the norm for industrial robots to be used in manufacturing. Their use has increased the volumes created through higher production rates and improved quality, RPA “software robots” do the same for the office environment. They use all our databases, emails and going online to work. Faster processing of data, minimised errors, standardisation and a scalable 24/7/365 capacity is fast becoming the norm.

The outcome? Do more with less and free staff from repetitive processing. Or reduce your footprint and maintain your ability to process the same work. As businesses become used to handing over administrative functions to robots operating models that adopt automation, whether in-house or offshore will cut costs, drive efficiency, and improve quality.

Sounds like a win-win for business owners as we advance into the most technological era ever.

G E T T H E

Glow

Tamara Corin

We wage war on wrinkles, fight fatigue and go to battle with blemishes, but the one thing that can make all the difference is glow.

Radiant, glowing, lit-from-within are all beauty buzzwords that crop up time and time again when talking makeup, skincare, even body care. Who doesn't want to wake up looking healthy? I, for one, have always been on the search for the right kind of glow. Trying hard to achieve the balance of shine that avoids any oily or greasy finish. Over the years, my skin's radiance has depleted through endless sleepless nights, nursing five children in nine years, not to mention work stress, poor diet and more recently, age. Consider glow as the look when you see a confident you in the mirror. Think back to the times when you simply 'glow' from pregnancy or from being madly in love. Those were the days! Wrinkle worries were non-existent and pigmentation was hardly a priority because your skin was singing, and your face looked young and alive. This is the look you want to achieve, time and time again.

Without help, glow, is a fickle friend but the good news is, with new-age skincare, makeup technology and product know-how, it's easier than ever to get your glow on. There's an overwhelming number of beauty products that effortlessly enhance your natural beauty and light

the features you love, but it's important to get the right glow and avoid skin that results in a fish-and-chip face.

Here, I share the products that guarantee to counteract dullness and enhance your natural bone structure and get that sun-kissed glow, we all know and love (remember those pre-Corona days?!)

BACK TO BASICS

Introduce a face oil

You can't get a good facial glow without a facial oil. Facial oils have such a bad rap and so undeserving too, even for oily skin types. A good quality face oil builds skin, keeping it strong and supple. I personally can vouch for the difference oil has in your skincare routine, especially during the colder months when your skin is crying out for a hydration boost. It's no mystery; oil provides the best barrier for skin, keeping moisture in and aggressors out. And as moisture is the key to good skin, it's pretty much the Holy Grail.

If you're reluctant to use an oil on your skin, try massaging just a drop into warm, damp skin. A light oil will all but disappear this way. If you're still adamant not to give an oil a go, prep with a hyaluronic acid-based serum that has the same hydrating benefits of an oil without the greasiness and can boost moisture content long-term.

Start with your serum

Adding a drop of your serum to a foundation or primer is an easy way to give your skin a glassy effect. You only need a small amount, but it works every single time. Serums have thin consistencies that work well with other products. Likewise, layering a serum and an oil under your SPF is a great hack. This gives you the beginnings of your base and always delivers a healthy, believable glow.

Give yourself a massage

When light reflects off the surface of your skin, glow has a head start. And there's no better route to a youthful canvas than a DIY face massage. At home get into the habit of massaging your face every day. I do it when I'm cleansing in the shower, again with a day moisturiser and every evening with a face oil. Like all the best facialists, don't be afraid to use some vigour with your hands or alternatively get yourself a face tool. These wand-like massagers, quartz stones and electrical pulse stimulators, not only help bring life back to dull complexions, but also make your skincare beauty products work harder too by stimulating them deeper into your skin. It's no wonder they are a firm (no pun intended) favourite among skin-savvy celebrities, especially before a red-carpet event. No longer do you have to go into a salon to get that post-facial glow. And luckily for all of us, the abundance of tools arrived in the nick of time, given that professional facials are off the cards for now, even when spas re-open.

Scrub Away (vigorously)

Give your skin a treat twice a week, by using a good quality scrub that doesn't strip your skin. This will slough away all the dead skin cells that sit on the surface of your skin and build up, creating a dull complexion. Buff them away and you'll instantly see a difference in both your skin's tone and texture.

EASY GLOW-GETTERS

Give your face a spritz

Skin should be thoroughly quenched before you apply makeup, so if you're not putting on your face straight after

your morning routine, spray a hydrating essence then blot lightly with a tissue. A light misting on your skin gives a subtle dewy look and a refreshing feel to give some zing to your skin.

Opt for liquids and creams

An even complexion is the key to looking rested, so don't shy away from base - just makes sure it looks dewy and natural and avoid heavy duty foundations that leave a matte effect on your skin. Your skin should look translucent and feel super light. A great beauty hack is to put your regular foundation aside and instead create your own DIY luminous base by mixing a primer, highlighter or serum together for a soft-focus effect. Consider it your natural filter, like the ones on Instagram, that we have all come to know and love.

Layer your products

Highlighter is another great way to add instant glow but pick carefully. It should look like part of your skin, unless you're under 30, and then any added subtle shimmer will do, or even sparkle if you're still at school! Blend it until it's seamless. For high-impact golden glow, dust the high points of your face (your cheekbones, nose and Cupid's bow).

Remember colour is your friend

Blush is your fastest route to radiance, especially if you suffer from sallow skin. Press a peachy-pink cream blush onto cheeks, nose, hairline, eyelids and under the chin - a trick make-up artists use to create a year-round glow. The idea is to create a sheer and illuminating finish to give a healthy rosy finish to your complexion.

Don't forget your lips

Never underestimate the power of a lip balm. Ever! Dry lips detract from glow, and you can also create dewy, moisture-affirming highlights by tapping the excess onto your brow bones, high on your cheekbones and nose too.

Make your tanning products work harder

And if all else fails, fake it! A gentle faux glow can boost your look and feel overnight. One of my favourite hacks for glossy skin is to add two to three gradual tanning drops into your foundation or base. It's super speedy and the colour will build while delivering great luminosity and a healthy-looking glow. From easy-to-use mousses to silky mist sprays, there's a foolproof formula out there for everyone.

YOUR ULTIMATE GLOW KIT



Glamglow Thirstymud Hydrating Treatment, £45
Give your skin a special treat twice a week with this sweet-smelling face mask that leaves skin energised and glowing. And the best bit is you don't need to rinse it off, simply tissue off excess or even better massage it into your skin.



Dr Sam Flawless Brightly Serum, £44
Place this under your moisturiser for a skin fix that will transform lacklustre skin. A great, all-rounder product without any fuss.



Honest Beauty Vitamin C Radiance Serum, £35
Bring dull-looking skin back to life with this Vitamin C infused serum. Particularly great at tackling wrinkles and pigmentation.



Erborian Glow Crème Illuminating Face Cream, £16
A great alternative to your day moisturiser. This cream reveals a pearly glow that subtly reflects light to disguise imperfections and gives a dewy matte finish that's fresh and ready to face the day.



Augustinus Bader The Face Oil, £180
This is the king of face oils. And if it's good enough for Victoria Beckham to keep banging on about, it's most definitely good enough for us. Luxe at its best. (But admittedly with a shocking price tag to match!)



Laura Mercier Primer Canvas Illuminating, £32
Consider this a base that will out do even your favourite foundation. It covers imperfections, evens out skin tone while also creating a beautiful and sheer luminosity to your skin.



Hourglass Veil Mineral Primer SPF15, £53
Aptly named. This lightweight primer gives a soft-focus finish to your skin and the perfect base for your makeup to look smoother and stay on for longer.



Becca Shimmering Skin Perfector Liquid Highlighter, £30
Becca is renowned for its high-quality light-reflecting makeup, but this product stands out from the rest. Your skin will look a more youthful version of yourself, making others question why you look so damn good.



Charlotte Tilbury Beauty Light Wand in Pillow Talk, £29
This really is the magic wand to have in your makeup bag. Creating light and illusion on all areas of your face and it's super easy to apply too.



Glossier Cloud Paint in Dusk, £15
The perfect shade that will suit all skin tones and lend a natural flush colour to your cheeks. Particularly great on perking up tired-looking skin.



Weleda Lip Balm, £6.95
Nourishes your lips with natural oil and waxes and the perfect dinky size for your handbag. Plus, it gives off a gorgeous glossy sheen.



The Body Shop Vitamin C Energising Face Mist, £12
A few spritz's of this and your dull complexion will look and feel energized. Use as liberally as you like to give your skin a pick-me-up throughout the day.



Amanda Harrington Face Illuminating Bronzing Mist, £28
Take your pick from three shades that give impressive natural results which are hard to mistake.

Odacité Gua Sha Pink Sodalite Beauty Tool, £40

If you haven't heard of gua sha, where have you even been? Used for centuries in Chinese medicine, it's an ancient beauty ritual known to awaken skin, working to bring back its natural glow. Quite simply smooth across your face to remove tension and get your blood pumping for a healthy natural glow.



A SOCIAL NIGHT IN

Maxine Elias

Raising boys is no easy task, the best advice I can give you is to make every experience an opportunity for them to score a goal.

I am a mum of five boys (one non-biological) and two dogs. I married my childhood sweetheart. I'm a serial school 'swapper' and one of those busy working mums, who after many years, has finally learnt to say no – guilt free! Unwittingly, my inability to say no took me down many different paths over the years for which I am grateful. I've found myself committed to charities I never knew existed and have experienced working within many industries, from hair dressing, dance, restaurants, events, décor, TV and a few less savoury ones, I dare not mention.

I have crossed paths and shared experiences with countless wonderful people. I love creativity and I love conversation. And this seems to be the common thread in my life's work from family, to friends, to work. Conversation, charity and creativity with is the instigator for my Social Links Charity network, for people like me to share ideas, learn new skills whilst connecting to people.

THIS JOURNEY and my infamous reputation for chatter has opened up the door to my current role as Social Host for Chazak ladies.

If you like to talk, connect and support others, you are warmly invited to join me, for the next Chazak ladies, Social Night-in.

YOU NEED A SENSE OF HUMOUR TO RAISE MEN

Tuesday 9th March 8pm
For more info email:
max@wearechazak.com



Here are some 'mum of boys' tips that I will be sharing on the night. I look forward to hearing your tips too...

- Boys can't tell the time.
- Their default mode is 'attack'.
- Muscle memory is real.
- They need validation, but not as much as girls.
- Even small mums make a big impact.
- Intervene as little as possible.
- Reframe expectations.
- Don't overuse trigger words; study, gaming, girlfriends, chores.



PURIM IN A NUTSHELL

Rebbetzin Ruty David

**Bringing the Megilla to life, enjoy this
bitesize version of the Megillah.**

The Persian King Achashverosh ruled over 127 provinces. He organised a huge banquet, filled with a sumptuous feast and much alcohol. All the Jews were invited to join. Mordechai, who was the leading sage at that time, ordered them not to attend. Some did not listen. They thought they should show their support to the king.

During the drunken party, the king wanted his wife, Queen Vashti, to join his party and show off her

incredible beauty to his friends and associates. Queen Vashti refused. This enraged the king, and he was highly embarrassed by her public disobedience. He asked his advisors what to do. Haman suggested beheading her, to make an example of her. A letter was drawn up and sent to all the men in the land to outline a new decree; any woman who disobeys their husband will be killed.

When he sobered up the King realised what he'd done - he missed his beautiful queen! The king needed a new

maiden. A summons was put in place, every girl in the land was ordered to come to the palace for a viewing - The king wanted to choose a new wife. Of all the women in the land, Esther, a Jewish girl was chosen (against her will). Her uncle Mordechai advised her to hide her Jewish roots.

In a plot twist, we find Mordechai sitting by the gates of the palace, where he overhears two guards plotting to kill the king. He sent a message to his cousin, the queen, who passed it on to the king. This event was recorded in the king's private records.

In the background, Haman had risen to power, becoming second in command. He was, second to the King, the most powerful man in the land. He introduced a new ruling that each person had to bow down to him when he passed by. The people complied. Except Mordechai, who would not bow to him, due to the idol hanging around Haman's neck. Haman had a huge ego and this act of insolence infuriated him. In response to his anger, his wife suggested to have ALL the Jews killed. Mordechai caught wind of this new decree and advised Esther to petition the king, on behalf of the Jews. However, the law of the land, stated that a king can only 'invite' you to see him, you cannot even request a meeting. If you enter his chambers uninvited, you will be killed, wife included. Esther was clearly afraid and didn't want to take on this monumental task.

She may have been the Queen but what her uncle was asking her was tantamount to death. She was nervous. Mordechai replied, 'Perhaps, this is why you were chosen to be queen, if you don't help us, salvation will come from another source.'

Esther asked the Jewish people pray and fast for three days to help her. Prayer and fast helps to unify the Jewish people. After the three days, she risked her life and went to the king. The king welcomed her (phew!) and asked what he could bequeath her. She invited the king and Haman to a party. Haman was very pleased with this personal invitation.

At the party, the King asked again, what is your desire? She replied, 'Another party, for your Highness and Haman, where I will tell you my next request.'

Haman was so happy, until he saw Mordechai at the gate, who once again, refused to bow. He was so enraged, that he decided to execute Mordechai by hanging, the very next day. That night the king couldn't sleep, so he requested his royal servant to read to him from his book of chronicles, which included important notices to the king for future reference. Through this, he discovered that Mordechai had saved his life with no reward.

The king heard noises outside his room, it was Haman on his way to ask for permission to hang Mordechai. Before he could speak, the king asked him, 'What do you think I should do with someone I want to show honour?' Haman and his ego, assumed the king was referring to himself and in the excitement of this honour, he told the king, "The man should be dressed in a royal robe, with a royal crown and be led on a royal horse through the streets, with a town crier calling 'Such is done to the man whom which the king wants to honour.'

The king responded to Haman, 'Hurry now, and arrange for this to be done... for Mordecha!' Haman went home to his wife, furious and spitting fire. His wise wife told him, 'Mordechai is a Jew, and you are losing to him. Are you aware you will never be able to win against a Jew?'

At the next party, hosted by Queen Esther, she reveals she is a Jewess and admitted to the king that it is her nation, The Jewish People, that are being persecuted. She points to Haman as the persecutor.

King Achashverosh was livid and ordered for Haman to be hung, on the gallows that were originally intended for Mordechai. However, the decree to 'kill all Jews' could not be reversed, such were the powers of the king at that time. In order to circumvent this decree, a letter was distributed to all the men in the land allowing the Jews to defend themselves in battle. The Jews won. And so, the festival of Purim is a celebration of this ultimate defeat.

Purim sameach

Love Ruty



DID YOU KNOW?

- The name Esther means hidden - her real name was Hadassa.
- The custom of costumes is to remind us the things are not always as they seem - Hashem seemed hidden, but in reality, He was orchestrating it all.
- The actual story of Purim took place over a 9-year period.
- Haman was warned by his wife Zeresh that the Jews always win. *(Note to men: Always listen to your wife!)*

THE 4 LAWS OF PURIM:

- **Megillat Esther** - We hear the Book of Esther twice, listening to every word, to ensure we remember that despite the odds we survived.
- **Seuda** - Eating a Festive meal and rejoicing, as one would, if we overcame a catastrophe.
- **Mishloach Manot** - Give a gift of two edible items to a person, you may wish to reconnect with.
- **Matanat Levyonim** - Giving charity to someone who is in need. (Please contact your local shul or GIFT charity)

YALLA GIVEAWAY



PRETTY
LITTLE GIFTS

Yalla magazine is pleased to giveaway this desirable Mishloach Manot gift, courtesy of Pretty Little Things. To win this gift, email: max@wearechazak.com and tell us your favourite Purim memory. Entries close 25 February 2021.

www.prettylittlegiftstore.com
www.instagram.com/prettylittlegifts_1

Happy Purim

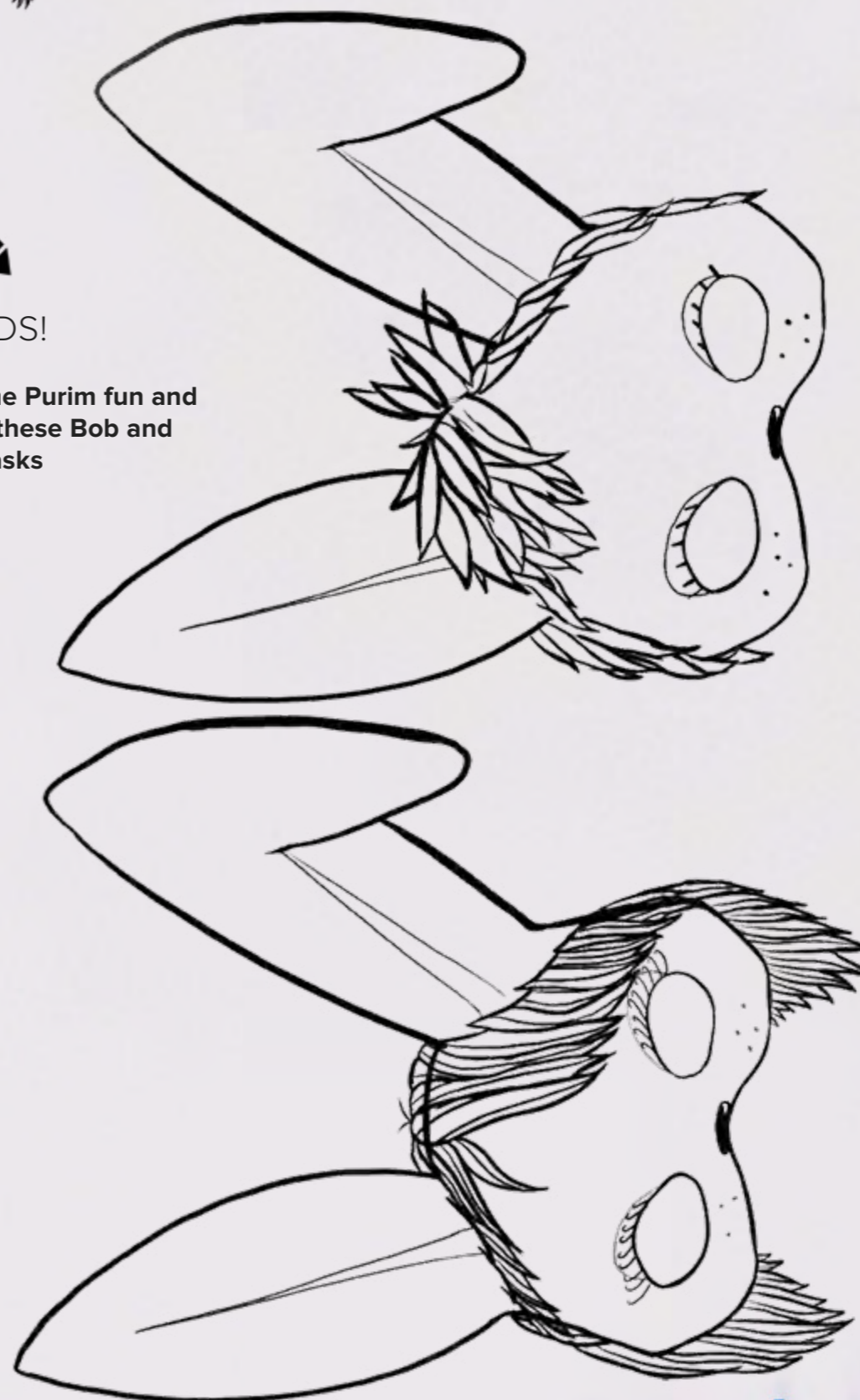
FROM

Bob & Mullet



HEY KIDS!

Have some Purim fun and colour in these Bob and Mullet masks



THE MASK THAT REVEALS TRUTH



Rabbi Moshe Levy

There is a common misconception that Purim is the Jewish equivalent of Halloween - all costumes and masks - but that is where the similarity ends. Being masked or hiding your identity through clothing is a theme that runs centrally in our Torah. Rabbi Moshe Levy of Chazak UK, attempts to shed light on the big cover-up.

The Purim story opens with the Jews under the rule of King Achashverosh. Mordechai hears of the evil plot to kill the Jews, so he pleads with the Queen to save us. But how can she, when her own husband doesn't even know she's Jewish? Why was she hiding that fact? It seems that her plan involved hosting a celebration for the evil Haman. Whose side is she on? Her plan was none other than a ploy to help save the Jews. A grand but hidden plan.

After the party the Jews recognised Mordechai in the king's clothes, a great disguise. It is at times like these when all hope is lost, that we remember we can always rely on Hashem. The celebration of Purim is knowing that even when the truth is hidden, much like Hashem, He is always there. Our costumes, much like Mordechai in the king's clothes, remind us that what you see is not really what you get...

The wearing of costumes and masks is documented in ancient manuscripts and archaeological sites around the world. The ancient Greeks were known to use them in theatrical productions for comedic or dramatic purposes. In other historical practices across the world the mask was used for rituals and ceremonies, alongside protection and healing, much like today.

It is no coincidence that the festival of Purim almost always falls around the time when we read Parasha Tetzaveh, which discusses the clothing of the Cohen Gadol. The halacha (Jewish Law) states that if the service is held by the high priest without the special clothing, it is considered invalid. What is the hidden (masked) message here?

The costumes we wear on Purim reveal a message passed down from generation to generation. For the people of the Holy Book though, it is not just Purim

that is about costumes; within the Torah there are many examples of disguise.

The most obvious disguise mentioned in the Torah, is that of Joseph's coat of many colours - His brothers despised him for receiving the coat from his father, Yaakov. They were jealous. They believed that the Ketonot Passim- the Multicoloured coat, was only to be worn by the leader of the family. His father Yaakov had the foresight of knowledge and understood what lay ahead for Joseph and so he handed the much wanted and coveted coat to his youngest son.

Interestingly, Yaakov himself, had also been previously tricked due to a costume, he was due to marry Rachel, but her sister Leah wore the bridal gown (with her face covered) and tricked Yaakov into marriage. She was able to justify the trickery as Yaakov himself had deceived his own father with yet another costume, when he dressed up as his brother Esav to receive his birthright. Esav himself donned the clothing of Cohen Gadol (High Priest) so that he could pass as a holy man.

Confusing, isn't it? This intricacy of disguise is further complicated when we learn that the clothing of the Cohen Gadol was actually the clothing of the first man, Adam in the Garden of Eden, just after he sinned by eating from the forbidden tree of knowledge.

Before he sinned, Adam and Chava (Eve) were naked. As soon as they sinned, they were clothed. What is the Torah trying to teach us? In Hebrew, the word for clothing is Begeg which comes from the word, Bogged - someone who rebels. Interestingly, there is another word for clothing, which is Levush, this word has the root word, Busha, within it. Busha means embarrassment. It seems that the Torah is hinting to us through clothing and costume, as long as we rebel (begged), by not acting as one people, we will remain embarrassed (bogged) about ourselves in some way.

Presently, we all live in a world of masks. You can't go on public transport and in some countries, you can't even leave your house without a mask. The current number one show on television is The Masked Singer. People will spend hours trying to figure out who is behind the mask. Everyone is so excited for the big reveal. The question is, what is the deeper message of a mask?

The story of The Golden Calf comes to mind, in Hebrew it is referred to as Egel Masecha, which is a most unusual reference. The exact translation is of this is, 'Calf that is a Mask'. What is going on here? The Jews thought they saw a calf, which represented a chance for them to worship God using the calf as a medium. However, there is no medium between us and God. The Golden Calf was an illusion, a mirage of sorts. The Jews were supposed to see through this. In other words, the concept of a mask itself is there only to eventually urge one to wonder about the true identity behind it. Who is hiding behind that mask?

Wearing a costume and a mask, whether playful, practical or sacred permits the wearer to transform into an alternate identity. The masked Singer reveals only a part of himself to us, until the mask is removed. Much like many of us, who only choose to reveal parts of ourselves on a daily basis. Since last Purim, everyone around the world has been partially revealed, restricted and controlled with our faces covered by an uncomfortable mask.

This will be our second time we celebrate Purim during a lockdown. Perhaps the lesson here is to recognise who we really are. Are we doing our best to grow and feel closer to Hashem? On Purim, we are meant to let go of our inhibitions (having a few drinks helps), we start to show the world who we really are. We eat Haman's Ears (represented by the Hamantaschen), so he can't hear us. We read in the Megillah about Queen Esther, Mordechai and Haman. Is this just a story? What secrets are hiding behind the mask of Purim?

Whenever we come across the big reveal, we experience a sense of knowing, an elation. We have touched truth. Just as Joseph's brother did when they realised the reality of the situation. What is our truth? Purim is not just about costumes and parties, but an opportunity to recognise our real selves. The ultimate redemption, with Hashem revealing himself through the Moshaiach, will only come when we all take off our masks and reveal the true nation we are. Amen.

Purim sameach

CLOWNING AROUND

Sandy Leigh

The unusual but rewarding career path of a medical clown who has carved out a niche for herself, making smiles.

If I knew then what I know now, I could have made so many more smiles. When I was 13, I started a children's entertaining business called *Tickles*. I had the monopoly in my area, thanks to my little sister and her myriad of friends. By the time I was 21, I had a flourishing business which I loved, making children and adults smile, which in turn made me smile. It was a win-win situation. I couldn't be happier.

Years later, I made Aliyah and started raising my own three boys. They kept me busy. I had to leave the laughter

of *Tickles* behind, until eventually, they outgrew me and I was left behind. My children had flown the nest and I was left feeling a little lost. At that moment, a bus drove past me with a big advert, 'Become a Medical Clown'. Something stirred inside, providence was knocking at my door. I felt a calling. Improvisation, magic and gibberish were existing tools of mine. I just had a few more skills to learn. Along with 19 other students, with their own varied reasons for attending, I embarked on a 100 hour training course, learning new skills including laughter yoga and gaining a true insight into empathy.



Once my clown character was developed and I had the necessary tools, I could start to TURN FROWNS UPSIDE DOWN, on site - in hospitals and care homes - with patients and their families.

It is not a clown's job to ask about their needs or to enquire why they are in this situation. Our role, is simply, to take them to a magical, happy place, creating smiling memories that could last.

And I would like to thank Shira for this. Shira, a sweet 3 year-old girl, who was hospitalised for an extended period of time. I sent her a picture of me with a silly face.

And she smiled at the camera lens, right back at me. That smile stayed with me. She was the inspiration behind the clown in me: ShiraLi.

And although entering hospitals is a tenuous subject now, the current pandemic did not push me into early retirement. I've never been busier. I enter a Zoom, instead of a room.

It could be an emergency ward, a private home, a care home. I send video messages of encouragement, of love and make the poorly smile. I'm entertaining the ageing, growing and those not knowing...

I love what I do, and I do what I love.

Wishing you all fun, joy, smiles, laughter and love.

Purim sameach

T H E M O N T H O F

Adar

Ora Goldberg

Every Jewish month carries a unique energy. Each month is represented by a different 'mazel' or zodiac sign. In fact, according to the Kabbalistic texts, creation is so distinct that each day holds its own unique energy.

The month also corresponds to a Hebrew letter, one of the tribes (shvatim), a body part, a sense, a different combination of the letters of Hashem's name and even a colour. Each one of these is hinting to us what each month has to offer. Knowing the unique power of each month allows us to plug in and recharge ourselves, maximising opportunity for personal growth.

This is the month of Adar and if you are new to the idea of an opportunity for connection, it's a great month to start. Adar is one of the most joyous months of the year, as it is said, Mi she'nichnas Adar marbin b'simcha - when the month of Adar enters, happiness increases. During this month, we are supposed to increase our happiness, making each day happier than the last.

HOW CAN WE PLUG INTO THIS HAPPINESS?

The Mazal of this month is Pisces – symbolised by the fish.

Fish represent fertility, which is a blessing providing one with ultimate joy. Fish also embody the idea of concealment - the world under water, that we don't have a clear view or understanding of. This is representative of our journey as a Jewish people and as individuals. The outcome and blessing of a situation is not always clear or revealed to us. There are times when things seem dark and hopeless, in those moments it's hard to imagine the hope and joy that could be just around the corner. The Purim story which falls in this month is a perfect example. Just when the Jewish people's fate seemed doomed, cause for celebration is revealed.

The letter of the month is Naftali

The tribe representing this month is the tribe of Naftali. When Yaakov/Jacob blessed his sons, Naftali received a blessing to be an 'ayalah shelucha' - a swift deer. A deer is an animal that is delicate, it treads lightly. Being 'light on your feet' is connected to mental lightness and resilience. Sometimes fear and anxiety can overcome us, making us feel physically burdened. Being light footed helps us navigate tough times and hold on to good times.

The letter of the month is 'kuf'

The letter 'kuf' shares a root with the Hebrew word 'kof' - 'monkey', the symbol of laughter and playfulness. The letter kuf is teaching us, though the monkey, not take oneself too seriously.

As befits the month of happiness, the sense of the month is the sense of laughter. As there are different kinds of happiness, there are also different kinds of laughter.

The laughter, we are aiming to achieve, comes from the deepest and most real place and is linked to the first time we encounter the idea of laughter in the Torah. When Sarah was informed that she would have a child at the age of 90, she laughs out loud in response to this prophecy. It was the unexpected, the complete opposite of what she would have supposed. The turn of events produces a reaction of a deep laughter. A hidden blessing was revealed by God.

In this month of Adar when we read the Megillah on Purim, we'll read a story of despair turning to salvation, of the ultimate paradox. We read a story that does not (directly) mention Hashem's name, giving us the chance to call it co-incidence, if we choose to do so. But the laughter we are hoping to experience in Adar and beyond, is the laughter that comes from recognition that it is indeed, Hashem that runs the show. That challenge and darkness can make way for clarity and joy, in the blink of an eye.

Life can feel heavy and in those times laughter and joy seem elusive. When things are tough, we lose a sense of control. Ideally, we want to manage our own world, we want to feel like we are in charge. This month invites us to let go of that illusion.

Let's not take ourselves too seriously and let's remember to 'Let go and let G-d' and that within the darkness lies potential for light.

May this Adar bring us all many reasons to laugh, an INCREASE IN HAPPINESS EVERY DAY and a reminder of the bigger picture to carry us through the rest of the year.

SAVE THE DATE

Join Chazak ladies, for a Zoom event, with Ora "The spiritual power of Pesach" on the 16th of March 2021. To reserve your place, email: max@wearechazak.com



Nicci Menashe

Cards of Care is an initiative of love, set up to connect schoolchildren to care-home residents, through handmade personalised cards. It arose out the first lockdown and has received such warm responses. Since its inception, more than 13,000 personalised cards have been delivered to care-home residents across the country. The love and care displayed in the art and the words on the cards has turned the monochrome world of our elderly and vulnerable into a world of light, bursting with colour.

Often when I am away from the city lights, I look up at the night sky and I see stars. The space between those bright points of light is, of course, filled with inky blackness, urging me to ponder on the nature of our existence.

We are born from a protected dark space into a world of light. As we grow, we find out that the physical light here on earth is an illusion of safety. In fact, at times, it feels really bleak. Being naturally keen to focus on the positive, I have come to the conclusion that our sole purpose here on this earth is to find all the never-ending twinkling opportunities to grasp the light - and often those opportunities are sparkling right in front of our eyes!

It has been my experience during this pandemic that the more the darkness looms, the more light we need

to uncover, and the more the gloom threatens to envelop us, the more light we have to shine out and share with others who are literally lost in the dark.

It was during the first lockdown when I first met Cynthia on the corner of my street. I was on my way to Tesco, as was she. I discovered we were near neighbours and I scolded her for leaving her home during the pandemic and offered to do her shopping for her. She refused my request, saying she had lived through the blitz, during World War II, and felt she would survive Covid times too.

She gave me her telephone number and we formed an unusual relationship after that day. She began by writing each member of my family a personal letter.



We would write back and found ourselves enclosing little gifts too. Often, we would meet outside to go for a little walk, and slowly, we really got to know one another.

Cynthia has experienced a difficult life. I do not want to get into the enormous amounts of negativity that she has had to overcome in her lifetime because the outstanding thing about her is that she radiates light and positivity. She has not let the circumstances of her story dictate who she became or let misery overtake her. I have never met a more mentally strong and glowing example of pure resilience.

It was Cynthia's 80th birthday last November, in 2020. I asked a creative friend, Simone, to help me plan something, especially since she would not be able to celebrate with too many people around her. We hatched a plan - to spoil Cynthia with love that was certainly long overdue and to help make this a birthday Cynthia would forever remember.

Simone's talented daughter, Sahara's Cupcakes, contributed some exquisite personally decorated cupcakes. I collected some birthday gifts that I knew Cynthia would treasure and added some beautiful Cards of Care for the special occasion. Cynthia was so overwhelmed by these gifts of love. She promptly sent us a card back to say thank you and at the bottom of her card, was a poem she wrote. I was immensely struck by the depth and beauty of her words.

*Why is the sky so high and the sea so deep?
This world is so big.
If only folks' hearts would be the same.
Then us humans, would have so much to gain.
Do understand, we all have feelings too,
it's not just about me and you..
Yes, your kindly souls show in your cards and words,
Thank you, dears.*

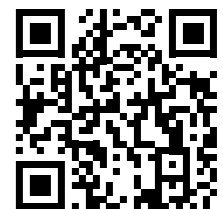
On the day I stood there reading that poem, I felt an energy that lifted me to a different realm. I connected very deeply to the words of a poem written by the hands of someone who had less than a year ago, been a complete stranger. The energy stayed with me for days and when it subsided, it made me want to search for the next burning light who could possibly warm me with more of that energising feeling of pure pleasure.

So, sparks of light are all around us even in the darkest of times. Once we ignite that spark, we just need to give it enough time for the wick to catch fire and for the flame to burn for long enough, and this will certainly allow an ordinary person to embark on an extraordinary journey to a world of pure and true light.

FACEBOOK



INSTAGRAM



Scan this QR code with your smart phone camera

Cards of Care would like to express their gratitude to every single person who embarked on this journey with them. Thank you to the volunteers (who arranged it all), to the teachers (who organised the students), to the students (who created the cards), to the care homes managers and the residents themselves. All of us, feel like we experienced something so special. As Willa Cather once said, 'Where there is love, there are miracles.' Cards of Care has now spread beyond the borders of England to the Ukraine, South Africa and Israel.

WHAT COLOUR ARE YOU?
TUE 17TH NOV 8:30PM
AGES 22-28
ZOOM LINK 254-784-3009
£5.00 PAYPAL DONATION

MANAGING OUR CHILDRENS ANXIETY
a live panel
Tuesday 8th Dec @ 8pm UK time
(3pm NY | 12pm LA)
Register to join: Max@wearechazak.com

TEARING DOWN WALLS
17TH OF TAMMUZ PROGRAM
THURSDAY, JULY 9TH | 5PM - 7:45PM
RECONNECTION AFTER DESTRUCTION
R' MOSHE LEVY



CHAZAK PRESENTS
A YEAR IN LOCKDOWN

RABBI LAWRENCE HAJIOFF
Getting Better at Being You
WEDNESDAY, DECEMBER 30TH
NYC 12PM | LA 9AM | UK 5PM
10 FROM '20
LESSONS FROM A CRAZY YEAR

TODAY
PES-AHH
Or
PES-UCH?
Mon April 6th 2PM

PATH TO GREATNESS
RABBI SHLOMO FARHI
MONDAYS NYC 2PM | LA 11AM | UK 7PM

Thursday Nights
with RABBI SHLOMO FARHI
For Which I STAND

Simplifying the Sod
with Rabbi David Bibi
Join us ONLINE as we explore the weekly perasha from a Kabbalistic perspective and attempt to simplify the Sod - The Secrets of the Torah.

CHAZAK
AWAKENING THE SLEEPING GIANT
DISCOVERING YOUR TRUE INNER GREATNESS
UK 8:45PM | NY 3:45PM | LA 12:45PM
R' MOSHE LEVY (Wed 6th May)
R' SHLOMO FARHI (Mon 11th May)
R' YITSI DAVID (Mon 18th May)
R' ARI BENSOUSSAN (Mon 25th May)
<https://zoom.us/j/2347843069>

FUNDAMENTALS OF JUDAISM
RABBI LAWRENCE HAJIOFF
WHAT DO YOUR DREAMS MEAN?
TUESDAY, AUGUST 18TH | NYC 7PM | LA 4PM

Thursday Nights
with RABBI SHLOMO FARHI
SPIES & LIES
TUESDAY, AUGUST 18TH | NYC 7PM | LA 4PM

CHAZAK
TUESDAY CHATS
Rebbetzin Ruty David will be hosting a Q & A Every Tuesday
Post your questions on: <https://www.facebook.com/groups/chazakladies> or email:

POWER UP

anti-Semitic
Sem
anti-se
From
an Antisemitism
6/7/2020 11PM

TEARING DOWN WALLS
17TH OF TAMMUZ PROGRAM
THURSDAY, JULY 9TH | 5PM - 7:45PM
RECONNECTION AFTER DESTRUCTION
R' MOSHE LEVY



THE NATURAL PLATE
Nutrition & Hormones
WEDNESDAY 27TH JUNE 8:30PM UK TIME
UK 7:30PM AND L.A. 12:30PM
ZOOM: 9451171516

Get into the Zone
DAYS OF AWE-SOME
Wednesday, Sep 16th at 7PM
R' Mizrahi R' Farhi R' Haged R' Theginn
4 Inspirational Ideas to Supercharge Your Rosh Hashana!

Thursday Nights
with RABBI SHLOMO FARHI
To Crown A KING
AUG 27TH | 8:30 PM

CHAZAK TO RAV CONVERSATION
Unlocking Love, Connection, & Relationships

ISOLATION
Spirituality
Inspiration
Cooking
Motivation
 Torah

LIFE
LIFE-REIMAGINED
Rabbi Shlomo Farhi
Wisdom for Today from Five Axiom
Tuesdays: NYC 11AM | LA 8AM | UK 6PM



STAYCATIONS AND DRIVING HOLIDAYS TOP THE LIST FOR **2021 GET-AWAYS**



Martine Sherman

Whilst many of us would prefer to follow the sun when it comes to holiday destinations, the pandemic continues to influence our choices.

The UK has so much to offer, yet we often forget the beauty and the history available. There is something truly wonderful about the simplicity of getting into your car or hopping onto a train and heading off for a lovely weekend break in the UK.

DISCOVER THE BEAUTY OF BRITAIN BY WATER

On a canal holiday, you can enjoy the best of both worlds. Drift into fascinating riverside cities to soak up some culture or moor up in the heart of the English countryside. Each waterway has its own unique character, from the gentle heartlands of England, the mountainous regions of Scotland and Wales to the splendour of the Peaks. No licence or experience is needed. When you arrive to pick up your boat, you'll receive plenty of expert tuition from your boatyard staff. They will provide you all the training, help and advice you need. Your on-board manual will give you lots of tips and reminders too, so why not set off to explore Britain by water

NORTHERN BROADS

Known as the 'capital' of the Norfolk Broads and set on one of its prettiest rivers, bustling Wroxham village makes an excellent base for easy cruising.

SOUTHERN BROADS

Cruise to the city of Norwich, passing lovely Surlingham Marsh nature reserve and Bramerton Common, said to be the most beautiful spot in the Broads.

OXFORD & MIDLANDS

A canal boat holiday on the Oxford and South Midlands canal network combines a wonderful procession of historic industrial architecture with beautiful natural landscapes.

HEART OF ENGLAND

Threading their way through six beautiful English shires from Tewkesbury to Stafford, this network of waterways offers a splendid variety of canal boat holidays.

CHESHIRE RING

With the perfect blend of town and country, meander through this ring of six canals and take in the picturesque views of the Peak District and Cheshire landscapes.



The boat, Arabella, has two bedrooms and can sleep up to 4 people, provides luxury afloat and a comfortable cruising experience.

CORNWALL IS THE UK'S FAVOURITE HOLIDAY DESTINATION, AND IT'S EASY TO SEE WHY

With outstanding natural beauty at every turn, award-winning attractions and idyllic destinations just waiting to be explored, I can say with some degree of certainty that you won't get bored!

Discover the land where the legends of King Arthur were born or visit some of the stunning Cornish locations used for filming the BBC Poldark series. The weather may not be guaranteed, but there is so much to see and do, you'll want to come back time and again, year after year.

7 NIGHTS SELF CATERING FAMILY BREAK IN NORTH CORNWALL



This fantastic State of the art single storey luxury lodge is situated in a stunning location on the Cornish coastline overlooking the picture postcard fishing village of Portreath. Its magnificent sandy beach is home to a host of activities including kayaking and surfing, for beginners and amateurs alike. Teenagers and toddlers can let their hair down in Basecamp, an indoor activity centre with soft play and the latest contemporary climbing challenges, all alongside cafe facilities. Spend some time fishing on the beautiful fishing lake, or play

9-holes of par 3 golf on a course inspired by the best holes from around the world. If you'd rather unwind, treat yourself to one of the many therapies on offer in the Wellbeing Spa*, or take a swim in the indoor pool. Alternatively, you can choose to relax in the spa bath, steam room or sauna.

25 minutes away is the dazzling jewel in Cornwall's crown – St. Ives – wander through the maze of narrow cobbled streets, independent shops and fisherman's cottages.

40 minutes from Pendennis Castle and English Heritage site with its 450 years of fascinating history, from Henry VIII's coastal stronghold to its last military role as a secret Second World War base. Visit the guardhouse, descend through tunnels and experience garrison life for yourself.

www.english-heritage.org.uk/visit/places/pendennis-castle/

45 minutes to the Minack Open Air Theatre which is set perched high on golden cliffs above the turquoise sea. One of the most beautiful settings anywhere in the world.

www.minack.com/minack-theatre

45 minutes to Lands End depth of history at Land's End has a part to play in the continuing appeal and popularity of this world-famous attraction. Nowadays, more than 500,000 visitors from all over the globe travel to Land's End every year.

www.landsend-landmark.co.uk/plan-your-visit/



Are you looking to get away for a night or two to celebrate a birthday, an anniversary or even just for a change of scenery, but don't want to travel too far? There are some lovely hotels less than 2 hours away from London.

MALLORY COURT COUNTRY HOUSE HOTEL AND SPA



This beautiful hotel prides itself on offering guests exceptional hospitality, which is also reflected in the four Red Stars awarded from the AA. A member of Relais & Châteaux, the beautifully grand Lutyns style main house is set in 10 acres of lush, green grounds and is the epitome of a quintessentially English country house hotel. Step inside and discover what they have on offer, including 43 blissful bedrooms, a 3 AA Rosette restaurant, a 2 AA Rosette art deco brasserie, events suite and the heavenly Elan Spa adorned with ESPA and Ila products



Nearby places of interest include the medieval masterpiece, Warwick Castle, situated ten minutes' drive from the hotel. Further afield is Stratford-upon-Avon, the home of Shakespeare. Brimming with museums, cobbled streets and cafes. There's plenty for everyone to discover.

This hotel is also closely located to various National Trust properties: Charlecote Park, Upton House, Hidcote Manor. Pay the Heritage Motor Centre a visit, Based in Gaydon, the motor museum is home to the world's largest collection of historic British cars.

BEAUTIFUL 9 BEDROOM COTTAGE IN DEVON FOR THAT LONG AWAITED GET TOGETHER

Set amidst 300 acres of rolling Devonshire countryside, close to the village of Halwell. Tree Park, 9 bedroom cottage is surrounded by woodland and affords views over open countryside. This detached property has been decorated and furnished to a very high standard. There is an open plan, vaulted living space with a dining table seating twenty guests, three large patio doors opening onto a terrace for al fresco dining or simply just to enjoy the view. There is also a second sitting room with a 65" TV with full Sky package. Outside has ample parking, a garden for outdoor games including table tennis and badminton and a children's play area with swings, slide and climbing frame.



LOOKING FOR A MORE ACTIVE BREAK?

TRAIL RUNNING IN THE BRECON BEACONS

Where rolling foothills lead to dramatic ridges, the Brecon Beacons and the neighbouring Black Mountains are the heartland of Wales and the perfect backdrop for a long weekend break away from the bustle. Steeped in a rich history of lore, you'll explore trails traversed by folk of a time gone by. Rivers and waterfalls cut through the rock faces, while heather-clad meadows give the hilltops their purple hue.



This is the perfect place for a long weekend of running, relaxing and escaping the speed of everyday life, moving at your own pace and taking in striking scenery. The ideal break to get yourself onto a healthy track with like minded people, with stunning, quiet, rural scenes surrounding you.

YOGA & FITNESS

RETREAT IN ISLE OF ANGLESEY IN NORTH WALES

This is the perfect break for anyone looking to escape a crowded city for a weekend and head to the refreshing,

reinvigorating great outdoors. You'll explore Anglesey, an island of wild, windswept beaches and idyllic rolling hills. On foot, set out on relaxed walks, hikes and fitness. You'll also enjoy downtime during restorative yoga and meditation sessions.

For anyone that wants to get away from it all and experience a bit of peace and isolation in a beautiful natural landscape, this is the perfect retreat.



ROMANTIC ADVENTURE ESCAPE IN THE SCOTTISH HIGHLANDS FOR TWO

The location as a whole is also a lesser-known destination but is quickly gaining popularity, thanks to its proximity to the mighty Cairngorm Mountains and the award-winning coastline of beautiful beaches and the number of outdoor activities the region offers.

For the two nights that you are staying, you'll be able to enjoy a rustic glamping experience in a hand-built shepherds hut, barbecuing and cooking outside, spending evenings by the crackling campfire under a sky of stars after a day of exploring the landscape.



The perfect getaway for an active couple, this weekend retreat sees you white water rafting the stunning River Findhorn, exploring the stunning wilderness of the Scottish Highlands, and relaxing in your very own secluded wilderness hideaway.

Located 8 miles from the nearest town, Forres, you'll be able to truly immerse yourself in the wilderness of the Scottish Highlands, and enjoy a short break in the outdoors that really helps you get away from it all.



**Prices and dates available can be requested from Martine - The Personal Touch Travel UK
Daily deals available on Facebook: www.facebook.com/thepersonaltouchtraveluk or Instagram: www.instagram.com/thepersonaltouchtraveluk*

Y O U D O N A T E



We deliver

Never doubt that a small group of thoughtful, committed individuals can change the world. In fact, it's the only thing that ever has.
- Margaret Mead

At the beginning of the first lockdown in March 2020, the quintessential North London Jewish grandma, Jackie Commissar, was at loss for what to do. She wanted to 'help out' but wasn't sure what she could offer. Her daughter, Katie, would often tell her about friends of hers who were frontline workers for the NHS. Their hours had increased dramatically and their chances of having a break to eat nutritious food were lessened. They were over-worked and under-nourished, to say the least. If chicken soup soothed the soul, then surely, this could be the answer. Pretty soon, Jackie offered up her much loved and talked about homemade chicken soup to some of the staff.

Jackie and her daughter, Katie, haven't looked back since. One bowl of soup led to another. As the requests grew, Jackie found she couldn't keep up. Before long, help was ushered in from Independent Insurance Broker, David Benveniste and former Superstars Entertainment

Founder and London Maccabi Administrator, Sarah Laster.

They began humbly by supplying two local hospitals with hot meals. The need was too great, and the offers of support was growing rapidly You Donate, We Deliver thrust into action. Their reach included 32 wards across 22 hospitals, whose staff received a wide variety of necessities ranging from toiletries to non-perishables, alongside freshly cooked meals. This formidable team weren't able to keep up with the cooking demands and enlisted the help of ten professional chefs to prepare the YDWD meals. Demands increased as the pandemic refused to fade away. YDWD also raised funds to provide front line workers with white goods, emergency childcare and even professional emotional support. The dynamic team have galvanised unparalleled community support from 14 additional hubs across the South East. YDWD was not created with big intentions.



Initially, it was a personal mission to assist the few people they knew, within the hospital community. They shared their experience on social media platforms and were swamped with offers of help.

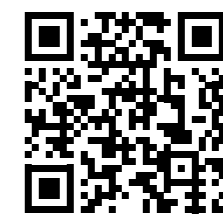
As the initiative grew, YDWD adapted. The process became more complex to include, delivery rota's, food supply and hub collection points. Thankfully, at this point, CST (Community Security Trust) stepped in and donated their software to facilitate their ever-growing complex needs.

They found a way to give and they gave the JEWISH COMMUNITY a possibility to give too.

Many of their volunteers expressed their personal thanks. As one volunteer, Simone Kreiger of Kriegers Kitchen, expressed, "My new adopted 'family' are truly some of the most wonderful, altruistic, creative, hard-working and fun people I've ever met." The volunteers were grateful too, it gave them a reason to get up, a chance to bake with their children, a way for grandparents to alleviate their loneliness and the wonderful opportunity for everyone to feel part of something bigger. It gave meaning to what felt like a hopeless situation.

2021 holds big dreams for the YDWD team. With a wealth of skills and a network that includes 2.6k members, they are continuing to organically support a variety of projects. This last lockdown, the need has been towards supplying the London and West Herts Ambulance services, who have reconditioned old ambulances into snack bars to service hospital staff. There is plenty more in the bag too, watch this space. All of this, emerged from a bowl of chicken soup, that has at the same time, restored our faith in humanity, as Jackie Commissar says, "The power of positivity and need to help others is a blessing to us all."

FACEBOOK



INSTAGRAM



Scan this QR code with your smart phone camera

YDWD needs are constantly changing. Please join to get involved.

P O L Y G L O T



Claire Freeman

Polyglot [pol-ee-glot], noun.

A person who knows and is able to use several languages.

Neither Maxine or I are polyglots.

If anything, we are monoglots. Now there is a new word neither of us were aware of. Monoglots are people who are only able to speak one language. Not for want of trying though. We have tried, multiple times. And for all the years we have spent in Israel, neither of us are bold enough to call ourselves multi-lingual.

It has often been said that the BEST WAY to learn a language is to immerse yourself in it.

This is exactly the protocol that Shanghai based Israeli, Guy Sharrett, uses to teach Hebrew.

When in Israel, this cutting-edge linguist teaches language, using the sights and sounds of modern Israel via guided Graffiti & Culture tours. Gazing at local advertising, pop-art stickers and listening to popular music is the curious path he leads you down. Not an ulpan teacher in sight.

Guy points out the many fascinating linguistic layers of the Hebrew language. As Israel is a modern inclusive society, there is a constant influx of new-found words that are being drummed up, to keep up with the

demand of what Israeli's face culturally. Amongst his many thousands of students, his most unusual request for Hebrew words includes a monk, physics scholar and a diplomat.

According to Guy, many students who have previous Hebrew experience, suffer with linguistic trauma, so to speak. We are both examples of this. Both of us have completed several ulpan courses but still face the dread of the fast-paced language that is common to the average Israeli. We are both pretty much fine-tuned in the area of ordering a meal, arguing with a taxi driver and asking for directions. Past that, we both come up blank. Each time we have tried to have a social conversation we are both faced with the 'freeze' response. Everything we have ever learnt seemingly and silently disappears. The speed itself is frightening. We are referring to both, the speed of its departure and the speed of the Israeli tongue!

After many years in Israel combined, we learnt that there are many nuances in the Hebrew language - past & present tenses, male & female prefixes. After each attempt to absorb this new language we found it impossible for our brains to process and store the information effectively. How do we take our ulpan studies and utilise it successfully?

If you are one of those lucky (and brainy) people that picks up language easily, please don't judge us because according to a new study by Boston based researchers, including experimental psychologist Steven Pinker, findings suggest that any language-learning ability starts to decline after the age of 18. So, if learning a foreign language frightens you, it isn't just your imagination and you are not alone.

We also learnt that ulpan classes are just, well... boring.

We figured out we didn't like grammar but as Sharett, points out, that we like people.

We do!

We like people and we like their stories.

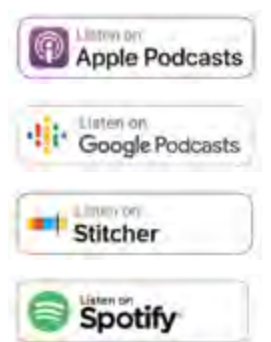
He suggests taking your nose out of a grammar book and start interacting with people. Our best chance to learn this language was to hear it in the streets, listen for familiar words and connect the dots.

This is the principle behind 'Streetwise Hebrew'. Streetwise Hebrew is a weekly podcast series that is entertaining and innovative, published on TLV1.fm with over 300 EPISODES.

This platform hosts titles such as - 'Strengthened Coffee and Upgraded Pizza', 'Yea or Nay' and our personal favourite, 'We All Deserve Special Treatment'.

It's time for us to throw away our well-used copy of 'Hebrew for Dummies' and our shame over not being able to learn a new language and instead, bathe in the joys of Sharett's relevant and lively discussions. Each episode is recorded in English, then mirrored in Hebrew. It is broken down into topics that are relatable, user-friendly and include words that have popped straight out of the Hebrew Urban Dictionary.

As the famous Austrian-born philosopher, Ludwig Wittgenstein, once said, "The limits of language are the limits of my world", thanks to Streetwise, this is no longer true. Israel, we are coming back for you!



A BAD WORKMAN BLAMES HIS TOOLS



JonoKnife
A slice of perfection

This beautiful handmade engraved knife is a must for all Shabbat Tables.

One of my prized possessions is my breadknife which I'm hoping doesn't make me sound too much of a serial killer. To be fair, I have never even paid any attention to knives until I was married and consequently, the kitchen, became my office. It was then I discovered that a workman's tools are crucial. One of my favourite wedding gifts was a beautiful Challa knife, which we loved. It sliced through the Challa, like butter. We loved it so much we would often fight about who would slice the Challa. A few years later, the knife lost its mojo. It

just didn't glide through the Challa anymore. It had a serrated edge and sharpening wasn't an option. I bid goodbye to this knife and with it, my obsession to be the one, who cut the Challa.

Years later, I had the pleasure of meeting Jonathan Slater around a dinner table. He stood out from the beginning; he had a flair about him that was captivating and different. In the most unusual act of table manners, Jono, as he likes to be called, suddenly pulled out a small



'chainsaw' looking knife - moments before the host was about to cut the freshly baked sourdough bread on the table. He claimed that the blade was about 6 times thinner than a conventional bread knife blade which enabled it to slice bread with almost no pressure.

He assured me that this knife was unrivalled by any other knife.

EXCITEDLY, my passion for knives was re-awakened as I asked if I could try it out. I was instantly hooked.

And have never looked back. This JonoKnife is by far, the most impressive craftsmanship I have ever encountered. Plus, it looks like a mini chainsaw, so it is always a conversation starter! And the best part, it's affordable, unlike other highly priced knives that don't last half as long.

So, if you've run out of gift ideas for your husband, brother or boss, look no further. This is a gift with flair and efficacy. You will be thanked for years to come.

The JonoKnife is one of the top recommended breadknives on popular UK sourdough forums and is currently available to buy from Charlotte's Sourdough in Hendon or online at JonoKnife.

www.jonoknife.co.uk / www.instagram.com/charlottesourdough

YALLA GIVEAWAY

Yalla magazine has been in touch with Jono, of JonoKnife, and he has kindly offered his personalised handcrafted knives to 3 lucky Yalla readers. Please email claire@wearechazak.com telling us which articles you liked and why, to be entered into draw. Entries close 11 March 2021.

The JonoKnife is Britain's finest adaptation of the age-old Appalachian Mountains bread saw. Made on a small farm in the English countryside, the wooden bow handle, tensions the Sheffield-made blade which makes it effective, ergonomic and beautiful. The JonoKnife is a kitchen piece to be shown off and enjoyed for a lifetime. It is available in two sizes, a variety of hardwoods and in both left and right-handed versions. The wood is sealed with Danish oil to accomplish a resilient and beautiful furniture grade finish.



INDIAN
COOKING
WITH

Mama Anita

Mama Anita is famously known for her hilarious quips on the Chazak YouTube hit, 'Ashkenazi v Sephardi Food Fight', but for those close to her she is also known for her incredible life story and wonderful cooking. She spent the first years of her life immersed in the Bombay (Mumbai) Jewish community, before making Aaliyah with her family, age nine.

Sadly, her parents were unable to manage in the rural land that was Israel. Hannah, known as Anita, remained in the holy land with her sister Cynthia, living alongside

European child refugees in Kibbutz Shlochot, eating Ashkenazi cuisine in the communal Hadar Ohel (dining room). Her reputation as an incredible cook, has fed many, despite never setting foot in a Sephardi, kitchen until she wed her childhood sweetheart from India, age 20, and setting up home in London.

She has built up a repertoire of incredible dishes, some of the simpler dishes she has shared with our readers over the following pages.

KEBABS



MEAT ROAST



MEAT ROAST

Feeds 4-6 people

- 1 tbsp paprika
- 1 tsp grated fresh ginger or ½ tsp ground ginger
- ⅔ cloves garlic or ½ - 1 tsp garlic granules
- 1 tin plum tomatoes
- 1 tbsp tomato puree
- A pinch of salt and pepper
- ⅔ chili (mild or hot)
- Handful washed fresh coriander
- 2 onions cut into chunks
- 1kg round Bola cut into cubes

1 Soften the onion in a heavy saucepan. **2** Add all the herbs and spices and tomato puree. **3** Add the meat and stir it well. **4** Add the tin of tomatoes and 1 cup of water. **5** Bring it to the boil and simmer for 10 minutes. **6** Cover it and put it in the oven on 160° for 1.5 hours.

TIP: If it's too watery, put it back on the boil until reduces to the perfect consistency. Serve it on a bed of rice, sprinkled with fresh coriander.

BHAJA

- 3 boiled potatoes mashed
- 1 tbsp chopped peppers
- 1 heaped tbsp spring onions
- 1 chopped and sautéed onion
- 1 heaped tbsp washed coriander
- 1 beaten egg
- 2 tbsp matza meal
- A pinch of salt and pepper

1 Mix all the ingredients. **2** Divide into 12 portions rolled into a ball and flatten (not too thin). **3** Deep fry.

TIP: You can add any vegetables - mash them

HEALTHIER OPTION: You can use an airfryer

KEBABS

- 1 pack beef mince
- 1 pack lamb mince
- 1 grated tomato
- 1 chopped onion (raw)
- 1 chopped & cooked onion
- 1 tbsp Paprika
- ½ tsp Turmeric
- A pinch of salt and pepper
- *2 cloves of garlic
- *1" chopped ginger or 1 tsp dried
- *Handful chopped mint or coriander
- *2 chopped chillies
- *1 egg
- *1 cup matza meal

**Replace all these ingredients with 2 tbsps chutney*

1 Blend all the ingredients and leave in the fridge for 1 hour to firm up. **2** Form into sausage shapes. **3** Bake for 25 mins at 170° turn halfway through.

TIPS: Mince can be dry, so use a mix of best mince and normal mince or lamb

Make extra and freeze them uncooked, they can be cooked frozen. If you freeze them cooked, let them thaw naturally.

These cook well in an oven, griddle pan, airfryer or on the BBQ.

If you want to put them on skewers, soak the skewer first, to stop them burning



Scan this QR code with your smartphone camera

BHAJA



HILBE

This is a great dip for many dishes. Not for the faint-hearted.

- 1/2 cup fenugreek seeds, soaked overnight (they expand a lot)
- 1 bunch of coriander
- 10 green chillies
- 2 tsp salt
- 1/4 tsp sour salt
- 1 head of garlic
- 1 finger ginger

1 Blend all the ingredients.

TIP: It has a runny texture

FISH SALAD - SARDINA

- Flake cold cooked white fish
- 2 chopped raw green mango(Kyri)
- 2 chopped spring onions
- 1 chopped green chilli
- 1/2 bunch of chopped coriander
- 1 or 2 smashed cooked potatoes
- Pinch of salt and pepper

1 Mix all the ingredients together.

CHUTNEY

- 2 bunches of coriander
- 6 chillies
- 4 cloves of garlic
- 1/2 finger ginger
- Handful of ground almonds
- Handful of ground coconut
- 2 tsp salt
- 1/4 tsp sour salt

1 Blend all the ingredients.

OPTIONAL:

Mint Chutney

- 1 bunch of coriander
- 2 bunches of mint

All other ingredients - same as above

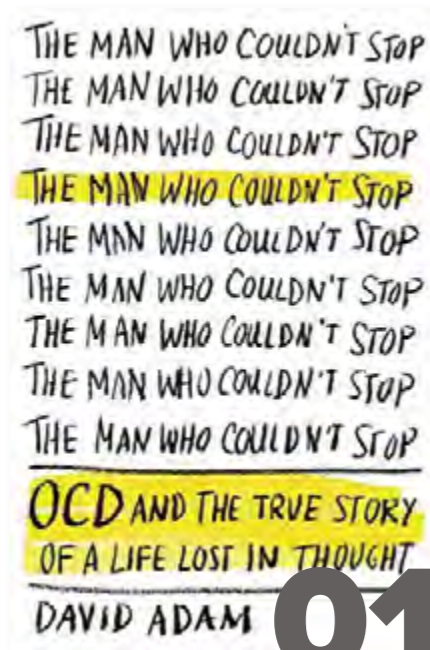
TIP: Always keep this in the fridge and use as a side dish or add to recipes that require a kick!



YALLA

Top Three

BOOKS

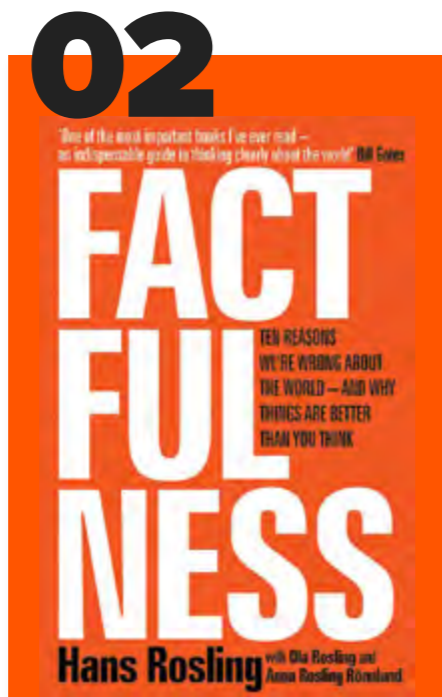


01

01
The Man Who Couldn't Stop by David Adam

Have you ever had a strange urge to jump from a tall building or steer your car into oncoming traffic? If so, you are not alone. Writer, David Adam has suffered with OCD for 20 years. Told with fierce clarity and humour, this book is part memoir and part scientific explanations. A must for anyone with OCD or knows someone close to them who suffers with it.

Sunday Times Bestseller.



02

02
Factfulness by Hans Rosling

Hans Rosling explains how media bias, ideological preconceptions and statistical illiteracy makes most people (in rich countries) believe in a gloomy and spectacularly wrong worldview. The book carefully explains by data and vivid examples how positive developments are systematically underreported, while disaster news are vastly over-reported.

Sunday Times Bestseller.



03

03
The Nightingale by Kristin Hannah

The Nightingale tells the stories of two sisters, separated by years and experience, by ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France—a heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women.

#1 New York Times bestselling author of more than twenty novels

PODCASTS



01
Freakonomics Radio

Discover the hidden side of everything with Stephen J. Dubner, co-author of the Freakonomics books. Each week, Freakonomics Radio tells you things you always thought you knew (but didn't) and things you never thought you wanted to know (but do) — from the economics of sleep to how to become great at just about anything. Dubner speaks with Nobel laureates and provocateurs, intellectuals and entrepreneurs, and various other underachievers.



02
The Happiness Lab

You might think you know what it takes to lead a happier life... more money, a better job, or Instagram-worthy vacations. You're dead wrong. Yale professor Dr. Laurie Santos has studied the science of happiness and found that many of us do the exact opposite of what will truly make our lives better. Laurie will take you through the latest scientific research and share some surprising and inspiring stories that will change the way you think about happiness. For an even deeper dive into the research, visit: happinesslab.fm



03
Your Undivided Attention

Technology companies are locked in an arms race to seize your attention, and that race is tearing apart our shared social fabric. Hosts Tristan Harris and Aza Raskin will expose the hidden designs that have the power to hijack our attention, manipulate our choices and destabilise our real-world communities. They'll explore what it means to become sophisticated about human nature, by interviewing hypnotists, experts on the dynamics of cults and election hacking and the powers of persuasion.

TED TALKS



01
Do schools kill creativity?

Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than undermines) creativity.

One of the most watched Ted Talks of all time.



02
Everything you think you know about addiction is wrong

What really causes addiction - to everything from cocaine to smart-phones? And how can we overcome it? Johann Hari has seen our current methods fail, as he has watched loved ones struggle to manage their addictions. As he shares in this deeply personal talk, his questions took him around the world, and unearthed some surprising and hopeful ways of thinking about an age-old problem.



03
Sleep is your superpower

Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body.

Messy Play

AT HOME

Rebecca David

Having spent most of the year in lockdown, there probably isn't much you haven't tried with your children. But Yalla magazine sought out something different for the whole family and absolutely guarantees that these five activities will light up their faces. Adults invited too.



MINI RAINBOW VOLCANOES:

AGE 3+

METHOD:

- Take a cupcake tray and place on another tray to avoid extra mess.
- Add a teaspoon of bicarbonate of soda to each cupcake groove.
- Add a few drops of food colouring to each groove. Use different colours if you want to create a rainbow effect.
- With a pipette or teaspoon, slowly add vinegar.
- Sit back and watch the magic happen!



FROZEN ANIMALS IN WATER:

AGE 3+

METHOD:

- Fill a container with water and some animals.
- Freeze overnight.
- With a pipette squeeze lukewarm water over the ice, to reveal the animals.
- Tip: Use tweezers to help release them as well.



FOAM PIE

You haven't lived unless you've made one of these

AGE 2+

METHOD:

- Spray shaving foam onto bowl or plate.
- Place a few drops of food colouring.
- Mix it up.
- Now, decorate as you like.
- Tip: Use leaves and flowers from the garden or herbs from your kitchen cupboard.

Note: For toddlers it is advisable to use Kids Stuff Crazy Soap Colour Foaming Soap, as an alternative. It is safer and non-toxic.

CARDBOARD MOSAIC:

AGE 4+

METHOD:

- Take a piece of cardboard.
- Make small cuts along the edges all the way round.
- Using string wrap the cardboard so each slot has been used.
- Cover with foil.
- Use your fingers to press down and reveal the pattern.
- Use felt tip pens to colour in each section.
- A beautiful creation has been formed.



NATURE LANTERNS

AGE 4+

METHOD:

Make a homemade glaze:

- ½ cup of water.
- ¼ cup of flour.
- Pinch of salt.
- Mix together.
- Heat up in a frying pan.
- Use a jar (Mrs Elswood cucumber jars work well)
- With a paintbrush or fingers use the glaze to stick petals or leaves etc.
- Leave it to dry for a few hours and then put a tea light inside.
- Now, you have a beautiful lantern.



QUICK QUIZ

ZED & THE ZOO

Zed is a 10 year-old boy who is fascinated by animals, big and small.

Try out his quiz and learn some wild facts about the Jaguar

Here are some interesting facts for you:

- You probably imagined that a Lions' jaw is super-strong (and it is, with a biteforce of 650psi), but would you believe that the Jaguar has a biteforce is 2000psi - more than double the amount of the lion. **In fact, the Jaguar has strongest biteforce of all mammals.**
- Most big cats don't like water, but the **Jaguar loves to swim.** They often live near lakes and are known to cross large rivers with ease. They may not be the fastest big cat, but they can swim, jump and even climb trees.
- Jaguars are top predators and so there are barely any animals than threaten their survival. Yet, they are considered an endangered species due to humans destroying their natural habitats.
- And lastly, please be careful when in the jungle... **It's possible for you to walk straight past a jaguar without even knowing it, you might not see them, but they can see you!** The Jaguars orange and black spotted pattern blends in with the beams of light and the shadows of the forest floor, allowing the jaguar to virtually disappear.

Zed

1. Which animal has a stronger biteforce?

- Lion
- Jaguar
- Great White Shark

2. Do Jaguars swim?

- Yes, they actually love water
- No, they are afraid of water
- Only in times of danger

3. What percentage of Jaguars are black?

- 60%
- 25%
- 5%

4. The name Jaguar comes from the Native American word 'Yaguar', what does it mean?

- 'He who kills with one leap'
- 'He who is faster than light'
- 'He who hunts at night'

5. What is the only natural enemy of a Jaguar?

- Bear
- Anaconda
- Crocodile

6. What is the estimated population of jaguars in the wild?

- Up to 15,000
- Up to 500,000
- Up to 150,000

Answers: 1 (b), 2 (a), 3 (c), 4 (a), 5 (b) and 6 (a).



JEWISH INTERACTIVE

Jewish Interactive - colloquially known as Ji, has one of the world's best digital resources for Jewish Children in their flagship application Ji Tap

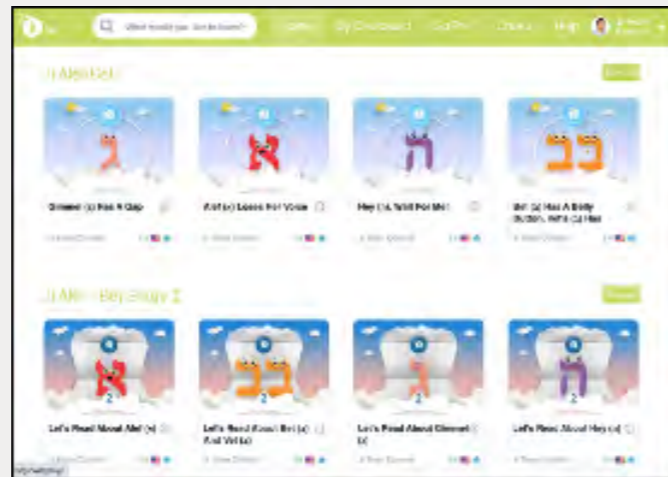
Ji Tap, both an app on the Apple iOS store and on the web, has over 14,000 interactive games and resources across the range of Jewish curricula. The majority of content is aimed at kids between the ages of 3 and 12

Each Chag has quizzes and games for different ages and abilities



➔ Ji Alef-Bet, our very own special Hebrew reading course. Every letter comes complete with an array of stories and interactions that follow a clear process. The series also includes Sofiot (final/end letters) and 'Mish Mash Letters' (letters that are often confused such as Tet and Mem).

Hebrew letters 'Stages 1 & 2' are complete with 'Stage 3' - Siddur reading in the pipeline.



TRY THIS ACTIVITY FROM ONE OF OUR PURIM GAMES

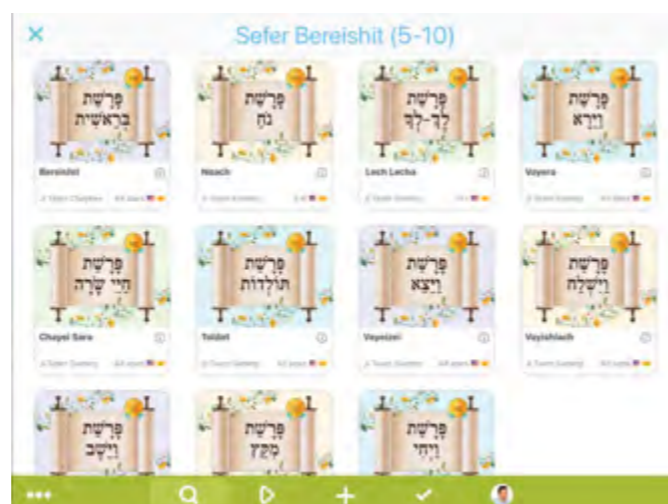
1 When reading the Megillah on Purim do you know what all the words are about? Do you know who is talking to who?

Read these three Passukim and circle the character or characters you think they are talking about.



➔ For the weekly Parasha and Chagim, there are wonderfully entertaining resources, weaving important lessons and values, together with focused and engaging activities.

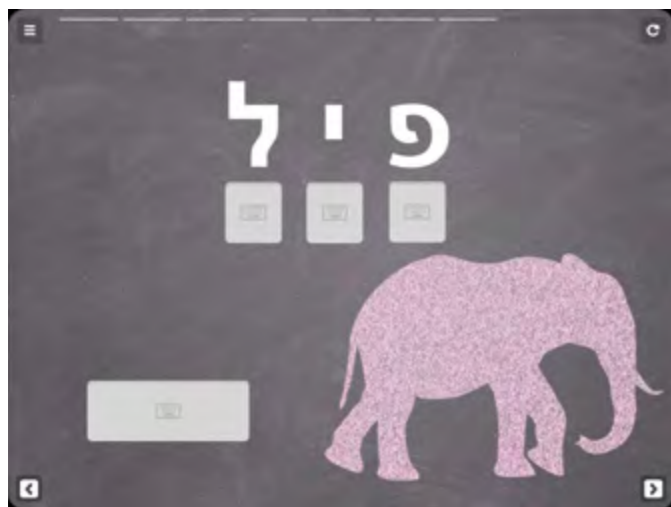
Sefer Bereishit is complete with Sefer Shemot to be finished within the next few weeks.



2 The Hebrew language is a Holy one and is full of codes and patterns. One of the ways the Alef Bet is used is for counting. The term used for Hebrew letters as numbers is called 'Gematria'.

Can you work out the Gematria of these animals by working out each letter and then finding its total? Here is a chart to help you:





3 Now you are getting into the swing of things, can you combine your Math skill with Gematria?

Let's start with addition and then move into multiplication.



Answers
(Right column): 4,10,15,80
(Left column): 36,300,400,64

3. MULTIPLICATION
Answers
(Right column): 3,7,9,10
(Left column): 18,29,46,101

1. CHARACTERS
Answer: Achshveros | Answer: Esther | Answer: Achshverosh
2. MATHEMATICS
Answers: 1+200+10+5 = 216 50+40+30+5 = 95 80+10+30 = 120
Looks like the lion is King of Gematria as well as the king of the beasts!



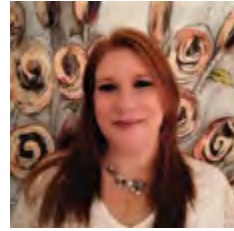
→ DID YOU KNOW THAT THESE GAMES AND THOUSANDS OF OTHERS ARE AVAILABLE AT WWW.JITAP.NET?

Chumash, Chagim, Parasha, Mishna, General knowledge, Jewish History, Ivrit, Israel, Alef-Bet, Hebrew reading, Tefillah, and more.

It's all ready and waiting for you and your children. Help them engage with their Jewish learning in a positive, meaningful, and interactive way at www.jitap.net.

C O N T R I B U T O R S

*If you would like to submit an article for a future publication,
please email your ideas to: max@wearechazak.com*



UK Breaks

MARTINE SHERMAN is an Independent Travel Agent, is a proud member of ABTA and ATOL ensuring your bookings are secure. Originally from Cape Town, South Africa now living in the UK. She offers a free personalised service to find the ideal holiday with access to great holiday deals whether by rail, coach, air or sea but also a variety of amazing experience days, day trips out, theatre tickets and even a trip to your favourite football ground. Need help organising your next business trip? School outing? or golf break with your friends? 0771 324 1994 | martine@thepersonaltouchtravel.com | www.thepersonaltouchtravel.com
Facebook: @thepersonaltouchtraveluk | Instagram: @thepersonaltouchtraveluk.



Messy play

REBECCA DAVID is a trained Montessori teacher and founder of MiniMess. She left teaching to start her own family, whilst running classes in Empowered Parenting, a platform created as a bridge between the home and classroom, using Montessori methods.

For more fun ideas you can follow Rebecca David from Mini Mess Montessori on www.instagram.com/minimess_montessori or on www.facebook.com/Minimess.



Nobody is pandemic free

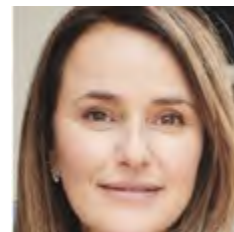
Former Social Policy Analyst for the Civil Service, **ESTHER MARLOW**, gained a Master's at LSE, before growing the family business, Carmel Clothing Ltd as Chief Financial Officer.

Esther is often a guest speaker at seminars and conferences, sharing her insight as a female in today's corporate world.



Clowning around

SANDY LEIGH is a Fully certified Medical Clown, working voluntarily in many hospitals and care homes around Israel. In addition, she is also a line dance teacher and an insurance broker dealing with both Hebrew speaking and UK customers. Follow ShiraLi's antics on www.facebook.com/groups/shiraliclown and/or join my volunteer group on www.facebook.com/groups/HClIsrael



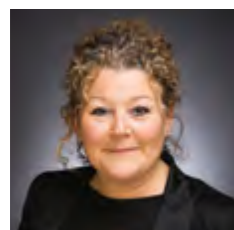
Gut instinct

LAUREN GALE is a qualified Nutritional Therapist who graduated The College of Naturopathic Medicine. Clients obtain and maintain optimum health through bespoke nutrition, lifestyle changes, supplementation and testing, from her Bushey clinic and online. She is co-founder of The Natural Plate, an online educational nutrition platform focusing on menopause. She is an elected ambassador for Nutritious Minds Charitable Trust and a public speaker who has organised workshops for many organisations. For further information please contact Lauren at: laurengalnutrition@yahoo.com



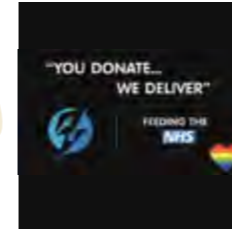
The unintended consequences of convenience

RICH COHEN is the Founder of EcoMingling, an non-profit organisation focusing on the sustainability sector that exists to build communities where people can come together to co-ordinate, co-operate, collaborate and reciprocate. Their most recent project is The Israeli Plastic Pollution Prevention Coalition, including Israel's main NGO's, such as Zalul, Greenpeace, EcoOcean, Megama Yeruka, Plastic Free Israel and the Israeli Diving Federation. They are currently combatting the issue of single use plastic in Israel.



Succeeding in the face of adversity

JULIETTE LIPSHAW is the Headteacher at Sinai Jewish Primary School, email: admin@sinai.brent.sch.uk or visit www.sinaischool.com for more info.



You donate, we deliver

YOU DONATE WE DELIVER

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Facebook Group: You Donate We Deliver



Polyglot

GUY SHARRET is language teacher working at the Shanghai International Studies University. He has a B.A in Linguistics of Hebrew Language from the Hebrew University in Jerusalem and an M.A from SOAS University, London. He has published a book, Bangkok, Inside Out. In his spare time he's studying Mandarin, to build on his existing repertoire of 8 languages, which include; Arabic, French, Thai, Indonesian, Italian and of course Hebrew and English.

tlv1.fm/podcasts/streetwise-hebrew-show/



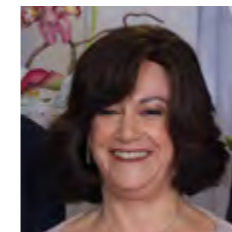
Indian cooking with Mama Anita

MAMA ANITA is Chazak's most famous grandma. She is loved by her children, grandchildren and everyone who meets her. For more info, check her out on Youtube by scanning the article's QR code.



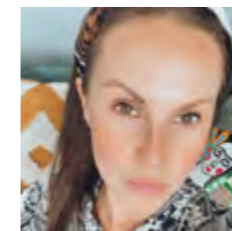
Mindfulness

LEWIS FISHER is a MISP (Mindfulness in Schools Programme) trained teacher who works at both primary and secondary level. He teaches 7 – 18 year-olds. He also trains adults. He has a long history in meditation practice. He currently teaches at the senior school of Immanuel College, Bushey.



An interview with Rabbi Lord Sacks, Chief of Staff

JOANNA BENARROCH worked for Rabbi Lord Sacks for 24 years. Joanna was Rabbi Sacks' Chief of Staff when he was Chief Rabbi, and upon stepping down from his position in 2013, transitioned to run his private office.



Get the glow

TAMARA CORIN is an award-winning and well-established freelance beauty director, who has worked as a stylist, trend reporter, creative director and brand consultant for leading beauty corporations such as P&G, Coty, and Boots. She has presented beauty content on television and created, hosted and attended beauty events worldwide. Tamara has written for publications including Grazia, Good Housekeeping, The Independent, Stylist, SheerLuxe, Glamour, Netmums and The Jewish Chronicle. Tamara has a strong Instagram presence and can be found posting beauty, fashion, style and parenting content on #BlusherandBabies.



Artist with a purpose

JOANNA GILBERT is a Master of Fine Arts. She is currently represented by AVIVSON gallery, London. She hosted two solos shows called *Limitless* and *Freedom*. Her next show is in the Karlsruhe Art Fair, Germany. She is a motivational speaker, inspired by her involvement with iheart.

For more info, please email: joanna@joannagilbert.com or visit www.joannagilbert.com.



My eyes – Artist

CHARLIE LEWIN is a talented and creative visual artist and illustrator. Her artwork is an emotive response to past and present. Charlie's artwork explores the themes of pain, life and joy through portraiture, photography and illustrations.

If you would like to know more, please visit: www.charlielewin.com



Your next co-worker could be an algorithm

JAMES AITMAN is the CEO at JifJaff – a specialist in building intelligent automation centres of excellence. Using new technology (software robots) to support your business, will reduce the cost to operate, increase capacity and resilience. Build a 'digital workplace', it's a better way to work. For general enquiries, please email: enquiries@jifjaff.co.uk.



The mask that reveals the truth

RABBI MOSHE LEVY grew up in Brooklyn, New York, where he received a degree in finance from Touro College, and went on to receive rabbinic ordination in Eretz Yisrael while studying in the kollel of Rabbi Yitschak Berkowitz shlita. Rabbi Levy has experience in teaching sixth form students in JFS, Immanuel College, City of London Boys, and Haberdashers Boys, and gives weekly classes in Hasmonean Boys and Girls School. His weekly 'Lunch and Learn' classes in Hatton Garden are oversubscribed and he is a regular guest speaker in synagogues, as well as at Jewish events, throughout London. He is a sought-after speaker for schools, synagogues, university students and communal events. To get in touch, please email: Moshe@wearechazak.com.



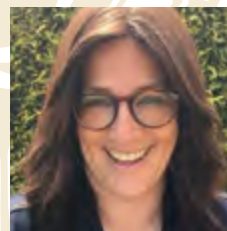
Teach the way they learn

RABBI YITSY DAVID grew up in London and attended Immanuel College. He then studied in various yeshivot in Israel, including Heichal Hatorah (Reb Tzvi's), The Mir and The Jerusalem Kollel, where he received his smicha. While in Israel, Rabbi Yitsy started a number of initiatives, including a summer programme for boys and girls from the UK, and a charity to provide the necessary support to facilitate British students furthering their Jewish education in Israel, among others. Rabbi Yitsy then joined Chazak in the capacity of educational director, and has been successfully involved in informal youth and adult education for the past 15 years. He has brought a passion and dynamism to the table and has strengthened the British Sephardi community. To get in touch, please email: Yitsy@wearechazak.com.



Purim in a nutshell

REBBETZIN RUTY DAVID is the Head of Chazak Ladies. She studied at BCR seminary and has since been on a constant course of growth and learning, focusing primarily on relationships, raising families and bridal support. Ruty uses EFT as a tool to understand stress management. She teaches weekly groups and one2one. She is a constant source of support for her community, family and friends. To get in touch, please email: rutydavid84@gmail.com.



The month of Adar

South African born educator **ORA GOLDBERG**, lives in London with her husband and children. Her passion is to empower women and connect them to their Jewish roots. Ora focuses on Women's education, teaching Bat-mitzvah girls, brides, ante-natal and home groups (BC). She gives women the opportunity to discover and develop their Judaism and its relevance in their everyday lives.



Relationship warning signs

Londoner, **RABBI LAWRENCE HAJIOFF**, was a graduate with Honors in Political Science, Winner of a National Jewish Stand Up Comedian Award and Author of 'Jew got Questions & Will Jew Marry Me?'. Currently he is living in NYC, as an educator with Chazak NYC and full-time at Stern College for Women at Yeshiva University, teaching Jewish Philosophy, Festivals, Shabbat + winning 'Professor of the Year' in Jewish Studies. His current book 'The Future - the Jewish Messiah and End of Days' is available on Amazon.



How thoughts control our future

DR BRUCE LIPTON is an internationally recognised leader in bridging science and spirit. Stem cell biologist, bestselling author of The Biology of Belief and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences. For further information, please visit: Brucelipton.com.



Colour me in

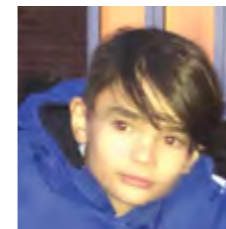
AYALLA BITTON

16 year-old Ayalla has a passion for drawing. She has recently been turning her passion for character drawing, using her artistic skill and computer technology.



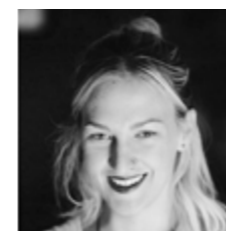
Imitative of love

NICCI MENASHE is an attorney, notary and conveyancer (qualified since 1997 in South Africa) and solicitor (she converted her law degree when she moved to London in 2000 and is currently non-practising in the UK) by profession. Most importantly, she is a wife, mother, daughter, daughter-in-law, friend and Loving World Ambassador at heart. To get involved: Cardsofcare13@gmail.com, [instagram.com/cardsofcare13/](https://www.instagram.com/cardsofcare13/), [facebook.com/cardsofcare13/](https://www.facebook.com/cardsofcare13/)



Zed and the zoo

ZACHARIA FREEMAN, better known as Zed, is a 10-year-old schoolboy who spends most of his time learning about animals. He is an avid animal lover, vegetarian and fierce protector of the environment too. He has big plans to make changes in the world when he grows up.



Yalla graphic designer

ANDREA NEELEMAN is a freelance, Johannesburg born and based communication designer, illustrator, and artist. Having graduated top of her class from the University of Johannesburg with an Honours degree in Design, she has a passion for telling people the difference between fonts and typefaces, finding bad kerning on menus and working late hours on magazines.

You can view her portfolio at [behance.net/andrea_neeleman](https://www.behance.net/andrea_neeleman) or email: andreaneleman93@gmail.com.



Jewish Interactive

JEWISH INTERACTIVE - colloquially known as Ji, has one of the world's best digital resources for Jewish Children in their flagship application Ji Tap.

For more info, please visit: <https://www.jewishinteractive.org/>

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Learning about Children's Mental Health through Film

Early Intervention and Support for Young People Ensures Far Better Outcomes



Nip in the Bud

www.nipinthebud.org

Email: hello@nipinthebud.org

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Nip in the Bud

www.nipinthebud.org

It is important to 'Nip in the Bud'

What is the aim of Nip in the Bud?

Nip in the Bud uses Short Films and Downloadable Factsheets to inform and educate parents and teachers of primary school children, to help recognise potential mental health conditions in children.

Many adults with mental health disorders will have struggled, undiagnosed, for many years. In many cases these conditions will have begun in childhood or adolescence.



Films and Printable Materials / Factsheets

Our films on the website www.nipinthebud.org explain:

- Anxiety
- Depression
- Conduct Disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)

The Information & Support section on the website has been prepared by experts from Children's Services at the Maudsley Hospital.

More films will be made and please send us suggestions for future topics – we need your help to deliver further, relevant, meaningful information and downloadable materials!



Who does Nip in the Bud target?

Nip in the Bud is engaging with Primary School Head Teachers, teacher training colleges, educationalists, GPs, the Department for Education, Department of Health and Mental Health charities.

How can primary schools get involved?

Teaching staff, Special Educational Needs Co-ordinators (SENCOs), counsellors, school nurses, teaching assistants and social workers have an ongoing, privileged opportunity of working with parents to talk about children's welfare. Parents Evenings, Parent Forums and all types of school events can be used to show relevant Nip in the Bud films – gently, but assertively, informing parents and staff about potential mental health conditions, where to find medical advice, support for individuals and whole families, and address any issues of stigma or bullying relating to the condition.



SmartGiving is a tax efficient way of managing all charitable giving for individuals, companies, philanthropists, charities and fundraisers. SmartGiving can help with choosing the right charity, keeping track of how much you're giving and making sure your donations are tax-effective.

www.smartgiving.org.uk



GIFT's mission is to inspire the next generation to become givers through dynamic education, impactful volunteering and helping those in need. GIFT volunteers give respite to families by staying with loved ones in hospital, visiting care homes, tutoring children struggling at school and offering practical support to families who face daily challenges.

(0)20 8457 4429 | info@jgift.org



The Boys Clubhouse is the only Jewish charity dedicated to providing a safe and secure environment for disadvantaged and disillusioned young men. The Boys' Clubhouse is often their last and only hope of support, both emotional and financial. There is no stereotypical Clubhouse client. What links them all is their individual sense of failure. With a non-judgmental approach, the Clubhouse seeks to rebuild their self-esteem by focusing on the latent skills that they each possess. The Clubhouse is a truly cross-communal project, and our mission statement is to do our utmost to assist all Jewish teenage boys in crisis regardless of their background.

(0)20 8090 5094 | info@theclubhouse.biz



Chana supports couples in the Jewish community who may feel isolated and need medical info and support to help them deal with the challenge of infertility. At Chana, we face the fertility challenge together.

(0)20 8201 5774 | support@chana.org.uk



Jami is the specialist provider of mental health services in the Jewish community. Our services enable independence and build resilience and manage the symptoms of ill health, through community hubs and outreach, education and training and bespoke recovery support plans. We enable people to lead a meaningful life despite severe mental ill health.

(0)20 8458 2223 | info@jamiuk.org



Camp Simcha exists to make a difference to seriously ill Jewish children and their families. Our mission is to ensure that no such child or their family, anywhere in the UK has to suffer without our support.

(0)20 8202 9297 | office@campsimcha.org.uk



Work Avenue assists people in earning a living either through creating work opportunities or helping businesses develop and flourish. We create opportunities for everyone, at any life stage, in any situation and provide people with essential lifelong skills, enabling them to become financially independent and support themselves and their families.

(0)20 8371 3280 | reception@theworkavenue.org.uk



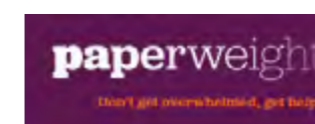
Jewish Women's Aid is the only specialist organisation in the UK supporting Jewish women and children affected by domestic abuse & sexual violence. No Jewish woman should have to face this alone. We are here to help. Domestic violence & abuse affects 1 in 4 women during their lifetimes. JWA supports women and children affected by it, with short-term and long-term support. Our range of domestic abuse services includes immediate practical and emotional support, counselling, children's therapy and support groups.

Domestic Abuse Helpline : 0808 801 0500 | Sexual Abuse Helpline: 0808 801 0656



The Compassionate Friends (TCF) is a charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other similarly bereaved family members who have suffered the death of a child or children of any age and from any cause.

0345 120 3785 | info@tcf.org.uk



The Paperweight Trust was launched in 2010 to provide practical guidance and support to those in crisis in the Jewish Community. Paperweight offers time, guidance, confidentiality, experience and a good deal of common sense. We will steer our clients towards independence and give them the confidence to carry on with their lives. We will also endeavour to teach them how to avoid these pitfalls in the future and how to navigate their way through the bureaucratic maze.

(0)20 8455 4996 | info@paperweight.org.uk



CHAZAK

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