

10 / 11 MAY 2024

ג' אייר תשפ"ד

WWW.KINLOSS.ORG.UK

SHABBAT WILL START AT 8:24pm AND TERMINATE AT 9:36pm

Summer Community Candle Lighting is at 7:30pm

FRIDAY NIGHT

7:00pm Friday Night Minyan LaShir in the Liora Graham Beit Midrash

7:00pm Mincha, Kabbalat Shabbat and Maariv in the Deal Halls

7:00pm Sephardi Mincha, Kabbalat Shabbat & Ma'ariv

SHABBAT MORNING SERVICES

7:45am HASHKAMA in the Liora Graham Beit Midrash followed by Kiddush

9:00am Rabbi Dr Raphael Zarum's Rambam Shiur in the Large Deal Hall
'Hilchot Yibum v'Chalitzah - Law of the Brother-in-Law'

9:00am SEPHARDI SERVICE in the Sephardi Synagogue
led by Chazan Shimon and Daniel Cohen

9:15am MAIN SERVICE in the Main Synagogue led by Michael Staszewski
Kriat Hatorah by Robert Owen
Rabbi Yisroel Fine will speak

9:30am THE MINYAN in the Nissan and Rifca Deal Halls
Kriat Hatorah by Jonny Tapnack
Rabbi Josh Harris will speak
Kiddush sponsored by Simone and Rob Gershon

After Maftir in the Minyan, Women's Haftorah Group in the Kinloss Suite Foyer
Abi Levinson will be reading the Haftorah and Eryn London will be speaking

9:45am YOUTH SERVICE in the Liora Graham Beit Midrash

10:15am Anim Zemirot Club in the Newman Room led by David Lesser

10.45am CHILDREN'S SERVICES

Ages 0 – 4 - in the Silver Suite - run by Daniel Frankl & Coral Harding
Reception to Yr 2 – in the Nemetnejad Room – run by Natalie Sommer
Yr 3 - Yr 4 - in the 1st floor classrooms - run by Sam Ellis & Ellie Marantz
Yr 5 - Yr 6 - in the Newman Room - run by Ella Frankfurt & Natan Ruback

There will be a Kiddush after the services in the Small Deal Hall

SHABBAT AFTERNOON

8.00pm Mincha followed by
Seuda Shlishit with Chief Rabbi Sir Ephraim Mirvis KBE
Sponsored anonymously in the Small Deal Hall

9:36pm MA'ARIV & TERMINATION OF SHABBAT
in the Liora Graham Beit Midrash

The Fundamental Principle of the Torah – Leora and Harry Salter

לֹא־תִקֶּחַם וְלֹא־תִטּוֹר אֶת־בְּנֵי עַמֶּךָ וְאָהַבְתָּ לְרֵעֶךָ כְּמוֹךָ אֲנִי ה' - You shall not take vengeance or bear a grudge against members of your people. Love your fellow as yourself: I am Hashem – Vayikra, 19:18

This verse is one of the most well-known in the entire Tanach. Rashi quotes Rabbi Akiva who says that this is the fundamental principle of the Torah, to love your fellow as yourself. The Kli Yakar says Hillel said that this is a great general principle in the Torah because of the story brought down in Shabbos (31a) which relates that there was once a convert who asked Hillel to convert him on condition that he would teach him the entire Torah while he stood on one foot. Hillel taught him the verse, “You shall love your fellow as yourself”. Exploring several commentaries to understand what this really means will help us better understand the true meaning of this famous quote.

The Sforno comments that this means we should apply the same yardstick to our concerns for our fellow that we would want applied to ourselves if we were in their shoes in a similar situation. This meaning of this verse to the Sforno is that we should have a fair and just society and want this same rules applied equally. The Chizkuni expands this point and explains that by the same token you should love as much to do favours for your fellow as you would have others do favours for you.

There is another explanation that the some commentators expand. The Ramban explains that the commandment of the Torah means that one is to love one’s fellow-being in all matters, as one loves all good for oneself. First and foremost, a person is expected to love themselves. After all, how can they love another person as much as themselves, if they do not love themselves? Unfortunately, this is not always so obvious to all of us. This demand seems to be impossible to fulfil. Is it really possible to love one’s friend as much as one loves themselves?

Among the answers given, the following one asks us to continue reading until the less familiar end of the verse: “I am Hashem.” When you understand that you were both created by G-d who gave you both a soul, then you will love your fellow because you are both part of humanity, and the bonds of solidarity and commitment connect you. This verse tells us to love our neighbour, our fellow Jew, as we both have the common goal.

Rabbi Sacks Z'L in *Faith in the Future* added a key concept to this famous quote. He wrote ‘the Hebrew Bible contains the great command, ‘You shall love your neighbour as yourself,’ and this has often been taken as the basis of biblical morality. But it is not: it is only part of it. The Jewish sages noted that on only one occasion does the Hebrew Bible command us to love our neighbour, but in thirty-seven places it commands us to love the stranger. Our neighbour is one we love because he is like ourselves. The stranger is one we are taught to love precisely because he is not like ourselves.’

The commandment to love our fellow teaches us to not do what you wouldn’t want done to you, to love yourself in order to love your fellow and to love your fellow as you have the same common goal and beliefs. This verse also brings out the point, as Rabbi Sacks wrote, to love a stranger as they are not like ourselves. Ensuring we treat everyone fairly, whether they share your beliefs or not, is a fundamental principle of the Torah.

KEDOSHIM STATISTICS

Mitzvot: 51 of the 613 Mitzvot, 13 positive & 38 prohibitions
Verses: 64 (6th shortest of the 54 Sidrot)
Words: 868 (6th shortest)
Letters: 3229 (6th shortest)

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	723	497	656
Haftarah (Amos 9:7-15)	735	509	1173

SEUDA SHLISHIT

The Way We Were

This year, the Kinloss Seuda Shlishit summer season will feature talks from community members and others, recalling earlier years in other parts of the world.

11
MAY

SOUTH AFRICA



Chief Rabbi
Sir Ephraim
Mirvis KBE



22
JUN

GERMANY



Jeremy Mindell

18
MAY

DAY OF INSPIRATION

Shira Perez whose Brother
Daniel z"l was killed by
Hamas on October 7th

29
JUN

SPAIN & ITALY



Stella & Raffaello
Nemni

25
MAY

WINNIPEG, CANADA



Jason Marantz

06
JUL

SUNDERLAND, UK



Margi Abeles

01
JUN

IRAQ



Edwin Shuker

13
JUL

ISRAEL



Arie Bleiberg

08
JUN

SOUTH WALES



Rabbi Yisroel Fine

20
JUL

PERSIA



Tony Namdar

15
JUN

IRELAND



Aubrey Moher

27
JUL

LONG ISLAND, NY



Rebbetzen Tali
Harris

03
AUG

MAGHREB, MOROCCO



Lyn Julius

YOM HAZIKARON

In the shadow of October 7 and its aftermath, we remember and pray for the souls of Israel's fallen soldiers and victims of terror. Please book to attend: theus.org.uk/yomhazikaron

Sunday 12 May, 7.30pm
NW London Location



The
United
Synagogue



BNEI AKIVA
UNITED KINGDOM

YOM HAZIKARON & YOM HA'ATZMAUT

13th May 2024/5th Iyar 5784
Finchley United Synagogue (Kinloss)
Doors Open 18:20 | Mincha 18:40
Service 19:00
Followed by a party in the
Kinloss Suite

KINLOSS MIZRACHI ujia

יום הזכרון Yom Hazikaron

KINLOSS

Israel's Day of Remembrance for Fallen Soldiers and Victims of Terror falls will begin on the evening of Sunday 12th May.

To mark the day, we will be releasing a Yom Hazikaron video which includes a conversation between Rebbetzen Tali & Jen Airley, mother of Binyamin Airley hy"d who was tragically killed in Gaza.



The video will be available at
kinloss.org.uk/yomhazikaron from 6:00pm on Sunday

weekend of **INSPIRATION**

BY MIZRACHI UK

16-19 MAY 2024

Kinloss



Rav Doron Perez

Executive Chairman of the Mizrahi World Movement and was recently appointed as the Head of the Center for Religious Affairs in the Diaspora in the WZO. Previously served the South African Jewish Community in various roles for 15 years.



Rav Danny Mirvis

The Acting CEO of World Mizrahi and the Rabbi of a Herzliya synagogue. Dublin-born and London-raised, Rabbi Mirvis is an alumnus of the Hesder program at Yeshivat Har Etzion and served as Senior Rabbi of Mizrahi Melbourne.



Rav Yosef Zvi Rimon

Nasi of World Mizrahi. He is the Founder and Chairman of Sulamot and La'Ofek, and serves as the Chief Rabbi of Gush Etzion, and Rosh Yeshiva of the Jerusalem College of Technology. An internationally acclaimed "posek" of Halacha, author, educator, and lecturer.



Rabbanit Karen Hochhauser

Teacher and Director of Alumnae Affairs at the Tiferet Centre in Bet Shemesh. Previously teacher and director of Israel guidance at a Yeshiva High School in New Jersey and educational coordinator for the Agency for Jewish Education and Jewish Federation of Detroit.



Rav Elli Fischer

Writer, translator, editor, and heritage travel consultant, pursuing a doctorate in Modern European Jewish History at Tel Aviv University. Prior to moving to Israel, he was the JLIC campus rabbi at the University of Maryland.



Mrs Beatie Deutsch

Israeli national champion marathon runner and mother of 5, her journey has empowered her to dream big and keep pushing, a message Beatie is passionate about sharing.

Shira Perez

Shira Perez is Rav Doron's daughter, who lost her brother Daniel Zvi who fell in battle on October 7th

TIMETABLE

Fri. May 17

Rav Doron Perez

Friday night **19:00** combined service followed by Rav Doron Perez at **19:45**

Shabbat May 18

Rav Danny Mirvis

Sermon in Main shul, Minyan, Sephardi Minyan and Youth Service

20:10 Mincha

20:30 Seuda Shlishit with Shira Perez

Sun. May 19

8:00 Shacharit

9:00 Rav Yosef Zvi Rimon

09:50 Karen Hochhauser or Elli Fischer

10:20 Beatie Deutsch

MAY 2024 EVENTS

Applying to a Jewish school?

**DON'T BE
LEFT BEHIND.
MAKE SURE YOU
KNOW HOW TO
COLLECT
CRP
POINTS**

And don't
run out of
time!

CERTIFICATE OF
RELIGIOUS PRACTICE (CRP)
Office of The
CHIEF RABBI



**TO COLLECT CRP THROUGH
KINLOSS REGISTER VIA:
www.kinloss.org.uk/crp**

KINLOSS cares
about you

KINLOSS

CHATS FOR CHAPS & MONDAY MATTERS *(women's discussion group)*

**WILL BE HELD ON
WEDNESDAY 22ND MAY
STARTING AT 11:00AM
FOLLOWED BY LUNCH**

**FOR CATERING PURPOSES,
IF YOU WOULD LIKE TO ATTEND**

**Please call Rochelle on 020 8349 5263
or email kinlosscares@kinloss.org.uk
before Thursday 16 May**

Art Class with Bettina Caro

KINLOSS

Art Group for budding and experienced artists in the community who are keen to join us for painting, coffee and fun. There will be an art teacher in attendance who will give structured lessons on the various art techniques and mediums.

KINLOSS ART CLASS

**THURSDAYS FOR 6 WEEKS
10AM-1PM**

**9, 16, 23 & 30 May
4 & 11 July**

ALL WELCOME

**BOOK VIA
WWW.KINLOSS.ORG.UK/ART**



**WE HAVE YELLOW PIN
BADGES AVAILABLE IN
THE OFFICE TO
PURCHASE DURING
OFFICE HOURS,
MINIMUM DONATION £3
PER BADGE.**



KINLOSS

BETTER
the feel good place



Flexibility, strength, balance, posture & fitness

CHAIR BASED EXERCISE CLASS

THURSDAYS at 10.30AM, NEMETNEJAD ROOM

**Regular physical activity for over 55's is so important for
so many reasons – keep Kinloss moving**

**10 week term
May - 2, 9, 16, 23 & 30
June - 6, 20 & 27
July - 4 & 11**

BOOKING IS ESSENTIAL

**www.kinloss.org.uk/exercise OR
Call 020 8349 5267**

KINLOSS

**Chazan Eli is offering free 1-2-1 leining lessons
to any adults who would like to learn (in Hendon)
Please contact Chazan Eli on 07989 381 076**

KINLOSS

In Conversation

with

Martin Goodman
'Herod the Great'

Wednesday 22nd

May, 7.30pm



Professor Goodman studies in particular the political, social and religious history of the Jews in the Roman Empire, but he is also the Author of a study of variety within Judaism and a history of Judaism down to modern times as well as a number of books on the Jewish revolts against Rome and on the Rabbi's in the Roman world.

He has taught in Oxford since 1986. He was appointed by the University to the Readership in Jewish Studies in 1991 and served as President of the Oxford Centre for Hebrew and Jewish Studies from 2014 to 2018.

Register via www.kinloss.org.uk/martin

KINLOSS DOES NOT ACCEPT SHAIMOS/GENIZA

IF YOU HAVE ANYTHING YOU WISH TO DISPOSE OF, PLEASE TAKE IT TO ONE OF THE FOLLOWING LOCATIONS:

*** BEIS HAMEDRASH NISHMAS YISROEL, 4 BRENT GREEN, HENDON, NW4 2HA**

*** SINAI GOLDERS GREEN, 54 WOODSTOCK AVENUE, NW11 9RJ**

BACK BY POPULAR DEMAND

Kinloss **Supper Quiz**

Celebrating Yom Yerushalayim

SUNDAY 2nd JUNE, 7.15PM

**Meat meal
with Vegan
option
available**

BOOKING ESSENTIAL

**www.kinloss.org.uk/quiz
or call 020 8349 5267**

**Table options and
individual tickets
available**

£25 PER PERSON

**Display your
extensive
range of
general
knowledge**

***Join us for a social evening of fun, food,
friendship and raffle prizes***





KINLOSS ANNUAL GENERAL MEETING

WILL BE HELD ON

MONDAY 3RD JUNE 2024 AT 8PM

EVERYONE IS WELCOME TO ATTEND.

**ALL NOMINATIONS MUST BE RECEIVED BY
THE SHUL OFFICE BY MONDAY 20TH MAY
AT 12.00 NOON**

Kinloss Volunteering

Kiddushim

We are trying out a new style of Kiddush and looking for volunteers to help set up.

Please contact Nicole on
07979 751 784

Fire Marshalls

We are looking for new fire marshalls to join our team.
Please contact Shimon on office@kinloss.org.uk

KINLOSS PRESENTS

**THE JEWISH
ART FAIR**

SUNDAY 7TH JULY

5PM-10PM

Exhibits for sale include
Paintings, Sculptures, Jewellery,
Embroidery, Silk, Ceramics,
Fused Glass and Photography.

FREE ENTRANCE



KINLOSS



עזרא
UMARPEH

chai cancer care
together we can cope

YOM YERUSHALYIM

Spaces limited!
Sign up now at
kinloss.org.uk/yybbq



BBQ PARTIES

**Wed.
5th June**

Join us as we celebrate
Yom Yerushalayim
together!

4:30 PM for younger children at the
home of Miriam & Jason Roomer

5:30 PM for primary school children at
the home of Rachel & Daniel Shababo

7:30 PM for youth at the home of
Adina & Carl White



Seuda Shlishit Israel Series

The time between Yom Haatzmaut and Yom Yerushalayim is especially meaningful. On the Shabbatot during this period, we invite you to join us for Seuda Shlishit with friends, featuring an Israel focused Shiur from Rebbetzen Tali.

**Shabbat May 25
8:00 PM**
At the home of
**Rebecca & Gidon
Ellis**

**Shabbat June 1
8:00 PM**
At the home of
**Isabella & Richard
Daniels**

**Shabbat June 8
8:00 PM**
At the home of
**Debra & Simon
Dunitz**

*RSVP in advance to either the host
or Rebbetzen Tali*



The Kinloss Children's Choir (Years 3-6) and raffle is BACK!

To mark the time period between Yom Haatzmaut and Yom Yerushalayim, the Years 3-6 Children's Services will be learning to sing the chorus of the Mi Shebeirach for the Israeli soldiers, with the aim of performing the song in the Main Shul and Minyan at the end of the services on Shabbat 1st June (the Shabbat before Yom Yerushalayim).

It would be lovely to have as many children as possible join the children's services on Shabbat 11th, 18th and 25th May, when they'll be learning the song, so they're ready to join the choir on 1st June.

Each week your child attends the service from May 11 - June 1, they'll be entered in to a raffle prize draw. So if they come for all four weeks, that's four raffle entries! A form will be sent out after each Shabbat on the KYC WhatsApp group which can be used to enter the raffle.

If they can't attend for all three weeks,
they can practice at home too ...





Kedoshim

9:25am - Breakfast Shmooze in Youth Flat

**9:45am - Youth Service - Liora Graham Beit
Midrash**

**Followed by a Dvar Torah and a chocolate
Kiddush sponsored by Dena Stock!**

LAST WEEK @ KINLOSS YOUTH

At Learn2Lead we had Jono Aharonovich speak about his grandparents, who were hostages in Entebbe, and Yoni Netanyahu, who he is named after.



youth@kinloss.org.uk



Kinlossyouth



07827031851

Kinloss Membership Bills for 2024/2025

The new membership bills from Pesach 2024 were sent out to everyone. If you have not received your invoice, please contact the Kinloss Office.

If you haven't already done so, could you please pay your invoices via:

- * Online BACS payment

- * The member portal
<https://myus.theus.org.uk/login>

- * If you would like to pay by Credit / Debit Card over the phone, please call Denise on 020 8346 8551



SHUL FOR THE MIND

Sunday 12th May at 11am

We are delighted to mark our 1st year of Shul for the Mind
& warmly welcome those coming to bring their extended
families as we celebrate this milestone.

Kiddush following the service.

Sunday | 12 May at 11am, The Deal Hall, Kinloss | 2024

More Info: Rochelle in Kinloss office 0208 349 5263/ kinlosscares@kinloss.org.uk

Shul for the Mind is a unique prayer service for people living with dementia & their family caregivers.
Professional carers welcome.



MAZEL TOV TO
THE CHILDREN
IN OUR
COMMUNITY CELEBRATING
THEIR BIRTHDAYS

Judah Marks (9)
Zac Levitan (9)
Sam Goldschmidt (12)
Mia Aboody (8)
Maya Rodney (10)
Jacob Soussan (12)
Livi Gray (9)
Aria Hochman (3)

ANIM ZEMIROT CLUB

Come and learn to sing Anim Zemirot
Our club will meet every Shabbat
at 10:15am in the Newman Room.
Boys of 6 and over welcome.
Led by David Lesser

TRIBE COMMUNITY MEMBERSHIP (TCM) FOR SINGLES AGED BETWEEN 21-29

**Is your child single and
between the age of 21 - 29?**

If so, they are not covered under your family
membership and are not part of the
United Synagogue Burial Scheme.
It is essential they become members of TCM
in their own right

The cost is only £5 a month

This will also enable them to attend
weekday, Shabbatot and Chaggim Services,
and would be included in the
United Synagogue Burial Scheme.

Please sign up via the following link :
<https://portal.tribeuk.com/account/tcm/register/>

Kinloss Cares

What can we offer?

- 
- Welfare Phone Support
 - Bereavement Support

Advice on
communal
services

- Shopping



• Financial assistance
through the Phyllis
Nathan Trust
(www.kinloss.org.uk/pnt)

Contact Rochelle
020 8349 5263

kinlosscares@kinloss.org.uk

**WE URGENTLY NEED
VOLUNTEERS
TO JOIN OUR SECURITY ROTAS**

Shul members PLEASE join our security rotas
Please email securekinloss@yahoo.co.uk
or call Martin Shiers on 07831 836 031
to volunteer and register

DAILY MINYAN:

SERVICES (see שבת front page)	Sun 12th 4 Iyyar Omer Day 19	Mon 13th 5 Iyyar Omer Day 20	Tues 14th 6 Iyyar Omer Day 21	Wed 15th 7 Iyyar Omer Day 22	Thurs 16th 8 Iyyar Omer Day 23	Fri 17th 9 Iyyar Omer Day 24
Shacharit 1		7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2	8:00am	8:00am	8:00am No Shiur with Rabbi Fine this week	8:00am No Shiur with Rabbi Heller this week	8:00am No Shiur with Rabbi Heller this week	8:00am
Sephardi	7:50am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	7:00pm

Please support the morning Minyanim Services in the Liora Graham Beit Midrash.

WEEKLY SHIURIM with Rabbi Fine



MONDAY 1.30pm
Ladies' Zoom Shiur in
conjunction with
'Emunah' - Themes on
Sefer Devarim.

No Shiur until 3 June



TUESDAY 8.40am
In the Beit Hamidrash,
Sefer Pele Yoetz - an
encyclopaedia of
Judaism.

Shiurim on 7 & 28 May



FRIDAY 10.30am
Zoom on Rabbi Isaac
Bernstein's Drashot on
the Parsha.

Shiurim on 3, 10, 24 & 31 May

Monday & Friday zoom available via
www.kinloss.org.uk/rabbifine

KINLOSS

The Rabbinic Sages
who
"REBUILT"
THE JEWISH WORLD

During the Omer period we remember the tragic loss of 24,000 stellar students of Rabbi Akiva who died in the 2nd Century CE. Five survived and rebuilt the Jewish world with their teacher. During the Omer, let's study them and their impact.

Sunday Mornings after 8am Shacharit
with
Rabbi Michael Laitner

RABBI FINE'S WEEKLY SHIURIM

Monday Ladies Shiur
there will be no Shiur until Monday 3 June

Tuesday Morning Shiur
will be on 28 May

Friday Morning Shiur
will be on 10, 24 & 31 May

THE KEHILLA WISHES חיים ארוכים "LONG LIFE" TO THE FOLLOWING WHO HAVE YAHRZEIT

Shabbat 11 MAY

Jonathan Glasser Father
Yvette Kamlish Father

Sunday 12 MAY

Rami Kanzen Father

Monday 13 MAY

Sadie Bloom Mother
Josephine Cohen Brother
Gloria Gilchrist Father
Janet Gold Father
Geoffrey Graham Father
Warren Levy Mother
Judith Newman Mother
Rosalind Shear Father
Nedjat Toubian Mother

Tuesday 14 MAY

Martyn Caplin Mother
Martin Greenfield Mother
Peter Sheldon Father
Sheila Soleiman Brother

Wednesday 15 MAY

Ian Addleson Brother
Farzaneh Amini Father
Bernard Enlander Father
Simone Gershon Father
Keith Gilbert Mother
Lilian Green Father
David Halperin Father
Bernard Trent Wife

Thursday 16 MAY

Edward Cooper Father
Rosalind Goulden Father
Marion Josephs Father
Dennis Marks Father
Paul Richer Brother
Dorothy Sadlik Father

Friday 17 MAY

Nona Davar (Ozerianskaya) Father
David Elek Mother
Bernard Goodwin Mother
Anthony Harris Father
Stuart March Mother
Mannie Sher Father



KINLOSS

**Kinloss JAMI Ambassador
is Richard Kafton**

Mobile no: 07973 986344

Email: richard.kafton@cedarhfs.co.uk

<https://jamiuk.org/tipsonmanaginganxiety/>

CONDOLENCES:

* Tony and Sami Namdar on the passing of their Father, Parviz Namdar Z"L

* Stephen and Sue Karp on the passing of their Mother, Beatrice Karp Z"L

CONSECRATIONS:

12/05/2024 13:00pm in St Annes Jewish Cemetery, Lytham Park Cemetery, Hebrew Section in memory of Greta Hurst Z"L (mother of Erica Silas)

19/05/2024 11:00am at the Woodlands Cemetery, Cheshunt in memory of Stanley Clinton-Davis Z"L and Frances Clinton-Davis Z"L (under the auspices of Reform)

19/05/2024 10:30am at Bushey Old in memory of Anita Lichtig Z"L

27/05/2024 11:00am in Federation Cemetery, Upminster Road North, Rainham, RM13 9SB in memory of Lawrence Gedalla Z"L (brother of Brian Gedalla)

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS



Shimon Gillis, Chief Operations Officer: 020 8349 5264

Rabbi Josh Harris: rabbijosh@kinloss.org.uk / 07721 423316

Rebbetzen Tali Harris: tali.harris@kinloss.org.uk / 07721 423317

Safeguarding Officer, Rachelle Lazarus: safeguarding@kinloss.org.uk

Shul Office: 020 8346 8551

Kinloss Cares: 020 8349 5263