



13 / 14 SEPTEMBER 2019

י"ד אלול תשע"ט

Shabbat commences at 19:05pm and terminates at 20:05pm
Mincha/Kabbalat Shabbat at 7:05pm

Mazel tov to Charlotte Furman on her Bat Mitzvah and to Sami Phillips on his Bar Mitzvah. We extend a warm welcome to their families and guests.

Following the Services there will be a Kiddush
sponsored by
Anna & Adam Phillips to celebrate
Sami's Bar Mitzvah
in the Kinloss Suite

Friday night

7:05pm: Mincha and Kabbalat Shabbat
in the Nissan and Rifca Deal Halls

SHABBAT LEARNING AT KINLOSS

Shabbat Morning

8:30am: Sephardi Synagogue
Talmud Tractate Pesachim by Rabbi Heller

9:00am Deal Hall Maimonides : Laws of Shofar
by Rabbi Dr Raphael Zarum

9:15am: Youth Breakfast Shmooze
Breakfast & Parasha Shiur Benchers Cafe for Yrs 7-13
with Leora & Harry Salter

10:30 - 10:45am in the Rabbi's Office
Study Group with Rabbi Laitner titled
'Covenant & Conversation on Parashat Ki Tetze'

10:40am Food for Thought with Leora Salter
for girls in Yrs 7-13 meet @ Youth Service

Shabbat Afternoon

6:05pm Daf Yomi Shiur in the Nemetnejad Room

7:05pm : Mincha followed by Shiur by
Rabbi Michael Laitner titled 'Is Rosh Hashanah also
Rosh Chodesh and Yom Tov? What do these terms
teach us about the themes of Rosh Hashanah?

8:05pm : Ma'ariv and termination of Shabbat

SHABBAT AT KINLOSS

HASHKAMA 7:45am

in the Liora Graham Beit Hamidrash,
followed by Kiddush and a short
shiur.

MAIN SYNAGOGUE 9:15am

led by Michael Staszewski. Kriat
Hatorah by Sami Phillips. Rabbi
Lawrence will address the Bar
Mitzvah.

THE MINYAN 9:30am

in the Nissan and Rifca Deal Halls.
Kriat Hatorah by Robert Owen.
Rabbi Laitner will speak. Kiddush
sponsored by Chaja and Aron Green.

SEPHARDI SERVICE 9:00am

in the Sephardi Synagogue, led by
Rabbi Heller and Reuben Gorji.

YOUTH SERVICE 9:45am

in the Liora Graham Beit Hamidrash,
under the direction of our Youth
Directors, Leora and Harry Salter

KIDS' MINYAN 10:45am with
Saul Elek in the Marilyn Newman
Room

A Biblical Perspective on Discipline

The Torah does not shy away from imposing harsh punishments, but few seem as draconian as the execution of the “Stubborn and Rebellious Son” - בן סורר ומורה (Devarim 21, 18).

If a man have a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and who will not listen to them, even after they have scolded him; then shall his father and mother take hold of him and bring him out to the elders of his city and to the gates of his place and they shall say to the elders of his city; “This, our son, is stubborn and rebellious. He will not obey our voice; he is a glutton and a drunkard.” And all the men of his city shall stone him with stones until he die, so that you remove the evil from among you, and all Israel shall hear and fear.

Many aspects of this case are unique. The Gemarra (Sanhedrin 68b) explains that the terminology “son” implies a boy under the legal age for penal liability (Bar Mitzva). Therefore, this child whom we kill for his rebellion, would not otherwise face charges for theft, violation of Shabbat or dropping concrete slabs from a height on passers-by.

How does he rebel? We are told that he is a glutton and a drunkard. The Gemarra elaborates and explains that he steals from his parents a small volume of Italian wine (less than a cup) and a hunk of meat (not even enough for a satisfying burger), which he then skulks off to consume elsewhere. We risk him developing a taste for the good life, which will lead him to rob others and become a menace to society as he tries to support an expensive habit. Better he die now, while not criminally liable, than be convicted for what he will become (Gemarra Sanhedrin).

The Gemarra (Sanhedrin 71a) holds that there never was a case of a stubborn and rebellious son, partly because of a host of stringencies almost precluding the possibility of it occurring. The kid must be pre-13 but post puberty, both parents must choose to bring him before the elders, it must be these quantities of specified meats and wine... Why then was it ever written into the Torah? Answers the Gemarra; “in order that we learn from it.”

“He doesn’t listen to the voice of his father or the voice of his mother” but his parents testify “He doesn’t listen to

our voice.” They must have a single voice - they must sound alike, say the same things, be a well-matched couple. If they sound different then they will give out different, maybe mixed messages. If that is the case, then they cannot punish the child for the way he has grown up.

R’ Yonatan challenges the Gemarra and asserts that there was indeed a case on Ben Sorer U’Moreh “I saw him and sat on his grave!”

In his commentary, the Netziv (d1893) notes that stubborn (סורר) refers to violation of the halachic principles which his father has taught him. Rebellious (מורה) is the rejection of the values of conduct and etiquette his mother has taught. The two must be matched. We must educate to be a good, halachic Jew and to be a well-mannered “Mensch”. The two exist in tandem.

“He does not listen” implies that there was something to hear, that a clear message has been transmitted; but that the offender has chosen to ignore it. How could we condemn someone for failing to follow a confused example set by his or her teachers, for ignoring the moral lessons of those erratic and inconsistent in their own conduct?

The stubborn and rebellious son appears in the Torah, not because we imagine that we will ever convict, but precisely to teach society, its parents and teachers the standards they must attain in order to blame other individuals for the way they turn out. Only when our leadership acts as proficient and consistent educators or role models can we presume to punish someone in order to save them from themselves and to set an example for others.

And should we agree as mentors to respectfully disagree with each other, then we must respect the rights of those we mentor to evaluate what they see and to choose their own paths.

May we all guide wisely, listen respectfully and choose with discernment and consideration.

Shabbat Shalom.

R’ Jeremy Lawrence

Ki Tetze Statistics

Mitzvot: 74 of the 613 mitzvot, 27 positive & 47 prohibitions
Verses: 110 (28th longest of the 54 Sidrot)
Words: 1582 (23rd longest). Letters: 5856 (26th longest)
Haftarah: 10 verses

Page No.	SONCINO	HERTZ	ARTSCROLL
Sidra	1098	840	1046
Haftarah	1115	856	1201

On the Crest of David's Psalm



During the month of Ellul and through till Shemini Atzeret we read Tehillim 27, **לדוד אורי וישעי**, “The Lord is my light and my Salvation” at the end of Shacharit and Maariv. (Chabad read from the first day of Rosh Chodesh till Hoshana Rabba).

Its opening words in Latin “Dominus Illuminatio Mea” are the crest of Oxford University

The custom is referenced in the Kitzur Shulchan Aruch and arose relatively recently in Ashkenaz. The earliest reference is Sefer Shem Tov Katan (1706), written by the Mekubal Binyamin Benish Cohen, who wrote one who recites this Psalm in a state of holiness, purity and great concentration will have his prayers answered, and that it has the power to nullify divine decrees. Others attribute the origin to the 16th Century Eliezer Baal Shem of Chelm.

The Midrash associates Light with Rosh Hashana, Salvation with Yom Kippur and “He will hide me in His Tabernacle” with Sukkot. The Psalm also has Hashem’s name thirteen times, which is seen as an allusion to the thirteen attributes of Hashem’s mercy (Hashem Hashem Kel Rachum VeChanun...)

The Vilna Gaon (d1797) amongst others was opposed to adding the Psalm as “*Tircha detzibbura*” unnecessarily onerous on the Congregation. Some Germanic communities and the Chassidim of Sanz and Bobov also do not include it. Some Sefardim read it through the year before Maariv, and not specifically in Ellul.

*The **Lord** is my light and my salvation; whom shall I fear? the **Lord** is the strength of my life; of whom shall I be afraid? When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell. Though a host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident. One thing have I desired of the **Lord**, that will I seek after; that I may dwell in the House of the **Lord** all the days of my life, to behold the beauty of the **Lord**, and to enquire in His Temple. For in the time of trouble He shall hide me in His pavilion: in the secret of His Tabernacle shall he hide me; he shall set me up upon a rock. And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in His tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the **Lord**. Hear, O **Lord**, when I cry with my*

*voice: have mercy also upon me, and answer me. When thou saidst, Seek ye my face; my heart said unto thee, Thy face, **Lord**, will I seek. Hide not Thy face far from me; put not Thy servant away in anger: thou hast been my help; leave me not, neither forsake me, O God of my salvation. When my father and my mother forsake me, then the **Lord** will take me up. Teach me Thy way, O **Lord**, and lead me in a plain path, because of mine enemies. Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty. I had fainted, unless I had believed to see the goodness of the **Lord** in the land of the living. Wait on the **Lord**: be of good courage, and he shall strengthen thine heart: wait, I say, on the **Lord**.*

The Psalm has two distinct halves. The early verses see Hashem as an assured protector against distant, yet approaching enemies. The latter verses entreat Hashem not to be distant or see us delivered to our foes. Explains the Malbim (d1879), it is our desire to cleave to Hashem which has Him remove the obstacles to coming close. Therefore, the Psalm progresses (counterintuitively) from the confidence in His protection to our expressed yearning to draw close.

The Fourth Possuk **אחת שאלתי** declares that “I ask one thing of Hashem”, before enumerating several: living in His House, Basking in His Beauty, Visiting His Temple (also, to be hidden, protected and set on a rock...) The simplest explanation is that these are parts of a whole, with an embedded lesson that the more we appreciate a Godly environment, the more we are drawn in to value its beauty and probe (visit/enquire) its elements of Sanctuary. Strong relationships are ones where we keep seeking to learn more about the other.

As we head into a Sanctuary-rich season, may we cherish and enhance being in shul – and not “shuled-out”.

Shabbat Shalom

R' Jeremy Lawrence



Mike Freer MP is arranging a **Commemorative 1,500 Crocus Garden** on the green by the *La Deliverance Statue* to honour the memory of the **1.5 million children murdered in the Shoah**. He is looking for Kinloss volunteers (alongside volunteers from other local communities) to assist with the planting on **Sunday 6 October 10.25-11.15am**. Please save the date.

Selichot

singing you're sorry

**Listen to selichot
sung beautifully
and explained
thoughtfully**

WEDNESDAY 18TH SEPTEMBER 2019
8PM-9.30PM

A unique event featuring inspiring
modern renditions of Selichot by
The Shabbaton Choir led by
Rabbi Lionel Rosenfeld,
with **explanation and analysis** by
LSJS Dean Rabbi Dr Raphael Zarum
and Rabbi Lawrence.

£8 Kinloss Members / £10 for Non-Members if pre-booked by 10th September
Thereafter, £10 for Members and £12 for Non-Members

To book please visit www.kinloss.org.uk/selichot or call Lucy on 020 8349 5267



Ellul Programme

with Pnina Savery

Repentance, prayer and charity remove the evil decree

Wednesday night Shiur on 25th September, 8pm, Beit Hamidrash

The Shiur will cover the following titles:

Prayer: Yirmiyahu 18 - Parable of the Potter

Teshuva: Yonah vs Yoel - How to do the job properly

Tzedaka: Kohelet - How do we cope now that the Chagim are over?



Pnina Savery has completed a two year advanced Tanach course at Matan in Jerusalem, has taught in a couple of seminaries in Jerusalem and been teaching English at Menorah High since returning to the UK in December 2013.

Pre Yomim Noraim Yom Iyun

on Monday 23rd September, 7.45pm-9pm

With Rabbi Lawrence and Rabbi Laitner
Focussing on Teshuvah, Tefillah and Tzedakah



Kinloss Cares - Hospital Visiting Training

Hospital Visiting Training Session

Tuesday October 29th 7.45pm to 10.00pm.

The session will be led by a US Chesed Trainer and held at the home of Mozelle Onnie.

The aim of the session will be to give volunteers the skills to feel confident visiting people in Hospital.

It will include:-

- A clear understanding of why we visit
- What we bring to patients by visiting
- Skills to help to make the volunteer feel confident in their visits
- Some challenging scenarios and how to handle them
- When to visit and for how long / special considerations applicable to the hospital setting.

If you would like to join our group of Kinloss Hospital Visitors and would like to attend please email

Rochelle for further details at kinlosscares@kinloss.org.uk, telephone 0208 349 5263.

Shabbat Luncheon Club is taking place this Shabbat

TALMUDTalks



Chief Rabbi
Ephraim Mirvis

Three inspiring talks to mark
the completion of the
Noé Edition Koren Talmud Bavli



Rebbetzen
Lauren Levin

Thursday 31st October 2019
Doors open 19:45
Finchley Synagogue,
Kinloss Gardens, London, N3 3DU



Rabbi Lord
Jonathan Sacks

Adults £7.50
Youth (up to 18) £4.00

Book now at www.kinloss.org.uk/koren



KINLOSS
tribe

WELCOME TO THE YOUTH PAGE!

Ki Tetze - 14th September

9:15am - Breakfast Shmooze - Benchers Cafe

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

**10:40am - Food4Thought - Meet in Beit Midrash
Followed by a Dvar Torah and a Kugel and
Cholent Kiddush**

EVENTS - BOOK NOW!

18th September - New Years Party! -

www.kinloss.org.uk/nyparty

19th September - Kinloss Youth @ SBM -

www.kinloss.org.uk/sbm

17th October - Pizza in the Hut -

www.kinloss.org.uk/pizzah

21st October - Simchat Torah Dinner -

www.kinloss.org.uk/ST-Dinner

Follow us on Instagram: Kinlossyouth

Contct us: youth@kinloss.org.uk / 07827031851

Wishing you a Shabbat Shalom - Leora and Harry

Monday afternoons in the Nemetnejad Room
Doors open 2pm | Screening commences at 2.15pm

Shtisel - The series

Screening two episodes a week

Season 1 - 16th & 23rd September,
7th & 28th October, 4th November

Season 2 - 11th, 18th & 25th November,
2nd, 9th & 16th December

Cost:

- £3 Kinloss members
- £4 non-members. Refreshments provided.

For more information please contact Lucy on ket@kinloss.org.uk or 020 8349 5267.



Shared Reading Group

Next Shared reading group is the 5th November at 2pm

Board Games

Challenge

Return on 19th September at 2.30pm

Women's Health and Relationships Seminar

Sunday 10 November 2019 | 7-10pm (Doors open 6.45pm)



Opening keynote:

Intimacy, Satisfaction and Healthy Relationships
Dr Naomi Marmon Grumet
Founder and Executive Director of The Eden Center in Jerusalem

Other Presenters include

Dr Hadassah Fromson
Joanne Greenaway
Dr Emily Simon
Raisel Freedman

Kinloss members book online at www.kinloss.org.uk/health

Finchley United Synagogue, in partnership with LSJS.



BOOK YOUR PLACE

£20 (£16 before 31 October)

LEARN PAEDIATRIC FIRST AID FOR MITZVAH DAY

Sunday 17th November 8pm-10pm

Limited places, book quickly to avoid disappointment

£10 per person for Kinloss Members or £15 for Non-Members

To book please visit www.kinloss.org.uk/firstaid or call Lucy on 020 8349 5267






Ladies POTTERY EVENING

Sunday 24th November 2019, 8pm-10pm

Limited spaces, book at www.kinloss.org.uk/pottery or call Lucy on 020 8349 5267.

Cost £20 per person.



Israeli Dancing

(women only)

Sunday 3rd November

7pm—8pm

www.kinloss.org.uk/dancing

New Kinloss Business Group

Thursday 31st October at 8.45am

Register at

www.kinloss.org.uk/business



CHARLOTTE FURMAN

Mazel Tov to Charlotte on her Bat Mitzvah
Charlotte has two siblings, Joseph and Max, and she attends JFS.

Her hobbies are singing, dancing, gymnastics, being creative and seeing her friends.

Charlotte climbed Mt Snowdon with her best friend and their Dads for the

Teenager Cancer Trust.



SAMI PHILLIPS

Mazel Tov to Sami on his Bar Mitzvah.

Sami has two siblings Koby and Jamie, and he attends JFS.

His hobbies are playing football, tennis and the piano.

Charity work as part of the Simcha, Sami has raised money to take part in the Barmitzvah twinning programme with the Jewish Childs Day charity.

He has also visited Yad Vashem and symbolically twinned his Barmitzvah with a boy who sadly never got to celebrate his.

* Anna, Adam, Koby & Jamie Phillips on the occasion of Sami's Barmitzvah. Mazel tov to Grandparents Beverley & Stephen and John & Ruth. Always remembering Anna's wonderful mum Naomi.

* Lucy and Mark Furman on the occasion of Charlotte's Batmitzvah. Mazel tov to siblings Joe and Max. Mazel tov to grandparents Merle and Selwyn Furman (Cape Town), and Lady Joy Bourne. Remembering Sir Clive Bourne z"l on this happy occasion.

* Sharon and Alan Lee on the birth of a grandson. A son to Deborah Lee-Swaden and David Swaden

*Eric Tager on his 80th birthday



Calling all Year 5/6 Girls – Sister Squad Returns

Nic Aberly will be running our wonderful sister squad again this year. This year long programme takes place from 10-10:35 every other Shabbat. Covering three terms, the fun and interactive sessions look at the architecture of the Torah, Jewish history through hairstyles and an exploration of inspirational women. The first session will take place on Shabbat 12th October.

Cost for the course is £75.

To sign up click on www.kinloss.org.uk/sistersquad or for more information email nic@looktolearn.co.uk

KINLOSS NOTICE BOARD



9:45am Games Room in the Newman Room with Saul Elek
0 - 4 year olds with Sara Keen in the Kinloss Suite Foyer
Reception up to School Year 2 with Benjy Falk in the Avram Nemetnejad Room (2nd Floor)
School Years 3 - 4 with Dina Ellis in the First Floor Classrooms
School Years 5 - 6 with Saul Elek in the Newman Room
All Children's Services will start at 10:45am and will be followed by Kiddush

Mazel tov to the children in our community celebrating their birthdays this week:



Eden Rahamim (9)
 Sophia Nyman (6)
 Natan Josephs (11)
 Maya Bendel (1)

Daniella Morris (11)
 Sophia Kanzen (5)
 Coby Dryer (10)

THANK YOU TO:

- * Security Team 2 If you have any queries, please speak to Martin Shiers on 07831 836 031, or email securekinloss@yahoo.co.uk
- * Linda Sharpe and Susan Sperber-Kosky of The Welcoming Committee
- * Jackie Caplin's Kiddush Rota Team



An evening of learning and inspiration for women in the lead up to Rosh Hashana & Yom Kippur

Join us on **Sunday September 22nd** and hear from world renowned educators and presenters. Whether through text, art, yoga, music or more, come along and prepare yourself for Rosh Hashana and Yom Kippur.



Dr Adina Shmidman
 Director, The Women's Initiative Department, OU



Jacqueline Feldman
 Ma'ayan and Rebbetzen, Bushey United Synagogue



Talya Rose
 Yoga teacher and Assistant Rebbetzen, Mill Hill Synagogue



Yael Leibowitz
 Renowned scholar and educator



Dr Hadassah Fromson
 Community Rebbetzen, Golders Green Synagogue



Lauren Levin
 Yoetzet Halacha and Director of Education, South Hampstead Synagogue



Chava Erlanger
 Artist

6pm - Dinner
7pm - 10pm - Sessions

LIMITED PLACES AVAILABLE.

Early bird tickets (before 2nd September): £15
 Tickets after 2nd September: £20
 Ticket price includes buffet dinner and refreshments

Location in NW3.

Book Now: chiefrabbi.org/neshama

NEXT WEEK AT KINLOSS:

DAY:	COMMUNITY LEARNING:	COMMUNITY PROGRAMMES:
SUNDAY	8:00am Daf Yomi (NR)	10:30am Walking Club
MONDAY	07:40am Daf Yomi (NR)	09:30am ACE Fitness (MN)
		10:00am Ilana Banana (DH)
		14:00pm Film Afternoon - Shtisel (NR)
		20:15pm Women's Pilates (MN)
TUESDAY	07:40am Daf Yomi (NR)	10:00am Friendship Club
	20:00pm Iyun Advanced Gemara (BM)	20:00pm Ulpan Ivrit (MN)
WEDNESDAY	07:40am Daf Yomi (NR)	10:00am Ilana Banana (DH)
	08:30am Rambam with R'Lawrence (BM)	10:00am Art Club (MN)
	20:00pm Selichot Event (DH)	
THURSDAY	07:40am Daf Yomi (NR)	14:30am Board Game Challenge (PS)
		18:00pm Table Tennis Child (Upstairs)
FRIDAY	07:40am Daf Yomi (NR)	10:30am Ilana Banana (DH)
BC = Benchers Cafe BM = Liora Graham Beit Midrash DH = Nissim and Rifka Deal Hall		NR = Nemetnejad Room MN = Marilyn Newman Room PS = Persian Synagogue

SERVICES (שבת see front page)	Sun	Mon	Tues	Weds	Thurs	Fri
Shacharit 1	7:30am	7:00am	7:00am	7:00am	7:00am	7:00am
Shacharit 2	8:15am	8:00am	8:00am	8:00am	8:00am	8:00am
Sephardi Shacharit	8:00am	6:30am	6:30am	6:30am	6:30am	6:30am
Mincha / Ma'ariv	6:45pm	6:45pm	6:45pm	6:45pm	6:45pm	Mincha Kabbalat Shabbat 6:50pm

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

Shabbat 14 SEPTEMBER

Audrey Alterman	Mother
Rosalind Gilbert	Mother
Geoffrey Herman	Brother
Paul Joseph	Mother
Gerald Kirsh	Mother
Anthony Lewis	Mother
Phyllis Nathan	Mother
Barrie Tankel	Mother

Sunday 15 SEPTEMBER

Pauline Aminoff	Sister
Rebecca Aminoff	Father
Sivi Harounoff	Sister
Andrew Harris	Father
Richard Jaffa	Mother
Carole Mond	Mother
Suzanne Oberlander	Mother
Robert Owen	Mother
Peter Rosen	Father
Joseph Sassoon	Father
May Sinclair	Father

Monday 16 SEPTEMBER

Jonathan Fisch	Father
Rosemary Fisch	Husband
Jacqueline Gittelmon	Father
Sarita Langdon	Mother
Gillian Linke	Mother
Zena Shattin	Sister
Michael Staszewski	Mother
Alon Stock	Father
Kenneth Waters	Father

ANIM ZEMIROT CLUB

Led by David Lesser

Come and learn to sing Anim Zemirot

Our club meets every Shabbat at 10:15am

in the Robing Room. Boys of 6 and over welcome.

Tuesday 17 SEPTEMBER

Sheila Aidallbery	Father
Rochelle Bard	Mother
Bernard Goodwin	Father
Rita Gordon	Father
Jilli Vegoda	Father

Wednesday 18 SEPTEMBER

Josephine Cohen	Father
Natalie Cohen	Mother
Hooshang Hakimi-Sefat	Father
Marian Phillips	Husband
Suzanne Ralton	Father

Thursday 19 SEPTEMBER

Rebecca Aminoff	Mother
Yaffa Glass	Father
Michael Grunberg	Father
Frank Rosenfeld	Mother
Janice Silver	Mother

Friday 20 SEPTEMBER

Rose Pine	Husband
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WE URGENTLY NEED VOLUNTEERS TO JOIN OUR SECURITY ROTAS

Shul members - PLEASE join our security rotas for shifts from 11am onwards.

You would only be required for one hour every eight weeks, on Shabbat morning.

Please email securekinloss@yahoo.co.uk or call Martin Shiers on 07831 836 031 to volunteer and register.

CONDOLENCES:

- * Family of Ronald Silver Z'L
- * Family of Millicent ("Billie") Passer Z'L

TOMBSTONE CONSECRATIONS:

SUN 15 SEPT 13:00pm at Bushey in memory of Sidney Dagul Z'L

MON 16 SEPT 12:00pm at Bushey in memory of Sheila Kriger Z'L

FINCHLEY SYNAGOGUE USEFUL PHONE NUMBERS

Rabbi Jeremy Lawrence: 07501 895 124

Shimon Gillis, Chief Operations Officer: 020 8349 5264

Shul Office: 020 8346 8551

Kinloss Cares: 020 8349 5263

Jackie Caplin, Safeguarding Officer: 07974 665 418

