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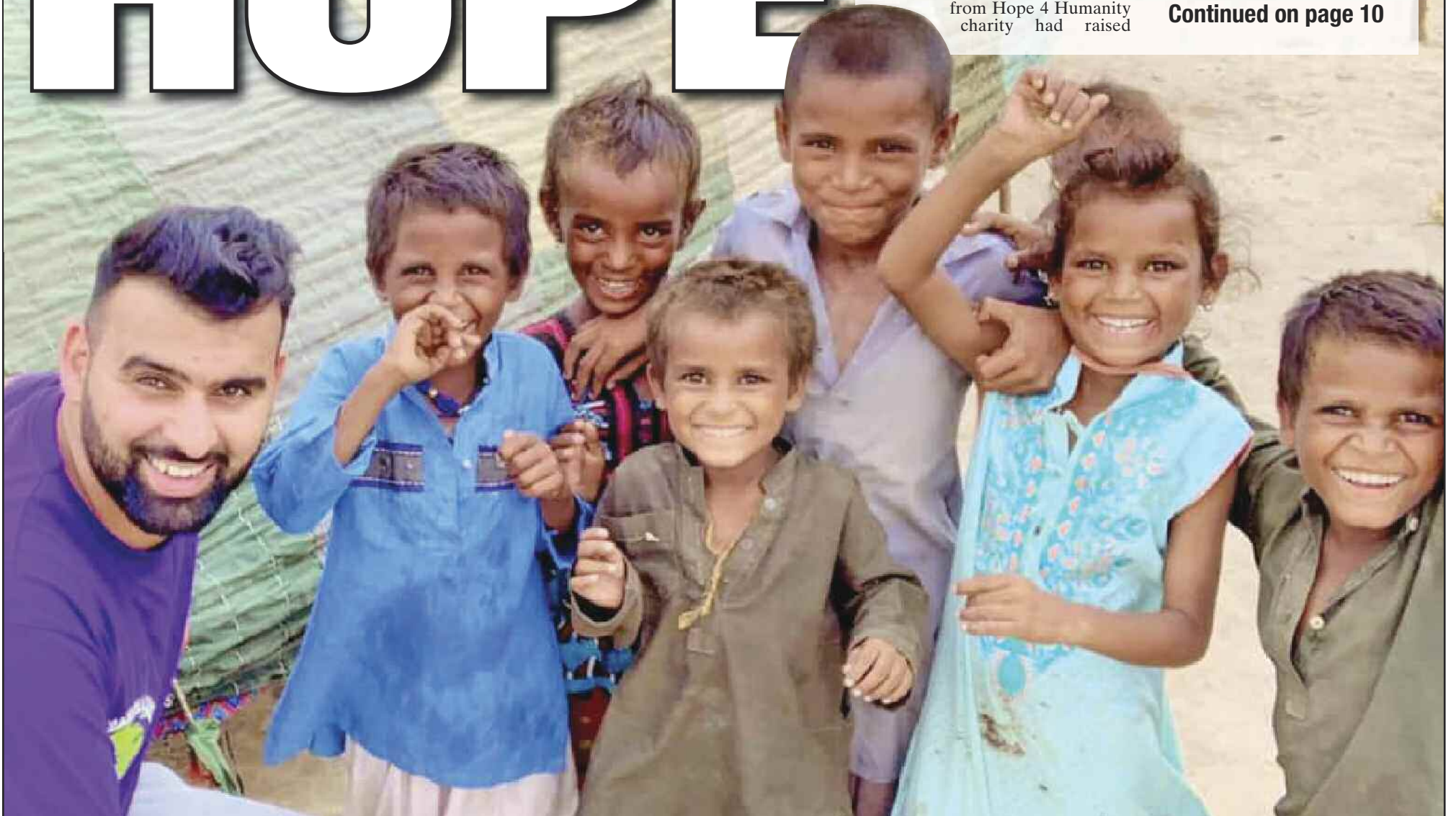
HOPE

Young professionals from Wakefield took time off from their full-time jobs to deliver desperately-needed aid in Mirpur and the Sindh province of Pakistan.

Some 20 volunteers from Hope 4 Humanity charity had raised

funds earlier this year. During Ramadan, whilst fasting and under the summer heat, they sold a whopping 6000 chocolate cakes bringing in an astounding figure of £37,887.90.

Continued on page 10



Young volunteers from Yorkshire distribute aid in Mirpur and Sindh province in Pakistan

ADVERTISEMENT FEATURE

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fanoosh
THE INDIAN

Ex-husband jailed for Sana Muhammed crossbow murder

Ex-husband found guilty of murdering eight-month pregnant woman

A man who killed his pregnant ex-wife by firing a crossbow at her has been sentenced to life imprisonment to serve a minimum of 33 years.

Ramanodge Unmathallegadoo, 51, was found guilty by a jury of the murder after a trial at the Old Bailey. He was sentenced at the same court on 29th November.

Jurors heard that Unmathallegadoo planned his attack on his 35-year-old ex-wife Sana Muhammad, who was eight months pregnant, on 12th November 2018.

Unmathallegadoo, who was armed with two crossbows, had hidden himself inside the shed at the end of the garden of the house in Applegarth Drive, Ilford, where Sana lived with her husband Imtiaz and five children.

After being discovered by Imtiaz,

Unmathallegadoo chased him into the house holding the two crossbows.

Imtiaz told his wife to run and she fled up the stairs of the house. However, Unmathallegadoo fired an arrow at her before she reached the landing.

The arrow, which measured 18 inches, entered Sana's body in her hip and travelled up through her body. By extreme fortune, it missed the unborn baby.

Unmathallegadoo was disarmed at the scene by his son, who lived in the house.

Baby survived

Sana was treated by paramedics from the London Ambulance Service (LAS) at the scene before being taken to hospital.

An emergency caesarean was carried out to deliver the baby boy, who was initially not breathing but was revived by medical staff.

Despite efforts to save Sana's life, the injuries caused to her internal organs, including her stomach, liver and heart, led to her suffering a heart attack.

A post mortem established her cause of death as complications arising from internal bleeding.

REVENGE: Ex-husband Ramanodge Unmathallegadoo convicted at the Old Bailey



Plotted Murder

Unmathallegadoo was arrested at the scene on suspicion of attempted murder. He was taken to an east London police station and was subsequently further arrested for murder.

An investigation by detectives from the Met's Homicide and Major Crime Command revealed he had started making preparations for the attack several months earlier.

Analysis of his online purchases showed he purchased a crossbow in March 2018, at a total cost of more than £1,000.

He also ordered archery arrows, broadheads and bolts from a number of different internet suppliers, via eBay. In May 2018, Unmathallegadoo purchased another crossbow from another



TRAGIC: Sana Muhammed who was eight months pregnant when she was shot with an 18-inch crossbow

supplier.

A handwritten note found in a jacket belonging to Unmathallegadoo suggested he had conducted surveillance on the Applegarth Drive address.

In October 2018, Unmathallegadoo had asked his daughter whether the shed in the back garden was locked.

Day of murder

On the day of Sana's murder, Unmathallegadoo was discovered after Imtiaz went outside to put an empty television box in the shed.

When detectives searched the shed after he had been arrested, they discovered a selection of crossbow arrows, a black rucksack containing toiletries and personal items as well as a pair of scissors and roll of duct tape.

There was also a chart marking the dates and times of the movements of occupants of the house.

Unmathallegadoo did not answer any questions when he was interviewed by police.

During the trial, he told the jury had been aiming the crossbow at the bannister and had not meant to kill his ex-wife.

Scotland Yard

Detective Sergeant Amjad Sharif of Scotland Yard leading the investigation, said: "At a time when she should have been happily looking forward to the birth of her new child, Sana Muhammad was killed in cold blood by her ex-husband, Ramanodge Unmathallegadoo.

"Driven by feelings of bitterness and jealousy towards his ex-wife, who had remarried and started a new life, the defendant fired a crossbow, loaded with an 18-inch arrow. Sana, who was eight-months pregnant, had been running away up the stairs and posed absolutely no risk to him. By extreme fortune, the arrow missed the unborn baby.

"The injuries suffered by Sana as a result of the arrow penetrating 14 inches into her body were catastrophic. The force of the crossbow bolt caused damage to her intestines, stomach, liver and heart. It is clear the crossbow used to kill Sana, which was legally bought and owned by Unmathallegadoo, was intended to

be used as a lethal weapon.

"The circumstances and detail of the case are harrowing and I would like to pay tribute to the strength and dignity of Sana's friends and family, some of who have given evidence during the trial. Unmathallegadoo's actions on the 12 November 2018 have left six children, including a newborn baby, without a mother and a husband mourning his wife."



Imtiaz with murdered wife and mother-of-five Sana Muhammed (pictured here with one of the children)

Imtiaz Muhammad, Sana's husband, said: "Sana was a very outgoing and bubbly type of person. She was very friendly, talkative and always made me laugh. She was my soul mate, my best friend, my wife, my companion and my everything and I love her dearly.

"Sana was a very family-orientated woman who brought up our kids while I went to work.

"She had strong family values and believed children should be greeted by a parent and loved when they got home from school. We had our future together. We had a very strong bonding with all our kids. Ram has finished everything. We all feel lost now.

"Ram must have been very jealous of the life Sana and I had and that we were living a happy life. Sana was feeling scared since Ram had started seeing the kids. She would always say 'Ram does not forgive and forget' he likes to create trouble no matter if he loses everything."

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Mmmmm.... we're lovin' it!

Following on from last month's entry, the team at your local McDonald's wanted to update readers on where the food they serve in their restaurants comes from.

Asian Express covered the story of McDonald's on Ingleby Road in Bradford, which is owned and operated by local franchisee Saj Shah. He reopened its doors recently unveiling a brand new look after a major refurbishment.

Saj has owned and operated the restaurant since 2016 and employs 130 people locally. He himself is a local lad having grown up five minutes from the restaurant in Girdlington.

Being part of the local community in Bradford is important to him. The restaurant sponsors local grassroots football

teams, supports local charities at the Bradford Royal Infirmary and is connected to community groups such as the Carlisle Business Centre.

Saj gives you some information on their Filet-o-Fish®, fries and cooking oil... oh... and don't miss out on the special offer featured in the advert below!

The FISH we use.....

Our famous Filet-o-Fish® and Happy Meal® Fish Fingers use Hoki or Pollock. We want to serve fish for generations to come, so all our fish comes from Marine Stewardship Council certified sustainable fisheries. This means we're helping to safeguard fish stocks for the future.

The POTATOES we use.....

Big, high quality spuds are a

staple at supermarkets and it's the same for us at McDonald's. In 2018, all of the potatoes we used were sourced from British farms. We use Pentland Dell, Russet Burbank, Innovator, Shepody and Ivory Russet potatoes – all chosen because we know they make crispy fries. And as they're bigger spuds, it means the fries we cut from them are long enough for you to nibble and dip.

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We simply wash, peel, cut and prepare the potatoes before cooking. Then we cook them in a blend of sunflower and rapeseed oil, adding a pinch of salt before serving. It really is that simple.

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Our cooking oil is purely a blend of sunflower seed and rapeseed oil. After it's used to prepare our great tasting food, our cooking oil is then recycled and converted to biodiesel, which we use to fuel more than half of our delivery trucks. This means we produce fewer carbon dioxide emissions and is part of our commitment to use our scale for good and help to protect our environment.

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Only available at McDonald's, Ingelby Road, Bradford

...And if any of the readers wish to take a look behind the scenes at the Ingelby Road restaurant please contact the management team on 01274 541 827 and they will arrange a tour and whilst your next visiting the restaurant please make use of the £1.99 voucher for a sandwich and fries.

Barrister battling old politics

A barrister from Bradford has taken the challenge for winning a seat in the election.

Narinder Singh Sekhon, a barrister of 19-years, born and raised in the city, says that he wants to direct his attention towards matters that directly affect the constituents of Bradford South in which he is standing.

Monday 25th of November saw the launch of Mr Sekhon as a Conservative candidate for Bradford South.

The event was attended by approximately 100 guests from the target area, who were both members and non-members. They said that they were inspired by Mr Sekhon despite him not having a previous political background.

Distinguished speakers included Councillor Matthew Bibby, Councillor Robert Hargreaves, chair of Bradford Conservative

Federation, Mohammed Riaz, President of the Conservative Association in Bradford, Mr Barry Whitaker OBE. Campaign agent Mr Simmy Sekhon, a local solicitor and property developer, hosted the stage and presented the speaker line-up.

Various representations were made throughout the evening, including but not limited to the pledges nationally by the Conservative party.

Promises to boost to the NHS in the sum of £33.9 billion and the extra 20,000 police officers pledged by Prime Minister Boris Johnson to "beat the streets" of every city in the country to reduce crime, were reinforced.

No election launch would have been complete in Bradford South without reference to the Bradford Bulls, and Mr Sekhon kept this important issue till last and said that investment was essential to get Bradford Bulls home again.

Furthermore, he said it was essential for the national and international reputation of the city to make this happen. He said he would fight "tooth and nail" to bring that investment into the club and Odsal once again and try and turn Bradford Bulls into a super league club.

Mr Sekhon has reiterated time again that if elected as member of Parliament, he would fight to ensure that resources were not just allocated to southern cities where only southern people would benefit. He vows that the resources would be directed towards Bradford city and indeed for the benefit of the constituents in Bradford which include Wibsey, Wyke, Great Horton, Royds, Tong and Queensbury.

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Making Leeds first UK's Women Friendly City

Women's Lives Leeds (WLL) are officially launching their Women Friendly Leeds concept at their third Annual Learning Event on Tuesday 3rd December, 10am – 1pm, Leeds City Museum.

The launch will reveal details of a four-year initiative working towards making Leeds the first Women Friendly City in the UK.

The Women Friendly Leeds concept, based on the United Nations 'Women Friendly City' initiative, has been led and developed by the Leeds Women's and Girls Hubs.

Women Friendly Leeds will focus on the following key aims: more women and girls empowered to use their voices, more women and girls involved in decision-making processes, more opportunities for women and girls, raise awareness of the rights of women and girls and building a strong Women Friendly Leeds movement.

The Women Friendly Leeds initiative is part of the WLL VOICES project (Views, Opinions, Insights, Consultation & Engagement Systems). WLL VOICES will strive to broaden the engagement of women and girls across Leeds, putting their voices at the heart of decision making, informing and influencing service design, planning and commissioning in the city.

The launch is part of the Third Annual Learning Event – a celebration of WLL's successes over the previous year and an opportunity to share all we have learnt. The event will be opened by Councillor Judith Blake, leader of Leeds City Council, and will feature speakers from the Women's Lives Leeds project and partnership, representatives from The National Lottery Community Fund and service users sharing their stories.

Uber loses London license

Uber has lost its license to operate in London after 'repeated safety failures' Transport for London (TfL) has said.

The taxi firm will not be granted a new licence. Regulators say the taxi app was not "fit and proper" as a licence holder. Uber said it has made a number of positive changes to its operations, but seemingly this hasn't been enough.

Uber first lost its licence in 2017 but was granted two extensions, the most recent of which expired on Sunday 24th November.

The firm will appeal and can continue to operate during that process.

About 45,000 drivers work for Uber in London, which is one of its top five markets globally.

TfL said it had identified a "pattern of failures" that placed passenger safety and security at risk. These included a change to Uber's systems which allowed unauthorised drivers to upload their photos to other Uber driver accounts.

It meant at least 14,000 fraudulent trips were carried out in London in late 2018 and early 2019, TfL said.

The regulator also found dismissed or suspended drivers had been able to create Uber accounts and carry passengers.

Helen Chapman, Director of Licensing, Regulation and Charging at TfL, said: "While we recognise Uber has made improvements, it is unacceptable that Uber has allowed passengers to get into minicabs with drivers who are potentially unlicensed and uninsured."

Uber said the decision was "extraordinary



and wrong". It said it had audited every driver in London over the last two months and further strengthened its processes.

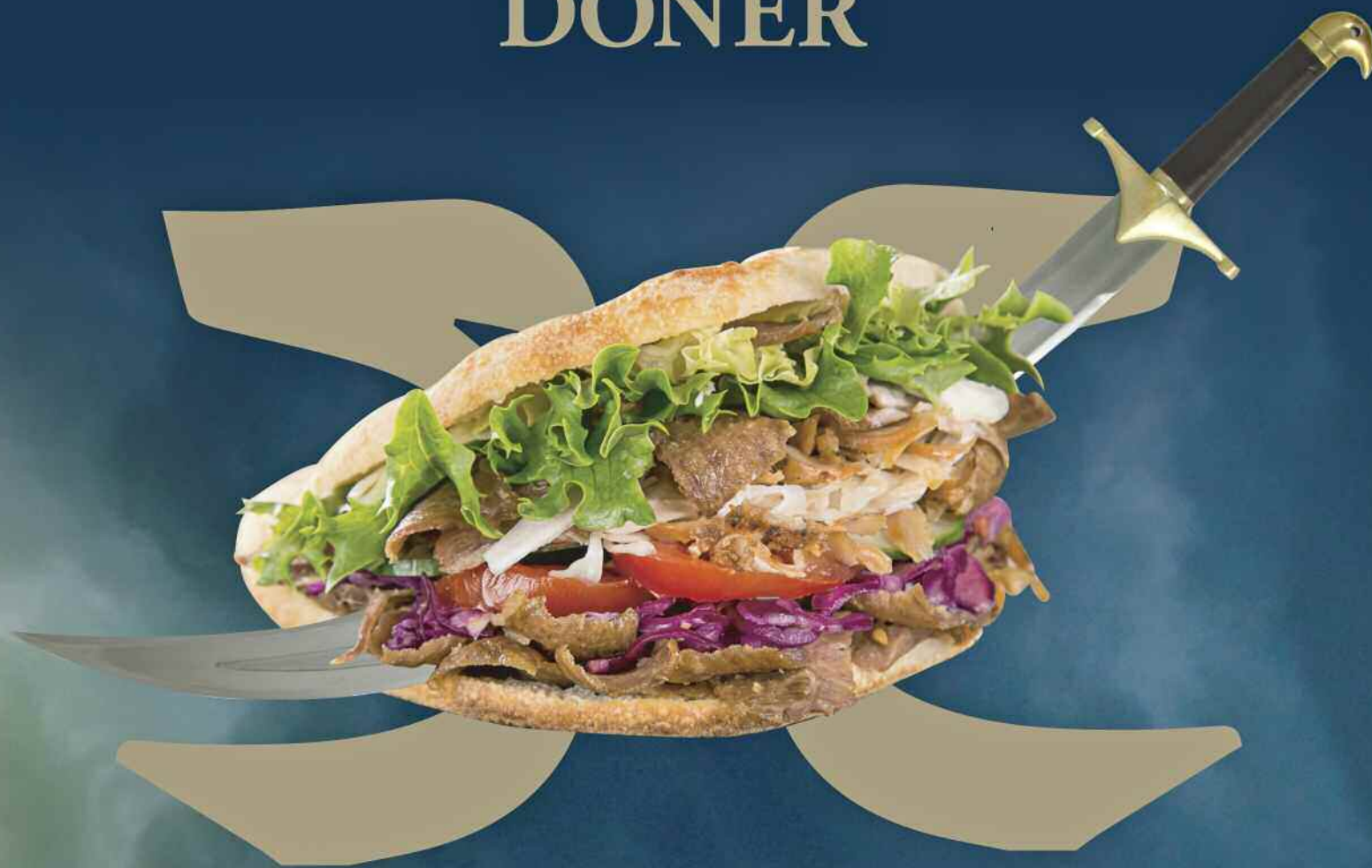
According to Uber, 24% of its sales come from just five cities, including London. The others are Los Angeles, New York City, San Francisco and São Paulo in Brazil.

Uber, owned by a US firm, pulled out of Denmark in 2017 because of new taxi laws that required drivers to have fare meters and seat sensors. Meanwhile Bulgaria and Hungary have withdrawn Uber's right to operate. And in May, the ride-hailing firm pulled its UberXL service in Turkey.

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Radio boss awarded honorary fellowship

An inspiring woman from Bradford has been awarded an honorary fellowship from Bradford College, thanks to her contributions and service to the community on a local, regional and national level.

Sunrise Radio's chief executive Usha Parmar received the prestigious honour from University Centre Bradford College at graduation ceremonies at St George's hall on Tuesday 26th November.

Joining her, was John Tempest who runs the Bradford Soup Run charity who was also awarded an honorary fellowship. His commitment sees 35-years of support for vulnerable people and has fed and clothed tens of thousands through his work.

They both received their awards at graduation ceremonies alongside hundreds of students who were celebrating the completion of higher education courses.

Usha has been an avid campaigner for the progression of Asian communities, having entered the world of radio in 1990.

Having received a number of accolades over the years, including 'Asian Businesswoman of the Year' (1999) and a 'Lifetime' award from the Hindu Cultural Society of Bradford, she is well-known for breaking down political and typecast attitudes about Asian and Asian business communities.

“ I’m both incredibly honoured and humbled on receiving an honorary fellowship. “I am now looking forward to reconnecting with Bradford College, this time as an Honorary Fellow. ”

Usha, a former trustee of Bradford College, said: "I'm both incredibly honoured and humbled on receiving an honorary fellowship.

"I am now looking forward to reconnecting with Bradford College, this time as an Honorary Fellow."

A force for community cohesion and unity as well as entertainment, Sunrise Radio was crowned 'Ethnic Media of the Year' in 2001, 2002 and 2004. Sunrise Radio was also awarded "Regional Radio Station of the Year" in 2016 and "Best in Creative Industries" in 2017.

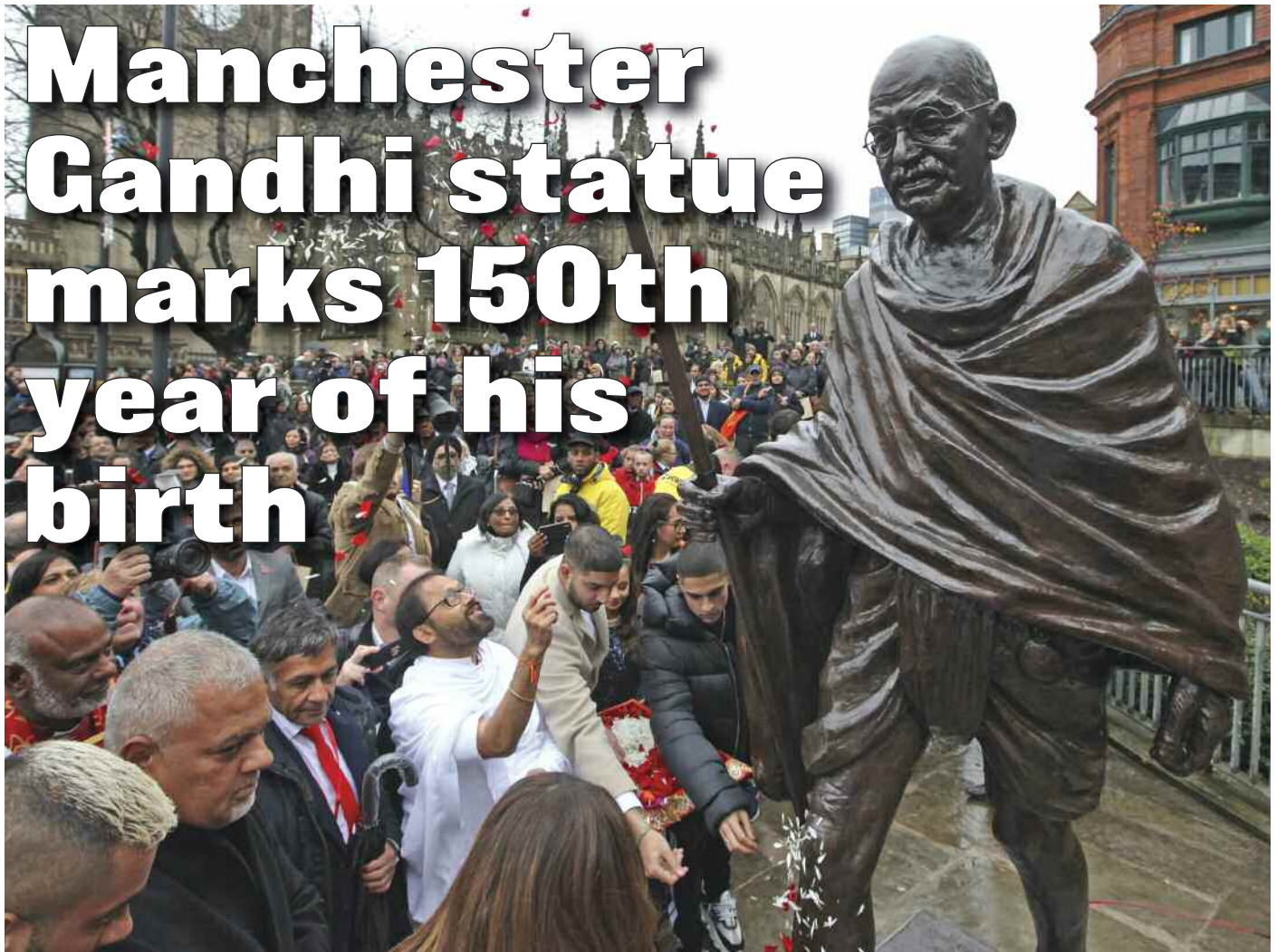
Usha has used her high profile for good causes and has shown her support for numerous appeals, projects and charities. She is a speaker renowned for presenting on subjects including forced marriage, the role of women in business and the issues facing British Asian youths.

Andleeb Hanif, Managing Editor for Asian Express said: "Usha jee is sheer inspiration in the world of ethnic media - much of which is dominated by men.

"I first met her 20 years ago, and she remains the inspiration today as she was then.

"She began breaking down stereotypes almost three decades ago, when she embraced life in Bradford. Her passion for fair coverage and fair representation of the diverse Asian communities in the city are highly commendable, and this recognition was long overdue."

Manchester Gandhi statue marks 150th year of his birth



A gift to Manchester of a bronze statue of the iconic spiritual leader Mahatma Gandhi was unveiled outside Manchester Cathedral in the 150th anniversary year of his birth.

VIPs included Andy Burnham, Mayor of Greater Manchester, Sir Richard Leese, Leader, Manchester City Council, the Right Reverend Dr David Walker, Bishop of Manchester and Pujya Gurudevshri Rakeshbhai, Founder, Shrimad Rajchandra Mission Dharampur (SRMD).

The statue is an initiative of SRMD, a worldwide spiritual movement. Shrimad Rajchandraji was Mahatma Gandhi's spiritual mentor.

Gandhi's memorable accounts on Shrimadji testify the profound influence that Shrimadji's personality exerted on the Mahatma's life.

Shrimadji's emphasis on truth, compassion and non-violence in every walk of life, later crystallised as the fundamental tenets of Gandhism, which played a significant role in the Indian struggle for independence.

Gandhi is renowned as a messenger of non-violence, thus this initiative was undertaken by Shrimad Rajchandra Mission Dharampur during Gandhi's 150th birth anniversary year.

The costs to install the 9ft high, 800kg statue, by Indian artist Ram V. Sutar, in the city's Medieval Quarter were sponsored by the Kamani Family in memory of their grandfather Bhanji Khanji Kamani (1888-1979).

Ram V. Sutar is the man who has designed Statue of Unity – the world's tallest sculpture.

The project is supported by Manchester Cathedral, Manchester City Council, the Manchester India Partnership

and the High Commission of India.

The statue of Gandhi was carefully planned considering the location, scale in the context of the space and ensuring there will be necessary pedestrian and disabled access.

Invited guests include senior figures from the Indian government and representatives of High Commission of India, UK to join the head of SRMD UK, Pujya Gurudevshri Rakeshbhai.

Representatives from both religious and non-religious

organisations across Manchester and beyond attended the event.

Sir Richard Leese, Leader of Manchester City Council, said: "This statue of Mahatma Gandhi, a leader who tirelessly championed the power of peaceful protest, will find a welcome home in Manchester.

"In the turbulent times we live in, his legacy of peace is one we can all appreciate and reflect on."

Andrew Cowan, CEO of Manchester Airport and chair of the Manchester India Partnership, said: "The

unveiling of this statue is the latest example of the 'living bridge' that exists between Greater Manchester and India.

"A huge amount of work has gone into forging closer ties between the two since the formation of the Manchester India Partnership 18 months ago.

"I would like to congratulate all those involved in the Mahatma Gandhi Statue project, it is a welcome addition to our city and is sure to prove popular with everyone who visits the city centre in the years ahead."



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INAUGURATION: MP Imran Khan cuts the ribbon

ENCHANTING

White Abbey Ballroom celebrated as an Arabia-inspired fairytale venue

The grand opening of a completely overhauled former iconic Whetley Hill building in the heart of Bradford has just brought a new lease of life to the area.

It took just eight months for the 1.92 acre site, in the epicentre of the Asian community, to be face-lifted to a purpose-built venue for weddings, conferences, parties and presentation events and boasts 140 parking spaces.

The building, set on Whetley Hill, White Abbey Road, has been resurrected and restored to create an atmospheric and enchanting experience.

The Arabia-inspired exterior breathes a new lease of life to its surroundings, moving away from the disgraceful and derelict eyesore that stood there before.

With its grand entrance and staircase, subtle exterior lighting and front facing round arches, the venue is impossible to miss as you drive along White Abbey Road.

Opening its doors on 23rd November 2019, White Abbey Ballroom welcomed MP Imran Hussain and councillor Samina Akhtar as they initiated the ribbon-cutting ceremony.

Guests entered the spacious reception where they were invited to the mocktail bar and enjoyed beverages provided by Mocktails by Manhattan & Co. An offering of a delicious variety of drinks, custom made to order using fresh ingredients, was made available to each and every guest.

Having reviewed many venues over the years, this personal, made-to-order beverage was a first for us to experience at such a venue. This was quickly followed by an array of canapés.

The White Abbey Ballroom has collaborated with Jacobs - a leading American style Diner with its flagship store in Wakefield Trinity Walk Shopping Centre.

Jacobs provided the venue and its guests with freshly made canapés in the form of mini burger sliders and wraps, bringing a much-needed twist to the traditional desi canapés. The venue also offered its traditional in-house canapés.

As we walked through the emperor-inspired reception and into the ballroom itself, it's easy to say that you will be at a loss for words.

A standstill moment, as though you have walked onto a

memorising, fairytale movie set, we fell in love with the look and feel of the venue as soon as we entered.

The bird-nest inspired ceiling which is by far the main show-stopper, boasts in excess of 5000 flowers, 200 lanterns, 1500 feathers, 200 dream catchers, 1000 glass globes, 300 white doves, 150 crystals birds and all the sparkle which helps bring this venue to life.

This enchanted ceiling had an elegant charm with its simple but graceful white and cream tone, which has clearly been thought out meticulously.

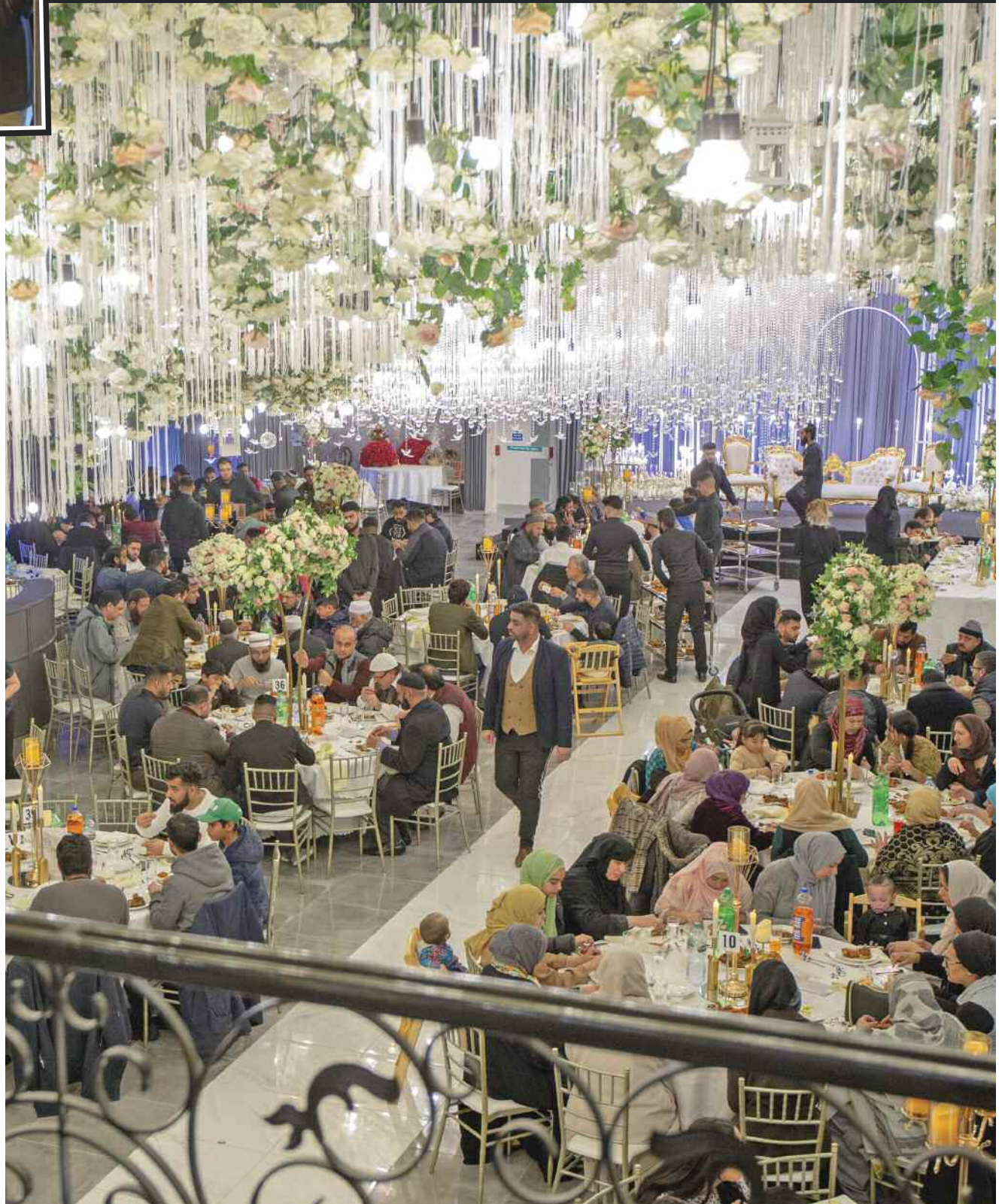
The ceiling is truly magnificent enough to stop anyone in their tracks and if that was not enough, the grey marquee drapes, are complimented gracefully by the mood-lighting throughout the venue provide a cosy, warm atmosphere. It creates the perfect romantic setting to celebrate the journey of two people coming together.

It was refreshing to see in excess of 1,000 people turn up to the opening.

The White Abbey Ballroom is the first of its kind to offer a premium tea option with all its packages.

Tea was supplied by Cha Cha Chai, a Bradford-based leading chai house who set up their own stall offering two types of teas. Both the popular Pink tea and Traditional Karak Chai were offered to all guests. This venue has disposed of the traditional method of self service low quality pink tea which is widely used in other venues.

It is clear that the visionaries behind this venue are driven to provide their customers with a unique experience with a personal service with a smile, breaking boundaries and giving a much needed shake to the wedding industry.



The White Abbey Ballroom is giving Asian Express readers a 10% discount! Contact them directly on 01274 987 860 with your enquiries.





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University honours eight at graduations

The University of Bradford will honour eight national and international figures with honorary degrees at its forthcoming graduation ceremonies.

The ceremonies take place on Wednesday 4 and Thursday 5 December, in the Great Hall of the city campus, where Chancellor Kate Swann and Vice-Chancellor Professor Shirley Congdon will present the honorary degrees.

Receiving honorary degrees from the University will be:

Dr. Venkata Satyanarayana Murthy Renduchintala - Doctor of Technology

Dr. Venkata (Murthy) M. Renduchintala is Group President of the Technology, Systems Architecture & Client Group and Chief Engineering Officer at Intel Corporation. He has spent a substantial part of his career in the SoC, mobile and IoT areas. He holds a Bachelor's Degree in Electrical Engineering, a Master's Degree in Business Administration and a Ph.D. in Digital Communications from the University of Bradford.

David Wilson- Doctor of Technology

David Wilson is an expert advisor to the UK Commission to UNESCO. David is an international ambassador for the creative cities programme, and a regular speaker at film, business and community events on culture and sustainable development. David has a first-class honours degree with a focus on culture and regeneration from the University of Bradford.

Ian Beesley - Doctor of the University

Ian Beesley is an award winning and internationally acclaimed artist and photographer. His work has been exhibited both nationally and internationally. His work is held in the collections of the National Media Museum Bradford, The Royal Photographic Society, The V&A London, The Smithsonian Institute, Washington & the Imperial War Museum London amongst many other important collections.

Shafi Ahmed - Doctor of Health

Shafi Ahmed is a consultant laparoscopic colorectal surgeon, working at the Royal London Hospital, specialising in colorectal cancer. Shafi graduated from Kings College Hospital Medical School in 1993. A passionate teacher and educator, Shafi was awarded the Silver Scalpel award in 2015 as the best national trainer in surgery by the Association of Surgeons in Training. He is also an Associate Dean at St Bartholomew's Hospital and the London Medical School and was elected as a Member of Council at the Royal College of Surgeons of England.

Sir Nick Weller - Doctor of Education

Sir Nick Weller is a National Leader of Education, the Chief Executive and Accounting Officer of the Dixons Academies Trust. He spent the first 25 years of his career in London, as an English Teacher, middle and senior leader, and then Head teacher. In 2006 he moved north to take up the post of Principal at Dixons City Academy on its conversion from the CTC. Since then he has led the expansion of the Trust and establishing one of the very highest-performing Multi-Academy Trusts in the country.

Roland Clark - Doctor of the University

Roland Clark is a Governor at Belle Vue Girls Academy and has been involved in the education sector for many years, which has given him wide experience including as Chair of Governors of a local Church Primary School. His role within the Bradford Diocesan Academies Trust enables him to make a positive contribution both in the area of education both within a Christian context as well as to the overall welfare of the region.

Ram Saroop - Honorary Fellow

Ram Saroop is a solicitor and heads the Dispute Resolution Department of the legal firm RDC Solicitors in Bradford. Currently Ram is an External Trustee on the Board of the University of Bradford Union of Students. Born in India, Ram has lived in Bradford since 1964. Married with four adult children and two grandchildren, he has been associated with the University of Bradford Union of Students since early 1990's in helping advise both home and international students.

Josephine Borchert-Ansinger - Doctor of the University

Dr. Josephine Borchert-Ansinger has been involved in European higher education for well over 30 years and is presently Executive Advisor, European Graduate Development for IVA Driebergen (Netherlands). Previously the Founding Dean of NIMBAS Business School in the Netherlands, Josephine single-handedly developed a leading European business school that developed strong ties and relationships with a number of global partners including close links with the School of Management, University of Bradford.

Young volunteers from Yorkshire distribute aid in Mirpur and Sindh province in Pakistan



Cover story continued

Projects implemented in Pakistan included constructing a neonatal ward, two solar-powered wells providing water to over 3000 villagers, installing 12 tube wells and, assisting 44 families to reconstruct their destroyed homes following the Mirpur earthquake.

The team also equipped widows with sewing machines so they can sustain themselves with an income.

Ahead of the winter period, the volunteers provided 645 blankets, distributed 1000 food packs, set up eye camps to conduct cataract surgeries, provided much-needed medication such as 600 insulin bottles and supported a street school where books and stationery were provided to over 400 gleeful children.

Nasser Khaliq from Hope 4 Humanity said: "As a father myself, the project that stood out and meant the most to me was sponsoring the construction of a Neo-Natal Ward.

"I visited a room, and whilst I was there I just could not look at the babies. I just stared at the floor instead.

"It was heart-breaking to see a premature baby whose arms and legs were the size of thin sticks almost. Most of the babies were the size of my hand.

"I saw a baby who had a hole through his stomach, and other babies with various physical disabilities and deformations.

"As the main hospital was limited to the number of ventilators it had, the mothers were providing oxygen manually using a plastic device.

"This was well and truly one of the saddest moments in my life."

To support the hospital, Hope 4 Humanity sponsored partial expansion to assist in providing a further treatment room for premature babies. Ultimately this will provide more beds and allow the hospital to treat more patients.



Another volunteer Roheel Ahmed talks about providing water in destitute areas.

"We were able to construct 12 tube wells in 12 different villages benefiting over 6000 people," says Roheel.

"It was the most remarkable experience of my life.

"We also constructed two solar power wells in two different villages in the deserts of Badin benefiting over 3000 villagers.

"Every person who purchased a cake has contributed to every single one of our projects. Access to water is important and a basic right for all, I am blessed to have been able to work on such projects."

Meanwhile, Anees Ayub tells more about the eye clinic: "It was great to be able to set up the eye clinic", he says.

"All appointments were free of charge and patients were either invited for



HOPE



cataracts surgery or provided with necessary medication.

"We were able to complete 100 cataracts surgeries. Some patients had a loss of sight due to diabetes and so 600 insulin bottles and other medication were provided to tackle this issue. It was an unbelievable experience to witness people recover their eyesight."

Sajhid Nawaz explains the contents of the food packs. "We delivered over 1000 food packages to destitute villages in the Sindh province.

"Our food packages contained items such as 15kg flour, 5kg rice, 2.5 kg mixed pulses, 1kg sugar, 1 packet of salt, 5 litres of cooking oil, nutritional biscuits, ½ KG tea, 1kg dry milk."

Mazfhar Hussain: "As the managing trustee of Hope 4 Humanity, the weight of ensuring that everything runs smoothly weighs heavily upon me.

"I have a full-time job, and during Ramadan we sell chocolate cakes to raise funds for those in need.

"I am pleased with the amount of money raised and I was delighted with the projects that we carried out which make a real difference to the beneficiaries.

"We are a small charity. We only raise funds in Ramadan and cover our own administrative and travel costs, nobody in the charity gets paid and it's all volunteer-

led. "Our funds are transparent, and we are more than willing to account to anybody for every penny that we have spent.

"If you would like to volunteer with us please email me on info@hope4humanity.co.uk - remember your time is more valuable than money."

Hope 4 Humanity volunteer Akef Akbar says: "I joined Hope 4 Humanity in Ramadan 2019 as a volunteer because I saw the work done by the team. But two individuals in particular inspired me the most - Nasser Khaliq and Mazfhar Hussain. They took time off work and sold cakes day and night to raise funds for the charity.

"They made sacrifices of their time and money, all of the costs of the charity were covered by these two individuals.

"Their dedication amazed me and I could not help but join them.

"It's truly amazing what a group of young people can do when they put their heads together, selling cakes in Ramadan raised £37k, beyond belief!"

Hope 4 Humanity said a special thank you to Mr Farrukh Jamal - a retired Brigadier who they say was the backbone and support for the volunteers.

"Mr Farrukh Jamal ensured our safety at all times and made sure that all operations ran smoothly without outside interference. He did all this pro bono as his contribution to Hope 4 Humanity," says Akef.



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Cardiac research in Sheffield has received a major boost from the British Heart Foundation (BHF) in the form of an £800,000 award to develop a new gene therapy to treat cardiovascular disease (CVD).

The BHF has awarded £799,778 to Professor Paul Evans at the University of Sheffield's Department of Infection, Immunity and Cardiovascular Disease (IICD) for a project to identify a new drug treatment which will 'switch off' genes that promote CVD.

The BHF Programme Grant is the first in Sheffield, and will allow Professor Evans and two new postdoctoral early career researchers to explore the various mechanisms which cause atherosclerosis. This is a disease characterised by the accumulation of cholesterol-rich fatty material in the arteries that leads to

Doctors of the future will simply 'switch off' the genes that cause heart attacks

angina, heart attack and stroke.

The team has identified a gene in the inner layer of the arteries of the heart (the endothelium) that is important in promoting the development of CVD.

Professor Evans said: "We will be identifying a drug to target a gene which contributes to the build-up of fatty material in the arteries.

"Switching this gene 'off' will make the arteries in the heart less 'leaky', preventing cholesterol from building up and causing blockages which present as heart attacks and stroke."

The highly collaborative project will

see scientists from the University of Sheffield's IICD and gene specialists from the Department of Neuroscience partner with national and internal research colleagues.

"We are partnering with many organisations known for their research excellence, including scientists at the Georgia Institute of Technology in the USA who will contribute their expertise and technology to process and develop the resulting gene therapy," added Professor Evans.

Tim Chico, Professor of Cardiovascular Medicine and Head of

IICD, said: "Research into the causes of heart disease is vitally important, especially when it remains a leading cause of death in the UK.

"The continuing support of the BHF is a reflection of the high-quality research programmes which put the University of Sheffield at the forefront of the development of new treatments which will slow, or stop, the progression of heart disease in the future."

Professor Jeremy Pearson, Associate Medical Director at the British Heart Foundation, said: "Atherosclerosis, where there's a build-

up of fatty substances in the blood vessels, is an underlying cause of life-threatening conditions such as heart attacks and strokes. We know that variations in our genes play a part in the development of atherosclerosis, so if these genes can be 'switched off', many lives could be saved from heart and circulatory diseases.

"Funding for this research has only been made possible through the generosity of the public who support us."

The award follows the recent discovery by University of Sheffield Professor Endre Kiss-Toth and his team on the role of macrophages, a subset of immune cells, in the development of CVD. This research has opened up another potential new target for future treatments to slow or stop the progression of heart disease.

Winter is coming and seasoned drivers will know how difficult it can be to maintain their vehicles.

But for some, it's more difficult than others due to lack of experience.

So when parents of children who attend Heaton St Barnabas C of E primary school requested a ladies-only basic car maintenance workshop, Naveed Khan – founder of Enkahnz, was only too happy to oblige.

The Bradford-based vehicle body specialists and customisation house offered free car maintenance tips where female drivers were given tips on how to maintain their vehicles.

Naveed explained the details from under the bonnet. The newly enlisted trainees were shown how to jump start a vehicle, how to check and maintain engine oil and fluid levels, and the importance of screen wash additives in winter as well as making sure the correct antifreeze in the car radiator.

"The free workshop came when some mums came forward and spoke to me about car maintenance in winter months," explains Naveed.

"Most of them have never run into these problems, and don't want to run into any trouble either. Who can blame them?"

"A lot of women are not aware of these details as it is a very male-dominated industry and women are afraid to go into garages themselves.

"For many women, handing over 'car problems' to a male member of the family is usually the first option. I was thrilled that I packed in a lot of practical basics of car care for these ladies."

Naveed also gave a tutorial on the different warning lights on the dashboard, what they meant and explained on what steps should be taken should any warning lights come on.

The ladies joined in on asking questions, Naveed answered in full detail on how to keep ahead of the problem from occurring again. The women reiterated that the short course has boosted their confidence.

"The ladies were quite rightly focussed on becoming more independent when it comes to vehicle maintenance," adds Naveed.

"In these times, everyone has a busy life. So the ladies believed it was high time they equipped themselves with some basic car maintenance techniques.

Finally, the mums were given a workshop on how



Enkahnz runs a ladies-only car maintenance workshop

to check and refill tyre pressure on their cars and even on Naveed's own prized Ferrari.

After the workshop, the parents got together with Sofia Mushtaq, parent governor from the school who organised the workshop, and gave positive feedback.

They are now eager for the second workshop for intermediate level training.





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A hero charity worker from Bradford has just marked the milestone achievement of crossing £200,000 in his mammoth fundraising efforts.

Nazim Ali, a school careers advisor who works at three inner-city schools, has devoted time off working voluntarily for several charitable causes. He's run countless marathons, completed mountain treks, and incredibly even run 10k Races in Ramadan whilst fasting 18-hours during the summer, hence headlined as the 'Ramadan Runner' in Asian Express for almost a decade.

Crossing the £200,000 fundraising feat figure for this award-winning Manningham-man has been an awe-inspiring journey, which has taken 13-years to achieve.

His commitment to continuing enhancing inter-faith relations has seen him partake, with equal vigour, numerous mainstream Yorkshire-based charity fundraising activities as well delivering aid to Rohingya Muslims, refugees at the Turkey/Syria border and those in war-torn Mosul in Iraq.

Nazim cogitates helping those in need as his "religious obligation as a devout British Muslim".

This month Nazim has returned to Bradford after a week-long self-funded humanitarian aid trip to poverty-stricken Malawi.

His decision to deliver aid to southern Africa came after harrowing reports of human suffering following widespread destruction caused by Cyclone Idai in Malawi and neighbouring Mozambique. Malawi ranks as the world's third poorest country with over 60% of the near 18 million population live under the international poverty line of £1 a day.

Malawi suffers high death rates due to water-borne diseases, HIV/Aids, malnutrition and generally poor health. Furthermore, it is estimated there is just one GP for every 50,000 Malawians.

Nazim was one of a four-strong 'Team Special Khidma' (which translates as Servitude in Arabic) who collectively raised a staggering £40,182.33

Along with distributing hundreds of 40kg food parcels to poverty-stricken Malawians, many of whom are widows, 1,100 pairs of footwear were provided to women and children who often walk barefoot.

Talking about his journey, Nazim says: "After three flights and travelling just over 30-hours we reached Malawi.

"The following morning we were out purchasing the food parcel contents. Per parcel, we packed: 10kg rice, 10kg maize flour, 5kg beans, 5 litres oil, 2kg salt, 5kg sugar, 3kg ground nuts, one traditional cloth for the women and some sanitary products. This parcel will last a family of five for at least one month."

'Team Special Khidma' faced an intense and action-packed aid trip in which they'd only get two or three hours of sleep a night. Starting early in the morning, they worked in 30 degrees heat and finished late at night often using the car headlights to finish off what they were doing. The crew covered over 1,000 km by driving and visiting remote and rural villages in



Malawi.

"The half a dozen villages we visited included Chopi, Manguba, Milinjee, Chilambeh, Chinamwali and Lehlo villages," tells Nazim.

"We held two children's parties and provided food to over 500 poor children in total, distributed over 1,500 packets of sweets generously donated by Yorkshire-based businesses distributed.



"In Manguba and Chopialso, we served up over 500 warm meals to the poor and opened three water wells.

"We inspected and repaired many houses badly damaged by the cyclone, distributed over 200 poetry books kindly donated by Keighley-based Abu Zahra Foundation and we also distributed money to the poor.

"Hundreds of food bags consisting of food, hygiene packs were donated to the paediatric patients in Balaka District Hospital as well as crates of nappies and baby milk.

"We distributed several hundred

chitenjees (traditional clothing for Malawian women), distributed 1,000 bottles of soft drinks and biscuits, distributed 60 live goats to the widows and poor so that they can become more independent."

"But the work doesn't stop here. In the coming weeks, hundreds of food parcels will continue to be distributed."

Amir Khan from Green Crescent Aid UK the organisation with whom Nazim travelled and delivered aid in Malawi comments: "I am grateful to Nazim Ali, Faisal Khan and Adnan Hussain for all of their unstinting dedication and commitment in raising over £40,000 and their tireless efforts in distributing the aid.

"The aid will make a massive and life-changing difference in one of the poorest countries in the world where clean water is a luxury we in the UK take for granted."

Head volunteer Adnan Hussain says: "This was my first deployment and I thoroughly enjoyed it. I was saddened by the poverty I saw and was overwhelmed by the love and appreciation the team received from the Malawians."

Volunteer Faisal Khan adds: "We have a lot to be grateful for in the UK such as having footwear and clean water. Many Malawians don't have that.

"The highlight was seeing so many happy faces particularly the children. The team and I are grateful to all of our donors for all their support."

Nazim adds: "The Asian Express have kindly featured my community and humanitarian initiatives consistently for over a decade now.

"I recall from 2008 onwards they



featured the annual Bringing Communities Together football tournament. Ever since, they have provided me with exposure whether that be for my charity runs, providing toys to poorly children at Bradford Royal Infirmary Children's Wards or my numerous humanitarian aid trips abroad.

"Exposure through the Asian Express has allowed me to raise thousands of pounds for a plethora of

causes as well as inspire others. I've received enquiries from Asian Express readers on how they can donate and more importantly how they too can support community and charitable causes in their localities.

"I am grateful to the Asian Express for their on-going support – it is not often a newspaper provides sustained support to individuals trying to make their humble contribution both at home and abroad."



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Bradford kickboxing centre brings home 19 world championship medals

A kickboxing and fitness centre in Bradford achieved a whopping 19 medals at the Iska World Championships held in Ireland last month.

Physical Impact Kickboxing and Fitness Centre, run by Mohammed Shaban, has in the past eight years trained and prepared their students for not only national championships but also the world championships.

At the World Championships in Ireland in 2017 Shaban's students brought back eight Gold medals. Then in 2018 at the World Championships held in Jamaica, his team brought back nine medals including five Gold medals.

Following the Centre's success, Shaban decided it was time for his young fighters to take the stage again for the Iska World Championships, held in Ireland this year, where 21 countries participated.

In preparation Shaban drew up an intense 12-week training camp.

Shaban prepared his young fighters both mentally and physically for the challenge ahead. His students were subscribed to a gruelling training regime twice-a-day, five-days-a-week. This included early morning rises.

Shaban comments: "At the Iska World Championships I was dealing with a roller coaster of emotions.

"Over the two days, as a coach, my task was to keep the fighters balanced and focused on the task. I also had my very first junior fight team.

"It was finally over with an amazing week in Ireland.

"What an unbelievable



achievement. From all the fighters, who battled hard and achieved 19 World Championship medals, we achieved six Gold Medals, eight Silver Medals and five Bronze Medals.

"They've done both the club and country proud!

"There were some really tough opponents to beat in order to earn each podium place," adds a very proud Shaban.

"Our competitors achieved this

through their dedication to their training.

"Yes, they achieved their medals through training and coaching, but the parents and friends who supported them played a very crucial part."

The Kickboxing centre has over 150 students all at different levels with different needs

Shaban ensures that he can provide bespoke training for his students. This includes a range of specific

programmes targeted at different age groups, starting from the adorable baby ninjas (for three to six-year-olds), followed by juniors aged between seven and 12.

The Active Teens programme is suitable for youngsters aged between 13 to 17.

The Centre also offers girls and ladies-only sessions in a range of Martial Arts which include, kickboxing, boxing and fitness classes.

And if Shaban wasn't busy enough,

he is also the England Coach and attends national squad training with selected students from the UK.

"I've had great feedback from students, parents and also schools about the benefits which children and adults have received having joined my centre," adds Shaban.

"People have not only benefited by improving their health and well-being, but also fitness improvement, healthy weight loss, and overall body tone up and flexibility, to name a few.

"Children and teens and some adults also benefit from life skills such as developing communication skills, building confidence, team work and leadership."

Parents have praised the Centre for the improvement in their children's confidence, discipline, focus and commitment.

The Centre is committed to serving the community and youths to build a better future, working alongside other organisations, within the local area to achieve this.

As a result of the growing interest in the sport and popularity in Physical Impact Shaban has opened a second centre, which is run by a former student and world medallist Kamran Hussain at Khidmat Centre in BD7. This is also proving to be very popular with over 50 students signed up in a few months.

Shaban will continue to coach and support his students and will now look forward to preparing them for the world championships which will be held in Orlando Florida in 2020.

You can find further details on: **Facebook** @ physical Impact Kickboxing **Instagram** @ physicalimpactkickboxing **E-mail:** physicalimpactkickboxing@hotmail.com
 You can telephone Shaban on 07400016416 or Physical Impact Kickboxing and Fitness Centre is based at 182 Harris Street BD1 5JA
 Kamran on 07533 561 030 (Khidmat centre 36 Spencer road BD7 2EU) for further details.

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Medical cannabis ruled out for chronic pain by NHS watchdog

Cannabis should not be prescribed for chronic pain, the NHS funding watchdog has ruled, in a decision branded 'devastating' by campaigners.

New guidance, released this week by the National Institute for Health and Care Excellence (Nice), says there is no evidence to show that cannabis is beneficial for people suffering long-term pain.

Charities had hoped that the drug would become widely available after it was decriminalised for medical use by Sajid Javid last November following high-profile campaigns involving children such as Alfie Dingley and Billy Caldwell, who both have hard-to-treat epilepsy.

But under the new ruling only people with two rare types of epilepsy, Lennox-Gastaut and Dravet syndrome, will be able to access the cannabis-derived drug Epidyolex through the NHS, meaning both Billy and Alfie will miss out.

Without Nice approval only a tiny handful of doctors are qualified and willing to prescribe medical cannabis, meaning they are virtually impossible to obtain in practice.

Millie Hinton, from the campaign End Our Pain, said the guidelines were 'a massive missed opportunity' for thousands of people with a range of conditions.

"It is particularly devastating that there is no positive recommendation that the NHS should allow prescribing of whole plant medical cannabis containing both CBD (cannabidiol) and THC in appropriate cases of intractable childhood epilepsy," she said.

"It is this kind of whole plant extract that has been shown to be life-

transforming for a significant number of children, including those involved in the high-profile cases of last year which led to medical cannabis being legalised."

But families of children with epilepsies are paying thousands of pounds every month on private prescriptions for medical cannabis and say the youngsters show dramatic reductions in seizure rates.

Charities warned that Nice was too focussed on evidence from randomised control trials, while ignoring the everyday evidence from people taking the drugs.

Simon Wigglesworth, deputy chief executive at Epilepsy Action, welcomed the decision to recommend Epidyolex, however, he said there were many thousands of people with other complex and treatment-resistant epilepsies who could potentially benefit from cannabis-based medicines.

Only around 8,000 to 9,000 people in the UK suffer Lennox-Gastaut and Dravet syndromes compared with the 500,000 people who suffer from all forms of epilepsy.

However Nice did recommend the cannabis-derived nasal spray Sativex for muscle spasms in multiple sclerosis (MS).

And in August the body also approve Nabilone, a synthetic cannabis-based medicine for cancer patients struggling with side-effects of chemotherapy.

Genevieve Edwards, director of external affairs at the MS Society said evidence shows cannabis-based treatments could help around 10,000 people with MS get relief from pain and spasms when other treatments have not worked.

Picture Credit: Islamic Relief



Warning of fresh wave of violence as maternity hospital destroyed

November has seen a marked escalation in violence in Syria, with teams on the ground receiving round-the-clock reports of attacks on towns and villages.

The latest attack, on Sunday 24th November, hit and completely destroyed a maternity hospital in southern Idlib. The attack comes less than a week after 22 people were killed in northern Idlib, following attacks on the border village of Qah.

Islamic Relief has been on the ground providing support.

Head of Middle East and North Africa Region for Islamic Relief - Najat Elhamri, said: "The attack completely destroyed one of the largest hospitals in southern Idlib, collapsing the roof, setting parts of the structure on fire and leaving little but rubble in its wake.

"The hospital specialised in paediatric and maternal care and as rockets and bombs began to rain down on the village of Kansafra, patients including pregnant women and young babies had to be evacuated into the cold streets.

"Patients told our staff they were terrified as they heard explosion after explosion go off in the background and tried to

seek safety from the bombardment.

"Normally, under international law, hospitals must be protected but as experience has shown - when attacks start in Syria, medical facilities are not only unsafe but are often ground zero.

“

We have now seen more than 45 attacks on hospitals and medical facilities since last April. That's more than one a week. The violence means that the level of care patients receive is decreasing all the time.

”

"We have now seen more than 45 attacks on hospitals and medical facilities since last April. That's more than one a week. The violence means that the level of care patients receive is decreasing all the time. Life-

saving drugs are running out, there is a mass shortage of medical staff and an ever-shrinking list of places for people to seek treatment.

"Islamic Relief is doing what we can and we're supplying hospitals - including the one destroyed last night in Kansafra - with key equipment and drugs. We're also paying the salaries of critical medical staff, but it is not enough.

"The last two weeks have seen a marked escalation and we are

"We saw horrifying attacks in northern Idlib where at least 22 people, most of them women and children, were killed in the village of Qah that is now also home to thousands of internally displaced people who fled here in search of safety.

"We fear this string of attacks might only be the beginning and that yet more violence is about to befall people trapped in north-western Syria who face a deeply uncertain future and live in constant fear that they may

receiving round-the-clock reports of attacks on towns and villages which are being hit with every kind of munition you can think of - from bombs and bullets to cluster munitions and barrel bombs.

not live to see the end of this merciless crisis."

Note: Hospital attack figures based on reports from the Syrian American Medical Society and Islamic Relief teams in Syria.

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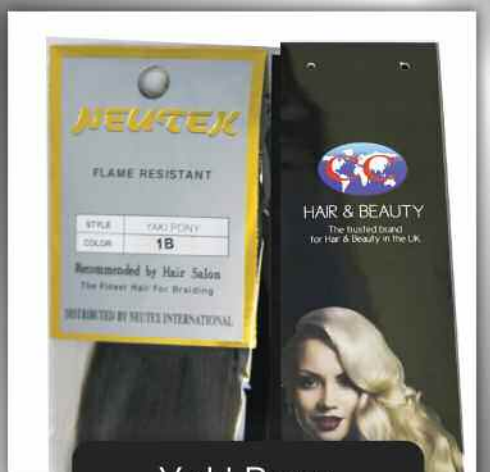
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Katie Hopkins forced to sell £1million home after being sued

Right-wing commentator and former reality TV personality Katie Hopkins has been forced to sell her £1million home after she lost a humiliating libel case. She has now moved onto rented accommodation after the court case wiped out her finances.

Hopkins, from Devon, rose to fame on 'The Apprentice' then went into the jungle on 'I'm A Celebrity Get Me Out Of Here' as well as the 'Big Brother' house.

The newspaper columnist also hosted TV and radio shows where she openly and unreservedly declared her extreme anti-Islamic views. She frequently spewed hatred for Muslims via her public platforms.

Hopkins has now revealed she had to sell her family home to pay off a £500,000 legal bill after the writer Ms Jack Monroe sued Hopkins in 2017 for libel and won. Hopkins had claimed - falsely - Ms Monroe had defaced war memorials.

Earlier on in the legal case, Ms Monroe asked Hopkins to donate (a now seemingly nominal) £5,000 to a refugee rescue charity as well as making a public apology. Hopkins had rebuffed the offer at the time, and now it seems she's paid a hefty price for her arrogance.

Hopkins said that speaking her mind lost her her career - having compared migrants crossing the Mediterranean in dinghies to "cockroaches" and called Palestinians 'filthy rodents'.

"I (now) live in a rented, modern, four-bedroom detached house with my husband Mark and our three children, aged 15, 14 and 10," she said.

"It's tucked out of the way for security reasons - our last home was rigged up to the local police station and had panic alarms fitted because of threats I received to my life.

"I was forced to sell it for £950,000 in early 2018 to pay off a legal bill in excess of £500,000."

Asked what her worst decision had been, she said: "Arguably, not settling the legal case brought against me.

"I could have settled by giving £5,000 to a migrant charity but chose not to, and the ensuing court action and legal bills forced me to apply for an individual voluntary arrangement."

Donald Trump confirms pre-election UK visit

President Donald Trump has confirmed he will travel to London ten days before UK's general election. It's anticipated he will also attend a reception at Buckingham Palace, which will be hosted by the Queen.

The US President will be in the capital with the first lady for the Nato summit between 2nd and 4th December.

The White House said in a statement that the president "looks forward to meeting" the other Nato leaders and would "emphasize the need for

the Nato alliance to ensure its readiness for the threats of tomorrow".

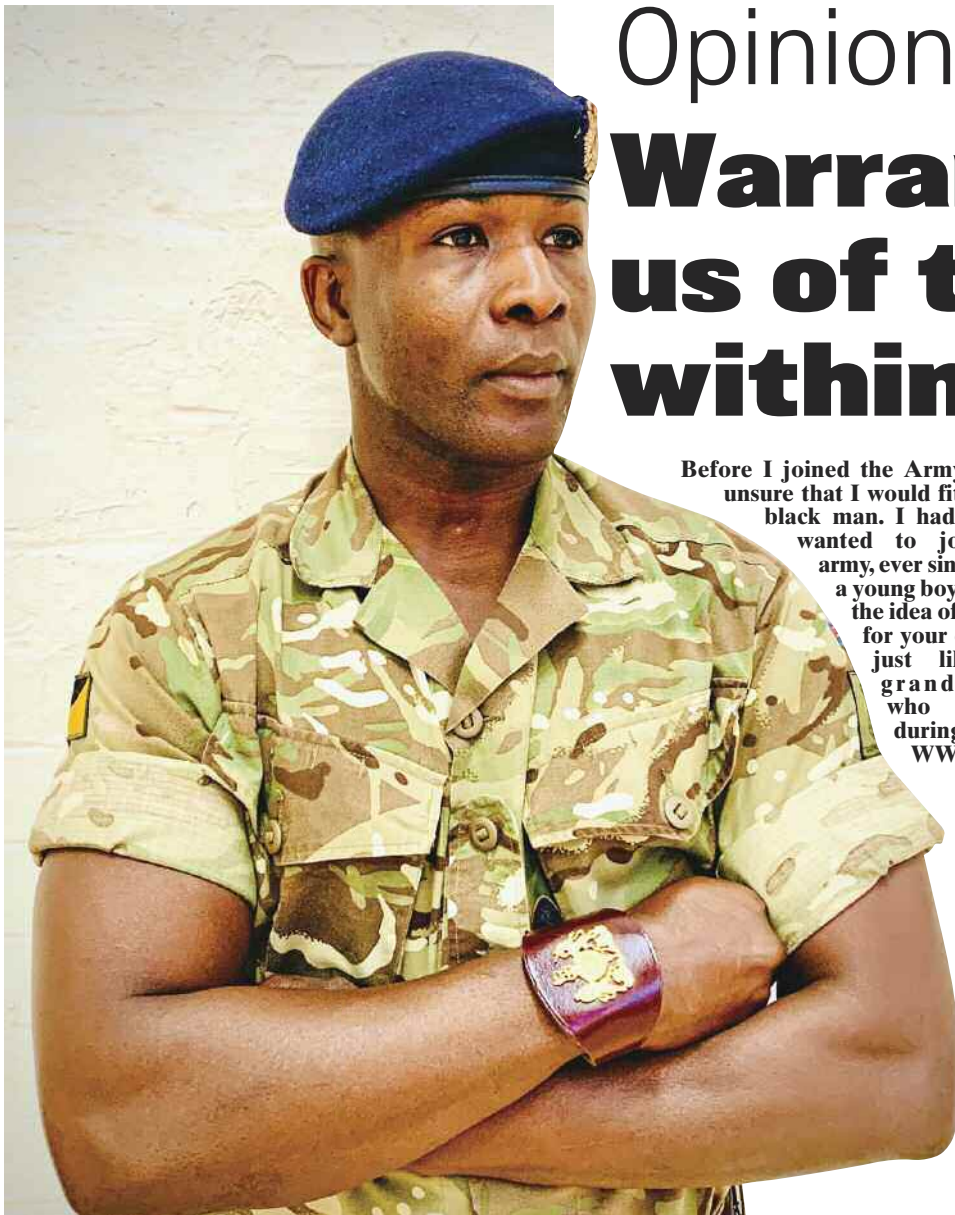
The president has previously been criticised for voicing his opinions of British political leaders, including Boris Johnson and Jeremy Corbyn.

In October the president criticised Mr Johnson's Brexit deal with the EU, saying it restricted the US's ability to do future trade with the UK.

The US president also took aim at Labour leader Jeremy Corbyn, saying he would be "so bad" as prime minister.



■ The Queen and President Trump during his 2018 visit



Opinion Piece by **Abbas Salihu** **Warrant Officer reminds us of the diversity within the Armed Forces**

Before I joined the Army, I was unsure that I would fit in as a black man. I had always wanted to join the army, ever since I was a young boy. I loved the idea of serving for your country, just like my grandfather who fought during the WW2.

I remember learning in history class at school that men of all nationalities and backgrounds served in both World Wars alongside British soldiers and I thought, 'I could be one of them'.

Despite initial concerns from those around me, I was excited to join the army. During my training, I was the first black soldier appointed as Captain of the Army Judo team. When I look back, it was completely unheard of, but at the time, I was so pleased that the only barrier to my progression was my own motivation and determination to succeed; nothing else.

I thought that the colour of my skin would be a challenge, but that was not who I was known for being, instead, I was Abbas the Captain of the Army Judo team.

I was 20 years old when I joined, and in the part of London where I grew up, racism was arguably at its peak. This experience and exposure to it only strengthened my determination to be part of something great, to prove to others that hard work and patriotism isn't something determined by the colour of your skin.

If it were not for people like my grandfather, and other black soldiers who fought for equality, we would not be enjoying the value of freedom today.

Recent campaigns over the past few years suggest that the general public are unaware of

the contribution made to British Armed Forces by those from diverse faiths, nationalities and heritage, 400,000 Muslims fought in WWI, whilst 2.5 million Muslims supported the allies during WWII. It is vital that this is recognised as we continue to commemorate our fallen soldiers year on year.

If it were not for joining the Armed Forces, I would not have met what I consider my second family – the Armed Forces Muslim Association (AFMA), who provide incredible support and I am proud to be part of a strong network of serving Armed Forces personnel.

I was proud to commemorate those that fell for our country last Sunday, parading at St Pancras Parish Church and at the War Memorial outside Euston Station. Fellow members of AFMA were also showing their respect across the country, many at the Cenotaph in London, and the National Memorial Arboretum in Staffordshire.

We all felt connected to the service because there was a strong and powerful recognition of our predecessors who sacrificed their lives with the added responsibility on us to continue their legacy.

Being in the Armed Forces is full of challenges and is a job like no other. Having to be away from my family for long periods of time when I was on operational tours was the biggest challenge I have had to overcome. We



LONDON - 28 NOVEMBER 2019

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Thursday, November 28, 2019 from
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Organiser: QED Foundation
 (www.qed-uk.org)
 To register: Contact Sana Butt on
 01274 545000 or
 email s.butt@qed-uk.org

ABOUT NPO

A nationwide Network of Pakistani Organisations (NPO), set up by QED Foundation supports the British Pakistanis who are making a difference to an inclusive society, through community and voluntary organisations.

Prominent speakers include:

- Sir Stephen Bubb, Director of Charity Futures/Acting Director of the Oxford Institute of Charity
- Faraz Khan, UK-based Pakistani social entrepreneur, investor, published author & public speaker
- Javed Khan, CEO of Barnardos



are more than aware of the headlines and perceptions of the Armed Forces, especially considering reports in the media about institutional racism. However, I can honestly say for me personally that 16 years later this has not been an issue.

I believe the service is

committed to incorporating diversity and representation with different backgrounds, faiths, beliefs, genders and sexual orientations protected. I take great pride in seeing firsthand how the Armed Forces has a zero tolerance policy, and strives to uphold the ultimate standards of respect. Racism

has no place in the Army.

The future for soldiers like myself in the Armed Forces is exciting. I look forward to seeing the representation of minority groups grow because regardless of anyone's colour, race or religion, serving for your country is a unified achievement.



Abbas Salihu is Vice Chair of the Armed Forces Muslim Association. To find out more about the Armed Forces Muslim Association please visit: <https://afma.org.uk/>

A high-street store security guard who forced teenage girls into performing sex acts so they would escape shoplifting charges has been jailed for 14 years.

27-year-old Zia Uddin, who worked at Primark, raped one 15-year-old schoolgirl and pressured three others into sex acts after he accused them stealing from the budget clothing chain's Kingston branch.

When the young victims were caught shoplifting in 2017 they desperately apologised, offered to pay for the goods and said they would never return to the shop, the court previously heard.

But Uddin took them off the shop floor and threatened to call the police and their parents, telling them he would only let them go if they gave in to his demands.

The children were told they would be arrested and have criminal records unless they performed sex acts for him, jurors heard.

Uddin was convicted of one count of rape and four counts of causing or inciting a child to engage in sexual activity following a trial at Kingston Crown Court.

He has also received a life-long ban from working with children.

Kingston Crown Court heard Uddin's colleagues



Primark security guard jailed for forcing child shoplifters into back-room sex

before being transferred to the revamped Kingston branch.

Graham Partridge, from the CPS, said: "Zia Uddin preyed on young girls in a vulnerable situation."

"He abused his authority by telling them to perform sexual acts for him on the promise they would then be released without their parents or the police being informed about what they had done."

"Having worked in security, Uddin was also well aware of the CCTV camera 'blind spots' and took advantage of these in order to carry out his offending."

"The prosecution case

"During the trial Uddin claimed all the victims were liars and refused to take responsibility for his actions."

A spokeswoman for Primark said: "This has been a horrendous ordeal for the victims and their families and we are truly sorry for what they have suffered. Our thoughts are very much with them."

"The nature of these offences is shocking and distressing."

"Zia Uddin abused the trust that was placed in him by his employer, Brooknight Security, and by us, by taking advantage of his victims, who were young and vulnerable."



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YHM Solicitors opens doors to new offices

A legal practice has just celebrated its tenth anniversary year with the inauguration of new offices in the heart of the Leeds community.

Founded and run by Muhammed Abdul-Halim and Saher Tariq, the law firm has built an excellent reputation in Leeds.

With their extensive advocacy experience in immigration, litigation and personal injury, the legal practice has grown from strength to strength.

Both the founders come from working-class families and today, Senior Partner Saher is one of a handful of female Muslim Barristers in the country.

YHM Solicitors first opened its doors to the public on 25th March 2009 in the Muslim holy month of Rabi ul Awwal. They named their legal practice YHM Solicitors inspired by the Arabic phrase, "Ya Hallal Mushkilaat", which is a prayer meaning "Oh Solver of Problems".

Outgrowing their offices, they acquired larger premises in the heart of Harehills this summer.

Following signification transformation of the building, Abdul Halim and Saher welcomed guests to inaugurate the plush new offices at 265 Roundhay Road.



Saher explains: "Earlier this year we were extremely privileged to acquire new and bigger premises.

"There has been lots going on behind the scenes and we were honoured to hold a Melaad, celebration of the birth of the Prophet Muhammad (PBUH) in the newly renovated reception area.



"We are very privileged to have the blessings of Allah SWT, our parents prayers, family and friends, well-wishes and more importantly the trust placed in our services by our clients.

"Both Abdul-Halim and I hugely appreciate the sacrifices our parents made, they always emphasised on giving us a good education.

"And so, the opening of the new office is a result of our

parent's dedication and encouragement. They are the reason we are here today and they made us the people we have become."

You can contact YHM Solicitors for legal advice on all matrimonial, immigration and injury-related matters - whether in a car accident, a trip in a public place or at work, children injured at school, injuries in a restaurant or leisure centre.

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Correcting Mistakes In A Contract

Mistakes sometimes occur when contracts are created with the result that there is a discrepancy between what the parties intended and what is actually recorded. In such a scenario the Court may order rectification of the contract. Rectification is a discretionary remedy available to the Court whereby the Court will substitute the original wording with the corrective text that reflects what the parties really wanted the agreement to record.

In order to obtain rectification, it is necessary to show that either:-

- The document in question failed to give effect to a prior concluded contract (which is objectively determined); or
- When the parties executed the document, they had a common intention in respect of a particular matter (subjectively determined) which, by mistake, the document did not accurately record.

In the case of FSHC Group Holdings Limited v Glas Trust Corporation Limited, FSHC was a parent company that claimed rectification of two deeds, the purpose of which

with a corporate acquisition. The case involved a large complex transaction. The missing security was an assignment of the benefit of a shareholder loan. This was a small detail, and the missing documentation went unnoticed for a number of years. When the missing security was eventually discovered, new deeds were executed. However, the deeds not only provided the missing security of the shareholder loan but also placed more onerous obligations on FSHC.

The Judge in the first instance found that when these were executed both parties understood and intended the deeds to provide the missing security. They intended them to do no more or no less than this. This was both by their subjective and objective intention and the additional obligations were an oversight that was not intended by either party. The Judge therefore granted rectification of the deeds to exclude the additional onerous obligations.

Glas appealed arguing that the common intention of the parties must be determined objectively and in doing so, the proper conclusion was that the parties intended and agreed that FSHC would take on the additional obligations.

However, the Court of Appeal upheld the trial judge's decision finding that FSHC and Glas held a common intention to do no more and no less than fill the security gap which FSHC had identified and which had been communicated to and understood by each party.

This decision sets out the tests to be applied in claims for rectification and provides clarification for this complex area of the law. With its focus on the parties' actual intention in any case where there was no formal prior contract, it is likely to lead to a more commercial approach by the courts. However, the parties should still carefully check not only the contract that they intend to sign but also any other documents which the contract refers to.

If you are involved in any contractual dispute or require assistance in having a contract drawn up then Blacks Solicitors can assist. Please contact Luke Patel on 0113 227 9316 or by email at "LPatel@LawBlacks.com".



Warning for Self Assessment tax scams

HM Revenue and Customs (HMRC) is warning millions of Self Assessment customers to be aware of fraudsters in the run up to the 31 January deadline.

Over the last year, HMRC received nearly 900,000 reports from the public about suspicious HMRC contact - phone calls, texts or emails. More than 100,000 of these were phone scams, while over 620,000 reports from the public were about bogus tax rebates.

Some of the most common techniques fraudsters use include phoning taxpayers offering a fake tax refund, or pretending to be HMRC by texting or emailing a link which will take customers to a false page, where their bank details and money will be stolen. Fraudsters are also known to threaten victims with arrest or imprisonment if a bogus tax bill is not paid immediately.

HMRC operates a dedicated Customer Protection team to identify and close down scams but is advising customers to recognise the signs to avoid becoming victims themselves. Genuine organisations like HMRC and banks will never contact

customers asking for their PIN, password or bank details. Customers should never give out private information, reply to text messages, download attachments or click on links in texts or emails which they are not expecting.

Customers are urged to take action by forwarding details of suspicious calls or emails claiming to be from HMRC to phishing@hmrc.gov.uk and texts to 60599. Customers who have suffered financial loss should contact Action Fraud on 0300 123 2040, or use their online fraud reporting tool.

Customers can find out more information on GOV.UK on how to avoid and report scams and recognise genuine HMRC contact. If customers think they have received an HMRC-related phishing email or text message, they can check it against examples on GOV.UK.

Tax is automatically deducted from most UK taxpayers' wages, pensions or savings. Where tax is not automatically deducted, or when people or businesses have earned additional untaxed income, they are required to complete a Self Assessment tax return each year.

People need to complete a tax return if they:

- Earned more than £2,500 from renting out property
- Or their partner received Child Benefit and either of them had an annual income of more than £50,000
- Received more than £2,500 in other untaxed income, for example from tips or commission
- Are self-employed sole traders
- Are employees claiming expenses in excess of £2,500
- Have an annual income over £100,000
- Earned income from abroad that they need to pay tax on

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We spend six weeks of our lives applying moisturiser

Squeezing, waxing, shaving and slathering on lotions, we're happy to go to extreme lengths to keep ourselves looking our best; and on average, we spend the equivalent of six weeks of our lives applying moisturiser.

Researchers found adults typically spend around three minutes a day using moisturising products in a bid to alleviate dry and cracked skin - and to keep wrinkles at bay.

But it doesn't end there - during the course of their lifetime they will also spend seven weeks washing their faces and four weeks exfoliating.

Further to this, women will spend a total of three days wearing face-masks and 25 days using anti-ageing serum.

They'll also spend the equivalent of 23 days applying skin oils, nine days plucking their eyebrows and 10 days painting their nails.

The research also identified our biggest skin worries - with wrinkles the number one concern, followed by dark circles under the eyes and dry skin.

Further to this, the average person endures five 'bad skin days' a month.

A third have or are currently suffering with eczema, 37 per cent have had or currently have acne and more than half have been or currently are afflicted with dry skin.

A fifth have avoided social events as a result and a quarter have even felt anxious about being tagged in social media posts.

It also emerged more than half of those polled believe moisturising regularly is a key to battling the signs of ageing.

They estimate they get through three pots of 100ml moisturiser each in a year - adding up to more than six litres over the course of the average adult lifetime.

However around two thirds DON'T have a strict skincare regime - instead treating breakouts and flare-ups as they happen rather than preventing them.

For men, this could be due to a perception among four in 10 that there is a stigma around men using moisturiser and other skincare products.





Things we hate about winter

Scraping ice off the car, having to get into a freezing bed at night - and not being able to use your phone with gloves on are among our biggest winter bugbears.

To top it off, brollies being blown inside out by the wind and constantly having chapped lips are among the 50 worst things about the chilly season.

And at a time of year when we're most likely to seek refuge from the weather indoors, it seems we often get wound up by things in and around the home.

Having to get out of a warm, cosy bed when the house is freezing cold, having higher heating bills to pay, the laundry taking too long to dry and draughts around the house also featured on the list.

And with eight in 10 enjoying nothing more than curling up on the sofa in their warm home when the weather sets in, one in four said a broken boiler would be their 'worst nightmare' - especially over the festive period.

Sheena Anker, service and repair engineer for British Gas, which commissioned the research, said: "There's plenty to like about winter - although, as our survey found, there are also plenty of things that aren't quite so popular.

"Around the home at least, there are some simple steps people can take to help make sure their heating system is working effectively and efficiently.

"As well as keeping everyone warm and safe, a system that's in good shape will keep bills down, too."

A recent poll found that on average, that us Brits get wound up by something winter-related six times a week.

And it takes just five weeks after the official 'start' of winter on 1st December for people to feel sick of it and wish for spring to arrive.

While 17 per cent suffer with cabin fever from not spending enough time outside, the flipside for 30 per cent is a fear of leaving the house when there's slippery, and potentially dangerous, ice outside.

It also emerged that one in five adults can't stand not seeing daylight before or after work.

And a further four in 10 feel unhappier in winter than they do in summer.

A fifth think they are less productive, and more than a third confess to doing less exercise during the colder months.

In fact, one in 10 have even moved to a different country to escape Britain's bleak winters, and another third are considering it.

To help create a haven for themselves on cold nights, a third of Brits have already bled their radiators this year, and another quarter plan to.

One in five have been busy fitting

draught excluders around the house and three in 10 have insulated their hot water systems to protect them from the cold.

But 34 per cent of those polled, via OnePoll, admit they are yet to have their boiler serviced this year, putting themselves at risk of a heating or hot water crisis.

And if simple heating-related problems like frozen pipes were to arise in the home during winter, more than half of the nation wouldn't feel able to resolve them without calling on an engineer for help.

THE TOP 50 MOST ANNOYING THINGS ABOUT WINTER:

1. The days being too short
2. Having higher heating bills to pay
3. Not seeing daylight before and after work
4. Scraping ice off the car windscreen
5. Dangerous driving conditions
6. Always being cold
7. Falling, slipping and sliding on ice
8. Having to get out of bed when the house is freezing cold
9. Having wet feet / shoes from snow and rain
10. Inability to use a smartphone with gloves on
11. Your tea goes cold quicker
12. The boiler breaking / heating not working
13. Everyone has a runny nose and sniffles
14. The car taking ages to warm up
15. Having dry skin
16. Christmas music, again and again and again...
17. Shops full of people doing their Christmas shopping
18. Having to wear socks or tights
19. Overindulgence and putting on weight
20. Having the same conversations with colleagues about the weather



Seven in ten parents have sent their unwell children to school

Juggling childcare with work can be difficult at the best of times, but when a child is unexpectedly sick, it can be a real challenge working out how to keep them off school and manage your job or workload. But millions of British parents are putting other children at risk of illness - by sending their own into school or nursery when they are sick.

A poll of 2,000 parents of children aged 3-16 found work pressures and attendance figures mean seven in 10 have sent their offspring into school or nursery when they are feeling ill or under the weather

And six in 10 admitted their child has still attended classes when suffering with a contagious infection such as a cold or stomach bug.

More than a third even believe an illness has spread around the school after they sent in their ill youngster.

The study, commissioned by hygiene and health company Essity as part of a School Hygiene Essentials Initiative, found almost one in four parents have even asked their child to lie about how unwell they were feeling in order to attend school as normal.

Almost 70 per cent of parents have sent their child into classes with a cold, while 17 per cent have still gone in with diarrhoea or vomiting. Other children have gone to school with chicken pox, before the spots have fully scabbed over (14 per cent), an

ear infection (22 per cent) or a viral infection (19 per cent).

But while school attendance rates and work pressures are the most common reasons for sending their children into school when they're feeling unwell, almost three in 10 do so as they can't take any time off work.

More than a quarter of parents have even sent their unwell children off to school because the youngster didn't want to miss something important, such as a school trip or sports day.

SIX IN 10 ADMITTED THEIR CHILD HAS STILL ATTENDED CLASSES WHEN SUFFERING WITH A CONTAGIOUS INFECTION SUCH AS A COLD OR STOMACH BUG

However, 64 per cent of those who have sent their child in while they were feeling unwell ended up getting a phone call asking them to collect their youngster early.

The study, carried out via OnePoll, found that 51 per cent worry about the bugs and illnesses their child could

pick up from school or nursery, with 31 per cent concerned about the cleanliness of their child's school or nursery.

It also emerged that parents have gone into work themselves when they feel under the weather, suffering through four days in the office each year.

Four in 10 worry they aren't 'ill enough' to take time off work, 29 per cent say their workload is too big and 19 per cent feel they already take too much time off work to deal with their child's illnesses.

Top 5 reasons for sending children into school while they feel unwell

1. Pressure from the school to keep up attendance rates
2. Schools are just over-reacting and most the time, children are still OK to go in
3. I'm unable to take the time off work
4. My child doesn't want to miss a day of school and have to catch up on school work
5. My child didn't want to miss a day because of a big event such as a play or sports day



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We bin almost £9 of out-of-date food every week

It's been revealed 33 per cent believe milk is the item in their home most often thrown away because the bottle or carton has gone beyond its best.

Other dairy products such as yogurt, butter and cheese were also highlighted as products likely to overstay their welcome in the fridge before going in the bin.

It also emerged that of the £61 the average person spends each week on food and drink, nearly £9 of it will end up in the bin after going out of date.

The study also found one in five of us are happy consuming an item which has passed its use-by date, and more than a third willing to risk a bite on a product past its best-before date.

Those polled believe cheese is safe to eat 10 days on from its use-by, and that milk has a grace period of five days beyond the marked date.

A pot of yogurt is still deemed good to go six days after its time has come, while it's believed biscuits, soft drinks and condiments are all safe to consume for a further two weeks.

When it comes to correct food storage, three in five think the

rightful home of a carton of eggs is in the fridge, while one in seven will opt to store them in the cupboard or on the side.

But more than a third prefer their chocolate treats refrigerated, compared to 45 per cent who demand their confectionery at room temperature.

When it comes to bread, 42 per cent leave their loaf to its own devices in the cupboard, and one in four keep it on the worktop or side.

And three in 10 flirt with disaster by keeping their mayonnaise outside of a refrigerated environment.

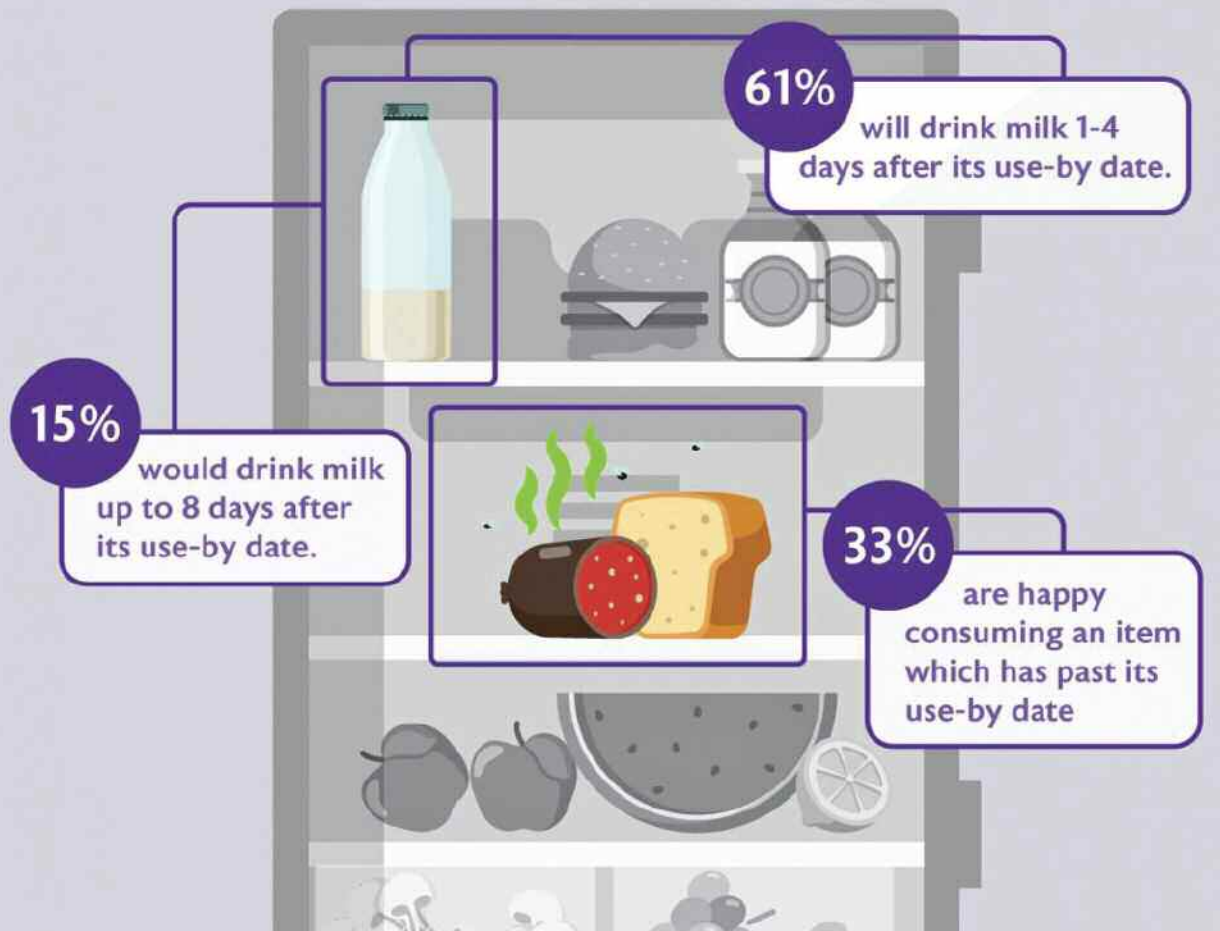
Storing food in the wrong place was identified as the reason an item is most likely to go off before its time, followed by exposure to heat and being stored in damaged or open packaging.

And more than two-thirds were unaware that exposure to a light source can cause certain foods and packaging to deteriorate at a faster rate.

And only one in 10 Brits quizzed, via OnePoll, identified light-protected packaging as an effective way to keep products fresh up to their use-by date.

Food Waste

nearly £9 of food will end up in the bin after going out of date each week



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Entertainment

THE LATEST ENTERTAINMENT AND CELEBRITY NEWS FROM BOLLYWOOD & HOLLYWOOD

Rani Mukerji's back on screen... this time as a fierce cop



In perhaps one of the most inspiring roles she has played, Rani returns to the big screen as a fierce police officer. The film braces the harsh reality of rape in India and has been inspired by true events.

The much-awaited cop thriller 'Mardaani 2', will see Rani reprising the role of the fearless and committed Superintendent of Police, Shivani Shivaji Roy in Mardaani.

She had delivered an outstanding performance in the super hit and hugely acclaimed prequel, 'Mardaani', in which she took on the kingpin of a child trafficking racket.

In the 'Mardaani 2' movie trailer, the real statistic of under-age rape committed by young men in India is a real punch in the guts. Over 2000 of rapes are committed by men under the age of 18 every year – that's the figure for the cases that are actually reported by victims.

Rani says: "The film will see a woman cop fighting a pure evil of a person to end crimes

against women. The film stands for the victory and battle of good over evil across India."

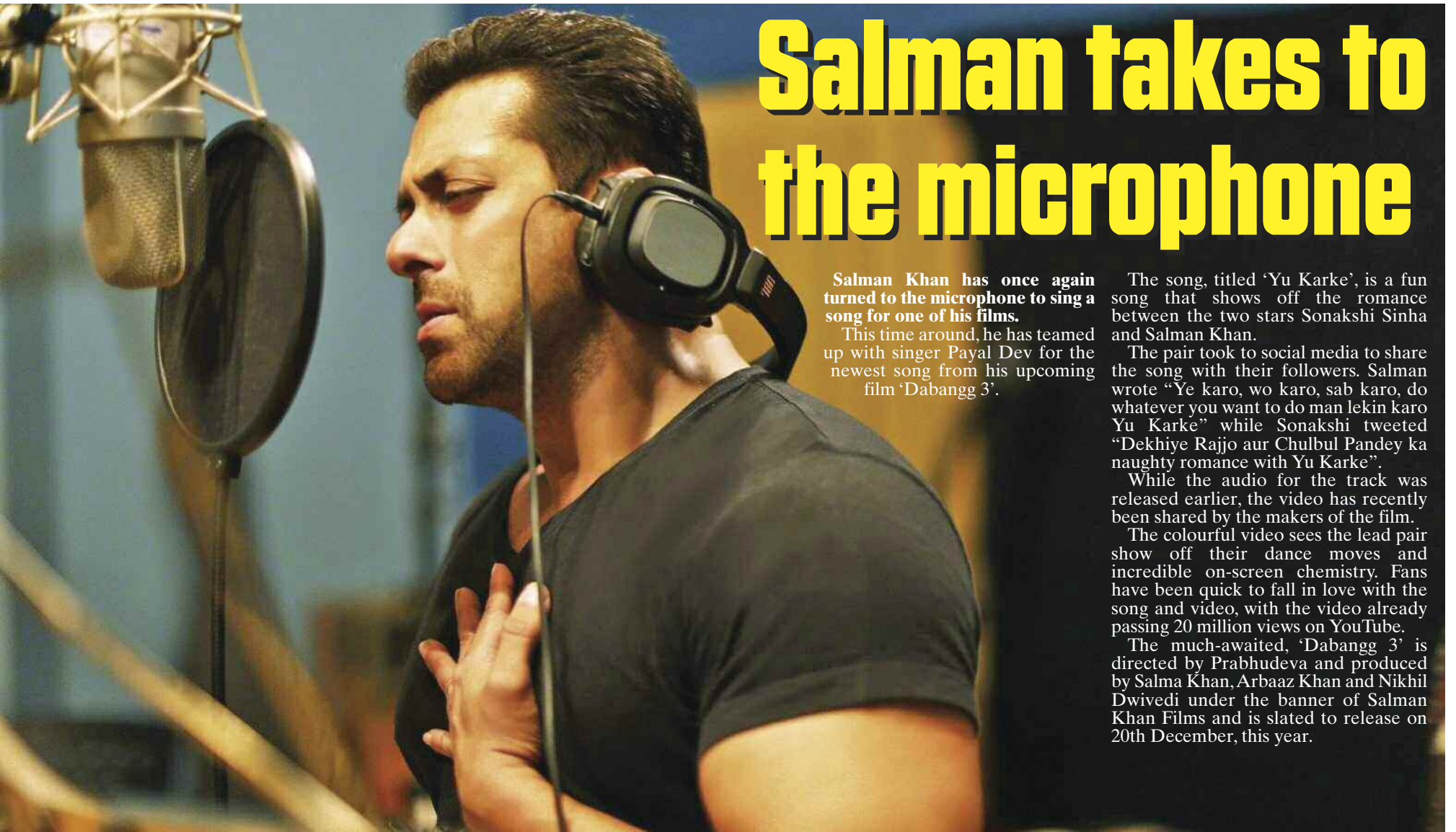
Her return to the movie scene has been hugely anticipated. Rani was last seen in 2018 film 'Hichki' where she played a teacher suffering from Tourette Syndrome.

The 40-year-old also had a cameo in Shah Rukh Khan's 'Zero'. 'Mardaani 2' is a sequel

to her 2014 hit film 'Mardaani'

Produced under the banner of Chopra's YRF, 'Mardaani 2' is written and directed by Gopi Puthran, who marks his directorial debut. 'Mardaani 2' also stars Vikram Singh Chauhan and releases in cinemas on 13th December 2019.





Salman takes to the microphone

Salman Khan has once again turned to the microphone to sing a song for one of his films.

This time around, he has teamed up with singer Payal Dev for the newest song from his upcoming film 'Dabangg 3'.

The song, titled 'Yu Karke', is a fun song that shows off the romance between the two stars Sonakshi Sinha and Salman Khan.

The pair took to social media to share the song with their followers. Salman wrote "Ye karo, wo karo, sab karo, do whatever you want to do man lekin karo Yu Karke" while Sonakshi tweeted "Dekhiye Rajjo aur Chulbul Pandey ka naughty romance with Yu Karke".

While the audio for the track was released earlier, the video has recently been shared by the makers of the film.

The colourful video sees the lead pair show off their dance moves and incredible on-screen chemistry. Fans have been quick to fall in love with the song and video, with the video already passing 20 million views on YouTube.

The much-awaited, 'Dabangg 3' is directed by Prabhudeva and produced by Salma Khan, Arbaaz Khan and Nikhil Dwivedi under the banner of Salman Khan Films and is slated to release on 20th December, this year.

Miss World signed by Yash Raj film

Miss World 2017 Manushi Chhillar is making her Bollywood debut with one of India's biggest production houses.

The gorgeous 22-year-old has been signed with Yash Raj Films, to portray Manushi as the heroine of their biggest historical film 'Prithviraj'.

Based on the life and heroism of the fearless and mighty King Prithviraj, the film also stars Akshay Kumar. In 'Prithviraj' Manushi will play the role of the gorgeous Sanyogita, Prithviraj's love of life.

The film is being directed by Dr. Chandraprakash Dwivedi who directed the television epic 'Chanakya' – based on the life and times of the most influential political strategist of India and the multiple award-winning 'Pinjar'.

Dwivedi says: "We auditioned a lot of young, fresh faces for the role because we were looking for a stunningly gorgeous Indian heroine.

"While Sanyogita (the role Manushi is playing) was an incredibly beautiful person, she was also a strong, confident girl.

"We were looking to find someone who could match the magnetic persona of Sanyogita and we found that in Manushi. She auditioned for the role a couple of times because we wanted to be dead sure with this casting and she nailed it each time.

"She has been rehearsing six days a week since then and she is being thoroughly groomed for the last 9 months by YRF."

YRF has always discovered supremely talented outsiders like Ranveer Singh, Anushka Sharma etc. who have become stars in their own right. So all eyes on Manushi as a heroine to watch out for. YRF has also signed her on as their talent and

will manage Manushi completely.

Manushi says: "It is a huge honour to have been chosen by a production house like Yash Raj Films as their heroine!

"I'm thoroughly happy and thrilled about the learnings that I will have through this journey.

"My life, so far, has really been a fairy tale. From becoming Miss India and then Miss World to now getting such a big project as my debut film, it's like a new, exciting chapter of my life.

"It is a huge responsibility to play princess Sanyogita. She was a powerful personality and she stood up for what is right and took the most important decisions of her life by herself. Her life is an extremely important chapter in Indian history and I will try my best to play her as accurately as possible," Manushi adds.

Manushi is also a good example of beauty with brains as Manushi has a strong voice and is an opinion leader who takes a stand on societal issues.

Immediately after winning Miss World, she conceived and founded a non-profit organisation, Project Shakti, aimed at improving the menstrual hygiene of women in India.

Manushi works with women in over 20 villages of India to spread the message of sanitation. Today, this organisation provides free sanitary pads among women and has also empowered the women of the community by making them earn a living and become self-reliant.



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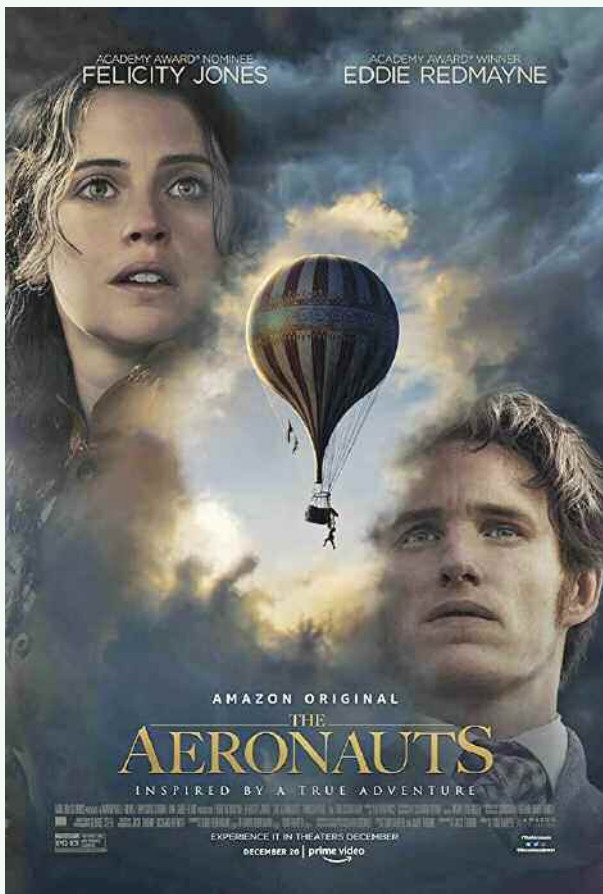
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HOLLYWOOD PREVIEW

THE AERONAUTS

STARRING: FELICITY JONES, EDDIE REDMAYNE, HIMESH PATEL AND PHOEBE FOX
DIRECTOR: TOM HARPER

PG CERT In 1862, daredevil balloon pilot Amelia Wren (Felicity Jones) teams up with pioneering meteorologist James Glaisher (Eddie Redmayne) to advance human knowledge of the weather and fly higher than anyone in history. While breaking records and advancing scientific discovery, their voyage to the very edge of existence helps the unlikely pair find their place in the world they have left far below them. But they face physical and emotional challenges in the thin air, as the ascent becomes a fight for survival.



LE MANS '66

STARRING: MATT DAMON, CHRISTIAN BALE
DIRECTOR: JAMES MANGOLD



12A CERT Academy Award-winners Matt Damon and Christian Bale star in LE MANS '66, the remarkable true story of the visionary American car designer Carroll Shelby (Damon) and the fearless British driver Ken Miles (Bale), who together battled corporate interference, the laws of physics, and their own personal demons to build a revolutionary race car for Ford Motor Company and take on the dominating race cars of Enzo Ferrari at the 24 Hours of Le Mans in France in 1966.



FROZEN II

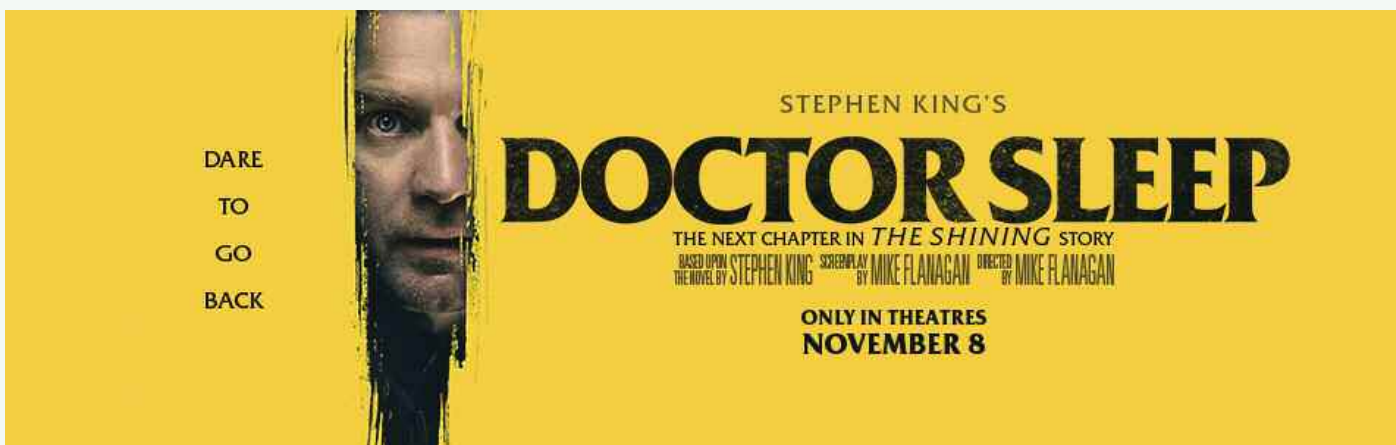
STARRING: IDINA MENZEL, KRISTEN BELL, JONATHAN GROFF, JOSH GAD
DIRECTORS: CHRIS BUCK & JENNIFER LEE



U CERT From the Academy Award-winning team—directors Jennifer Lee and Chris Buck, and producer Peter Del Veche—and featuring the voices of Idina Menzel, Kristen Bell, Jonathan Groff and Josh Gad, and the music of Oscar-winning songwriters Kristen Anderson-Lopez and Robert Lopez, Walt Disney Animation Studios' 'Frozen 2' opens in UK cinemas this November.

DOCTOR SLEEP

STARRING: EWAN MCGREGOR, REBECCA FERGUSON, KYLIEGH CURRAN, ZAHN MCCLARNON, CARL LUMBLY, ALEX ESSOE, EMILY ALYN LIND, ROBERT LONGSTREET, CAREL STRUYCKEN, CLIFF CURTIS, BRUCE GREENWOOD
DIRECTOR: MIKE FLANAGAN



15 CERT 'Doctor Sleep' continues the story of Danny Torrance, 40 years after his terrifying stay at the Overlook Hotel in The Shining. Ewan McGregor, Rebecca Ferguson and newcomer Kyliegh Curran star in the supernatural thriller, directed by Mike Flanagan, from his own screenplay based upon the novel by Stephen King. Still irrevocably scarred by the trauma he endured as a child at the Overlook, Dan Torrance has fought to find some semblance of peace. But that peace is shattered when he encounters Abra, a courageous teenager with her own powerful extrasensory gift, known as the 'shine'. Instinctively recognizing that Dan shares her power, Abra has sought him out, desperate for his help against the merciless Rose the Hat and her followers, The True Knot, who feed off the shine of innocents in their quest for immortality.





Odeon and The Asian Express bring back the movie mania as you get a chance to win **FREE cinema tickets.**

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Entry closes **November 30th 2019, 5.00pm**

Winners will be selected randomly from all correct entries.

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World's most desirable SUV offered with four or seven seats

The Bentley Bentayga range of exclusive go-anywhere do-anything SUVs is available with four or seven seat configurations which, combined with a trio of available engines, including the first true-luxury plug in hybrid, reinforce its status as the world's most versatile luxury vehicle.

The flexible seating options make the all-terrain Bentayga the most practical luxury car Bentley has ever built.

Big enough to carry a family of seven, it also has the ability to swallow up a boot-load of luggage when required, without ever compromising the extraordinary travelling experience for which Bentleys are renowned. While the available four seat configuration means the Bentayga can also double as a luxury limousine.

Both Bentayga V8 and Speed models are available with either four or seven-seat cabin options,

while the Hybrid comes with four seats. In this configuration, it provides an enhanced space for relaxation, entertainment or work on-the-move.

The twin rear-seat model provides two passengers with most of the same, impressive luxury seating features as those enjoyed in the front, including 12-way electrical adjustment, heating, ventilation and massage functions.

The cabin of Bentley's all-terrain, all-purpose luxury car includes a centre console between the two rear seats that provides additional storage, USB charging sockets and a beautifully trimmed and quilted backboard to separate the cabin from the boot area.

The spacious twin rear configuration also offers a further choice of individual options, such as Bentley Rear Entertainment, Bluetooth headphones, fold-down picnic tables and individual,

Mulliner-Console Drinks Cooler.

The practical and luxurious seven-seat format provides maximum versatility for carrying extra passengers. The third row of seats can be folded away electronically at the push of a button, to provide maximum luggage capacity, while the middle row folds manually for ease of access.

Bentley Rear Entertainment is also available as an option.

Beautifully handcrafted, the exclusive cabin employs the most exquisite materials, from rare wood veneers and high-gloss carbon fibre to the finest, hand-stitched leather trim. This unparalleled attention to detail is found right across the Bentayga range.

The pioneering Bentayga Hybrid is the luxury SUV sector's first plug-in hybrid and Bentley's most efficient model ever. It combines a new, highly efficient 3.0-litre



turbocharged V6 petrol engine with a state-of-the-art electric motor. Technologically advanced, it is also the company's first step towards electrification.

The Bentayga Speed is the world's fastest production SUV, with a powerful 6.0-litre W12 TSI engine producing 635 PS (626 bhp) and a top speed of 190 mph (306 km/h). Like the Bentayga Hybrid, the Speed is designed, engineered

and handcrafted in Great Britain.

Sitting at the core of the Bentayga range, the V8's 4.0-litre, twin-turbocharged petrol engine combines immense power with impressive fuel efficiency. The dynamic unit develops 542 bhp (550 PS) and 568 lb.ft. (770 Nm) of torque, resulting in a top speed of 180 mph (290 km/h) and 0-60 mph in 4.4 seconds (100 km/h in 4.5 seconds).

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A **slicky**-styled beast

Range, expansion and diversification continue apace at Audi Sport with the new Audi RS Q8.

The first ever full-size Audi SUV to bear the RS badge, pushes the boundaries of performance for a model of this type. The underscoring claim is that it's the first ever production Audi SUV capable of a sub-four-second 0-62mph (0-100km/h) sprint. The 600PS, twin-turbo V8 TFSI responsible for this incredible accelerative force will be available to UK Audi Sport enthusiasts in the new RS Q8 from early 2020.

Behind the brawn of this versatile SUV Coupé is exceptional intelligence and ingenuity - the new Audi RS Q8 incorporates some of the most technologically advanced Audi features available. Combining them with outstanding flexibility and maximum everyday usability to redefine the traditional performance car genre, it's a great contender in the market.

Technical spec

The impressive technical specification includes highlights such as RS-specific adaptive air suspension, all-wheel steering, sport differential and active roll stabilisation. Customers will have the option to upgrade even further to Carbon Black and Vorsprung versions which unleash even more of the sporting potential.

Drawing on 600PS and 800 Nm (590.0 lb-ft) of torque between 2,200 and 4,500 rpm, the 4.0-litre V8 TFSI accelerates the new RS Q8 to 62mph (100km/h) from rest in just 3.8 seconds and to 124mph (200km/h) in 13.7 seconds. These figures put it on a par with some of the most focused sports cars. An electronically governed top speed of 155mph (250km/h) swiftly follows.

Its 1-3-7-2-6-5-4-8 ignition sequence also guarantees a voluminous sound which is further enhanced by the RS sport exhaust system with black tailpipe trims fitted as standard to Carbon Black and Vorsprung models. As is typical for an Audi RS, the dual exhaust system features a large oval tailpipe on each side. The driver can also influence the engine's sound via the Audi drive select system.

Bi-turbo

The biturbo V8 in the new Audi RS Q8 draws on a mild-hybrid system (MHEV) that uses a 48-volt main electrical system as its basis. The core of the MHEV is a belt alternator-starter connected to the crankshaft. During deceleration and braking, it can recover up to 12 kW of power and store it in the compact lithium-ion battery.

If the driver takes their foot off the accelerator at a speed between 34mph and 99mph, the drive management selects one of two solutions depending on the driving situation and the current setting of the Audi drive select dynamic handling system.

The new RS Q8 recuperates or coasts for up to 40 seconds with the engine off. The belt alternator starter starts the engine within fractions of a



Audi's extravagant RS Q8 gives others a run for their money

second when the accelerator is actuated. MHEV technology allows for start/stop operation at a speed of up to 13mph. The mild-hybrid system is connected to the camera sensors for even greater efficiency. When stopped, the engine starts up while the brake pedal is still depressed as soon as the front camera detects that the vehicle in front of the new RS Q8 begins to move.

Configured as a planetary gear, the purely mechanical centre differential typically distributes the drive power in a 40:60 ratio to the front and rear axles. In the event of slip, more drive torque automatically goes to the axle with the better traction. Up to 70 percent can be directed to the front wheels and up to 85 percent to the rear wheels.

Off road capability

The standard RS-specific adaptive air suspension sport with controlled damping means the new RS Q8 is equally at home on the racetrack or an off-road trail. Depending on

driving situation and the driver's wishes, the body's ride height varies by up to 90 millimetres.

There are eight profiles from which to choose: comfort, auto, dynamic, efficiency, allroad, offroad and the individually configurable RS-specific modes RS1 and RS2, which can be activated directly via the "RS-MODE" button on the steering wheel. Audi drive select affects such things as engine and transmission management, steering boost, the air suspension, all-wheel steering, engine sound and the characteristic of the automatic air conditioning.

Standard spec

The new Audi RS Q8 comes standard with 22-inch aluminium wheels in a 10-spoke star design with 295/40-series tyres - the largest ever factory-installed on an Audi production model. Optional 23-inch cast aluminium wheels in a 5 Y-spoke rotor design are available exclusively



for the RS Q8.

Carbon Black editions are fitted with the 23-inch 5-Y spoke wheels in gloss black, while an anthracite black with diamond turned finish is applied to the Vorsprung. Behind the large wheels is an RS brake system with internally vented composite discs (420 mm) up front, 370 mm at the rear. Their 10-inch piston calipers are painted black as standard, but are available in red as an option.

Inside, luxurious RS sport seats in Valcona leather with a honeycomb pattern and RS embossing are fitted as standard. Ventilation and a massage function are also added to the Vorsprung specification.

The Audi RS Q8 also demonstrates

its uncompromised everyday usability in the rear. A sliding three-seat rear bench is standard. With the seat backrests folded down, the luggage compartment under the power rear hatch holds up to 1,755 litres.

As standard is the top-of-the-line infotainment system, MMI navigation plus. It includes the Audi connect data transfer module with the LTE Advanced standard and a Wi-Fi hotspot. The navigation system learns the driver's preferences from the routes driven and can therefore make intelligent suggestions. The online services from Audi connect add predictive features to the route planning process.

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Yes, yes... we know it looks like a prop off a sci-fi movie set. But this is the all-new Tesla Cybertruck – designed to have the utility of a truck and the performance of a sports car.

The vehicle's an angular, stainless-steel-bodied utility vehicle with bulletproof glass claims a

towing capacity in excess of six tonnes.

Built to be durable, versatile and capable, Tesla says it has exceptional performance both on-road and off-road.

Despite looking like something out of 'Demolition Man', it promises a range of over 500 miles

and a 0–62mph time of 2.9 seconds.

An offering of three variants sees a Single Motor Rear-Wheel Drive, Dual Motor All-Wheel Drive, and Tri Motor All-Wheel Drive are available.

Inside, you'll find two rows of three seats, with the centre front seat folding flat to make an armrest.

The dash is the Tesla signature feature you'd expect - just a single 17-inch landscape touchscreen.

It sits on top of what looked like a marble-effect panel stretching the entire width of the car with no other visible controls. The steering wheel is similar to that in the Tesla Roadster with its flat bottom and

cut-off top.

The rear-view mirror is a screen, rather than a conventional glass unit, which uses a feed from a high-definition camera in the tailgate, while the roof glass roof extends back over the rear passengers who get a view of the steel-clad load bed.



TESLA CYBERTRUCK SPECS

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“It was my duty”

NZ Rugby Union star Sonny Bill Williams talks about being Muslim

“It was my duty to step up after Christchurch attack.”

Sonny Bill Williams has told BBC Radio 5 Live that he felt it was his duty to “step up” as a high-profile Muslim, after a gunman opened fire in a Christchurch mosque in March this year.

The gunman killed 51 people at a mosque and Islamic centre during Friday prayers on 15th March.

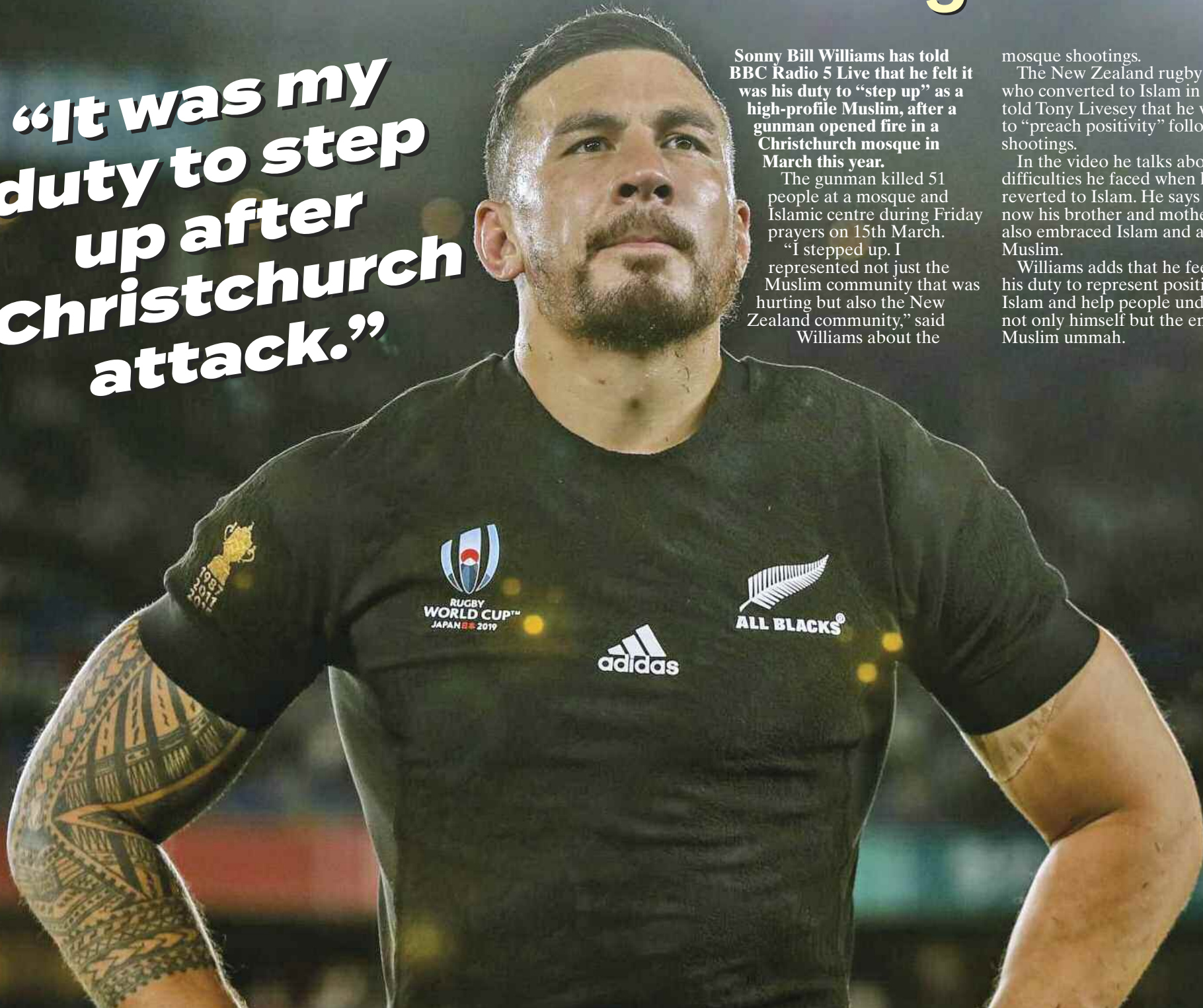
“I stepped up. I represented not just the Muslim community that was hurting but also the New Zealand community,” said Williams about the

mosque shootings.

The New Zealand rugby star, who converted to Islam in 2009, told Tony Livesey that he wanted to “preach positivity” following the shootings.

In the video he talks about the difficulties he faced when he first reverted to Islam. He says that now his brother and mother have also embraced Islam and are now Muslim.

Williams adds that he feels it is his duty to represent positivity of Islam and help people understand not only himself but the entire Muslim ummah.





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"I want to represent England in the National Women's Team"

It seems there's no stopping a young but formidable teenager in furthering her cricketing ambitions.

Rhia Sedha is proving to be a remarkable sports person. Now playing cricket for six years, she's added a further seven trophies to her bulging collection this year. She says her biggest dream is to represent England in the national Women's Cricket Team.

The determined youngster played under 13's and 15's cricket while progressing to District and County cricket, and also took a wicket in her first under 17's game.

Picking up an awe-inspiring number of significant trophies along the way, last year she became the second youngest player ever at age 12 to get a hat trick in the Women's league.

Training throughout with her local cricket clubs, Rhia has also attended Yorkshire girl's pathways training and Pro Coach at Headingley. But it's not just girls that she's up against.

Rhia explains: "I play cricket in a mixed team for my local club Shadwell CC. Whenever I play, I always play at the same standard regardless if it is boys, girl's or ladies."

"The harder the competition, the more motivated I get. At junior level, I feel that girls are just as good as boys."

Rhia first fell in love with playing cricket in the back garden with her dad, Deepak, at the tender age of five-years-old. By the time she was seven and playing soft-ball cricket at primary school, her impressed P.E. teacher recommended that she should join the local cricket club.

This season, season Rhia was named Under 13's Player of the Year and also won the Under 13's Bowling Award.

With a love for all aspects of cricket, Rhia says: "I enjoy batting, bowling and fielding as they play a big part in a game of cricket, but if I had to choose the one that I am best at, I would say bowling."

"However, I feel it is just as important to be a team player and supportive of team members. I always try to play with a smile on my face and treat each game of equal importance so that I offer a 100% commitment."

Rhia seems to live and breathe cricket and has an impressive array of cricket celebrity autographs and photographs including Brendan McCullum, Adil Rashid, Lauren Winfield, Katherine Brunt and Heather Knight.

"One of my memorable moments was having the pleasure to take a picture with the Women's Cricket World Cup."

Talking about representing England one day in the national Women's Cricket Team, she comments: "I know there are plenty of hurdles and hard work and determination is required to achieve this but I am up for the challenge!"



The Yorkshire Cricket Foundation and Leeds Rhinos Foundation team up this Christmas to fight poverty and homelessness, by hosting 'The Foundation's Box'

The Yorkshire Cricket Foundation and Leeds Rhinos Foundation, official charity arms of Yorkshire County Cricket Club and Leeds Rhinos, are teaming up this Christmas with homeless support charity Emmaus Leeds, to collect donations for 'The Foundation's Box'.

Leading up to Christmas, The Foundation's Box will collect cricket and rugby kit and equipment, as well as everyday apparel. All sports items donated will be given to children who work with the Foundations on their community projects. Anything additional will then be donated to Emmaus Leeds, to help with their mission of helping to reduce homelessness and poverty.

"I'm really excited that the Yorkshire Cricket Foundation and Leeds Rhinos Foundation have teamed up to produce the 'Foundation's Box'. Both Foundations deliver fantastic community projects, that aim to solve local issues, with a lot operating in more deprived areas. It's a great way, especially at Christmas time, to give back to those on our projects and also help Emmaus Leeds in their mission to fight homelessness" – Charlotte Jones, Yorkshire Cricket Foundation.

All cricket kit and equipment will be donated to Yorkshire Cricket Foundation's project Wicketz.

Wicketz is a community cricket programme, funded nationally by Lords Taverners and delivered in Yorkshire by the Yorkshire Cricket Foundation. The seven hubs, operating across areas of Leeds, Bradford and Hull with higher levels of social deprivation, gives children from these areas the chance to play cricket and also receive a meal or snack too, working in partnership with food distributor Fareshare.

"Wicketz is completely free and always will be because we want to remove any barriers that kids might face getting into Cricket. The

children at Wicketz will really benefit from any kit donated, it's always good to bring new equipment into the sessions, to do something different, and a lot of our kids have really got a passion for the game now and are moving onto hard ball. So anything we can give to help them progress will be brilliant."

– Ben Fraser, Wicketz Development Officer, Yorkshire Cricket Foundation.

Meanwhile, the rugby kit and equipment donated to The Foundation's Box will be distributed to junior players at the Rhinos' network of 'Ambassador' community rugby league clubs, which is a key arm of the charity's Rugby League Development Plan with Mears Group to help improve standards and increase participation in the sport across Leeds. Any spare adult clothing will then be donated to learners at Leeds Rhinos Foundation's ESOL programme; often including refugees, asylum seekers and people from other vulnerable communities who the Foundation support by helping to improve their English and employability skills.

Bob Bowman QPM, Chief Operating Officer of Leeds Rhinos Foundation, commented: "More often than not, the simplest ideas can have the greatest impact and put smiles on faces. We are delighted to partner with our friends at The Yorkshire Cricket Foundation on this excellent project which typifies what the 'season of giving' is all about. I am confident it will be well supported and make a positive difference to the lives of people who our Foundation's support."

Emmaus Leeds supports 26 formerly homeless people by providing them with a stable home and work in its social enterprise. The charity has its main community building and social enterprise on St Mary's Street, a stall at Kirkgate Market and a charity shop in Halton.

How can YOU get involved?

From Monday, November 18th until Thursday 12th December, we will be taking donations. You can drop items off at the Foundation Box, in the Yorkshire Cricket Centre, between the hours of 9am and 4pm.

What can I donate?

We will be collecting cricket and rugby kit and equipment, such as bats, helmets, cricket pads, rugby balls, boots, headguards, as well as everyday sportswear and clothing.

How can I find out more?

For more information or general enquiries, please contact
Charlotte.Jones@yorkshirecricketfoundation.com
Tel: 0113 2033 664



T: 01924 460991

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Victory

Qais Ashfaq wins first title fight



Back page story continued

The southpaw impressed in his first title win before the fight was stopped prematurely by an accidental clash of heads in round seven.

Ham, 28, lost his WBA Continental super-bantamweight title fight after a collision. He suffered his second loss in 16 contests after the referee deemed him unfit to continue.

Ashfaq won the belt with scores of 69-64, 70-64 and 70-63.

Ashfaq - who previously beat Ham in the Glasgow 2014 Commonwealth Games quarter-finals - now extends his pro record to eight wins from eight with the decision.

Speaking of winning his first title, Ashfaq said: "I'm thrilled with this win, and it's the beginning of another era for myself in boxing."

"Early next year, I'll be going for another belt. And I also intend to win the British Commonwealth fight too - I'm really focussed on that."

With a nutritionalist and superb coaches on board, Ashfaq is in his best form yet.

"For the title fight, I was immersed in two, sometime three, training sessions each day, each of which was either a 90-minute or two-hour segment," tells Ashfaq.

"It was both intense and gruelling, but for sure, it ensured my win."

Now a married man, Asian Express asked him about how his wife deals with him throwing punches in the ring.

"She's incredible," says Ashfaq.

"Though my wife finds it hard to watch me during a fight, she's always at ringside, praying all the time. I find a great deal of strength in that."

With the Leeds man now preparing for his next bout, Ashfaq says he hopes he can provide inspiration to young people who have aspirations to do well in the sport.

"Just keep your focus on," advises Ashfaq.

"Don't give up on what you want to achieve, and don't let anyone drag you down. Don't feel pressured into giving into societal and cultural pressures."

"Do your thing, earn respect and always be respectful to everyone inside and outside the ring."



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Victory

Qais Ashfaq wins first title fight

Leeds Super-Bantamweight Qais Ashfaq turned in the best performance of his blossoming eight-fight career to win the WBA Continental title against Glasgow's Joe Ham.

Ashfaq has been out of the ring since beating former English Super-Bantamweight champion Sean Davis on points in Liverpool back in August.

But the 26-year-old, who won a Commonwealth Games silver medal in Glasgow back in 2014, vied for the vacant WBA Continental Super-Bantamweight title. He won with a beautiful performance. The fight at Manchester Arena was screened live on Sky Sports on 2nd November.

Continued on page 47



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